## ASPECT No. 1.4 - In-depth work with attention

Before you start working on this aspect, think about its name. Compare all 4 aspects of the first module, think about their relationship. What is attention to you? What new things did you learn about him during your work? What does attention work mean to you? And how can it become deeper? Meditate on the name of the aspect before starting work.

**Theory**

Three centers - intellect, emotions, body. Introspection. Law of three. Internal alchemy and energy exchange between centers. Managing your condition.

**Practice**

Learn to determine when and which center creates a controlling influence. Learn to control desires and motivating impulses by the will of the true “I”.

### Theory

#### Three centers - intellectual, emotional, motor. Reaction and state as a result of the unification of three centers

The Fourth Way system introduces the idea of three centers as three sources of controlling impulses and influences. It is a motor/instinctive center, emotional and intellectual. Each of these centers, in turn, is divided into three more similar sublevels. For example, motor is divided into instinctive, emotional and intellectual. Each center has a part of the motor (instinctive is the motor part of the motor center), emotional and intellectual. These centers can be compared to chakras, but they are not exactly chakras. Gurdjieff said that their location in the body is very arbitrary, and that their physical presence can be dispersed throughout the body. These centers can be different types of brain and nervous system responsible for the corresponding functions. But for the most part it is obvious that the intellectual center or brain is located in the head, and the instinctive or motor center in the body. When things are not so simple with emotions. Today, scientists believe that emotions are formed in the brain, but there are theories that part of the nervous system in the chest is still responsible for emotions as much as the brain, and maybe more. Therefore, working with the three centers is not directly related to the parts of the body, but is more related to what they produce - thoughts, emotions and feelings, sensations.

The three centers are devices or mechanisms that together form mechanical human activity. They are devoid of consciousness and cannot give a person objective ideas about themselves and reality. Accordingly, the five senses, analytical intelligence and even empathy do not form an objective view of reality. This can only be provided by a mystical experience, and then a person is unlikely to be able to comprehend the world completely objectively. However, mystical experience can be understood as a kind of direct union with something that surpasses man in depth and scope, be it God, the universe, contact with angels, or something else like that. But here it is important to note that very often people simply invent a mystical experience, since they know nothing about it, and it is simply impossible to verify its authenticity. They talk about their channelings and meditations, astral travel and memories of past lives, life between lives (deaths?) and much more. All this is harmful and distances the seeker of truth from his own mystical experience.

Other people's stories should be taken in very measured doses, as they leave an imprint that can subsequently influence perception - you can start looking for something similar. Mystical experience is always unique and individual and is associated with the depth of immersion within oneself. You can talk about it, but it is usually impossible to convey this depth. However, there are stories of how some seekers of truth found teachers who could take them deep and lead them along some path that ultimately gave them a mystical experience. But there are not so many such teachers, and the crowded Internet is teeming with stories and offers to receive initiation, etc. Don't believe it. Here you also receive some kind of initiation from a certain teacher, but here you work to a greater extent. I show the way, I offer something. You get results in practice thanks to your own efforts.

Returning to the three centers, it should be noted that they are sources of the formation of false personalities. Gurdjieff identifies 3 types of people who appear naturally and 4 types that people can become as a result of effort. The first 3 are the man of the body, the man of the emotions and the man of the mind. These people are controlled by one or another center and in their value systems the values of the body, emotions or mind prevail, respectively. From birth, a person is more of one type or another and can remain so until the end of his life. Awareness comes through the creation of a magnetic center and the unification of three centers.

#### One of the centers always takes control if there is no active “I”

Centers are mechanical devices. They perform functions that keep the whole alive. And these functions replace the individuality of a person. A person is led by instincts and false desires, thinks mechanically and succumbs to influences from the outside. Thus, false personalities are formed in him, which are essentially sets of programs, reactions and automatisms of the three centers. In essence, there is no human at all, but only mechanisms and automatisms.

Of course, this can be learned in more detail from Gurdjieff and Ouspensky, and within the framework of this work it is important to realize that the unification of the three centers can occur in two ways - mechanically and purposefully. Mechanical union is a common condition. It’s difficult to even call this phenomenon a union. Rather, it is simply a mixture of different reactions. Arbitrary, without a specific goal. This creates external manifestations and some kind of general state. Purposeful or conscious unification of the three centers is something special and very different from the usual state.

