



# CONSCIOUS SUFFERING

RE EXAMINED



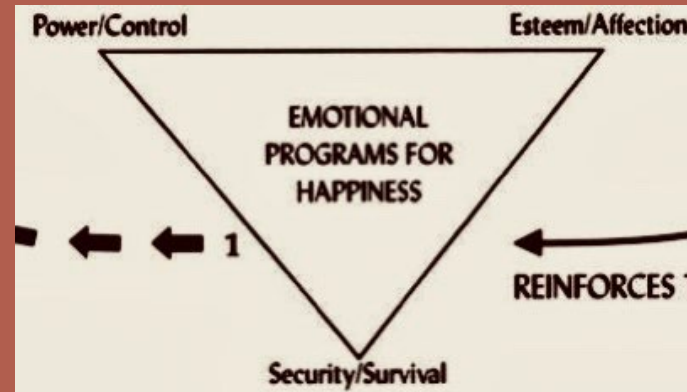
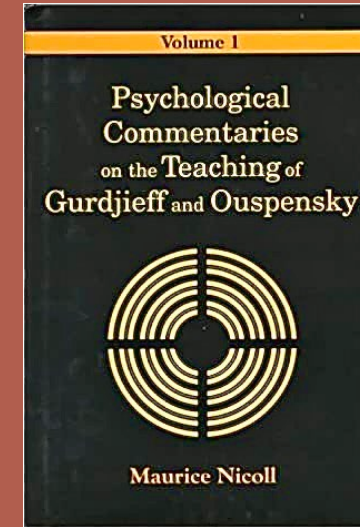
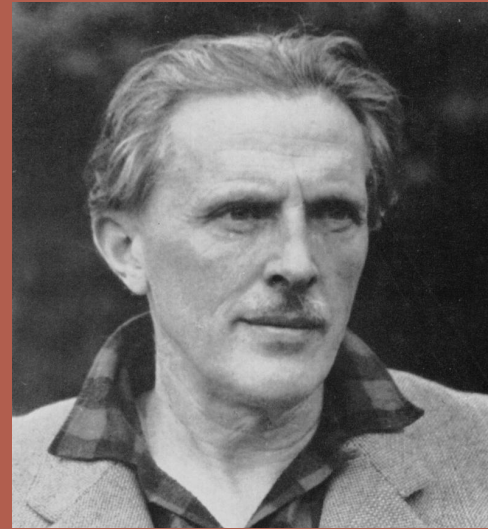
## GURDJIEFF CLASSIFICATION

- UNNECESSARY SUFFERING
- UNAVOIDABLE SUFFERING
- VOLUNTARY SUFFERING
- INTENTIONAL SUFFERING

## J. G. BENNETT

### UNNECESSARY (FIRST WORLD PROBLEMS)

- **WORRY, INDIGNATION, ANXIETY**
- **EVIL (HATRED, REJECTING)**  
(Security/Power?)
- **DOUBT (ILLEGITIMATE DEMAND FOR ASSURANCE)** (Security/Survival?)
- **GRASPING (FEAR OF PRIVATION OR LOSS)** (Security & Power?)
- **SELF LOVE (SELF PITY) (Esteem/Affection)**
- **IMPATIENCE, REGRET ("TRYING TO GO FASTER THAN GOD" Jacque Maritain)**  
Power and Control?)



