

*Holy Spirit,
open our hearts and minds to the lived
experience of your indwelling presence.*

*May we live our lives from the Divine
Center, ever aware of the Source of our
every breath, or every movement,
the all of the moment.*

*Infuse us with simplicity of heart, mind
and body. Infuse our lives with simplicity
of Presence. Infused us with simple
gratitude for the gift of our very lives.*

Amen.



ESSENCE

“Undeveloped Essence is crude.”

“Every essence is unique.”

“The New Man is in Essence and the wings are there, only what is in us has to learn to use them.”

“Essence is indestructible.”

“Essence wants spiritual things. According to the things you want, you know where you are. Where your treasure is there will be your heart also.”

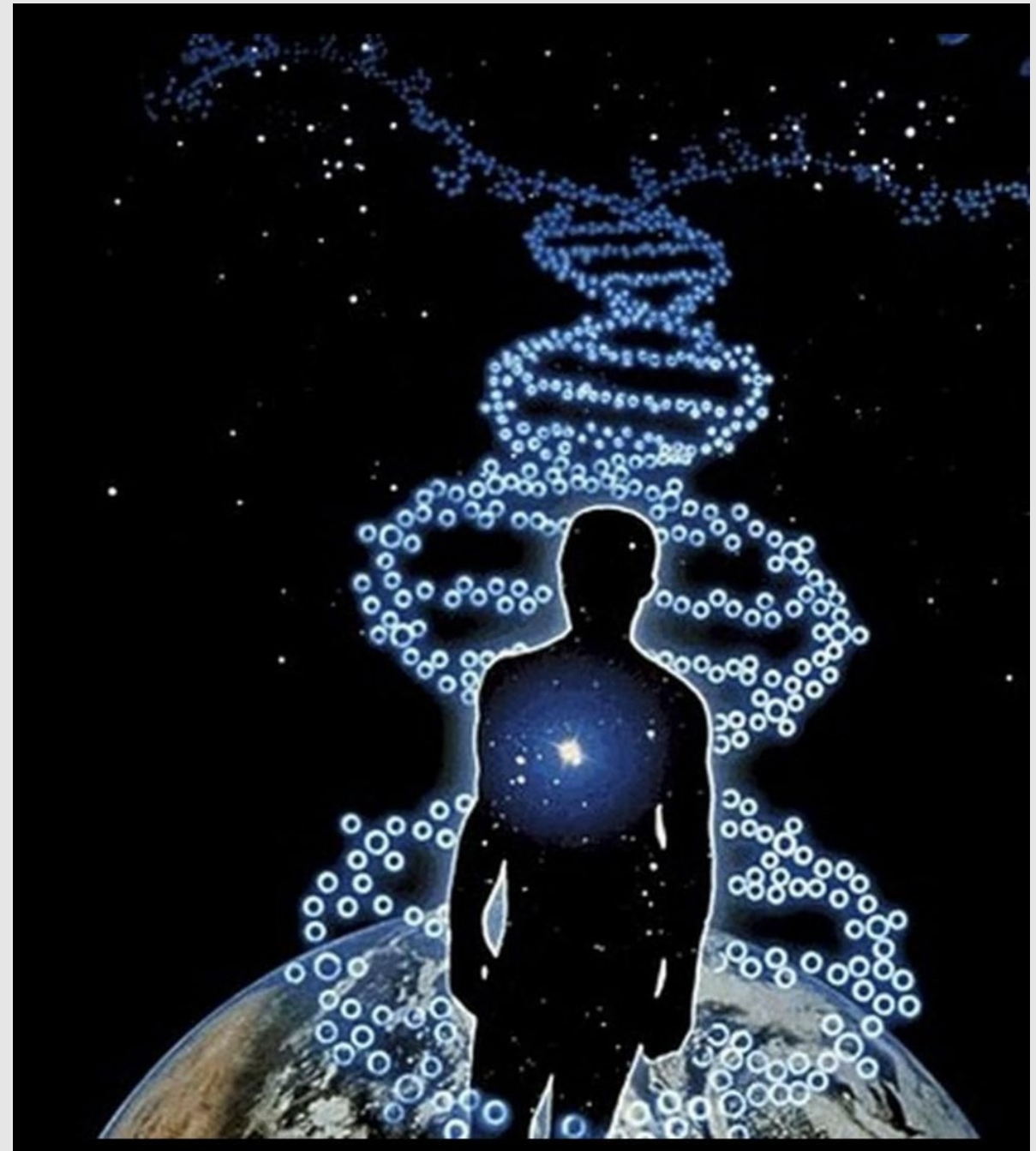
“Essence remembers.”

