



- WHERE IN YOUR LIFE ARE YOU SEEING RECURRENCE? HOW MAY A CHANGE IN ATTENTION EFFECT A CHANGE OF ATTITUDE AND, THEREFORE, THE EVENT-PATTERN NOW AND IN THE FUTURE?

- WE HAVE STEPPED OVER THE THRESHOLD INTO LENT: WHAT WOULD BE A PRACTICE FOR YOU THAT INTENTIONALLY ALLOCATES TIME TO A HIGHER INTENTION AND TO WHICH YOU CAN PLACE YOUR ATTENTION?



All Our Lifetimes

The Journey School

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THE CHURCH of
CONSCIOUS HARMONY



A Life like a Tree, Spirals not Circles

Happy are those who do not follow the advice of the misguided, or take the path that the unconscious tread, or sit in the seat of scoffers; but happy are those whose delight is in the law of the LORD, and on this law they meditate day and night. **They are like trees planted by streams of water, which yield their fruit in its season, and their leaves do not wither. In all that they do, they prosper.** The misguided are not so, their lifetime is like chaff that tumbles away in the wind chasing after shadows. — Psalm 1



The More Than This Present in This



Time and Scale

In the book “In Search of the Miraculous”, an account of Gurdjieff’s teaching by his student P.D.Ouspensky, there is a section relating how Gurdjieff stated that “time is breath”.

Ouspensky began to elaborate on that hint by starting with the human breath. An inhalation and expiration elapse in 3 seconds. In a day and night, this amounts to 28,800 breaths. Dividing 28,800 days and nights by 365 (a year) gives about 79 years, which could be the general span of a human lifetime.

Here is his whole chart from “In Search of the Miraculous”, published in 1949 by students after his death in 1947.

	ELECTRON	MOLECULE	SMALL CELLS	LARGE CELLS	MICRO- COSMOS (Man)	TRITO- COSMOS	MESO- COSMOS	DEUTERO- COSMOS	MACRO- COSMOS	AYO- COSMOS	PROTO- COSMOS
IMPRESSION					$\frac{1}{10,000}$ second	3 seconds	24 hours	80 years	3 million years	90 milliard years	3.10^{15} years (number of 16 figures)
BREATH				$\frac{1}{10,000}$ second	3 seconds	24 hours	80 years	3 million years	90 milliard years	3.10^{15} years (number of 16 figures)	9.10^{19} years (number of 20 figures)
DAY and NIGHT			$\frac{1}{10,000}$ second	3 seconds	24 hours	80 years	3 million years	90 milliard years	3.10^{15} years (number of 16 figures)	9.10^{19} years (number of 20 figures)	3.10^{23} years (number of 24 figures)
LIFE	$\frac{1}{300,000,000}$ second	$\frac{1}{10,000}$ second	3 seconds	24 hours	80 years	3 million years	90 milliard years	3.10^{15} years (number of 16 figures)	9.10^{19} years (number of 20 figures)	3.10^{23} years (number of 24 figures)	9.10^{28} years (number of 29 figures)

Time and Scale

EVENT	CELL	MAN	PLANET	STAR	GALAXY
Impression	1 300,000,000 second	1 10,000 second	24 hours	100 years	3,000,000 years
Breath 	1 10,000 second	3 seconds	100 years	3,000,000 years	9×10^{10} years
Day and night	3 seconds	24 hours	3,000,000 years	9×10^{10} years	3×10^{15} years
Life span	24 hours	100 years	9×10^{10} years	3×10^{15} years	9×10^{20} years

Remembering our Lifetime

Using our memory to remember who and how we have been throughout our lifetime is a practical way of claiming our time and fully embodying our lifetime. To know oneself is to possess an understanding, a purview of the totality of one's life in its broad wholeness and granular particularity: To see the sweep or arc of one's lifetime narrative without losing the precise, even moment by moment, awareness of how one is being and how one has been in each and every moment; to see the totality of one's lifetime in, as it were, the blink of an eye; as well as to linger with one particular memory, in awe and gratitude for one instant or moment in time.

Forgetting our Lifetime

Sometimes truths are revealed in progressive ways, not all at once. The revealing and receiving of truth take time. The relationship between truth and time at a psychological level can be seen very clearly in the Work's teaching on buffers and the seeing of one's chief feature.

Presence and Distance

Physical separation invites us to discover our emotional time-travel capacity by way of our memory and consciousness. Using memory, the vast distance of space and the seeming limitations of time and physical separation can be transformed, interacted with in a different way. One can close one's eyes and inwardly be present to a beloved far, far away. We can place our consciousness with someone and discover that it is as if love is faster than the speed of light. We can be with them inwardly, instantly, even though we may be physically far apart. Consciousness through mind and the power of love and memory can connect us so clearly across vast distances that time is nearly irrelevant in the present moment of presence. If we can see how this works from us to another, we can be open to it occurring from another to us. This includes those who have passed away from this lifetime and are reaching out to us with loving energy from beyond this realm, the great cloud of witnesses or conscious circle of life.

Lifetimes within a Lifetime

This relativity can help us see that in this life we may be able to experience and discern many lifetimes. Not because we have physically died, but because we have grown inwardly, and been given the gift of new being, or deeper being, or in the words of Jesus, we've been born from above (John 3:3). This process of inward growth of our being may have certain discernable phases or stages, seen with hindsight. We can look back at our life and see that it is as if our being is so different now than it once was, it's as if we are living a new and different lifetime. Perhaps this is something of the mystery of Holy Remembering and remembering sooner and sooner so to not miss our destiny or the fullness of what is our possible development.

Other resources

<http://gurdjiefffourthway.org/pdf/GURDJIEFF%20AND%20TIME.pdf>

‘Time is the
greatest mystery,
containing all
other mysteries.
Time is change.
Time brings all.
Life, death – and
even miracles.’

- Rodney Collin