UNNECESSARY  
SUFFERING

UNAVOIDABLE  
SUFFERING

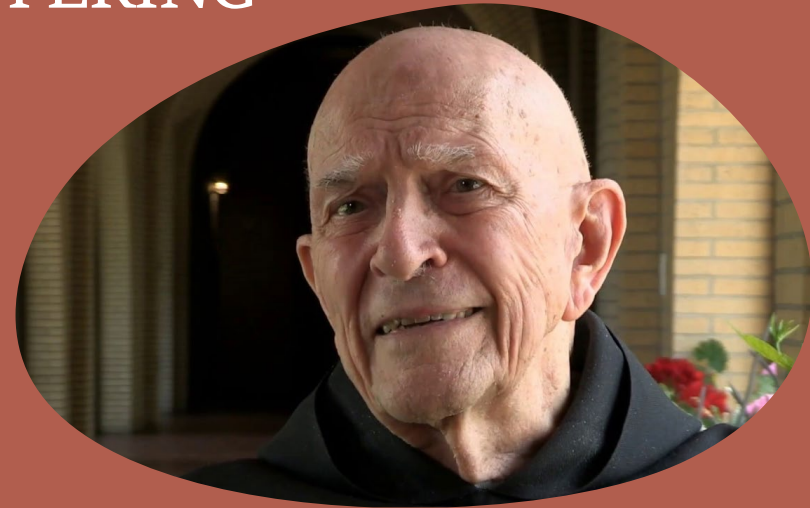


# SPECIAL FORMS OF UNAVOIDABLE SUFFERING

## DEEP PSYCHIC TRAUMA

- SUPPRESSION OF UNRESOLVED SUFFERING
