

**BODY  
MIND  
SPIRIT**





# THE UPWARD PATH

- Terminology: Horse, Carriage, Driver
- The Body
- The Spirit
- The Mind
- The Three Body Diagram
- Man As He Is
- The Growth of the Kesdjan Body
- The Bodies and the Ray of Creation
- The Four Bodies in Summary





# THE CARRIAGE, HORSE AND DRIVER

- You are likely aware of the old analogy of the carriage, horse and driver:
  - The Carriage representing the Body.
  - The Horse representing the Emotions (or Spirit).
  - And the Driver representing the Mind.
- Some people get confused by this, regarding our normal emotions as not exactly “spiritual” and our normal mind as usually very mechanical.
- This confusion stems from:
  - Failing to appreciate that our normal emotions are the primitive and undeveloped part of our Emotional Body or as it is sometimes called, the Kesdjan Body
  - Failing to appreciate that our normal mind is dominated by the formatory apparatus, which is a mechanical (and degraded) part of us related to our three lower centers.
- The Mind is, nevertheless, the seed of the Body of the Soul, or as it is sometimes called, the Body of Reason





# THE CARRIAGE – THE BODY

- The characteristics of the body are determined at conception by inherited DNA and planetary influence at the time of conception.
- In the womb it is prepared for birth, but it is entirely dependent for its experience on the mother. It receives no direct air from our planet's atmosphere and it receives no direct impressions from the outside world.
- At birth it is immediately influenced by the planets via:
  - Breathing Air
  - Receiving radiations and magnetic influence from the planets.
- It is also shocked by its first experience of light, sound, touch, taste, smell.
- In the subsequent years the body develops up to maturity. The motor functions and eventually the sexual function mature. The personality forms.
- A great deal of this happens up to the age of seven. The influence of family and peer groups is soaked up like a sponge.





# THE HORSE – THE EMOTIONS

- The seed of the Emotional Body (the Body Kesdjan) is acquired at conception and depends on the disposition of the planets at that time. That seed is a particle of the Absolute.
- The whole of the time spent in the womb is experienced by the emotional body.
- The emotional body is vulnerable. It experiences negative emotions as pain.
- The formation of personality serves as a shield from some such influences.
- Personality does not feel in the same way that the Kesdjan Body feels. It reflects external influences rather than absorbing them. It may reflect the influences of the planets.
- This gives rise to the law of Accident.





