


PSYCHOLOGICAL IDEAS OF THE FOURTH WAY IN CARTOON FORM

These cartoons were made by Harold Wirk, one-time student of the Fellowship of Friends.


The order here may not be as in the original.

FASCINATION and DOUBLE-AWARENESS

ONE SEES A FLOWER...



... IF ONE LOOKS WITH UNDIVIDED ATTENTION



ONE "I" IS IN FASCINATION (WHOLLY ABSORBED)

THE MAN LITERALLY "BECOMES" the FLOWER (HE DOES NOT EXIST, He has no identity.)

SELF-REMEMBERING


(1) REMEMBER ONE'S OWN ORGANISM (A useful "work I")

(2) Be AWARE of the flower and

(3) Something potentially permanent which stands on a HIGHER LEVEL than both... and which alone can resolve the relationship between the two, the third "I" or real "I".

(This 3rd factor must be found for oneself, out of one's own organism.)


... WITH DIVIDED ATTENTION HE IS AWARE OF BOTH the FLOWER AND HIMSELF LOOKING AT IT (DOUBLE AWARENESS)



in SELF-REMEMBERING HE IS AWARE OF the FLOWER, HIMSELF and the SUN SHINING IMPARTIALLY UPON BOTH

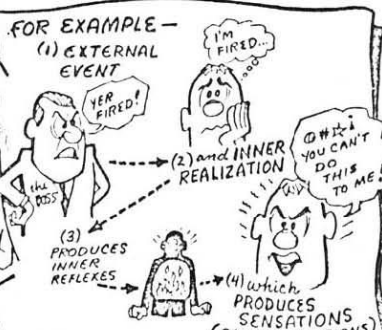
• FULL SELF-REMEMBERING CONTAINS THREE PRINCIPLES (THREE THINGS TO BE REMEMBERED... this is advanced work.)

HE MUST REMEMBER THAT HIMSELF & HIS SITUATION BOTH STAND in the PRESENCE of HIGHER POWERS



NEGATIVE Emotions

In the Emotional Center there is **NO NATURAL NEGATIVE PART.**
 -The Negative Emotions are **ARTIFICIAL** and are based on **INSTINCTIVE EMOTIONS** -which are TRANSFORMED by **IMAGINATION** and **IDENTIFICATION.**



POSITIVE EMOTIONS (such as "Love," "Hope," and "Faith") are **NOT** permanent emotions for a man in the ordinary state of consciousness. They require **HIGHER** states of consciousness; (they require **UNITY, SELF-CONSCIOUSNESS, PERMANENT "I,"** and **WILL.**)

UNAVOIDABLE fears, sorrows, griefs & apprehensions are types of **REAL** mental suffering. (They belong to the **EMOTIONAL CENTER**, and are **NOT** based on **IMAGINATION** and **IDENTIFICATION.**)

According to **OSWALD**:
"THE LAST THING THAT A MAN WAS WILLING TO GIVE UP WAS HIS SUFFERING"
 - BUT, anyone desiring to develop **MUST** sacrifice his grievances and his sufferings, for an identification with negative emotions entails an **enormous** wastage of **NERVOUS ENERGY.**

Some examples of **UNNECESSARY** (and artificially based) **NEGATIVE EMOTIONS** :

- BOREDOM
- SELF-PITY
- IRRITATION
- IMPATIENCE
- JEALOUSY
- ENVY
- IMAGINARY FEAR (ANXIETY)
- ANGER
- DISAPPROVAL of OTHERS

- Many people, for all of their lives, are controlled by these "emotions"

HOW ARE NEGATIVE EMOTIONS ACQUIRED??

- (1) By **IMITATION**: A child of 10 knows them all, through TV, friends, grownups, movies, etc.
- (2) By **JUSTIFICATION** and **GLORIFICATION** of them in literature and art.
- (3) By personal **SELF-JUSTIFICATION** and **SELF-INDULGENCE**

HOW TO CONTROL and/or ELIMINATE THEM :

- (1) **RECOGNIZE** that they are **ENTIRELY unnecessary** to living
- (2) **OBSERVE** all forms of them
- (3) Become more and more **SENSITIVE** to the **EARLY SIGNS** of their advent.
- (4) **STEP ASIDE** in **TIME** (if we wait too long - we are completely in their power)
- (5) **CEASE JUSTIFYING** THEM.

