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1. Right Alignment

(Chapters 1-6)

Exploration

- ❖ Try to sense a difference within yourself between ‘self’ and ‘Self.’ If you sense a difference, what is the major feature of that difference?
- ❖ It will be helpful to take a few minutes each day intentionally to ask yourself, ‘Who am I?’ and ‘Why am I here?’ and watch what feeling or thought resonates in you.
- ❖ At present there is discord on Earth. Is it possible to explore how you can be an instrument to receive energy from a higher level and transmit it to the earth. What kind of work does this require?

Remarks of Madame de Salzmann

You don't love yourself enough, the Self that needs and wishes to emerge.



*Above all, you must feel the need to know yourself. You are something and you don't know it.
You have to acknowledge that you do not know who you are, and that you need to know it.
This opening is the most important step.*



*You need a knowledge which is not a book knowledge. Then the head can be informed by reading
books where you recognize your experiences. What is needed is direct perception.*



*You see this side, the mechanical side, and you know that something exists on the other side. What
can make the connection between the two? Sometimes it is possible to place oneself in the middle.*



*What do you serve? There is something in you - a higher energy - which is worthy of respect.
Without this you serve only your pleasures. This is not to say that you should not look after the
needs of the body or of the mind. Unless you respect and serve the finer energy in you
- which is not you - work here has no sense.*



*I cannot do it, but I have to try. If a connection is not made, stay in front of the lack of
connection. It is necessary to know this lack. I cannot do it, but it can be done in me;
and I have a part to play.*



The Earth is in exchange with higher levels of existence. For this an apparatus is needed. Mankind is that apparatus. This exchange is not automatic; it requires work.



You need to have a connection between the head and the body. Neither one should be stronger than the other. They have to have equal force. Then feeling will arise.



Without man the Earth cannot receive the energy from a higher level. So, if some people work consciously, they assist the descent of this energy. Otherwise, there is discord on the Earth. One can sense it.



It is important to bring the body and the mind—a different mind, not the usual mind—to the same rate of vibration. Then there is relationship, as between a man and a woman, and a child can be produced—a new feeling. Higher energy is there, but we do not receive it because we are fragmented. The purpose of man's existence on the Earth is to allow the exchange of energy between the Earth and higher levels of existence. That is not possible without the relationship between the body and the mind.



Man has a special function, which other creatures cannot fulfill. He can serve the Earth by becoming a bridge for certain higher energies. Without this the Earth cannot live properly. But man, as he is by nature, is not complete. In order to fulfill his proper function he needs to develop. There is a part in him which is unsatisfied by his life. Through religious or spiritual traditions he may become aware what this part needs.



The whole universe is made up of forces and energies. They have to be in relationship with one another. The Earth has its own level of energy; it needs human beings for the purposes of right relationship with other energies. This is what man is meant to serve.



To be able to bring higher energy in contact with the Earth, man must have a harmonious relationship - a right exchange - among his centers. Everything is in movement. The energies of our centers are in movement too, but not in harmony with each other.



*Mind and body both have resistance. You need to understand that.
You must ask repeatedly 'Who am I?' and 'Why am I here?'*



Make a demand on yourself. If you do not succeed in making a connection, deprive the body of what it likes.



*You need to be in a special state in order to understand higher things.
Religions have become partial and their real meaning has been lost. Mr. Gurdjieff brought an integral way of the mind, feeling and body, not emphasizing one more than the others.*



If even a foot is not rightly aligned, the connection with the higher energy can be broken.

