

## Meeting 025: 16-Mar-2021

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### UK session

**Attendees:** Robin, Paula, Michelle F, Aaron Settles, XJ, James, Brigitte Dempsey, Gwynne Mayer, Carole Orem, Robert, Rob Davies, Lynne Elliott,

GM: Contrast between teaching of Buddha and Ashiata Shiemash in the coated body.

RB: Haven't the material because not got to Ashiata Shiemash. Ashiata Shiemash didn't exist – comment G made to Louise March while working on creation of The Tales in German. He turned to her and said "Ashiata Shiemash, you believe?" and she said "yes, I believe he did exist" and he said "no, will exist".

GM: Part of the higher being body?

RB: Aspect of G himself. In theory all of the capabilities of the higher individuals are available to us through the higher centers. Just an assumption. If you get into certain states come to know in a way that isn't a normal way of knowing. Very difficult to talk about higher centers. Close to telling lies. My assumption about Ashiata Shiemash is – in light of 5 Obligolnian Strivings – what needs to happen in our era. Lots of indications of that in later chapters, particularly assertion of ability to influence mankind by love, faith and hope are broken and necessary to use conscience.

GM: No real understanding. Love faith and hope in particular. Not part of objective understanding.

RB: Comment by Gurdjieff. If you look at the consequences of the Christian religion, it appears major dynamic – Christ attempted to develop mankind's ability to love and indication that it would fail was in Peter's denial three times – Peter was rock on which Church was built. 3rd denial came in our era and end of octave of Christianity. Similarly, Islam (means submission) religion based on faith – can also witness that it failed. Hope was assigned to Buddhism and has also degenerated. Not that particular 3 faiths are without force – all have force. All of them are lost. Talk about the consequences of crystallization. Someone suggests a particular activity and people start to do it and as a group they repeat it and becomes crystallized – formatory. Apparatus in whole of humanity. This is what is being discussed with conscience. Isn't possible to destroy or neutralize conscience through formatory center. Faith, hope and love act through normal emotional center and can be blocked. Conscience can't be blocked – can be ignored, but not blocked. All from a later chapter. Issue surrounding Ashiata Shiemash had to find a way to spiritualize humanity and he chose conscience.

GM: How does it affect cleaning up ancestry? When we go into solitude rather than humanity. An effort to be made to clean energy or atmosphere we were left with in our ancestry.

RB: Consequences of what our lives were influenced by – that is real. First act of the Work, beyond realisation that self-remembering, etc. possible, is to clear up the personality. Adopt particular attitudes. Realise we do things habitually and have to weaken them. Keeping of accounts/desire for vengeance – want them to suffer to balance the way they made you suffer. Can't just say you won't do that any more, because you do. Remember that someone did something to you ... attitude that keeping account makes no sense and ties up your energy. You may have done similar to someone else.

BD: Have a lot of difficulty with this chapter. His Endlessness and all Archangels could implant kundabuffer, why send all these individuals and not implant something else to negate ...

Why teaching of G is structured on this failure.

RB: Not simple. The way to try to understand what is happening is to try to consider which cosmos we are in. What is the power of these angels and archangels? As far as I can tell, archangels are womb, gut, small and large intestine and they made the decision for cosmic harmony – harmony of the body of your mother. Can't fix because you are already born. Would have had to fix it while you were in the womb – installed kundabuffer while you were in the womb and removed it. That is because that is their names: bag of shit, friends with bacteria, equivalent of toilet ... doesn't alter the fact that there are possibly similar effects in the cosmos of man himself. If not influenced that way in the womb – and G says you are – born into a family and already manifesting according to crystallized properties of the organ kundabuffer and you imitated everybody else growing up. So would have these problems in any case in formatory apparatus – when we were 1 or 2 yrs. old. Real thing, irrespective of how we are born. In cosmos of nature, still a problem, even if we don't see ... Those that have own law of 3 and 7 are not the same – would mean you knew how to and did manifest being partkdolg duty regularly and able to intentionally suffer regularly – would fix problem at the note Sol in enneagram of food – in the psyche. That is the Work. Only know about our own cosmoses.