ACCEPT FULL RESPONSIBILITY for THEM

WELL... I GOT MAD BECAUSE ...UH...
 ← and **NEVER**, on any occasion, **FIND EXCUSES** for them. (Don't **BLAME** others - they may be an exciting cause of a negative emotion, but the **UNPLEASANT MANIFESTATION** itself is our own, not theirs!)

STOP ENNOBLING UNPLEASANT FEELINGS

...See how it always appears **RIGHT** and **PROPER** to have them, calling them such things as "righteous indignation."

...Watch closely how suffering is enjoyed (especially when we can **BLAME** others for them.)

... See also how we **ACCEPT** despair, violence, self-pity, etc. in movies, TV, books, papers, and so on... (How cleverly we hide the fact that we get immense enjoyment out of misery and...)

BEFORE REAL EMOTIONS can be experienced every effort must be made to eliminate imaginary negative emotions.

... And we have much more power over negative emotions than we think!?"

the DIVISION of HUMANITY into three categories of GOOD HOUSEHOLDER, TRAMP and LUNATIC

✓ A GOOD HOUSEHOLDER is a machine, but he is a machine that: (1) is capable of assuming certain responsibilities, and (2) a machine on which others could depend.

✓ A TRAMP was a man who was incapable of completing any undertaking in life.

✓ A LUNATIC was without any discrimination at all, a man who embarks on many enterprises but never attains a goal.

GOOD HOUSEHOLDER:



✓ A MAN who leads an ordinary life.

✓ Such a man can have doubts about ordinary things; he can dream about possibilities; he can come to a school, EARLY or LATE in LIFE, and he CAN WORK in a school.

✓ ONLY FROM SUCH MEN come people who are able to reach the PATH.

✓ No has certain VALUES and a PRACTICAL ATTITUDE - HE KNOWS IF HE WANTS TO EAT HE MUST WORK.

TRAMP:



A tramp may be wealthy and still be a tramp in his ATTITUDES TOWARD LIFE.

✓ A tramp is NO GOOD for school work. NO SELF-DISCIPLINE.

✓ IRRESPONSIBLE and prepared to THROW EVERYTHING OVERBOARD.

✓ Favorite phrases: "There are no values in the world" - "Nothing is worth anything" - "Everything is relative" - "All so-called 'intelligentsia' - artists, poets, bohemians, etc. - who despise GOOD HOUSEHOLDERS (but couldn't exist without them)"

✓ GOOD & BAD do not exist - HAS NO VALUES.

A TRAMP IS IRRESPONSIBLE ... HE WILL THROW EVERYTHING OVERBOARD.

LUNATIC:



... Does not mean a man deprived of ordinary mind - he may be a statesman or professor.

✓ NO GOOD FOR SCHOOL WORK BECAUSE HE HAS FALSE VALUES.

- He values what has no value, and doesn't value what has value.

✓ HE ALWAYS RUNS AFTER FALSE VALUES, no right discrimination.

✓ ALWAYS FORMATORY (which is defective thinking)

✓ There may be self-discipline, but only of the wrong kind - FORMATORY.

A LUNATIC HAS FALSE VALUES



HASNAMUSS: NOT a category of ordinary man - but we meet with the RESULTS of their efforts.

✓ NO possibility of development at all. HE NEVER HESITATES TO SACRIFICE PEOPLE or to CREATE AN ENORMOUS AMOUNT of SUFFERING JUST FOR HIS OWN PERSONAL AMBITION.

He has crystallized in the wrong hydrogens. (Examples: HITLER, NAPOLEON, GEORGE WALLACE, and many types of criminals and actual lunatics.)

A GOOD HOUSEHOLDER ("OBYVATEL") is MORE SERIOUS than a 'TRAMP' or 'LUNATIC' - accustomed to deal with REAL VALUES - instead of IMAGINARY VALUES. People who are NOT SERIOUS are those who live by the fantasy they 'CAN DO' - or who believe everything that people say ('lunatic')

CHIEF FEATURE - AN UNNECESSARY LAW

At a certain moment in the WORK, besides understanding GENERAL PRINCIPLES, one must try to find ONE'S OWN PECULIARITIES, for one cannot know oneself for practical purposes, if one ONLY knows general characteristics.

... Peoples CHIEF WEAKNESSES are very different. If we can resist something that another man cannot, because it happens to be his CHIEF FEATURE, this difference in weakness gives us the ILLUSION that we "CAN DO!"

HA! I CAN RESIST THAT!



Your CHIEF FEATURE is an outgrowth of your EMOTIONAL ATTITUDE towards yourself.



