

# Homework

- Reflect upon what you know of your ancestry, your lineage, and ask: What are some of the beliefs, attitudes, prejudices, etc. that you have taken on from your parents or other early childhood key influencers? Engage all three centers. Celebrate the positive. Question the no-longer useful in light of your aim in the Work.
- With scathing self-honesty, engage an examen exercise to reveal any areas of mythic-membership consciousness still residing within yourself.
- View this [video](#) of a reading from *Beelzebub's Tales to His Grandson*. What is evoked?



# Memories

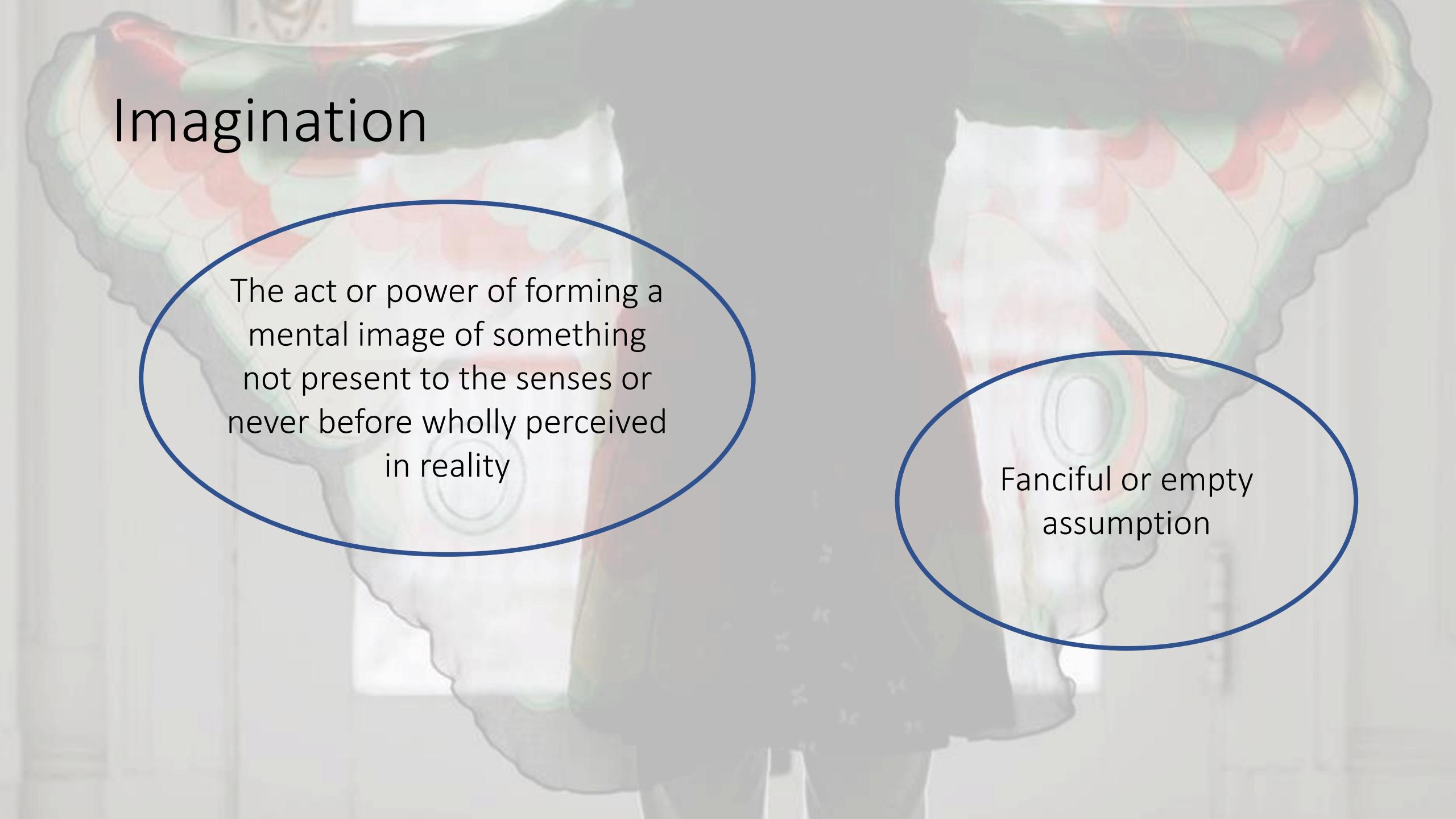
- Stored impressions from the past
- Made up of images, feelings, sensations and interpretations from associations which create a story around an event
- Can be triggered by smells, sounds, feelings
- Change over time
- Intensity of recurrence depends on the degree of digestion

# Images

- Visual impressions
- Can trigger associations, feelings and sensations
- A key component of imagination
- They represent different influences
- Can reveal reality