LE: Wondering – assuming that is correct – why didn't realise properties still active do it pre-conception? If they have that kind of power – am I misreading?

RB: Don't know what power exists – only possible for things to be made manifest within the cosmos in which something can be active force toward a particular thing. Law of Universe – Trogoautoegocrat – everything eating everything else at every level. Model own existence by I have to eat, breathe and take in impressions – have body and it is moving stuff around all the time and food moved into bloodstream and taken to places where required and if not will get ill and die. Same true of everything at every level. Don't know about all planets, but do know there are circulations and needed for that to exist at every level. Why doesn't an angel intervene? Answer – exists in a particular octave and can act in that octave alone. May have been an event/intervention that occurred 5 million years ago to create as we are now and would have to wipe out all the human beings to create a new system ... not within power of designer to do that. What is within their power is to send down knowledge ... can fix to the extent that the Universe needs it.

GM: p240 – how does that effect tempo of ordinary existence.

“This already long-established practice there consists in this, that a small, sometimes an almost trifling, cause is enough to bring about a change for the worse or even the complete destruction of any and every objectively good outer and inner previously established, what is called, ‘tempo-of-ordinary-existence.’

RB: 6 processes. 2 lead downwards – destruction, corruption. In same way – if you inject a small fault into a piece of machinery, can lead to a large consequence. Someone I knew was riding a motorbike at speed and would normally crouch over the handlebars, but was instead upright and a piston shot up out of the engine – was a small fault in a small piece and if he had been leaning forward would have killed him. Small fault ... Will be examples when that kind of error led to a plane coming down – because of a small mistake.

LE: Thinking tempo – normal tempo of living – responses we give to people, normal functioning of average person. Explanation of why it can't be changed was right on the money. Their functioning under limitations of the cosmos they are in ... no way it can be done – have to go back in time.

RB: We work on ourselves, make efforts and sometimes fruitless, sometimes not. Our normal mechanical reaction has specific tempo and when we inject division of attention and effort to

be aware of myself and what is happening – different tempo.

GM: Leads to second conscious shock – shock to system can give into as a machine or can raise octave of understanding to a different level. In The Work constantly shocking ourselves – get identified and then ... got to understand what is happening at a higher level. Embrace higher octaves or go down.

RB: If it doesn't go up, will go down. Simple – Trogoautoegocrat. Opportunity in a fraction of second and can either identify or not. If you don't identify, substance won't combine with you – will identify with something else. When we talk about the 2nd conscious shock – get clear what the word shock means. G uses differently. He calls things buffers because they stop shocks. Majority of events being met by buffers of some sort. Personality - automated things for your benefit – formatory apparatus. Good if you create good software programs, but not if it doesn't. Might cost you a lot of energy if you react in particular ways to events. Personality is there to stop shocks, but some things we need to learn from are shocks and need to remove the buffers. Possible if we observe.

GM: Intentional suffering, displeasing manifestations of others ...?

RB: First conscious shock – self-remembering. 2nd conscious shock is the ability to experience negative manifestations and transform them. What G is doing here – characterising as displeasing manifestations of people towards you. One person .. responds by insulting you – always thought he was an idiot, so doesn't matter. Someone you have deep respect for – criticises you in a way you can't deny and this is unpleasant manifestation towards you and have to learn to transform ... have to eat it. Told that in Chinese the word for learning means eating bitterness. If that is true the language is more honest than our language – to truly learn something have to struggle. Second conscious shock – transform emotions in yourself to raise to higher level. Not talked about in the Work – too much opportunity to lie.

GM: What is the reverse? Important to me because of my own mechanicality – when I have displeasing manifestations to GM – can't go there. Have to understand why that was displeasing and transform to higher level. Often deal with people with depression who will suffer, but never get beyond that level.