The "LITTLE THING" you put on the SCALES that tip them DOWN is usually your CHIEF FEATURE.



It is DIFFICULT to work on... whether it's in ESSENCE or PERSONALITY.



Correction of CHIEF FEATURE must be done by BEING and KNOWLEDGE.



People cannot sometimes see their own chief feature, but often it is apparent to others. (Sometimes it is difficult to describe in WORDS.)

OBSERVE oneself with CHIEF FEATURE in mind - SEE HOW IT MANIFESTS... and what it does not manifest.

As one makes an accumulation of PHOTOGRAPHS a pattern emerges that identifies CHIEF FEATURE.



CHIEF FEATURE (or chief weakness) is in FALSE PERSONALITY

CHIEF FEATURE ALWAYS MAKES DECISIONS. ... IT IS FALSE PERSONALITY... SOMETHING on which false personality is BASED... and it ENTERS INTO EVERYTHING! YOU CAN ONLY SEE CHIEF FEATURE IN A STATE OF SELF-REMEMBERING.

CHIEF FEATURE creates a BIG OBSTACLE to our work - and means a constant LOSS of ENERGY... so we must find the LEAK and STOP it!



There are STRANGE varieties of chief features - and there are classical ones -

- Seeing the faults of others and not our own. (is mentioned in the BIBLE.)
- Certain kinds of SELF-PITY are very common.
- Another common one is LAZINESS (different kinds... one may be 'busy' but have a LAZY MIND)

It is interesting that one hardly ever finds one's own CHIEF FEATURE, because ONE IS IN IT, and if one is TOLD, one usually does not believe it.

Try simply to understand that EVERYTHING, all your reactions, your attitudes, your behavior, your thoughts and feelings, revolve around a CENTRAL AXLE, which keeps them fixed. That central axle is CHIEF FEATURE.

- ### EXAMPLES of CHIEF FEATURE
- ARGUING
 - "DO NOT EXIST"
 - EXCESSIVE TALK
 - TOO MUCH FAMILY
 - POVERTY
 - KNOWS EVERYTHING
 - LAZINESS
 - NO CONSCIENCE
 - HOME TOO MUCH or TOO LITTLE
 - LACK of PRIDE
 - CONSIDER PEOPLE TOO MUCH
 - Think LEVEL of BEING is as HIGH as anyone's
 - BEING "COOL"
 - SELF-PITY
 - GREED
 - VANITY
 - INNER CONSIDERING
 - NAIVE
 - FEAR
 - WEAK or TIMID
 - LIKES to be RIGHT
 - STUBBORNNESS
 - NO SHAME
 - NICKNAMES
 - POWER
 - SELFISH
 - Thinking they "CAN DO" their competence is in the way
 - IDENTIFIED with KNOWLEDGE
- ... One of the GREAT CHIEF FEATURES is SELF-LOVE, complete SELF-LOVE.

* BUFFERS HIDE CHIEF FEATURE

SELF-REMEMBERING is the ONLY way to defeat CHIEF FEATURE.

- work begins with SELF-OBSERVATION and the STRUGGLE against false personality. Remember finally that no one can see his or her CHIEF FEATURE unless he or she is ready for it.

PERSONALITY and the I's



What is important for ONE personality may not be important for ANOTHER. One of the first things to remember is about different personalities in you and,

PARTICULARLY WHEN YOU ARE IN AN EMOTIONAL STATE, NOT TO THINK "I"!

Personalities based on LIKES and DISLIKES are all WRONG, one must always start with the personality based on

MAGNETIC CENTER...

This idea of different personalities, the idea that YOU ARE NOT ONE, that YOU ARE MANY, must ALWAYS be connected with **SELF-REMEMBERING.**

...Then you can see other personalities—whether they CONTRADICT or NOT.



... from The FOURTH WAY

YOU CAN ESCAPE FROM PRISON (PSYC) PRISON, THAT IS...



If he REALIZES he is in prison — he MAY wish to RUN AWAY!

LEMMIE OUT!!

BUT— he may be AFRAID that if he runs away he may find himself in a worse position than before, and so he may reconcile himself to staying in prison.



If he decides to run away he must understand that TWO conditions are NECESSARY:

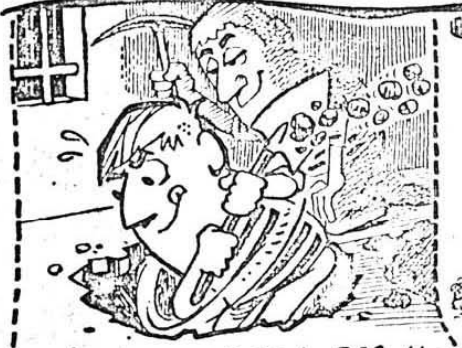


FIRST... He must be one of a number of people who wish to run away, for they have to DIG a tunnel, and ONE MAN CANNOT DO IT ALONE.