- NEED FOR UNLOADING, DIVINE THERAPY

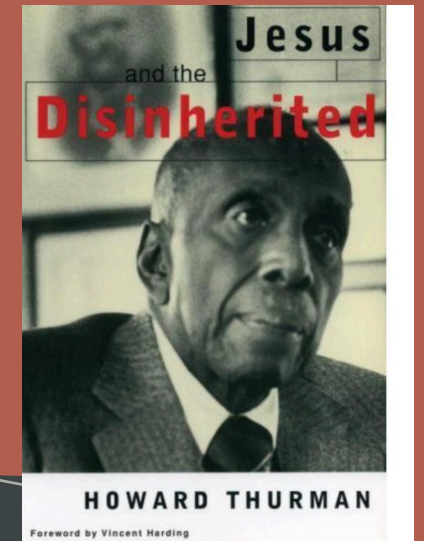
Father Thomas Keating

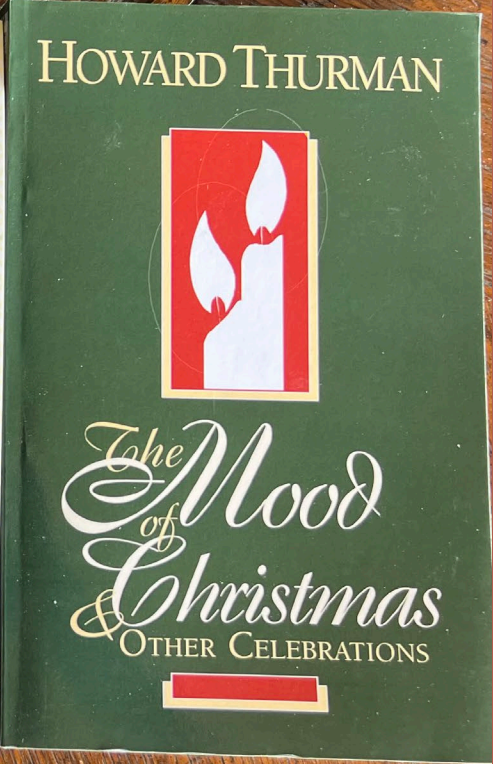
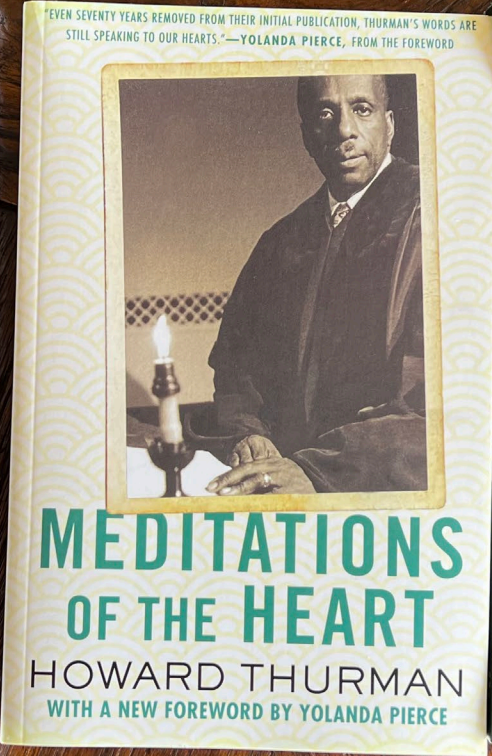
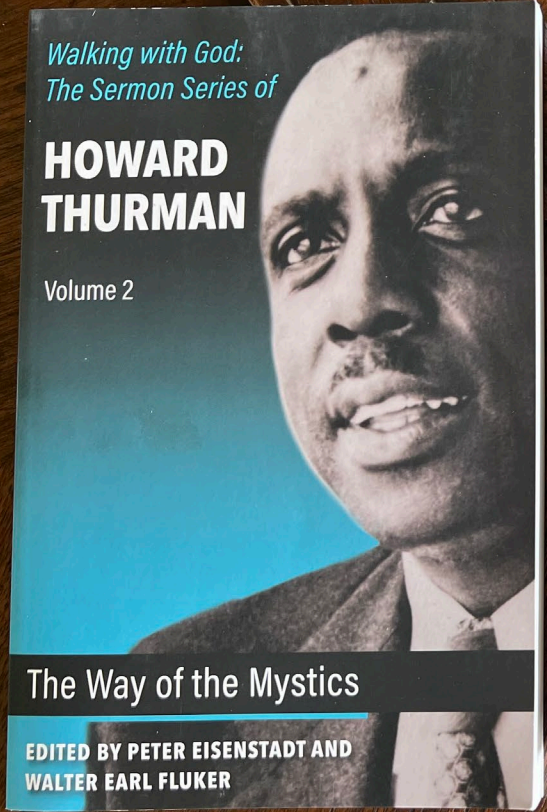