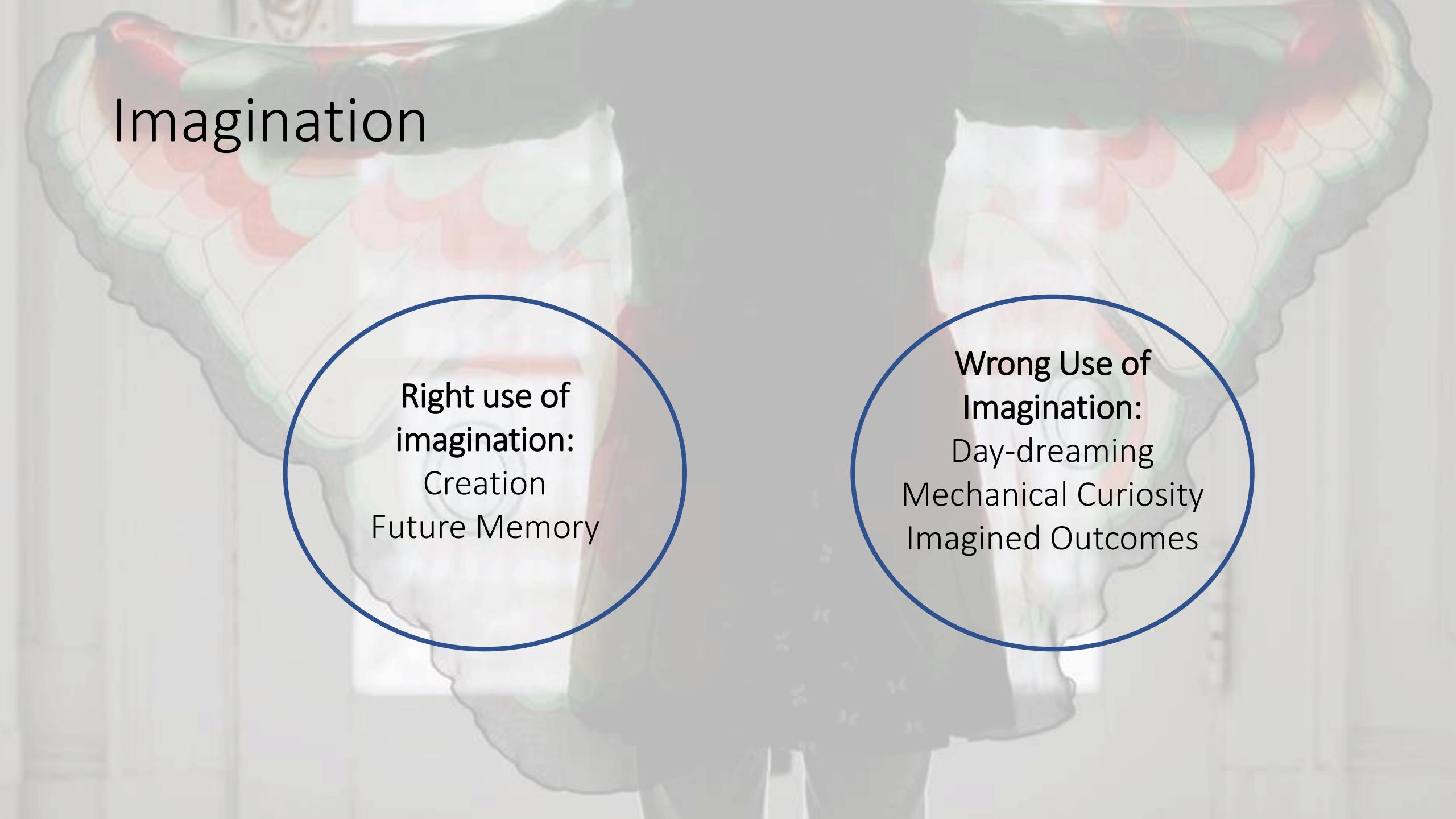


# Imagination



The act or power of forming a mental image of something not present to the senses or never before wholly perceived in reality