So he must first realize he is in prison. Then he must WISH to run away, and he must have friends who also wish to run away.

AFTER he gets HELP from the outside...



The vast majority of mankind do not even try to escape... SIMPLY BECAUSE THEY ARE HYPNOTISED!



By being HYPNOTISED with life (and by IDENTIFICATION) we are kept in prison. ONLY through the development of CONSCIOUSNESS, CAN WE HOPE TO ESCAPE.

To ESCAPE means to take things in a NEW WAY (PSYCHOLOGICAL TRANSFORMATION) To see that our MEMORY of the PAST is FALSE (due to 'invented' memory caused by imagination). To see how we are taking things NOW (not to take things mechanically, making judgements, etc.) It is GOOD NEWS TO KNOW YOU CAN ESCAPE; to know you are NOT who you THOUGHT you were, that you need not be bound down to this IMAGINARY 'I', to this FALSE PERSONALITY, to realize that you have in you by creation possibilities of reaching REAL 'I' — which means that none of the events of external life can drag you down.

MAN AS A THREE-STORIED

CHEMICAL FACTORY

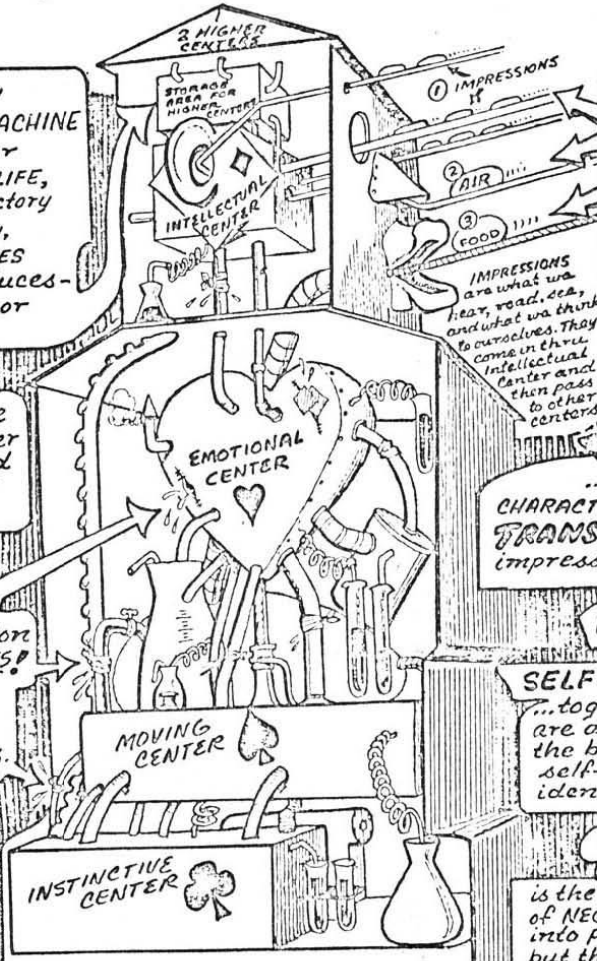
In the ORDINARY STATE the HUMAN MACHINE works well enough for MAINTAINING ITS OWN LIFE, but as a chemical factory it is unsatisfactory, because it CONSUMES EVERYTHING it produces - IT CANNOT EXPORT OR STORE ANYTHING.

Yet the DEVELOPMENT of MAN DEPENDS on the storing of the higher matters produced by this MACHINE.

Before we can think about increasing production WE MUST STOP LEAKS! (If leaks aren't stopped, increased production will only increase leaks.)

Examples of LEAKS

- EXPRESSING NEGATIVE EMOTIONS
- UNNECESSARY TALK
 - LYING
- IDENTIFICATION
- IMAGINATION



From these three kinds of MATERIALS, the machine produces all the matters needed for the work of centers.
 * FOOD is coarse material
 * AIR is finer
 * IMPRESSIONS are still finer - and the most important "food" ... MAN cannot live a single moment without IMPRESSIONS!