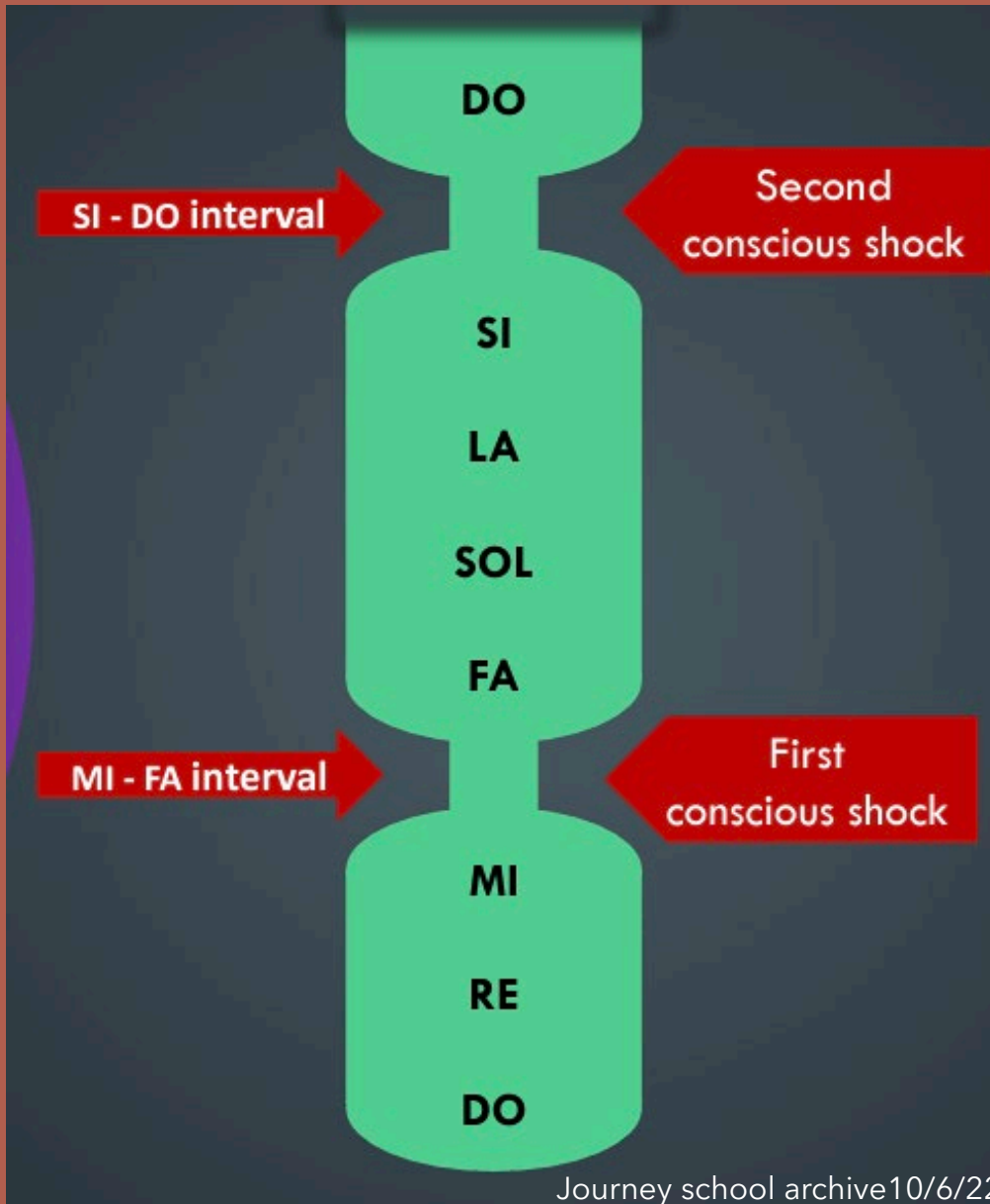
## TRAUMA FROM OPPRESSION

- SYSTEMIC CULTURAL OPPRESSION
- FEAR, HATE, DECEPTION, LOVE

Reverend Howard Thurman







## SHOCKS & TRANSFORMATION

### INTENTIONAL BEARING OF SUFFERING

- PURGE UNNECESSARY SUFFERING
- TRANSFORM UNAVOIDABLE SUFFERING

### WISDOM SCHOOL, PATH, WAY

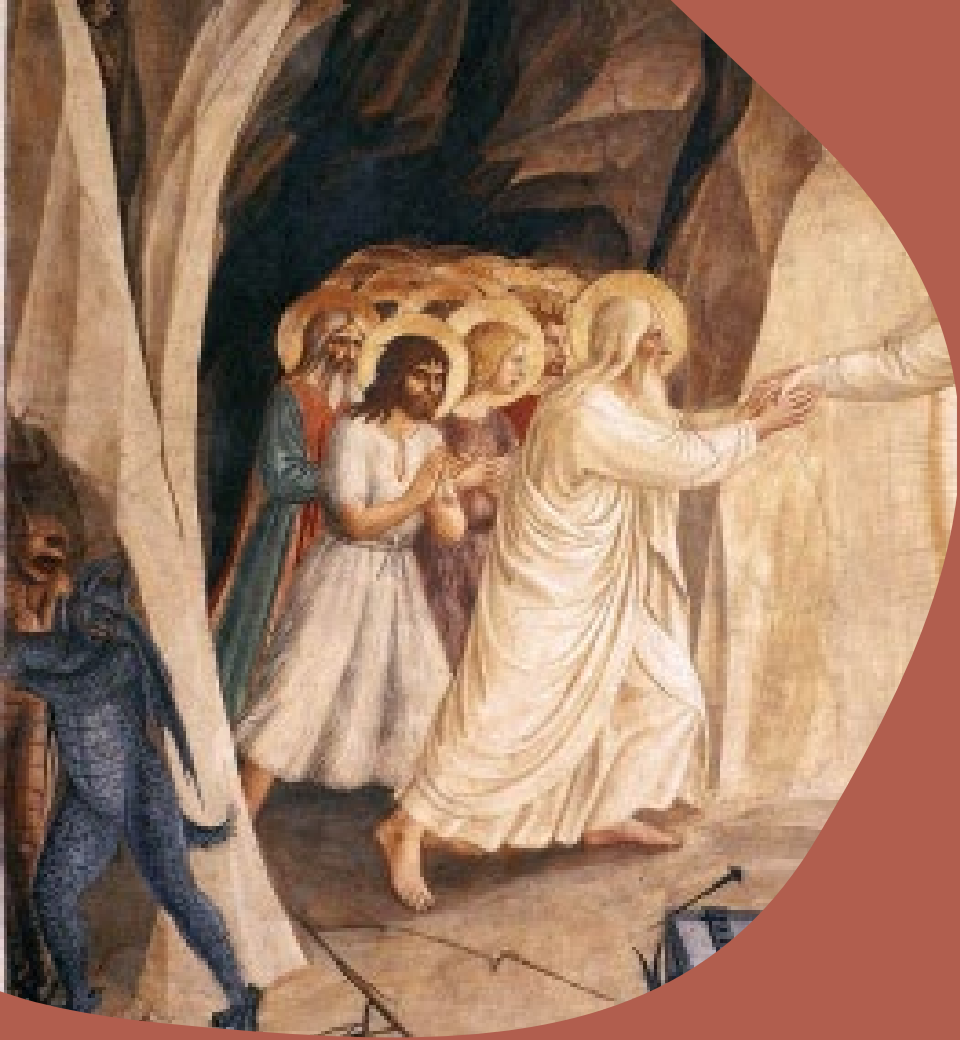
PREPARATION & PRACTICE FIELD

### MAGNETIC CENTER

SELF OBSERVATION  
 APPLICATION OF WORK IDEAS  
 SELF REMEMBERING  
 RECOGNITION OF ONE'S DIFFICULTIES

↑ PISTON FORCE OF IMPRESSIONS ↑





# PRAYER OF THE HOLY EQUATION

**HOLY - AFFIRMING**

**HOLY - DENYING**

**HOLY - RECONCILING**

**TRANSUBSTANTIATE IN ME**

**FOR MY BEING**

Higher blends with the lower to actualize something in between

