

# The Joy of Being Here



# THE PILGRIMAGE

- The Allegory of the Pilgrim.
- The Magnetic Pull
- The Question “Where am I?”
- The Question “What am I?”
- The Question of Sleep
- The Question “What do I know for sure?”
- The Question: When am I?”
- The Symbol of the Cross - the time of the cross
- The Holy Struggle with the Heropass and the personal struggle with Time.



# THE ALLEGORY OF THE PILGRIM

*He who would valiant be  
'Gainst all disaster,  
Let him in constancy  
Follow the master.  
There's no discouragement  
Shall make him once relent  
His first avowed intent  
To be a pilgrim.*

*- After John Bunyan*



# THE ALLEGORICAL PILGRIM

- A pilgrimage is a journey to a sacred shrine or temple in a holy city.
- It is an act of devotion or a search for higher knowledge. The goal is to transform the self.
- Well known is the Christian Camino de Santiago, the Muslim Hajj to Mecca, and there are pilgrimages in Hinduism, Buddhism and other religions.
- Clearly there is a higher meaning to this.
- We are called to the pilgrimage. The sacred shrine in the holy city is called by the name “I AM.”
- We should not need reminding that “I AM” is the name of the Absolute.



# THE CALL OF MAGNETIC CENTER

- Gurdjieff said “In every man there has been implanted a need for knowledge, differing only in its intensity.”
- If this is so, then the intensity varies considerably.
- For most people, the identifications of life create a far stronger pull than the desire to know.
- Most of humanity is sleeping happily or sometimes sleeps unhappily – but sleeps anyway.
- The Chief Feature of humanity is suggestibility. And man, in general, is happy to be suggested to.
- He does not hear the call of the higher – instead he heeds the call of the Lotus Eaters.
- Some of us are called to the pilgrimage. To travel to the sacred shrine in the holy city that goes by the name “I AM.”
- We should not need reminding that “I AM” is the name of the Absolute.



# WHERE ARE YOU?

- Your pilgrimage began when you were born. Do you know where you are on the road now?
- If you are on a normal journey then most of the time you know where you are.
- But on a pilgrimage, there are mountains and valleys.
- Beguilingly, you sometimes catch a glimpse of the Holy City, sparkling in the distance.
- But when that happens, it seems no nearer.
- Oh, and those valleys!
- It sometimes seems as though you are on the road of peril. Those unquiet shadows haunt your imagination.



## IN THE VALLEY OF DESPOND

*Who so beset him round  
With dismal stories  
Do but themselves confound  
His strength, the more is.  
No foes shall stay his might,  
Though he with giants fight:  
He will make good his right  
To be a pilgrim.*

*- After John Bunyan*



# WHAT AM I?

- I was once a cell, but now I am trillions of cells. It's a theory that we all easily accept – but we do not know it from memory.
- The question is not “who am I?” it is “what am I?”
- I appear to be a human being. Why am I not a crow, or a mountain lion, or a lowly ant?
- And could I ever be those beings?
- I was once newly born, knowing almost nothing.
- Am I that same being now?
- Did I ever agree to where I began and what I became?





# THE SONG OF AMERGIN

I am a stag: of seven tines,  
I am a flood: across a plain,  
I am a wind: on a deep lake,  
I am a tear: the Sun lets fall,  
I am a hawk: above the cliff,  
I am a thorn: beneath the nail,  
I am a wonder: among flowers,  
I am a wizard: who but I  
Sets the cool head aflame  
with smoke?

I am a spear: that roars for blood,  
I am a salmon: in a pool,  
I am a lure: from paradise,  
I am a hill: where poets walk,  
I am a boar: ruthless and red,  
I am a breaker: threatening doom,  
I am a tide: that drags to death,  
I am an infant: who but I  
Peeps from the unhewn  
dolmen arch?

I am the womb: of every holt,  
I am the blaze: on every hill,  
I am the queen: of every hive,  
I am the shield: for every head,  
I am the tomb: of every hope.

# WHAT AM I?

- And he cometh unto the disciples, and findeth them asleep, and saith unto Peter, “What, could ye not watch with me one hour?”  
“Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak.”

(Matthew 26: 40-41)

- Why are we not conscious?
- We know ***the joy of being here.***
- We know how joyful it is. We prepare for it in the morning. We strive for it daily. We pray for it, and we hope for it.
- And yet only a very weak part of us truly wants it.



# WHAT DO I KNOW FOR SURE?

- This is the very important *long question*, that we need to visit regularly.
- “Man evolved from apes.” Do I know this to be true?
- I went for a burger yesterday. Or did I imagine that?
- Can I trust my memory?
- Am I even sure of what I did a minute ago?
- When I am here now. I know for sure that “I AM.”
- There is joy in this...
- Life is real, only then when “I AM”



# WHEN AM I?

- The mind lives in the past and the future, remembering what has gone and planning ahead.
- We see our own existence “through a glass, darkly.”
- The emotions and the body have no interest in the collected state – and yet without their energy we cannot remain present for long.
- We are uncollected.
- We need to convince our fragmented selves to share our goal of being here in the moment.
- They need to sacrifice their selfish pleasure for joy.