# THE DRIVER – THE MIND

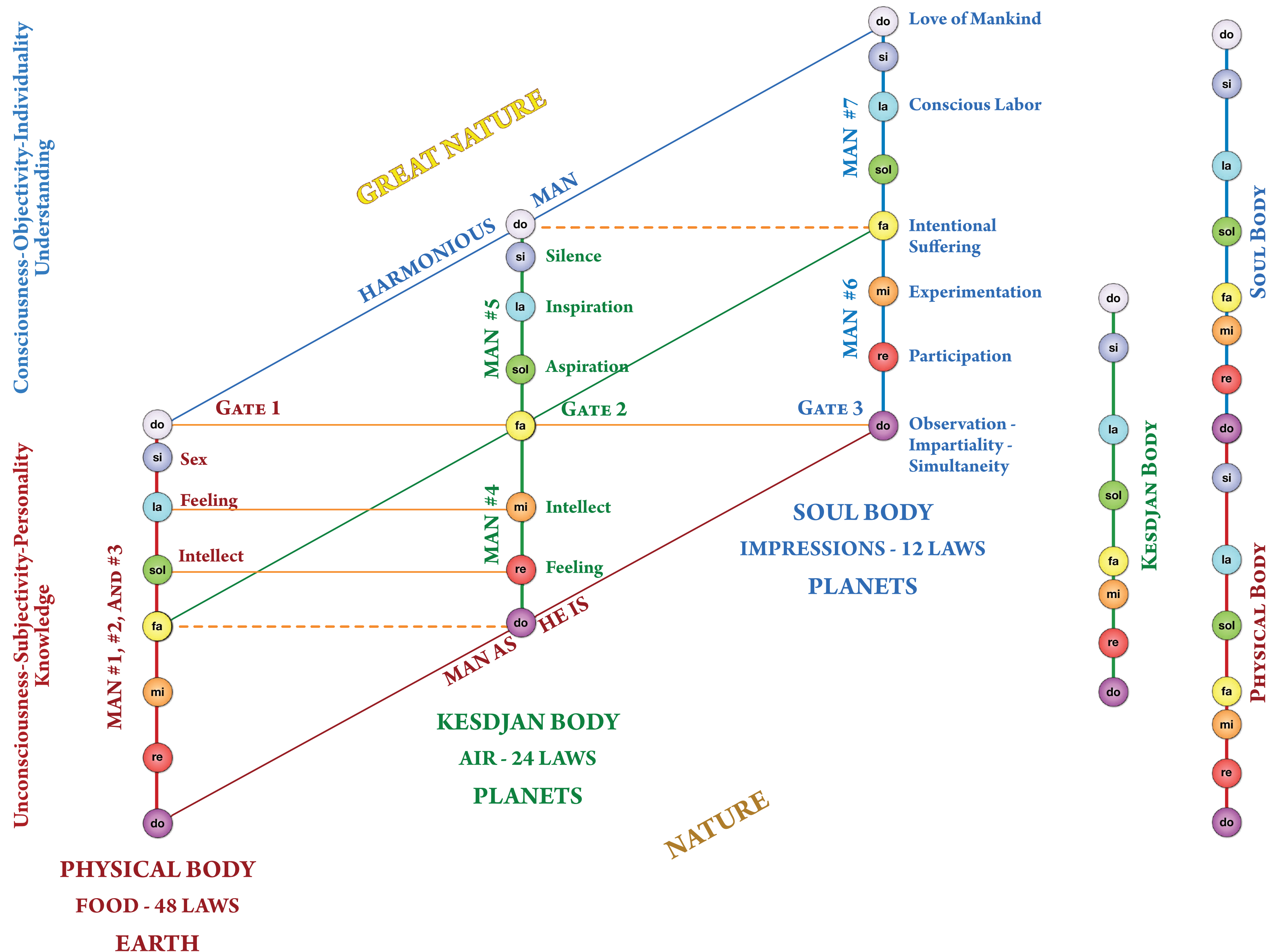
- The Soul Body, or Body of Reason) grows from within the Kesdjan Body.
- In most people it simply becomes the seat of personality and once personality is formed it crystallizes and no further spiritual development occurs.
- However in some people a magnetic center forms in personality and the mind becomes increasingly interested in higher influences.
- Then, if further development is to occur, the mind must learn to be the master of the horse and carriage and a servant to the higher.
- Then, both the Kesdjan body and the Soul body can proceed to develop.
- This can begin at any time after the age of about 7.