**Incremental Progress**

**Will to Work**



“Whoever wants to be my disciple must deny themselves and take up their cross and follow me”.

John 9:23

“In Christianity, motivation is everything”  
Thomas Keating

“Suffering is reminiscent the undercarriage of a vehicle...bearing the weight above the wheels...apt image of human suffering”

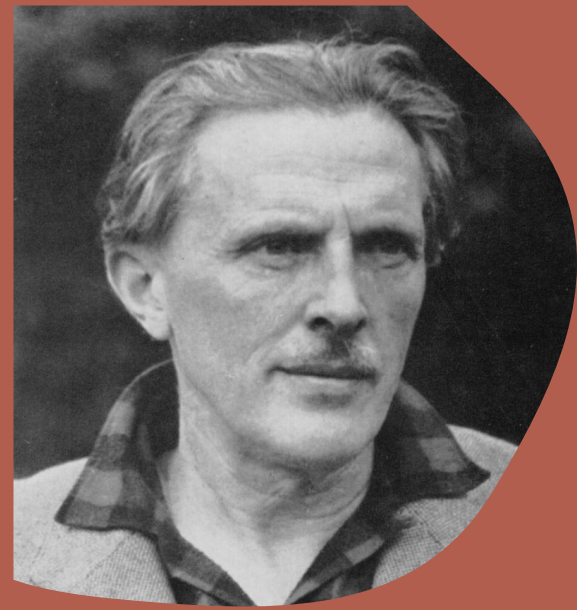
Helen Luke



# PRAYERS FOR THE HOLY DISPOSITION

"We have to **be like air**,  
**to let** everything take us,  
to deny ourselves nothing,  
**to let** everything breath us,  
**to let** everything be transmitted through us.  
We **can** help one another"