“Our wishes for understanding are with us after death. This is our wish-so that Essence can be strong.”

“You see when it is an Essence wish it is really God wishing in us because Essence is part of Real I.”

“Obeying the Work, following the instructions we are given, develops Second body and Essence.”

Beryl Pogson, *Brighton Work Talks & The Work Life*



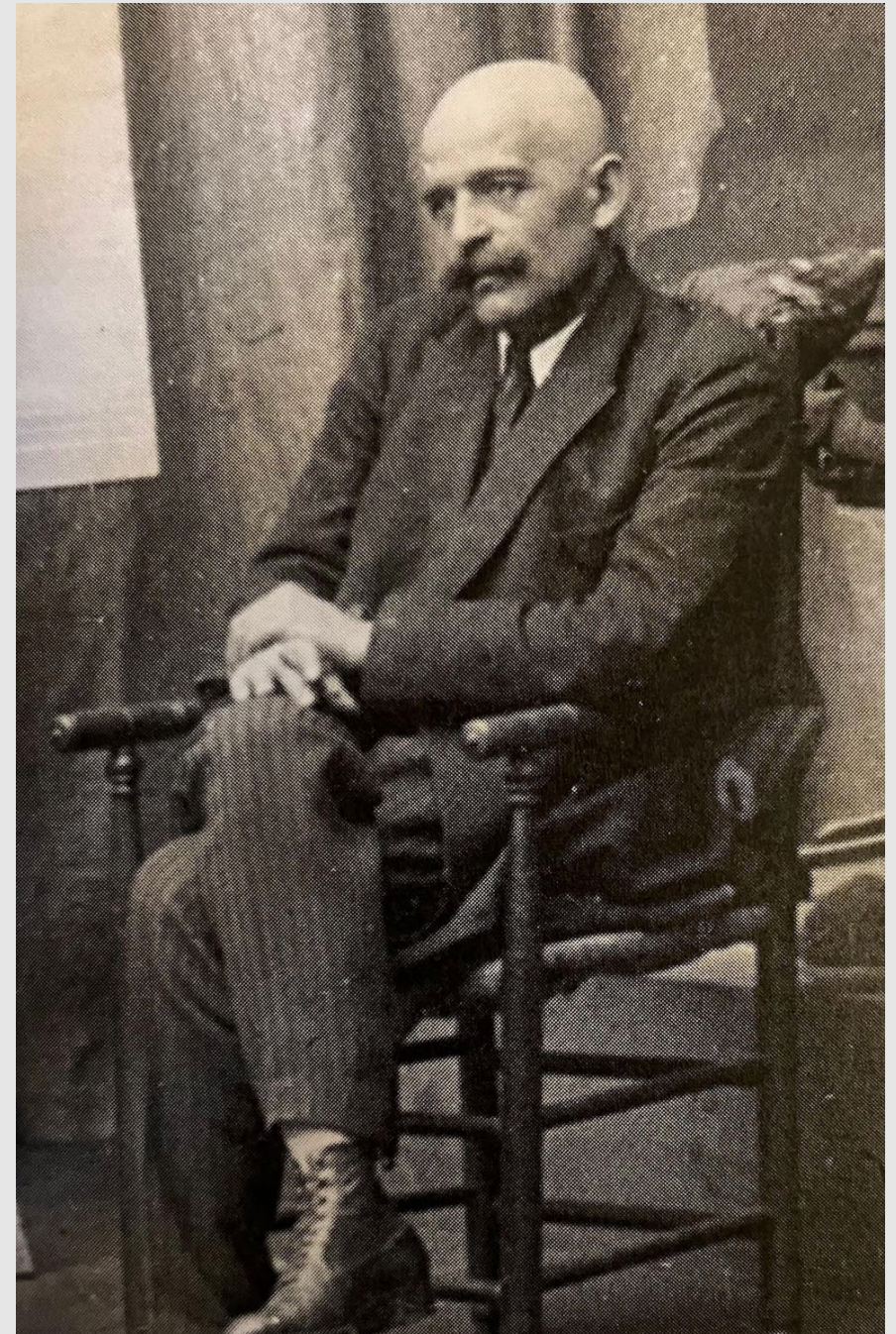
G. I. Gurdjieff

The BECOMING: “Be a question.”