# THE 3 BODY DIAGRAM -1

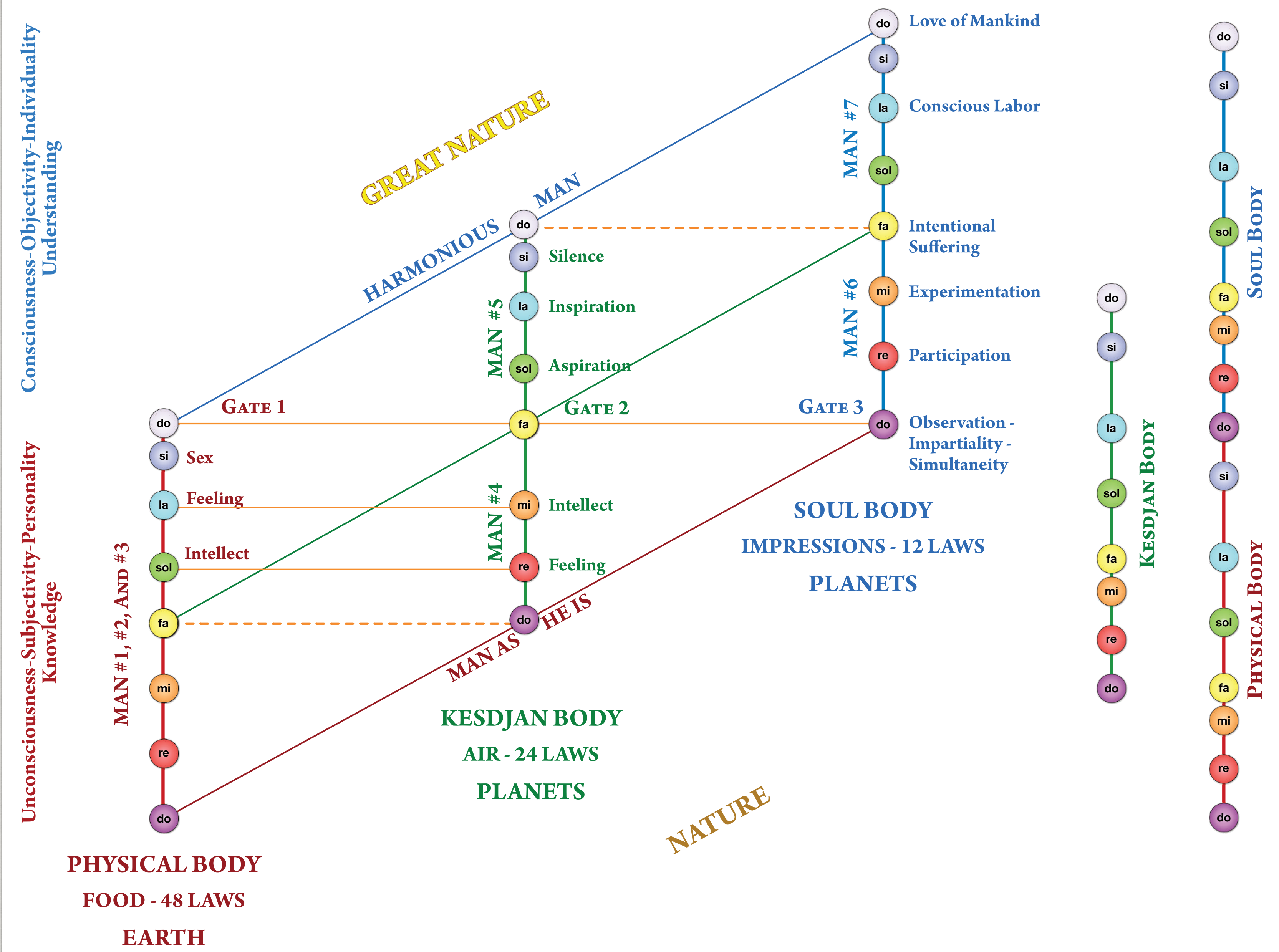
- This diagram was created by Willem Nyland (a direct pupil of Gurdjieff) to assist his pupils in understanding the nature of the work.
- It depicts the relationship between the Physical, Kesdjan and Soul bodies which exists in everyone.
- It could be said that these three bodies are contained within each other like Russian Dolls. They are separate, yet joined.
- The Kesdjan Body is within (but also surrounds) the physical body.
- The Soul Body is within but also surrounds the Kesdjan and Physical bodies.