RB: Very difficult – talking about people who have psychiatric difficulties – they are broken machines. Don't have information about how to fix those machines – only how to fix ourselves. Technique of The Work – ask questions. Any comment that leads to negative emotion – why? In this area where G starts talking about realizing your nothingness. Mr A is interacting with Mr B. Mr B says something that Mr A would take negatively ... but he realizes he is nothing, so what does it matter? Called you worst insult, but nothingness doesn't care. The way of Malamati?

J: The way of blame. Through Christianity – imitation of Christ. Problem is own ego. Spiritual life – counteract and activate self is via humility. At the Prieuré – excess humility – suffered to access what they really were. Comes through ... way of blame. We try to get people to have a high opinion, but the way of Malamati is the opposite – experience humility and real person has possibility of emerging.

J: <https://en.wikipedia.org/wiki/Malamatiyya>

GM: From Idris Shah on Malamati The Path of Blame is known in Persian as the Rahimalamat. Although called a "Path" it is in fact a phase of activity, and has many applications. The teacher incurs "blame". He may, for instance, attribute a bad action to himself, in order to teach a disciple without directly criticizing him.[39]

Imitations of Christ? – author?

GM: Prieuré examples?

J: Story about car with headlight out and G asked him to get on the bumper for the drive to Paris – G called him an idiot.

RB: Way of Malamut is fastest way to heaven. Story is that heaven has many gates and outside every gate: Christian, Buddhist, Daoist ... huge queues except for gate that has sign of Malamut. Can pursue really quickly – tell people stories about you that depict in the worst way possible and after that your ego is shredded. Every defence you created has been blown away. Everybody thinks you are a rapist, murderer, thief ... find out what it is that makes someone despise an individual – that is the way of Malamut. Used in Tibet I think. Intentional suffering big style – provoking negative reaction. Believe my teacher, Rina Hands would do that intentionally. Only interpreted years later. Intentional suffering not about putting a stone in your shoe.

BD: Contrived – category of people wisecracking and twisting – intentionally lying. Not comfortable with it.

RB: Not expecting anyone to do it, but good way to destroy reputation is telling lots of lies.

GM: Guy who sat on hood of car and called an idiot – lots of our behaviour is about pleasing others. G had disdain for those who were trying to please him.

LE: What is more contrived? We are always making up stories about ourselves.

GM: There is a way you should be in a G group and a way shouldn't be.

LE: Not supposed to laugh!

GM: Lack of humour

LE: In Yorkshire – everything becomes funny – exhausted, my default system. Like when movements about to start. Always people who look upon me with disdain.

GM: Was raised by Gurdjieffian types who were obnoxious. Intention of G was to balance the centers and sure that I would have laughed myself to death until I finally got over myself. Can imagine ...

RB: Laughter is result of impression falling on affirming and denying part of the same center – that is what causes it.

RB: What do we think about wisecracking?

PS: Opinion when I don't know what I am talking about

CO: People talking about teachings not coming from a place of presence.

LE: Default system within psyche – because we are in form of fear ... want to be sure of things or get anxious.

RB: First encountered ... discovered etymology later ... comes from Dutch and may have been used by others before, but indicates that he was looking for a term that describes a specific behaviour. Particularity of the psyche. Something we do.

BD: Disposition – people can't leave things alone. Constantly being changed. Websites always used to work ... now changed things around. People have to change for the sake of change.

RB: Not in every area of humanity, but in lots of areas – technology in particular. Wisecracking good economic model. Have iPhone X and waiting until Apple say something that means I have to buy a new phone. Policy to keep until can't keep any more. With software as if car

manufacturer decided to put wheel in different place.

MF: Kleugen in German – root of smart – use words others don't understand. Pretend that you know everything and to give others impression you are smart.

GM: Smartass in German.