“It is only grounding our awareness in the living sensations of our bodies that the ‘I am’ our real presence, can awaken.”

“...the Essence can only develop at the expense of the Personality.”

“Now the internal Essence and its understanding can only grow through what is genuine. Lies kill it. Truth develops it. It has a high origin.”



Albert Richard Orage

“Truth, before God is essence; truth before man is personality.”

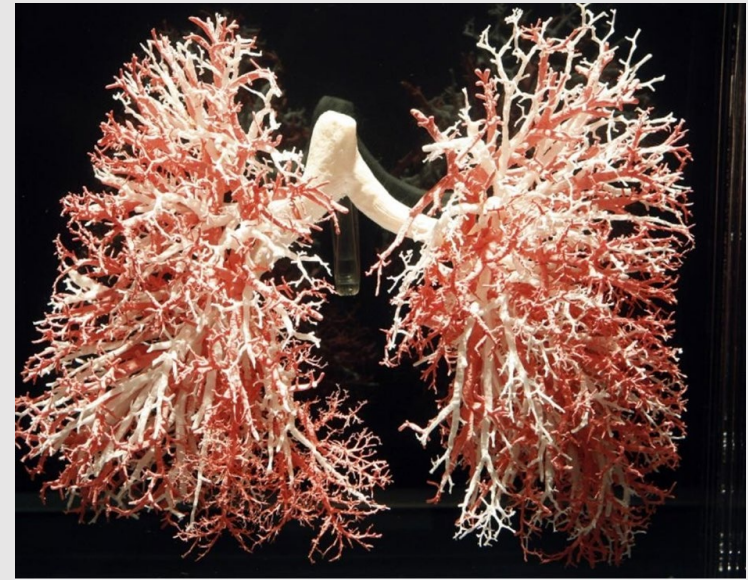
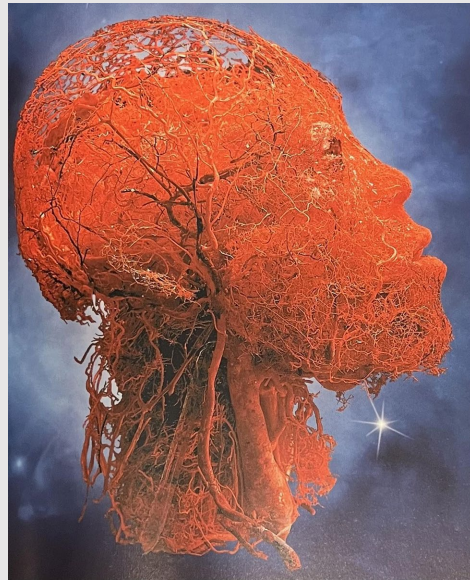
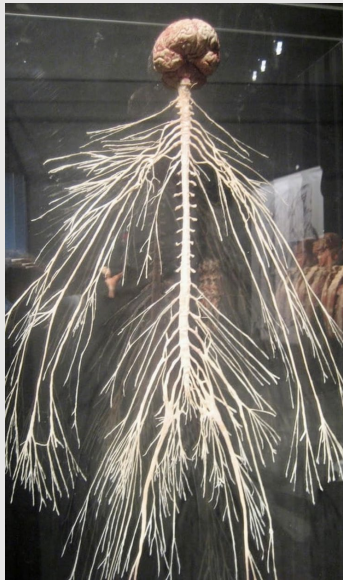
“Life in the planetary body is sensation; in the astral body, emotion; in the mental body, thought.

“The body is the soil in which a soul may grow. The work is the preparation of a soil in which a soul can grow.”