# THE 3 BODY DIAGRAM -2

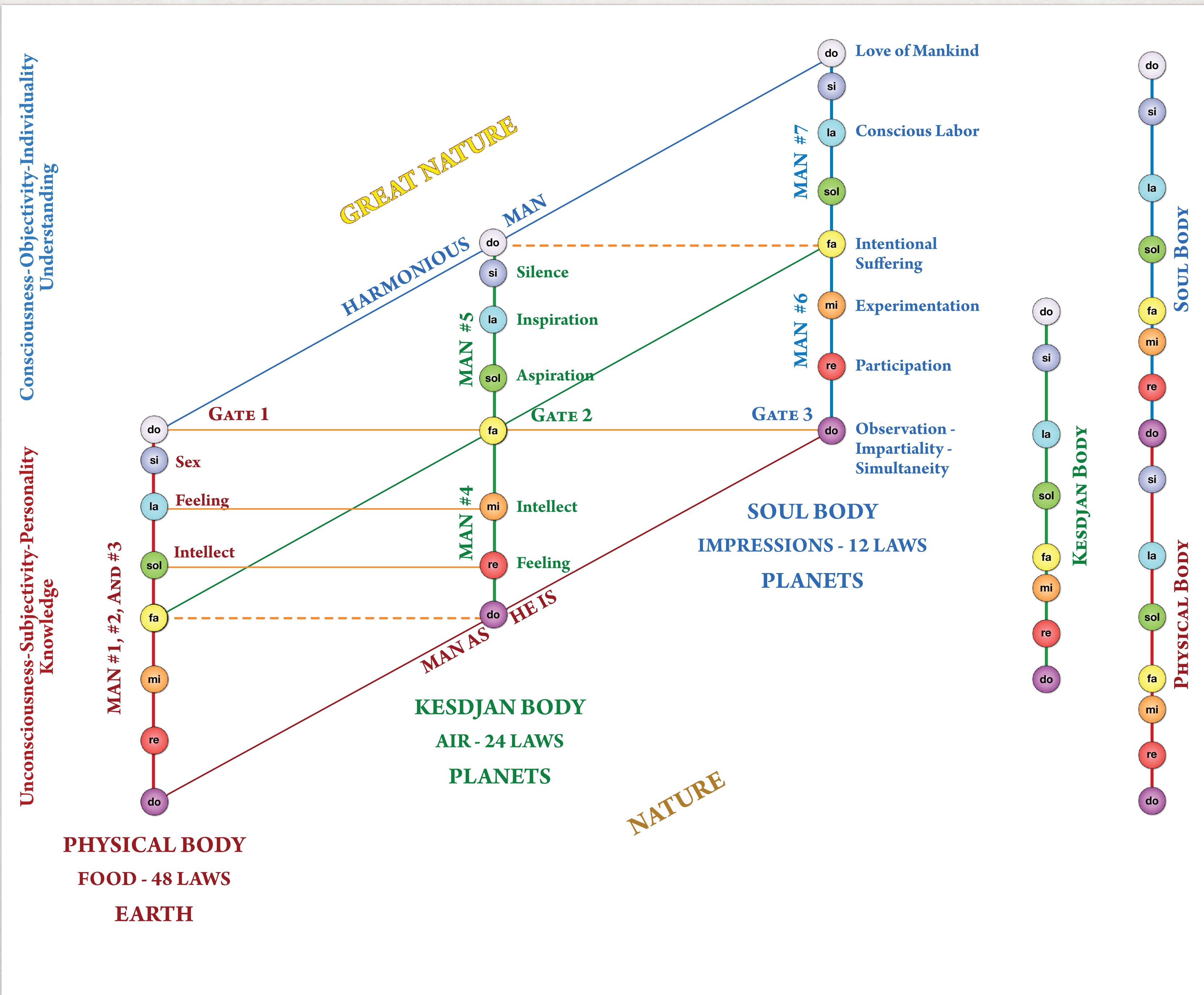
- The 3 Body Diagram illustrates the movement between Man as he is (mechanical man) and Man at his full potential (Harmonious Man)
- The central dividing line is labeled on the lower side **Unconsciousness-Subjectivity-Personality**
- Below this dividing line man/woman can acquire **Knowledge** but until he/she rises higher, nothing more can be acquired.
- Above this dividing line it is **Consciousness-Objectivity-Individuality**
- Above the dividing line, man/woman can begin to acquire **Understanding**.
- **Understanding** is the full potential of man/woman.
- On the right-hand side, note how the highest part of the **Physical body** is at the same level as the lowest part of the **Soul body**.
- The **Kesdjan body** overlaps both





