

## **Movements Readings 2018**

Readings from The Reality of Being by Jeanne de Salzmann

from Chapter 50:

We must understand the necessity of working with others, that others are as necessary for us as the teaching itself. At difficult moments we think it would be easier to work alone . . . not with these people here, not in these conditions. This show a total lack of understanding of our way, of the need to see and free ourselves from our self-will, which has nothing to do with real will. We have to step out of the narrow circle of thoughts and feelings in which we are enclosed. We have to escape in order to have the possibility to approach another world and exist in a different way. For this, efforts are necessary.

from Chapter 58:

We do not ask ourselves why Gurdjieff introduced the Movements as one of the most important practices for living his teaching. Why Movements? Some embodied a very high knowledge, representing laws. Others were given simply because his pupils needed to work in a certain way. For some periods Gurdjieff devoted several hours each day to Movements, adapting them to correspond to the phase of the work. For example, at

times it was the sensation of the body that was not developed, and the attention could not remain on the body. At other times, it was the thought that was not free and could not be open to a subtle energy. The exercises required the attention to be turned in a certain way and to follow a certain path. This brought an experience of a different quality, which allowed the pupil to understand better and see how to find this quality in life. At the same time, work on Movements allowed a direct experience of the laws governing the transformation of energy. This included the symbol of the Enneagram, which Gurdjieff said was almost impossible to understand without the feeling brought by participating in the Movements that are based on it.

from Chapter 56:

The need we each have depends on the truth of our work. In fact, we depend tremendously on one another. We can do nothing without one another. The exchange we can have together is more necessary than our daily bread. We make efforts alone – we struggle alone, suffer alone, respond alone. But a moment comes when exchange is indispensable, when we need to nourish one another with the fruits of our efforts. And without this exchange, we cannot go further. The more we value our existence, the more the question of relation appears.

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Remember you come here having already understood the necessity of struggling with yourself - only with yourself. Therefore thank everyone who gives you the opportunity. (Gurdjieff)

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People usually consider walking on water or in thin air a miracle. But I think the real miracle is not to walk on water or in thin air, but to walk on earth. Every day we are engaged in a miracle which we don't even recognize: a blue sky, white clouds, green leaves, the black, curious eyes of a child - our own two eyes. (Thich Nhat Hanh)

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### **Hymn to Morning (John Harris)**

O Lord, for the early morning,  
thank you; for this dim antechamber  
that leads us from the richness of dreams  
toward light -

newborn light! Which will ascend  
to fiery godhead at noon, and end  
in embers at evening,  
thank you for this -

the time before knowing; the time  
when self has yet to engage,  
to assume it's postures  
and build its ingenious traps;  
the hour, or only the moment,  
of tenderness lived, suffusing out  
to surrounding shadows - who are we?

Great gift of the time in-between,  
that helps us see ourselves for what  
we are: children of morning,  
oh, half-awake, and eternally  
under way, dissolving in light.

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What is it we really want? What more could we ask for  
than the capacity, the heart's capacity, to sense what is  
truly precious, to acknowledge and receive the gifts  
born of our care and attention, to nourish and be  
nourished? Hearts awaken. (Edward Espe Brown)

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Sincerity is the key which will the door through which  
you will see your separate parts, and you will see  
something quite new. You must go on trying to be  
sincere. Each day you put on a mask, and you must take  
it off little by little. (Gurdjieff)