

Postures and Gestures

- With inner stop exercise.
- With deep-seated emotion.
- Take a very straight posture, visualize your whole body having the same energy Presence everywhere.



CONSCIOUS EATING





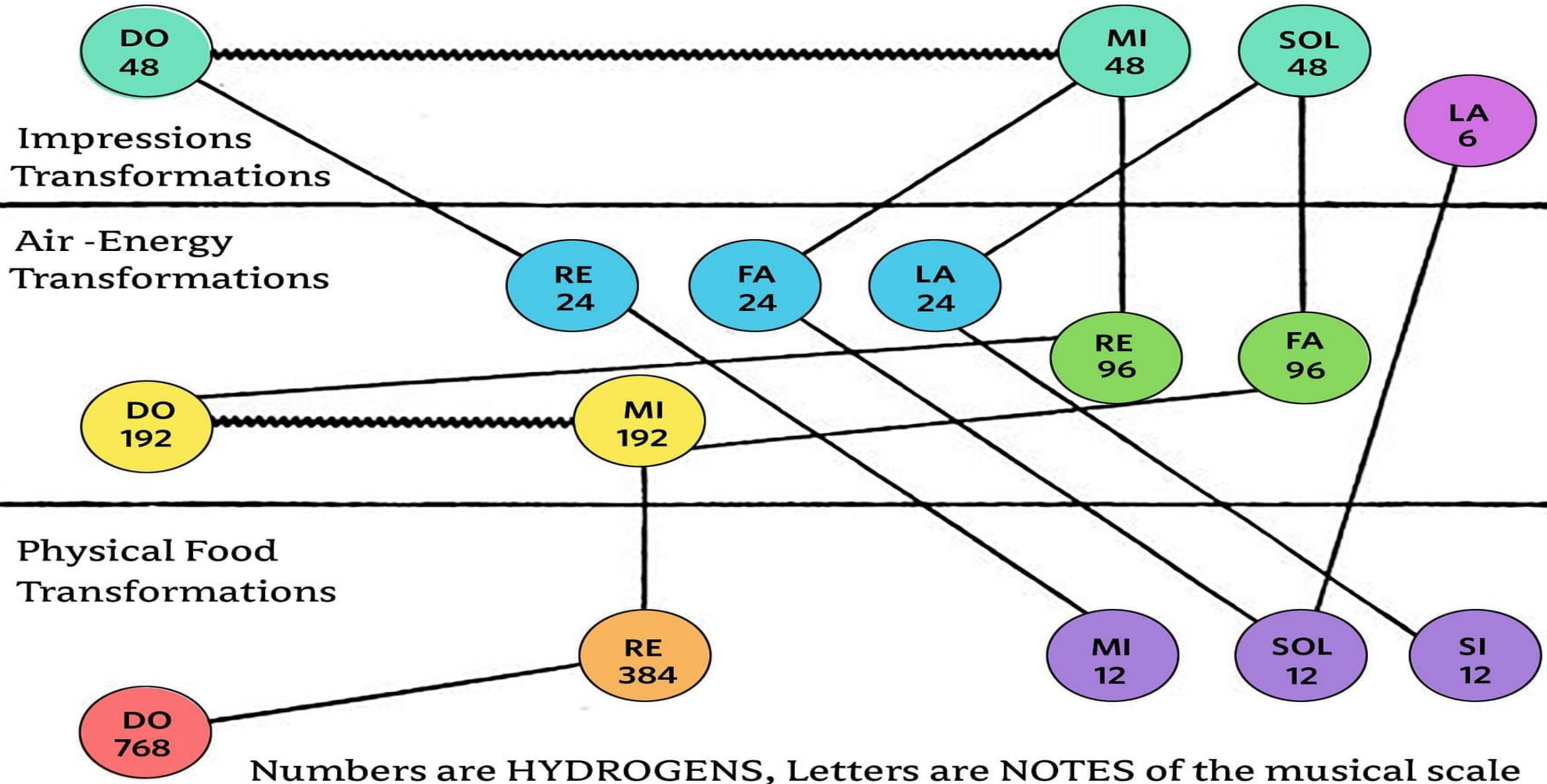
***If you know how to eat properly,
you know how to pray.***



- Observe your ways of preparing, presenting and eating food.
- How is food used for self calming as sleep?
- Respect for life that has given you life.
- Be conscious of yourself, as in “I and this food.”



Gurdjieff's Diagram of Inner Transformations









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