GM: Not wisecracking to explain how it works for someone personally – like RB says. Cancels out the intention of 'I know more'. I am very opinionated, but don't think others should have same opinions. Some are so intellectual that moving and feeling centers not even operating. Like passive aggressive. Unspoken – emotional, body reaction.

RB: When there is a disparity between the meaning of the English and German – may be instructive. Kleugen gives different dimension to the word wisecracking.

RB: How can you bear the unpleasant manifestations of somebody else in isolation? p243

GM: Unhappy with my personality when I am alone.

BD: Thought it was a criticism of mediation practice.

LE: When I am thinking about someone I have difficulty with, best to stop – know it is useless. Not dealing with manifestations in that moment.

PS: Not a productive approach.

RB: Think he is being literal. Solitude people create is internal, not external. Many aspects of same thing where we need to take the Work into life and people in the Work meet at weekends and practice the Work, but the Work is in life. The group is a place where you acquire knowledge, but the Work is in life. If the only unpleasant manifestations I have to tolerate are in Work Groups, much easier than in life.

?: Tikliamish intellectual center and Maralpleicie emotional, expect instinctive center will be next - Pearland.

RB: Also case in Maralpleicie – didn't talk much about animal sacrifice. Text as it stands ... gone off in different direction and talks about Buddha – emotional, not moving center. Involves work in the emotional center and a little in intellectual center, but hasn't talked much about the nature of Pearland – about to talk about Prana. Intellectual center does get covered by sand – attitudes get covered over and we change them – political opinion changes. Certain kinds of emotional behaviour covered over by sand. Pearland doesn't get covered by sand because moving center doesn't need to overwrite its memories. Not the only view. Abdil – means servant of the heart – was emotional. Been given intellectual set of reasons to oppose animal sacrifice, but was emotional.

RB: When we get to the end of this chapter will have a meeting to revisit everything and take a long view because we will have done all those 3 places: Pearland, Maralpleicie and Tikliamish. Will be nice to see what comes up. Difficult to have a long view of the book when you do 10 pages at a time.

BD: Pearl formed by covering a grain of sand. Pearls symbolic of tears – relates to the other 2 centers.

RB: Pearl farming not done in India.

## US Session

**Attendees:** Robin, Paula, Sandra Whitmore, Bobbie, Anthony Tan, Ronald Jones, Anne Little, James O'Donnell, Stephen Frantz, Richard Miller, Jeff Tripodi, James.

RJ: The last two paragraphs of the reading – describes an emanation from above – what I have come to think of as okidanokh. Comes from the Sun Absolute and develops in us and when we die leaves us having been changed by the quality of our life. Do we have a direct link with the Holy Sun Absolute – do we make a difference – yes. Hope that it may actualize the sense ... of the whole of the Universe. Very dense and had to read many times to understand ... Surprising that it came in the middle - the rest is a narrative of the downfall of religions.

RB: If you put together with the explanation of okidanokh in Arch-Preposterous or Arch-Ab-surd ... following the creation the emanations of the Sun absolute interact with etherokrilno .. and okidanokh participates in creation of every cosmos, large or small (every bacteria ... sun). Consequence depends on whether it has its own law of three. If it has – own voluntary means to crystalize substances to form body of reason, body of the soul. Okidanokh is connection to the Sun Absolute.

BP: Okidanokh is what returns and reblends.

RB: Separates into three by djartklom and can form in a cosmic unit and reblend into okidanokh and depend on the life the cosmic unit has lived.

SF: In terms of the food octave and exchange of substances (p234) the more we bring to the party, the better the party gets. Higher frequency – higher in octave we play a blending role. Thought I understood food octave, but in terms of playing part, idea of developing certain level of vibration give back at death – keeping ascending octave going.