# THE MORNING PREPARATION

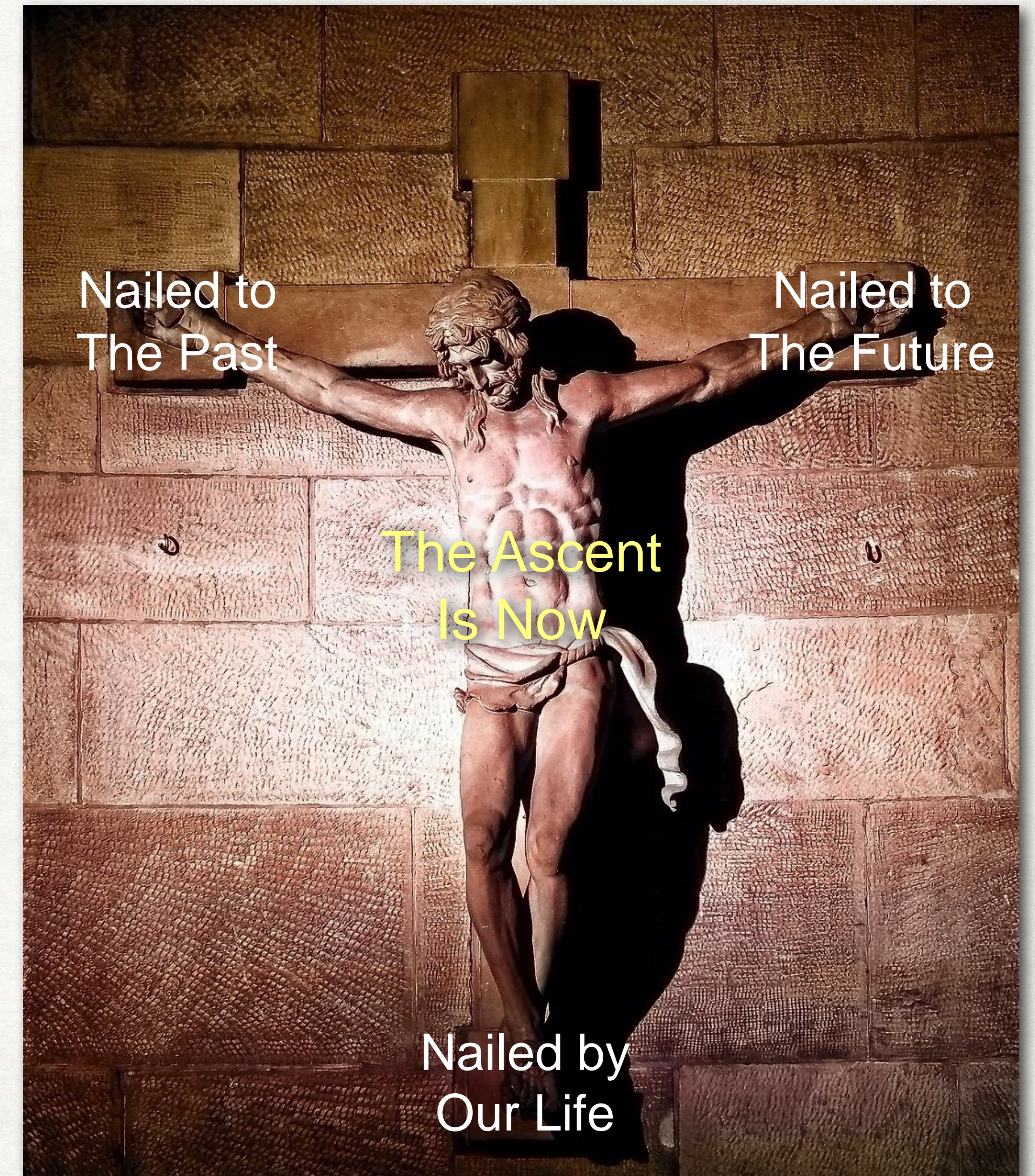
Beelzebub speaks to Hasein:

”So in the meantime, exist as you exist. Only do not forget one thing, namely, at your age it is indispensably necessary that every day, at sunrise, while watching the reflection of its splendor, you bring about a contact between your consciousness and the various unconscious parts of your general presence. Try to make this state last and to convince the unconscious parts – as if they were conscious – that if they hinder your general functioning, they, in the period of your responsible age, not only cannot fulfill the good that befits them, but your general presence of which they are part will not be able to be a good servant of our COMMON ENDLESS CREATOR and by that will not even be worthy to pay for your arising and existence.



# THE TIME OF THE CROSS

- Nailed by the past, by the accumulation of our associations which govern our behavior.
- Nailed to the future by our expectations and our fears and our naive hopes.
- Nailed by our life, by our imagination about our life, which prevents us from seeing our reality. We don't really live our lives, we imagine them.
- The only possible ascension is through changes of state: from world 96 to world 48 to world 24 to world 12.



# OUR STRUGGLE WITH TIME

- In *The Tales* Gurdjieff describes the Creation as the victory the Absolute achieves in his struggle with the Heropass (Time).
- The Heropass is ejected from the Sun Absolute but exists and rules the rest of the universe, including ourselves – we are condemned to eat, breathe and perceive throughout a limited lifetime.
- So we ourselves must struggle with the Heropass – and eject it from our own inner Sun Absolute, so that the Kesdjan Body and the Soul (the Body of Reason) survive.
- We only have so much time for this struggle. The Heropass allows us only so many breaths.
- But the Heropass does not enter now, and knows not the joy of it.
- We are pilgrims on the road to now, who experience glimpses of “I AM.”



## A POSTSCRIPT

*Since, Lord, Thou doest defend*

*Us with Thy Spirit,*

*We know we at the end*

*Shall life inherit.*

*Then fancies flee away!*

*I'll fear not what men say,*

*I'll labor night and day*

*To be a pilgrim.*

*- After John Bunyan*





# Questions?