SHOCKS
 ... can change the CHARACTER of the factory by TRANSFORMING the impressions received.

the **FIRST** CONSCIOUS SHOCK is OBSERVING OUR RE-ACTING

SELF-REMEMBERING
 ... together with all you are advised to do from the beginning, that is; self-observation, non-identifying, and so on.

the **SECOND** CONSCIOUS SHOCK is the TRANSFORMATION of NEGATIVE emotions into POSITIVE emotions, but this we cannot do yet. It is possible ONLY with LONG WORK or SELF-REMEMBERING, when you can be conscious for a LONG TIME, and when HIGHER EMOTIONAL CENTER begins to work.

SHOCKS
 ... coming from food diagram must come from you - it is YOUR OWN ACTION. IT IS NECESSARY to KNOW the moment and REMEMBER to give shocks.

IMPRESSIONS
 * IMPROVING IMPRESSIONS CREATES HIGHER, FINER ENERGIES.

- IMPRESSIONS: Some can be used, some rejected... IF you have a certain control. ... But that requires: (A) a certain degree of awakening and (B) a certain TRAINING.
- The MORE you REMEMBER YOURSELF, the more CONTROL you will have.
- With AWAKENING, BASED on SELF-REMEMBERING you can STOP certain impressions (which give rise to negative emotions) and open yourself to good impressions ... which will come without delay.

YOU CAN ACCEPT OR REJECT IMPRESSIONS ONLY IF YOU ARE AWAKE!

THREE LINES OF WORK

An organization that can be called a **SCHOOL WAY** is one which introduces **THREE FORCES** into its work.


School work uses many **COSMIC** ideas and three lines of work is a special arrangement to safeguard the **RIGHT DIRECTION** of the work and make it **SUCCESSFUL**.



The principle of **THREE LINES** is that the **THREE OCTAVES** must go on simultaneously and parallel to one another, but they do not all begin at the same time and so when one line reaches an interval,


another line comes in to help it over, since the **PLACES** of these intervals do not coincide. If a man is **EQUALLY ENERGETIC** on all three lines, it leads him out of many **ACCIDENTAL HAPPENINGS**.

1st LINE OF WORK



... ON ONESELF
SELF-STUDY, study of the system, and trying to change at least the most **MECHANICAL** manifestations. **THIS IS THE MOST IMPORTANT LINE!** Naturally, this line of work begins first. In this line, you **TAKE** knowledge, ideas, help. This line concerns only yourself. It is entirely **EGOCENTRIC**.

2nd LINE OF WORK



WORK WITH OTHER PEOPLE
 One cannot work by oneself; a certain **FRICTION**, inconvenience and difficulty of working with other people creates the **NECESSARY SHOCKS**. One must not only take - but also **GIVE** - communicate knowledge and ideas, serve as an example and many other things. It concerns people in the work, so on this line, one works **HALF** for oneself and **HALF** for **OTHER PEOPLE**.

3rd LINE OF WORK



FOR THE SCHOOL, the ORGANIZATION.
 This last line takes on different aspects for different people. One must think of the **WORK** in general, about the school or the organization as a whole. One must think about what is useful, what is necessary for the school, what the school needs, so the third line concerns the whole idea of school and all the present and the future of the work.

★ One gains additional shocks and **FULL BENEFIT** of the work only if one works on **THREE LINES**. It is one of the **CHIEF PRINCIPLES** of school work. If you apply it, many things will open up for you.

This system is full of such instruments. If we use them they open many doors.

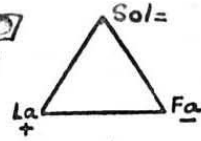
★ **EFFORTS GIVE RESULTS PROPORTIONATE TO UNDERSTANDING.** On the first line - study what is given and explained, and try to **UNDERSTAND** - then you must try to work on the second line, and if possible on the third line.

... **WITHOUT THIS, YOUR STUDY WILL GIVE NO RESULTS.**

★ Every line in the work, like everything else, goes by **OCTAVES**, increasing, decreasing, passing intervals, and so on. If you work on all three lines, when you come to an **INTERVAL** in your personal work, another line of work may be going well and will help you pass the interval.



The LAW OF THREE



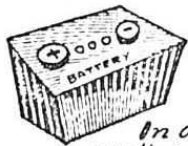
The first thing to remember is that **EVERYTHING** in the WORLD - ALL manifestation of ENERGY, ALL kinds of ACTION, whether in the world or human activity, whether INTERNAL or EXTERNAL, are ALWAYS manifestations of THREE FORCES which exist in nature

ACTIVE
PASSIVE
and
NEUTRALIZING



WHEN THREE FORCES MEET TOGETHER (TRIAD) THINGS HAPPEN!
...if they do not come together, NOTHING HAPPENS.

