



## HOMework

- Observe your sleep patterns and rhythms. Is sleep easy for you or does it evade you? Do you find yourself consciously preparing for sleep or is sleep random for you, an afterthought? Aim to create a more conscious bedtime ritual, such as not watching TV or a screen in bed. Lighting a candle. Saying a prayer. What do you observe about your relationship to your sleep rituals?
- What did you discover about your relationship to rest? Did anything change? Do you find it easy to take rest? What makes it difficult to take rest? What is your rest-Work?
- Do you take Sabbath, a day of rest? What might it look like for you? Consider watching Mirabai Starr's brief teaching on the spiritual gift of Sabbath keeping. The video is 11 minutes.

**August Practice:** Swimming: Water has a unique way of energetically calming our nervous systems and, thus, is a way of fulfilling the First Striving. You are invited to enter into a body of water every week this month. See what you discover. Rest.





Painting by unknown angel artist

## A Version of the Twenty-Third Psalm from Japan

The Lord is my pace setter...I shall not rush  
He makes me stop for quiet intervals  
He provides me with images of stillness which  
restore my serenity  
He leads me in the way of efficiency through  
calmness of mind and his guidance is peace  
Even though I have a great many things to  
accomplish each day, I will not fret, for His  
Presence is here  
His timelessness, his all importance will keep me in  
balance  
He prepares refreshment and renewal in the midst  
of my activity by anointing my mind with his oils of  
tranquility  
My cup of joyous energy overflows  
Truly harmony and effectiveness shall be the fruits  
of my hours for I shall walk in the Pace of my Lord  
and dwell in his house forever.

- Mother Teresa, *Life in the Spirit*, pp. 76-77

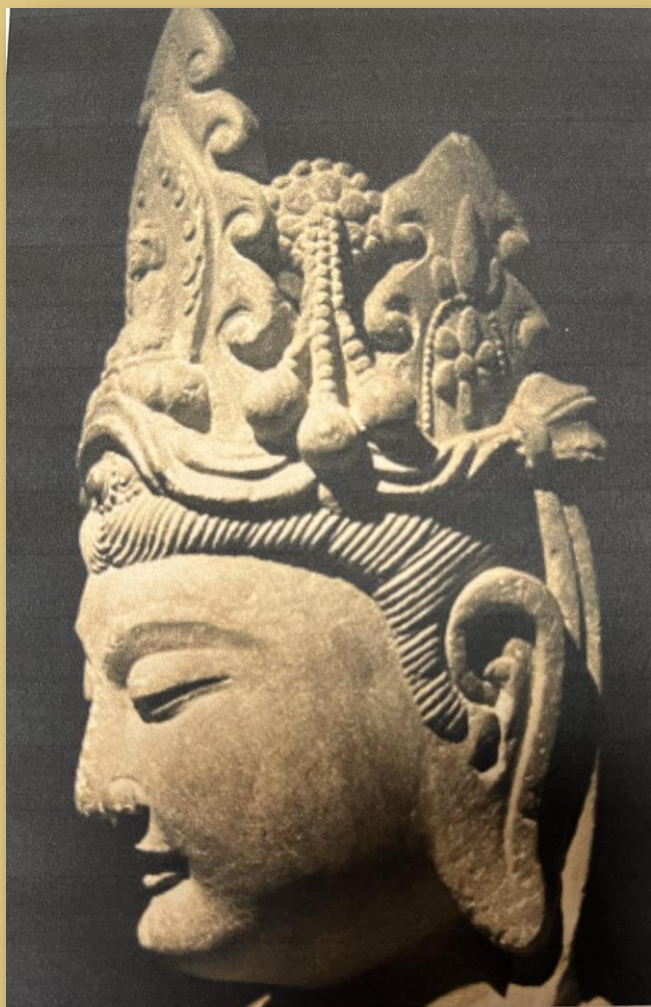


Lisa Brown, *Hagia Sophia*, 2022

## **CREATING IS A SACRED PROCESS**

- **Wonder**
- **Curiosity/Questions**
- **Listening**
- **Passion/inspiration**
- **Motivation**
- **Revelatory**
- **Imagination vs directed imagination**





Bodhisattva – Sui Dynasty

“ In the whole statue there was nothing accidental, nothing without meaning. And gradually we understood the aim of the people who built this statue....That was indeed art!”

- Gurdjieff



Cardboard sculpture, *Weurbanist.com*

“...Hell is creeping into everything in this terrible century—even into art, poetry and music, which used to connect us with GREATER MIND. There is no Third Force in them. Everything is disconnected, unrelated...- absence of Third Force.”

- *Commentaries*,  
Vol. 5, p. 1657



## **Gurdjieff Movements and Music**

**“Music, along with the Movements and his ideas, serves as a third means through which G.I. Gurdjieff transmitted his teaching.**

**“Yet in searching for the inner unity of the music, as in the Movements or the study of Gurdjieff’s ideas, we may be given glimpses of a profound understanding of universal laws and a precise depiction of processes in the human psyche.”**

**- Gail Needleman, pianist and student of the music of Gurdjieff and de Hartmann**



Gurdjieff Aphorism as inscribed in The Study House by  
artist Netty Huijsmann-Dietvorst

“...there are some works of art remaining from old days which evidently belong to men of higher consciousness. If we find such works of art, we will see that we do not understand them, they are beyond our level. From this point of view all ordinary art, art of man No., No. 2 and No.3 is called subjective art, for it is based only on subjective understanding or subjective feelings of things. ...He says that to understand examples of conscious art one must have knowledge and being.”

- P.D. Ouspensky, *The Fourth Way*, p. 40



## HOMEWORK



- This week, ask for inspiration for your creative expression. Aim to express your creativity. What form of creative expression is calling you? What keeps you from expressing it? Aim to express it this week, a little each day.
- What did you discover this week about creativity and creative energy and the creative process in your life?

**AUGUST PRACTICE: Swimming :** August is a good time to submerge yourself in the creative miracle that is water. Whether you dip, float , dive, jump, Wade or splash, do play with the gift of water and remind yourself of its life giving, thirst quenching, renewing powers. Water has a unique way of energetically calming all our centers, releasing tensions and constrictions, opening channels of creativity. See what you discover about yourself.