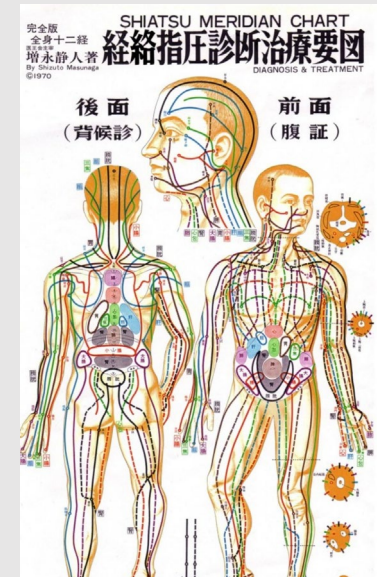
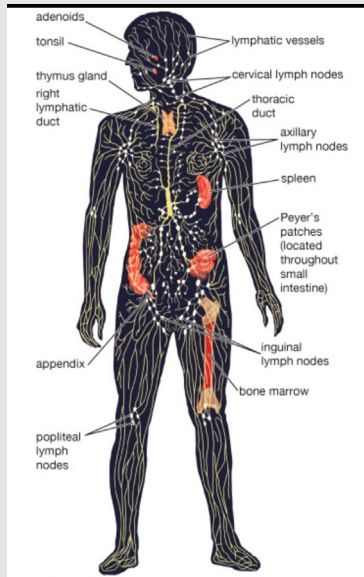
Photos and quotations from *Sayings from the Gurdjieff Work* by Robin Bloor.

Alfred Richard Orage





The Mysterious and Wonderous Bodily Processes



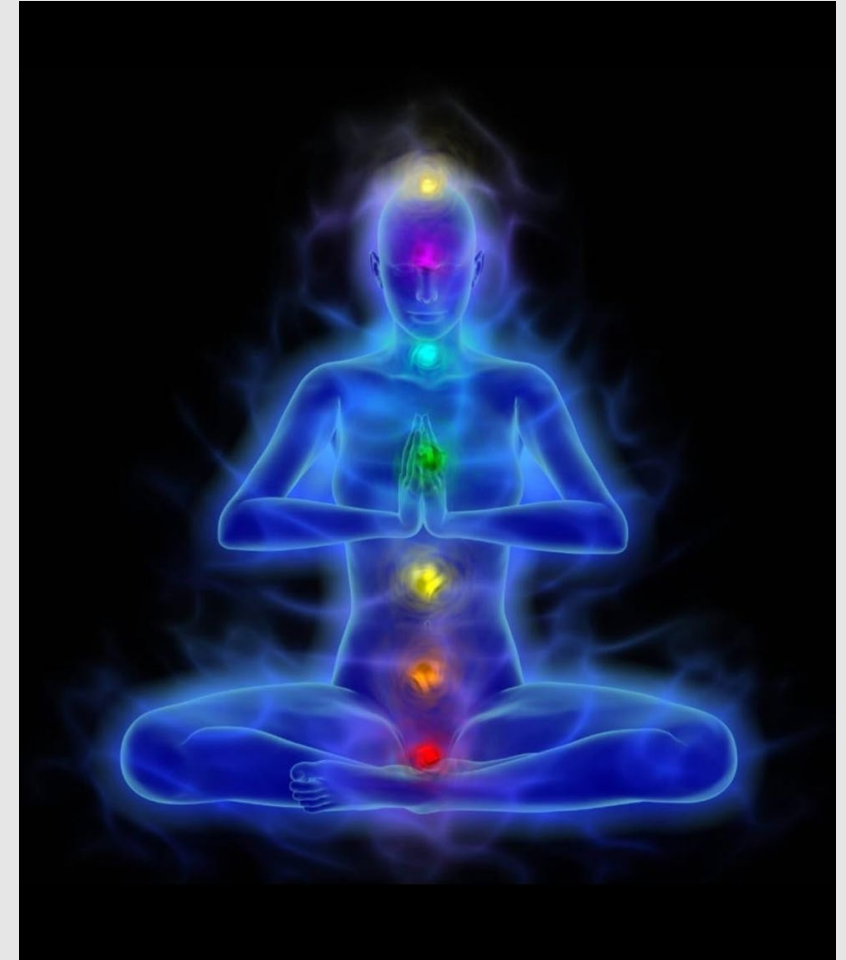
Energetic Field of Influence



Our sphere of influence in these bodies is potentially as an atom and is in movement vibrating and emanating.

It feels challenging to be in our bodies, present and open to spirit.

What role do these mysterious bodies play in our transformation?





“The Essence is in the emotions but not of them. The ‘I’ is in the Essence but not of it.”

Jane Heap

“What do you love to do from Essence and for no other reason? What did you love to do in childhood? That gives a clue.”

“One of the first ways we could pay for our arising is through feeling joy in our existence.”

Beryl Pogson. *Brighton Work Talks*