RB: My opinion: normal cosmic units assuming do not in any way develop anything will normally give back what they got or if nature is to descend will give back less than it got. Itoklanoz – those individuals are food for the moon. Don't create anything during life, but rascoarno leaves traces that go to Earth and to the Moon and possibly others that will go to or be influenced by the Planets. Just raw material – nothing preserved. Other individuals that perform being partkdolg duty accumulate substances in themselves and have to transform substances upwards. For themselves and directly food for the Moon.

SW: p244 – clearer about most great foundation emanates ... coats particles on the planets.

in certain three-centered beings who attain in their common presences the capacity to have their own functioning of both fundamental cosmic laws of the sacred Heptaparaparshinokh and the sacred Triamazikamno—into a definite unit in which alone Objective Divine Reason acquires the possibility of becoming concentrated and fixed.

RB: Okidanokh described as omnipresent, so no lack of it. What exactly is Divine Reason?

SW: And what is Reason in general – so many different kinds.

SF: Substitute one word for another – some level of understanding beyond my comprehension and if I try with my ordinary reason will fail.

SW: Disagree – get some information in last chapter and Beelzebub gives examples throughout the book. I think we have it also.

SF: Maybe one of the attributes – if I had divine reason would always be seeing myself in my place in a higher cosmos – my cosmic role.

RB: Different levels of reason throughout the Tales. Mundane sense of intelligence of human beings – good at inductive and deductive reasoning which are reasonably well defined by Greeks. Mathematics and education system, academia – learn something and get a degree. PhD, Professor, Nobel prize – not that. Certain levels of reason beyond scope of our normal reason.

SW: And yet we do aim for them. Through the three centers. Reason of each of the 3 centers that is wordless. And all 3 working tighter – not often happening. P235 Instincto-terebelian ... also impartiality.

JT: To do with levels of being?

RB: Came across a piece of writing that had to do with Sanskrit (on the Internet). Problem of language – traditionally said: two languages created for scripture: Hebrew of Torah and Sanskrit – Hindu Vedas and Mahabharata written. Might be better at expressing ideas than English. In Sanskrit, word for truth is present participle of the verb 'to be'. Present participle of 'to be' – being. State that persists. If 'being' as a noun, would be a gerund, not present participle. Sophisticated concept and possibly entirely correct – only truth is experiencing here and now. Truth is not a noun is a verb – process of being. Would be untrue for most human beings most of the time, because we don't experience being because distracted by other stuff. Assumption that gradations of reason relate to that idea of truth and the space it occupies – Reason of Planet, Reason of Sun, Galaxy ... hierarchy of being. Just a theory.

SW: Rupert Sheldrake and nature of consciousness?

SF: Relationship between G's teaching and Buddhism? Science of consciousness – unlike Christianity. Interested in what Beelzebub says about Buddha. Off track because endurance of unpleasant manifestations ... by themselves instead of in presence of others. Endurance – hardening. Does it create a substance. Own ability to be present less affected by your reactions to others – less perturbable.

AT: Beelzebub acknowledges St Buddha ... to endure unpleasant manifestations of others, also related to not expressing negative emotions. Also second conscious shock. Wiseacrings ... monasteries – many monastic organizations in Thailand for instance. Avoidance from life, escapism. Overall, my personal life journey has been Gurdjieff work transcends Buddhism – have studied and practiced some. Can achieve non-dual awareness, but missing creation of Universe and everything came from love. Implied, but not explicit in Buddhism. Considered both paths and now Gurdjieff Work includes and transcends what you can get from Buddhism.

SW: I thought that G was hard on Buddhism, but maybe just coming to the conclusions you explained.

RB: There is not accidental ... monastery wrapped in quotes. Meaning of 'monastery' – etymology: comes from monos, means alone. Where you live alone. Guess G threaded that into the Tales. Something very odd: starts by saying higher ups looked down on Earth and saw a problem and send someone down to fix it and then someone else ... now send Buddha down and doesn't work for same reason. What is he saying? Only difference – mentioned others and Buddha's teachings ... exactly same, wiseacred to hell and no relations to what was taught.