**J.G. Bennett**



Welcome, welcome, welcome

I **welcome everything** that comes to me today, because I know it's for my healing

I **let go** of my desire for power and control.

I **let go** of my desire for affection, esteem, approval, and pleasure.

I **let go** of my desire for survival and security.

I **let go** of my desire to change any situation, condition, person or myself.

I **open** to the love and presence of God and God's action within.

Thomas Keating



## Being- Partkdolg Duty Of Intentional Suffering

" It is potential energy. Suffering holds hidden within it, in extreme intensity, the ascensional force of the world.

If all the people who suffer in the world were to unite their suffering so that the pain of the world should become one single grand act of consciousness of sublimation, of unification, would this not be one of the most exalted forms in which the mysterious work of creation could be manifested to our eyes?"



Pierre Teilhard de Chardin SJ

### Obligation Strivings

4. Pay for arising so to be free to lighten the Sorrow of our Common Father
5. Assist perfecting others to degree of self individuality



Julia Ostrowskaya  
1890-1926



Evdokia Georgiades  
1845?-1925

At that time there frequently used to come and sit down by me on this bench, on each side of me, two near beings, the only ones close to my inner world."

*LIFE IS REAL, ONLY 'WHEN I AM" p 36*





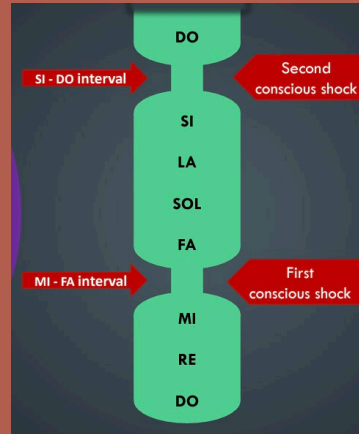
Morrisdale Coal Co., Shaft No. 3.  
Morrisdale, Pa.





# "When you Blow at High Dough".

Gord Downie  
The Tragically Hip



At High "DO"

Scottish aphorism:

"Don't get worked up with frantic attempts to change what is"





**A gentle smile,  
sad and lovely,  
was always on her lips,.  
The grey blue eyes  
looked into the distance  
with just a touch of  
fear in them.  
A truly superior face.**

*Gurdjieff Reconsidered p 137*  
Roger Lipsy









**Grief has no distance. Grief comes in waves, paroxysms, sudden apprehensions that weaken the knees and blind the eyes and obliterate the dailiness of life.**

**JOAN DIDION**

***THE YEAR OF MAGICAL THINKING***



# WIMBERLEY STRONG



STRENGTH \* HOPE \* COURAGE



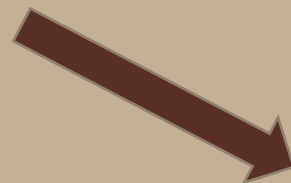
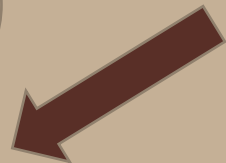


**LOVE & DUTY**

**CONSCIOUSLY & INTENTIONALLY  
BORNE SUFFERING**



**UNAVOIDABLE  
SUFFERING**



BEREAVEMENT  
HUMILIATION  
SERIOUS HEALTH ISSUES



**FOREBEARANCE**

**HUMILITY**

**ACCEPTANCE**

**FORGIVENESS**

**EMPATHY**