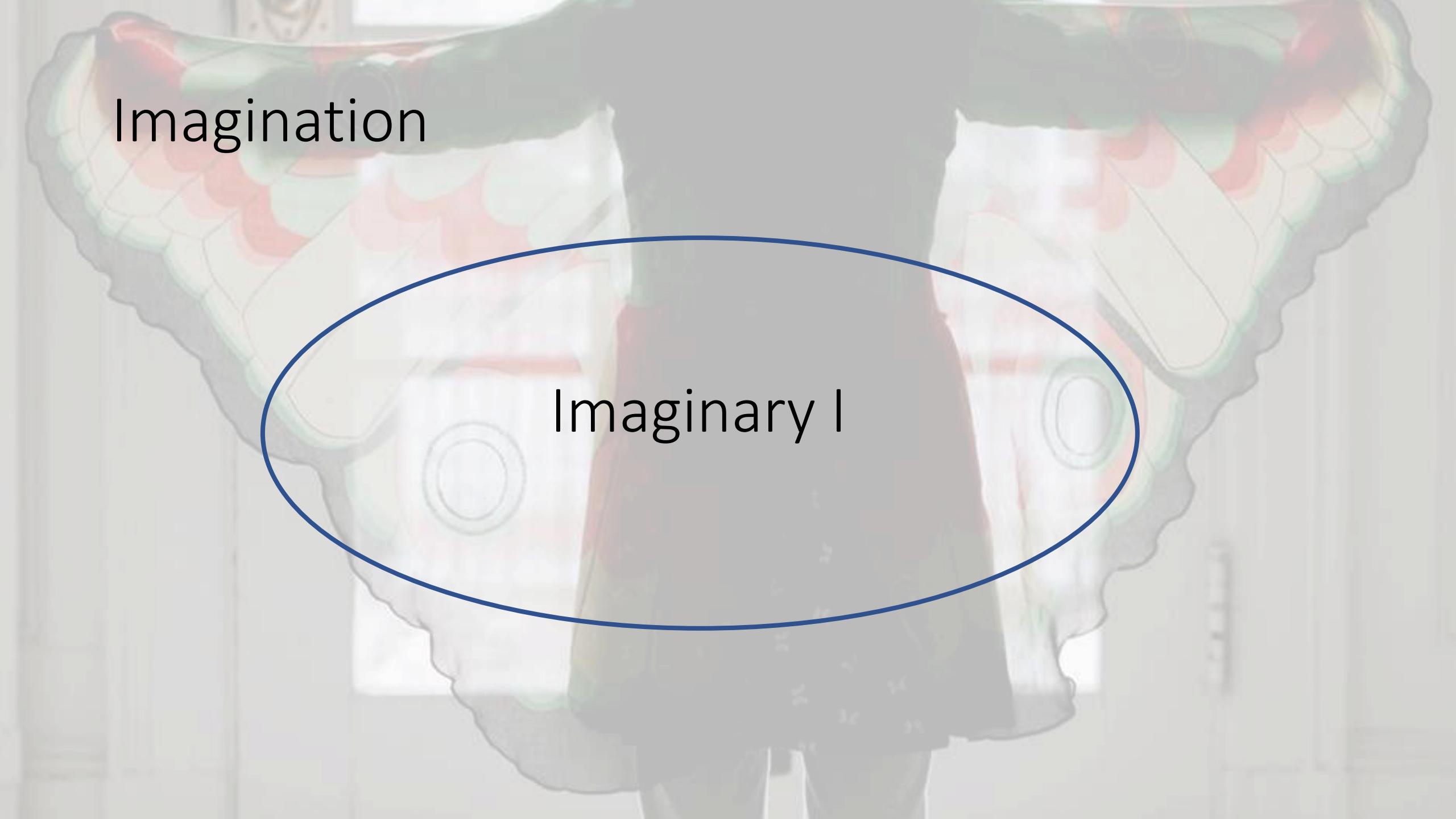
Fanciful or empty assumption



# Imagination

Right use of  
imagination:  
Creation  
Future Memory

Wrong Use of  
Imagination:  
Day-dreaming  
Mechanical Curiosity  
Imagined Outcomes



Imagination

Imaginary I

# Time-body Work with Memories

- Practice the basics of self-observation, non-identification and Self-remembering
- Turn the attention to the body and be with sensation or practice the Welcoming Prayer
- Self-inquiry on a thought related to a memory

# The Four Questions and Turnarounds

(Byron Katie)

1. Is it true?
2. Can I absolutely know it's true?
3. What happens, how do I react when I believe the thought?
4. Who/what would I be without the thought?

## Turnarounds

1. To the opposite
2. To myself
3. To the other



# Homework

- Moving deeper into Lent, reflect: "I sit here. I see myself. But what do I see? I see the image I have of myself, not who I really am, not who I really wish to be. So, what is my aim? It is to reach a higher level of development, to make contact with my higher centers, and through them establish a contact with 'the inner circle of humanity,' with cosmic forces which are always surrounding us ready to help us in our inner and outer work. Who can do this? A different I, not the false image I have of myself. ... I have to build not on sand but on rock, to become a different person. ... It is voluntary suffering and friction which helps us to grow, which helps the inner transformation for which we are in the Work" (John Fuchs, *Forty Years After Gurdjieff*, p. 97).
- Choose this week to focus your self-observation around how memories, images or imagination manifest in your daily life. Apply one of the above practices or another of your choosing to your observations.