JOD: Same was actualized .. same foolish results, same thing again and doesn't work. Definition of insanity. Owing to absence of foresight ... cosmic results ... don't have a good track record.

RB: Mystery in this. Must be expecting us to deduce more than is on the surface.

SF: Organic psychic need to wiseacre – embedded in our cells.

RB: Divide the world into people in this group and everybody else ... does everybody wisecracking? People I admire and I wonder are they just wisecracking. That's OK because they have an organic psychic need.

SW: It is a predisposition and we have to do it.

RB: It is biological and is embedded. Wisecracking is slightly different – imagine I had an understanding of some part of the New Testament and told it – not wisecracking. If I took the parable of the sower and gave it some meaning that is slightly different from the accepted meaning, I am wisecracking. Interesting thing here is I have seen this in myself in talking about past events, I change them so I look better. Noticed some time ago. Is it more interesting that I have made myself more of a hero in some trivial event? I change the event as I recount it.

SW: Wisecracking – notion of being a know-it-all. There is a lot to it.

JT: Suggestibility is the passive part to that. Work together.

RB: Suggestibility is horrible – so prevalent. Had a world where we were already suggestible – gave credence to specific authorities ... repeat as though it was true. In an encyclopaedia in the UK explained how to build an atom bomb – couldn't really do it – would have to refine Uranium 238 from Uranium 235 ... read someone in US arrested because of their knowledge of an atom bomb and having explained it in an interview ... but could find that information ... wisecracking is when we change it so we look better.

JT: Wisecracking could be trying to look better, but may just be passing along as if our own, but maybe changing to make ego feel better.

BP: Minimising or exaggerating changes the tempo of the conversation.

BP: Talks about essence – sent to you to serve as a helping factor. P239 – essence to essence: my essence is manifested among you from Above,...

SF: Initially those who received the teaching ... accurately ... but then after one generation, not capable of receiving with their essence. Personality comes into play – can't summon the humility. Why not try to be faithful to the original teaching.

RJ: In the Fourth Way – lying – saying something as if you know and you don't. Reduction of levels of reason in successive generation, don't understand the teaching. Some may be wilful and evil, but some wisecracking is where the understanding is lost.

SF: Like the Gospels of Thomas in Christian Church.

JOD: Wisecracking on one hand and on the other is the shortness of our lifespan.

JT: when original teacher passes on, unless there is a disciple ... teaching starts to degrade.

SF: Among this wise group of people, should congratulate myself for not wisecracking.

RJ: Didn't make a single effort to correct the misunderstanding ... not only are we born with Prana, so are all animals ... didn't figure out until 6th trip. Make a serious error worse on purpose, although didn't understand until later.

RB: Beelzebub – doesn't seem like he has done such a good job. Wise King Konuzion false doctrine and Beelzebub adds to it. Maralpleicie – Abdil preaches to people not to do sacrificial offerings ... doesn't work and gets hung drawn and quartered. And about to witness him coming in again and lying. If was seeking the truth, following Beelzebub not going to get you far. Seem like he might be wisecracking?

SF: Has his own agenda. Get cosmic exchange of substances right even if have to delude hu-

man beings further. Things the messengers are telling people to do – aren't they the things we had to guard against and why kundabuffer was created. P88 Sacred members ... might possibly happen they would prematurely ... not from ever understanding – reach a point when it is very necessary to understand it and going against our nature.

RB: Some kind of phase of our life when we would realize we are going to feed the moon and going to top myself.

SW: p242 – compel yourself to endure displeasing manifestation .... Major concept AT followed in Buddhism. There is a definition of intentional suffering.

RB: Not simple – summed up in a phrase: tolerating

SW: p243: my essence is manifested among you from Above,

RJ: Recalls focus on self-calming.