# THE 3 BODY DIAGRAM -3

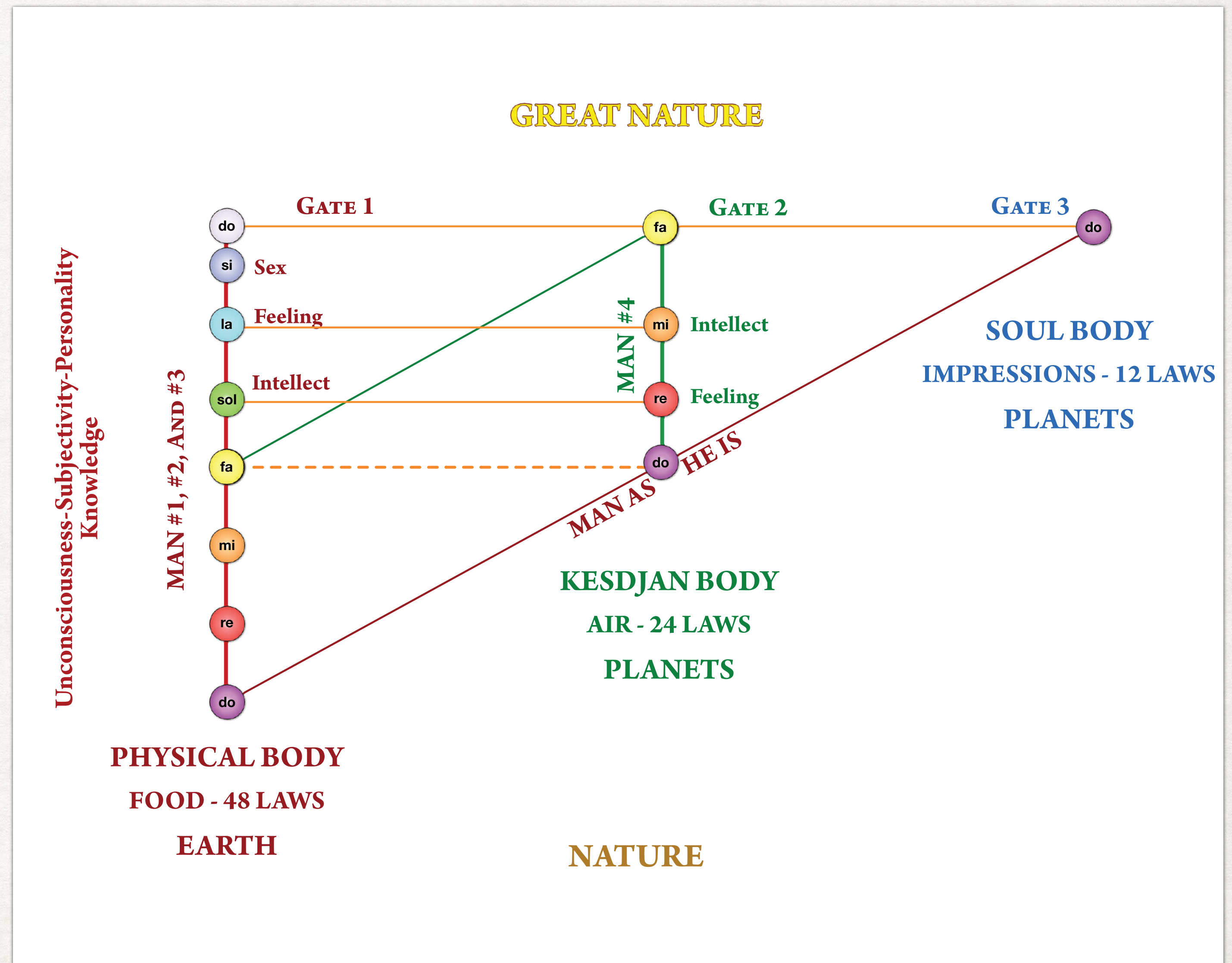
- We see from the diagram that **Man #1, #2 and #3** are aspects of the potential of the Physical body.
- Depending upon circumstance, education, environment and to some degree essence, a man develops into man number 1 or 2 or 3.
- **Man #4** and **Man #5** are possibilities of the Kesdjan body.
- **Man #6** and **Man #7** are possibilities of the Soul Body.
- These are all possibilities, but they may not be actualized.





