

Commentaries Class – CCH – 2025

A class of Practice and Participation

Context

Statement of Intention:

To form a community of practice around one the foundational legs of the Church, facilitating the awakening of Observing I, the practicing of non-identification, and the in-forming of Self-remembering in Christ-consciousness.

To provide a practical offering including the reading of *Commentaries*, and sometimes updated sources on the subjects at-hand, short, practical weekly assignments, and community sharing about experiences of putting on the assignments.

The Church has always had 2 legs. For years, the *Commentaries* were the primary teaching on how to practice in the world (off the mat).

General

- Schedule: Class is open and ongoing
- Class will pause during the same weeks that TJS pauses. Calendar link is on the “Commentaries Class” page. First break will be April 14th - Holy Week
- Class format will be a guided sensation/centering exercise, community sharing related to the previous week’s Work exercise, presenting a Commentary and/or related Work teaching, giving a new Work exercise.
- There will NOT be a weekly email.
- We will begin with Volume 1 of the Commentaries. Currently out of print. This is available for \$25 on [Amazon](#). A PDF is available on [archive.org](#). Complete sets of the Commentaries may become available through the Church at a later date.

Zoom

- We request all participants turn on their Zoom cameras for the entire duration of the class. This is as if we were coming together for class in a common space.
- The class will be recorded but recordings will not be published, like TJS. This is for the sake of confidentiality. If you miss a class you can request a link to the recording from the office manager. This arrangement is for regular participants who miss a class now and then. It is not for people who just want to listen-in.

Leaders

- There will be a rotation of class facilitators, some for multiple weeks and some just for 1 week. If you don’t resonate with a particular facilitator, that is an opportunity to Work. What

are your preferences and expectations? Can you still get value from the class and further your Work? Your peers are your teachers, as much as the class facilitator.

Regarding sharing

- This is a class of practice and participation. Use the class sharing time to engage the facilitator and further your work.
- Sharing should be related to your Work and related to the previous week's lesson/exercise
- Keep story-telling to a minimum
- Do not identify other people when reporting
- The class facilitator may say STOP when you are sharing. This is an opportunity to self-observe. Are you story-telling? Are you identified? Have you drifted from reporting on your personal Work? The facilitator may ask you questions or may simply say RESUME after some time. The STOP is always a shock for a particular reason.
- When you are sharing, the class facilitator may ask questions for the purpose of deepening your Work. To share is to also invite this interaction.
- Sharing is of your honest experience which may include Work 'successes' as well as identification, confusion, where you found yourself asleep, asking questions of clarification, etc.
- The usefulness of naming an I when sharing: "This is called being depressed, angry, sad, excited, ..."

Regarding the presentation

- This class will not be PowerPoint-based like TJS classes are.
- Class participants are expected to have a hard-copy or PDF of the Commentary we are working with.
- You are expected to read the entire upcoming Commentary before class. Why? Where is the First Force?
- The facilitator may read just a portion of the Commentary, and/or a reading from another author that illuminates the week's topic. This is NOT like the old class where we'll be reading 100% of the Commentary. The facilitator may expand on the Commentary or update some of the content if called for.
- The Commentaries refer to 'man' and use the masculine gender throughout. Nevertheless, they refer to all people regardless of gender. The facilitator may attempt gender-neutral substitutions if it does not bog down the reading.
- Facilitators may skip some of the Commentaries.

Commentaries

- Commentaries are not the Work, but Nicoll's ponderings about the Work.

- Nicoll was a physician and early psychologist, a student of Carl Jung
- He studied the Work under Gurdjieff and Ouspensky. After 10 years, Ouspensky told him to go out and set up his own school. Ouspensky, Nicoll, JG Bennett, Rodney Collin, Lord Pentland, Mdm de Slazmann and others were all evolving, explaining and deepening the Work – 2nd generation after Gurdjieff.
- As a psychologist Nicoll had a particular orientation to the teachings and these come through.
- Our intention is to use the Commentaries as a backbone, and to add our own insights – a lot has happened in the last 80+ years.
- Resources if you're new to the Work: (see book list on website). The Commentaries are a good way to practice and deepen understanding, but not a great way to learn from scratch. Still, if you're new, hang with us – you'll pick up a lot as we go, while you read one of the other books.