These two do NOT differ from one another as ACTIVITY and PASSIVITY differ in our ordinary understanding of these terms. ACTIVE and PASSIVE forces are BOTH ACTIVE, for a force cannot be passive. But there is a certain difference in their activity, and this difference makes ALL the variety of phenomena that exist in the world.



In ordinary thinking we realize the existence of two forces - ACTION and RESISTANCE, POSITIVE and NEGATIVE electricity, and so on. But



in this state of consciousness we do not see that THREE forces are always present in every event, every phenomenon, and THAT ONLY A CONJUNCTION OF THREE FORCES CAN PRODUCE AN EVENT.



Suppose you want to study something... some 'I's want to, that is - and some 'I's don't. They represent active and passive forces.

Suppose that this study produces some EMOTION in you. That emotion would be the NEUTRALIZING FORCE - and then you could study.

IF EMOTION DOES NOT COME, the 'I's will continue to ARGUE - and NOTHING WILL HAPPEN.

TWO FORCES WILL NOT PRODUCE ANYTHING - they cannot. They will only turn round one another without any result.

For some reason we are "THIRD FORCE BLIND," although we can observe it in many chemical and biological phenomena.

In the WORK you can see 3 forces: the ideas of the system and your own resistance, your own sleep. A THIRD force will enter and help one side or the other.

Why study these forces? BEHIND ALL THINGS ARE COSMIC LAWS. You cannot understand why things happen in one way or another unless you know these LAWS.

Three forces exist in Nature and in Man.

They should be studied psychologically - by means of SELF-OBSERVATION. One must observe 1st and 2nd force before one can see 3rd force.

In making AIM, 2nd force must be calculated, otherwise the aim will be impractical. AIM (1st force) makes 2nd force appear.

A force is INVISIBLE - and our more direct contact with what is invisible is by means of SELF-OBSERVATION.


Forces are not THINGS. A DESIRE is a force, not a thing, for example.
LIFE is the neutralizing force which keeps personality active.
The WORK is the neutralizing force which activates essence.

HMM... BETTER FIGURE 2nd SECOND FORCE...




the FOUR STATES of CONSCIOUSNESS

I The **FIRST**, or the lowest state of consciousness, is **SLEEP**. This is a purely subjective and passive state. All his psychic functions work without any direction.



II The **SECOND** state comes when man awakes. In this state we work, talk, imagine ourselves **CONSCIOUS** — but in reality it should be called "**WAKING SLEEP**" or "relative consciousness".

- ★ **DREAMS** still remain, only they become invisible exactly as the stars & moon become invisible in the glare of the sun. Dreams can influence all our thoughts, feelings, and actions.
- ★ In the second state man is less subjective; he distinguishes between the "I" and "not I".
- ★ **IDENTIFICATION** plays a **BIG** role in this state — and man is acted upon & manipulated by **EXTERNAL** forces as a puppet is activated by the puppeteer.
- ★ No inner unity, real will, or permanent "I" is present in this state.
- ★ In waking sleep we can only know **RELATIVE TRUTH**.




III The **THIRD** state is called "**SELF-CONSCIOUSNESS**" — a state in which man becomes **OBJECTIVE** towards himself... he can know the full truth about himself.

- Periods of self-consciousness cannot come by themselves, they need **WILL ACTION**. Frequency and duration of these periods depend on the command one has over oneself.
- **ACQUIRING** this state requires long and hard **WORK**.
- The development of self-consciousness, unity, permanent "I," and will, can be given only by special **SCHOOLS**... men cannot find these methods by themselves.


ILLUSIONS

POP



IV In the **FOURTH** state, that is, in the state of **OBJECTIVE CONSCIOUSNESS**, we are supposed to be able to know the **FULL TRUTH** about everything; we can study "things in themselves," "the world as it is."

- Even glimpses of objective consciousness can only come in the fully developed state of self-consciousness.
- In this state there is a consciousness of the cosmos, that is, of the **Life and Order of the UNIVERSE** (**COSMIC-CONSCIOUSNESS**)



The SEVEN CATEGORIES of MAN

MAN #1 The MOVING or INSTINCTIVE centers predominate over the Intellectual and Emotional ... **PHYSICAL MAN**



MAN #2 The EMOTIONAL center predominates over the Intellectual, Moving, and Instinctive. ... **EMOTIONAL MAN**



MAN #3 The INTELLECTUAL center predominates over the Emotional, Moving, & Instinctive. ... **INTELLECTUAL MAN**



The seven categories of man determine the general concepts of RELIGION, ART, SCIENCE, and PHILOSOPHY. (A religion of MAN #1 consists of all forms of fetishism; #2 - sentimental religion, and so on.)