# THE 3 BODY DIAGRAM - MAN AS HE IS

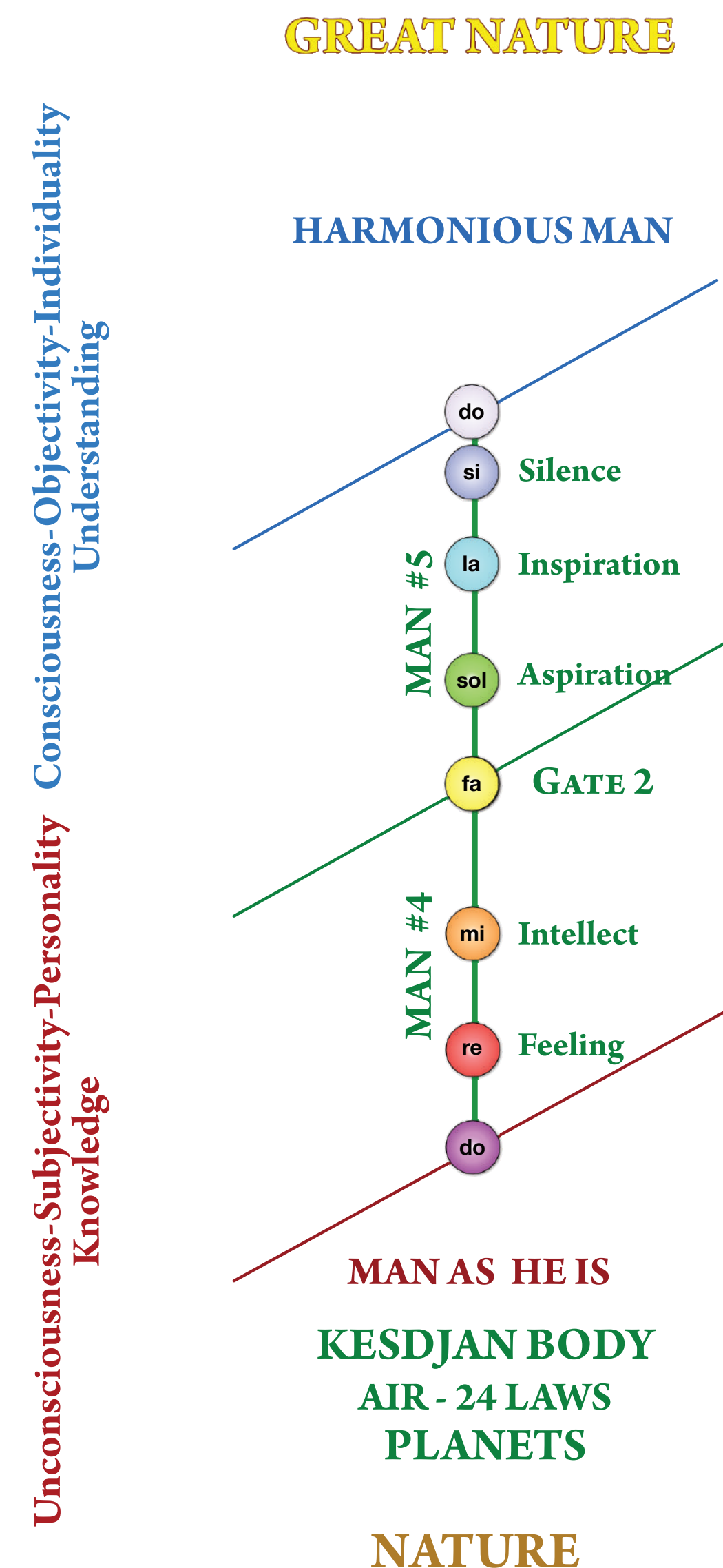
- This part of the diagram illustrates Man as he normally is.
- The physical body becomes fully mature and he becomes fit to continue the species.
- At the same time the body Kesdjan naturally develops to a certain level through the notes **do**, **re** and **mi**.
- However in most cases this “partially formed” Kesdjan body becomes passive in relation to the physical body. As such it ceases to develop.
- However if magnetic center grows within the personality, the possibility arises of the Kesdjan body becoming active at times in relation to the personality and then it begins to “consume” personality.
- Note that in these circumstances an inversion occurs between intellect and feelings. In the kesdjan body intellect (which acquires an emotional quality) governs feelings (which acquire an intellectual quality).
- If this happens, then the individual becomes **Man #4**, and it is possible for the Kesdjan body to pass through **Gate 2**.
- Then the Kesdjan body becomes subject to fewer laws.





# THE 3 BODY DIAGRAM - GROWTH OF THE KESDJAN BODY

- This is the primary path of spiritual development.
- Note that work on the growth of the Soul Body runs in parallel with growth of the Kesdjan Body. Here we just focus on the Kesdjan Body.
- GATE 2 is the barrier that we must pass in order to bridge the large gap between Man#4 and Man #5.
- Note that while the personality has many “I’s, the body Kesdjan has just one ‘I’ – but that ‘I’ will in almost all cases need to be perfected.
- The road to perfection of the Kesdjan body is through the “eating” of false personality.
- This process involves remorse - remorse for what I am.
- It also involves the realization of my own nothingness.
- Note the path of Man #5:
  - Aspiration – we must yearn for unity “With all our heart”.
  - Inspiration – we receive the influence of the “Higher emotional”.
  - Silence - we become the voiceless witness.