RB: That is the exact meaning – I decided that I am going to create my own isolation chamber within myself and all you people manifesting towards me in unpleasant ways, bounces of my isolation chamber. Isn't that what we do. Buffering the shocks.

SF: Related to 2 different spaceships – one had to remove perturbations and the other uses outside disturbances as a kind of fuel. Differentiates fourth way from Buddhism. Way to use those energies as a form of fuel.

RB: St Venoma more about self-remembering and Hariton more about intentional suffering.

RM: Wondered about relationship between Venoma's system and venom. Pogossian has leg cut open but took too much flesh and couldn't walk. System of movement created by St Venoma ... Wiseacring has 2 meanings – 1 sooth-sayer, or 2 bragger. Might relate back to organic need to wiseacre – to be wise! Related to sayer, prophet. G thinks of himself as wiseacring – p6. Double meaning word.

RB: Choice in German translation is someone who thinks they are smart, but isn't. Have to presume that he puts in inverted commas when someone trying to appear to be wise. Think you are right about the spaceships.

RB: No difficulty finding people who cause you friction.

AT: p238 Wiseacring with capital initial

RM: maleficent, so negative form

RB: super-wiseacring – even more distorted?

RB: St Buddha hasn't done well preparing his followers.

JT: You would think His Endlessness would be able to figure this out.

RB: G must have seen all of this. St Buddha's teaching is entirely intellectual.

SW: Kundabuffer – explains in detail twice in this chapter. Important in determining what people do. Have to go to partkdolg duty ...

RB: Other aspect of the Tales – difficult for you to become aware of yourself – not your fault, but some things are your fault and he distinguishes between them – properties of the consequences of the organ kundabuffer. Doesn't explain consequences initially and here more depth than before. Did a search for the phrase: consequences of the properties of the organ kundabuffer – 56 times!

RM: Abnormal conditions created by them themselves (or similar) – 100 times!

RB: Both mentioned a lot.

RM: Different effort required to overcome.

RB: Being habits – steam baths and saunas, good habits that got terminated, we changed it. Good personal hygiene in Roman times in terms of water. When the Romans went, people decided they didn't care – stay dirty. Some things maybe isn't our fault. Did some research on this – most things we consider to be bad characteristics: vanity, sloth, pride ...

SW: Sun King never bathed once because he thought it would kill him. P240 Grief connected with essence. tempo-of-ordinary-existence.'

RB: Tempo = Time – from Italian, relative speed of piece of music. When I am behaving entirely mechanically, there is a certain tempo to that. If I have any ability to divide my attention at all, the tempo is different.

SW: Essence-grief?

RB: Essence – could say it is something that is essential, but each of us is different in terms of essence. Essence-grief I presume is a reaction by essence. Personality grief – backed a horse and it lost.

SW: Talking to someone today and she told me her husband has cancer and I said I am so sorry for you – personality grief. Essence is located in emotions. Goes right to the heart – like essence-friend.

SF: Sometimes the impact doesn't register until later, like this passage: Owing to this said particularity in your psyche, the beings here already of the second generation after the contemporaries of the mentioned Sacred Individual who had been sent from Above began gradually to change everything he had explained and indicated, and the whole of it was finally completely destroyed

Very little of use left of any of the sacred traditions.

SW: Reading about War this week and nothing that can stop war also ... wouldn't say that yet.

RB: Artifacts – legominisms – things left behind by people who knew these things. Gospels in Greek. Torah, Koran. Even if people have appeared and wiseacred, can go back and make sense. G handed out the keys to the Gospels – Nicoll wrote the books. Christians don't really understand Christianity at all. That is knowledge and if we add knowledge to human beings, preserves it.

RM: Don't know much about Buddhism. Questioned caste system of Hindus and that is around today, so not completely lost.

PS: Except we don't know what we don't know – so the truth may have been lost.

JT: Mullah Nassr Eddin – all that is left is information about the specific smell – legominism?

JOD: All that was left was shit!

SW: Doesn't pass the smell test.