MAN #4 ... is not born as such. He is a product of SCHOOL CULTURE. Differs from MAN #1, 2, or 3 by:

- (1) KNOWLEDGE of himself;
- (2) UNDERSTANDING of his position;
- (3) having acquired a permanent CENTER of GRAVITY - the IDEA of acquiring UNITY, CONSCIOUSNESS, PERMANENT "I," and WILL has become more important to him than ALL his other interests.

(4) His centers & functions, which are more balanced, due to work on himself.



EVERY MAN is born Number one, Number two, or Number three. Without efforts of a definite character, these are people who constitute MECHANICAL humanity who stay on the same LEVEL on which they are born.

MAN #5 ... is a man who has acquired UNITY and SELF-CONSCIOUSNESS. He is different from ordinary man because, in him, ONE of the HIGHER CENTERS already works - and he has many functions and powers that Man #1, 2, or 3 does not possess.



MAN #6 ... is a man who has acquired OBJECTIVE CONSCIOUSNESS. BOTH HIGHER CENTERS work in him. He possesses many more new faculties and powers, beyond the understanding of an ordinary man. (Man #6 differs from Man #7 only by the fact that some of his properties have not as yet become PERMANENT.)



MAN #7 ... is a man who has attained ALL that a man can attain. He has a PERMANENT "I" and FREE WILL. He can CONTROL ALL the states of consciousness in himself and he cannot lose what he has acquired. He is immortal within the limits of the SOLAR SYSTEM.



The Parable of the HORSE and CARRIAGE

an allegory, which likens a man to a horse, carriage, driver and master

The CARRIAGE represents man's **BODY**

The DRIVER is the **MIND (INTELLECTUAL CENTER)**

The HORSE represents the **EMOTIONS (feelings, desires)**

The REINS represents the **MEANS** by which the **MIND** was able to **CONTROL** the **EMOTIONS**

The MASTER represents **I, CONSCIOUSNESS, & WILL. (CAUSAL body - bears the causes of its actions within itself, NOT because of external circumstances)**

IN ORDINARY MAN (MAN #1, 2, or 3) the **DRIVER** is **ASLEEP**

Therefore the **HORSE** **PULLED** the whole outfit wherever it liked...

...SO HE CAN **HEAR HIS MASTER'S VOICE** and be capable of following his instructions.

The **FIRST** thing necessary was that the **DRIVER** should **WAKE UP!**

HE MUST THEN...

LEARN all the things that had been put off.

- ★ The **RIGHT** way to **DRIVE** the **HORSE**.
- ★ **HOW** to **FEED** it.
- ★ **HOW** to **HARNESS** it properly.
- ★ **HOW** to **KEEP** the horse & carriage in excellent working order.

The **PROPER** use of the **REINS** to control the horse must be learned (in accordance with his **MASTERS** instructions)

ONLY THEN would the carriage begin to move in a **STRAIGHT LINE** instead of meandering around in circles.

USPENSKY said the **SYMBOLISM** of the **REINS** was of great importance, since the reins stood for the **MEANS** by which the **MIND** was able to **CONTROL** the **EMOTIONS!**

However, the emotional center (the **HORSE**) cannot understand the intellectual center (the **DRIVER**) because the driver uses **WORDS** and the horse knows only **SYMBOLS**.

...**WHETHER** he could drive the carriage right depended on:

- ① **HEARING** his master's voice.
- ② **PROPERLY** harnessing the horse.
- ③ **WHETHER** he possessed **REINS** with which to control the horse's movements.

For example: It is useless to say "I will refuse to be irritated by what he says, as I always have been."

Reasoning to ourselves in this way will have **NO EFFECT** because emotions often behave quite irrationally. ...so we react to annoyances in the same way.

In our customary state of **WAKING SLEEP** there are **NO** reins **AT ALL** between the driver and the horse. **IT IS ONLY** in the **HIGHER** state of **SELF-REMEMBERING** that we are able to exercise any control over our **MECHANICAL** reactions and our **EMOTIONS**.

INNER Separation

"UNLESS A MAN CAN DIVIDE HIMSELF INTO TWO HE CANNOT SHIFT FROM WHERE HE IS."