# THE BODIES AND THE RAY OF CREATION

**SUN**  
(Our Sun)



H12

**Reason**

–

**Real ‘I’**

**Mind --> Soul Body**

**ALL PLANETS**  
(Our Planets)



H24

**Essence**

–

**Steward**

**Emotions --> Kesdjan Body**

**Interval**



**The EARTH**  
(Our Planet)



H48

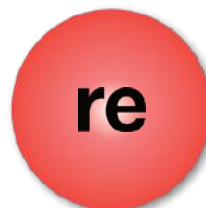
**Personality**

–

**Deputy Steward**

**Moving Center --> Physical Body**

**MOON**  
(Our Moon)



H96

**False  
Personality**

–

**Many ‘I’s**

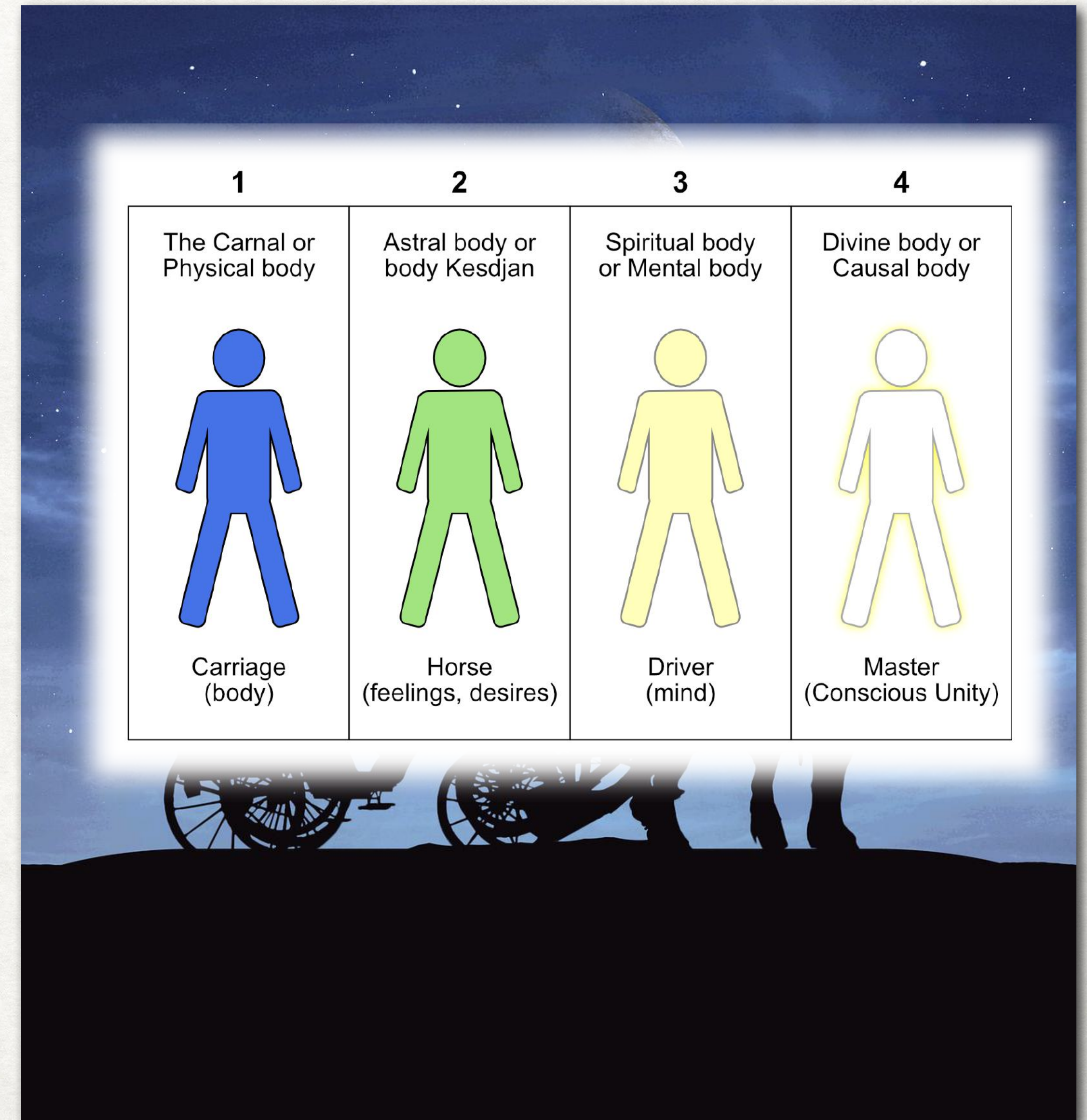
**Food For The Moon**





# THE FOUR BODIES - ACTIVE/PASSIVE

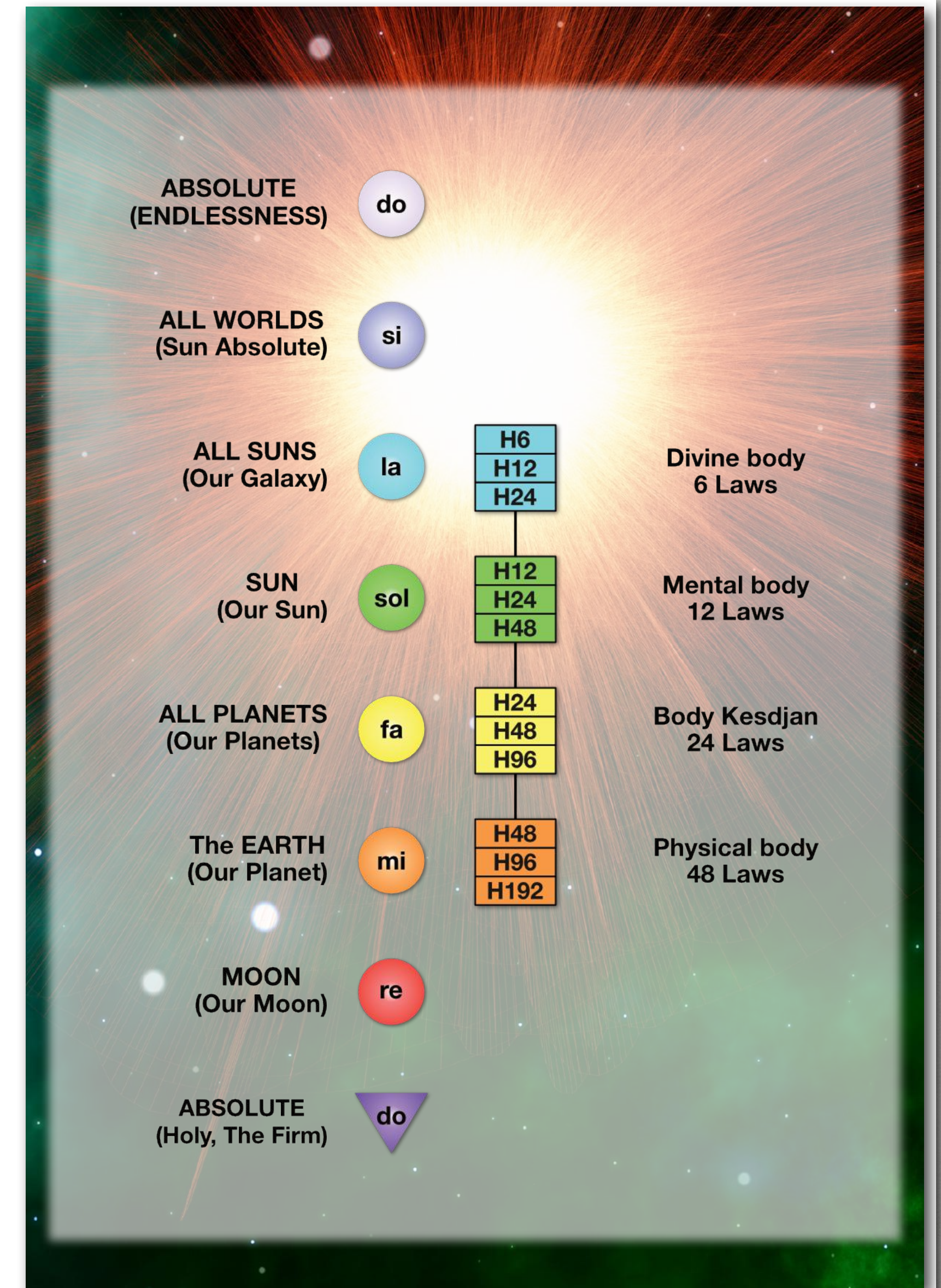
- The Astral body or body Kesdjan is the body of essence. Kesdjan means “half soul.”
- The Astral body is “what you are.” It is the master of energy and the source of feelings.
- The Mental body could also be called the body of Reason. Like Essence, it too is undeveloped.
- The divine body is formed from the marriage of the second and third bodies with the higher centers.
- In the development of Man each higher body gradually become active in the reality to the lower body(s).
- The Neutralizing factor is The Work.
- We do not become the The Master: The Master appears.





# MAN'S FOUR BODIES

- The Physical Body is under the general laws of Nature. It is mortal within that influence with a short lifespan. Deliverance is to transcend the physical body.
- The Body Kesdjan, when crystallized, can survive death. It has achieved unity (Man #5). Until then it can die and may die soon after the death of the Physical Body.
- The Mental Body when crystallized is immortal within the life of the Planets. It is at the level of Man #6.
- The Divine Body is immortal within the life of the Solar System. It has no further possibilities.





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# Questions?