DIVISION of oneself into TWO refers to the...



...beginning of the process called **INNER SEPARATION.**

In ordinary man - he takes negative emotions...



...as a 'nasty bit' of **HIMSELF** (so he can not alter this emotion - for 'I' can not alter 'I'.)

SELF-OBSERVATION will show us our **NEGATIVE STATES...**



... But something further is as a rule necessary than mere observation of them - and that is **INNER SEPARATION.**

If he regards what he **OBSERVES** in himself as **HIMSELF** (says 'I' to it) it will increase the strength and power of what he observes.



He should try to say:

"THIS IS NOT ME - NOT 'I'!"

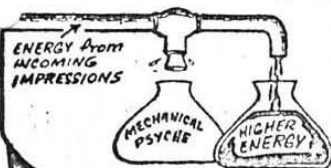
and also to say:

"IT IS MAD" or "IT thinks it is mad!"

Every kind of thought can enter your mind, every kind of feeling can enter your heart. But if you ascribe them to yourself and say 'I' to all of them, you fasten them to you and cannot separate internally from them.



In a more conscious person, one who can separate, **ENERGY** from incoming impressions is not wholly used up in working the



mechanical psyche, but can pass it and become **TRANSFORMED** into **HIGHER ENERGY**. This energy is an aid in formation of **REAL 'I'**.



There are **INNER STATES** - states within us all - that we must **AVOID** just as one avoids walking in the mud in the external visible world. One must not listen to them, must not go with them, must not touch them - or let them touch you. **THIS IS INNER SEPARATION.**

When a negative emotion or "bad thought" arise say **'SEPARATE'** to yourself - and **REALIZE** you are not your thoughts. Failure to do so is like standing on a plank and trying to lift it and struggling as hard as you can to do so. You can't - because you are trying to lift yourself - and this is **IMPOSSIBLE.**



One must re-orient one's thinking towards oneself. To see our inner situation we must study our **BUFFERS**, our forms of **PRIDES** and **VANITY**, our wrong ways of **THINKING**. We **IMAGINE** we are conscious and always know what we think, say, and do. By practicing **DAILY INNER SEPARATION** we will begin the division of oneself into **TWO** - a necessary step in reaching **HIGHER STATES** of **CONSCIOUSNESS.**



PERSONALITY and ESSENCE

It happens often that the Essence of a man stops at the level of a child of 5 or 6.

PERSONALITY is the REQUIRED side of you (inventor). Essence is what you are born with.

PERSONALITY COVERS ESSENCE LIKE A SMELL

ALL feeling of oneself in personality lives by COMPARISON with others (A very BRITTLE 'I')

Culture creates personality and at the same time is the product of personality.

A STRONG PERSONALITY PREVENTS impressions from reaching one's ESSENCE.

LET ME IN!!

IMPRESSIONS

CONTENTS: OTHER PEOPLES WORDS, VIEWS, THEORIES, and OPINIONS ... ALL INFLUENCES THAT ARE NOT ONE'S OWN.

SORRY... NOTHING GETS THRU THIS SHELL.

PERSONALITY has been FORMED by imitation, by custom, by the influence of the period you grow up in, by example, by phantasies derived from novels, films, hero-worship, etc.

Development of personality is a necessary "first education" (TRAINE YOU IN ILLUSIONS ABOUT 'I')

These influences can form such a THICK CRUST around essence that NOTHING can penetrate it to REACH YOU ... TO REACH WHAT YOU ARE.

Little by little, with SCHOOL WORK, personality becomes LESS HEAVY and many qualities pass into ESSENCE and become PERMANENT. (A very important moment in the work on oneself is when a man begins to distinguish between his Personality and his Essence. A man's REAL 'I', his individuality, can grow only from his Essénca.)

With CONSTANT "CHIPPING AWAY" unwanted aspects of personality drop away and disappear - but what passes into essence REMAINS!

← A NEW PERSON begins to grow around the original Essence.

FOOD FOR ESSENCES

SCHOOL

CHIP CHIP

At present, our personality is ALL WRONG. There is too much lying, deceiving oneself, imagination, negative emotions, and so on.

....As work goes on personality changes to "WORK PERSONALITY" which will reflect on ESSENCE.

The MANY 'I's must be controlled and educated

How to BE an OBEДИENT 'I'

Either YOU control personality or personality is controlled by thousands of different 'I's - each of whom has it's own ideas, it's own views and desires.

WHEN PERSONALITY IS OBEДИENT, IT IS USEFUL!