When conscious work to unite the three centers is not done, one of the centers seizes control. It becomes the dominant source of control influences. In this case, a person submits to the influence of his emotions, or bodily needs, or even habits, or some ideas. The most important thing is that he is completely unaware of this, and everything that happens looks natural and taken for granted.

When there is no active “I,” everything happens spontaneously and uncontrollably. However, having a permanent "I" or magnetic center does not mean complete control of everything, but rather awareness of everything that happens, or that which is registered and can be understood. A person with a developed “I” has the ability to stop reactions, transform energies and control his manifestations. And also control your movement towards goals and following your desires. A person without an “I” is not capable of this and is a set of automatisms, a machine that acts reactively. You can compare such a person to a pinball ball, where he is constantly hit from all sides by something and is somehow influenced, only this ball also has a similar algorithm inside, which also periodically spontaneously affects its movement. The pinball table is also controlled automatically.

#### Thoughts can cause emotions, and emotions give rise to actions. The body's response can trigger emotions through sensations and create thoughts. Emotions can create thoughts, etc. - it is important to learn to notice which center creates the controlling influence and why.

The centers influence each other. They exchange energy. Moreover, external manifestations, be it the expression of emotions or simply movement, or maybe the voicing of ideas - all this invariably affects the one who performs these actions. We can say that in a person’s life there is a certain vicious circle associated with the work of his centers. Having a constantly changing range of internal influences, a person constantly produces some external reactions and actions that affect his inner world, which creates new internal reactions that appear again. An important skill is the ability to stop these reactions, both internally and externally.

Uncontrolled reactions waste energy, and their external manifestation wastes time. Therefore, in this work we devote time to this aspect. Consumption of energy and waste of time distances a person from achieving his true goals and realizing the desires of the true “I”. And in order to have more control over what is happening, oddly enough, you need to study it well. Accordingly, it is important to learn to notice which center creates the controlling influence and when and why. Namely, it is important to learn to separate the flow of influences into its components. What specifically motivates you to take action? Why are the desires or thoughts like this now? How did you come to this? What happened before this? For this purpose, an exercise will be presented in the practical part.

#### The work of all centers is energy. There is a constant transformation of energy. Energy moves from center to center.

To better observe the work of the centers, let us consider the idea that the work of all centers is energy. Thoughts are energy. Emotions are energy. Actions are energy. Instincts are energy. Everything is energy, just of different qualities. There is one energy for actions, and another for thoughts. But, like various other substances, energy is transformed from one state to another. Splits, combines, is consumed, combines again, etc.

There is an exchange between the centers. There are special connecting mechanisms for this. Again, you can learn about their structure from Gurdjieff and Ouspensky, or immerse yourself in neurobiology, for example, get acquainted with the ideas of Joe Dispenza. I’ll just say that there is a constant transformation of energy inside us, which is associated with the energy of our attention. Where is your attention now? In thoughts, feelings, sensations or actions? Or a combination of several?

We focus on certain aspects, allowing or not allowing them to develop. Having a certain degree of awareness, we can influence processes and change them. All this is due to the energetic nature of our device. Our thinking is energy and our attention is energy. We can focus on thoughts and, with the help of attention, think more or less. How does this happen? We have already talked about willpower. Will is also energy, only of a different quality. It is a more structured energy, more concentrated, with a higher vibrational intensity, so it can influence the energy of thoughts, emotions and sensations that are less intense and more chaotic.

Between the centers the exchange occurs mechanically, but when the will appears, everything changes. The will brings an element of awareness. Will is the quality of the true “I”.

#### The uncontrolled work of the centers is a waste of energy that needs to be collected around the “I” and directed towards a conscious goal.

Uncontrolled work of the centers is a waste of energy and life time. We just go with the flow, without any specific goal. Or maybe we have goals, but we don’t achieve them and suffer because of it. In any case, life without “I” is not real life, but rather a dream. Actions, emotions and thoughts not directed towards a goal are a waste of time and effort. This energy needs to be structured and collected around the true “I”.

The true “I” is defined in us as the experience of a certain experience and a clear awareness of its value. This is the experience of living a special State. The condition is comprehensive. It extends to thoughts, emotions and actions. And only in the State of Awareness of ourselves, our true “I”, are we able to do anything consciously. Accordingly, in order to reach a new level of Existence, realize our potential, self-realization, achieve goals, and first Realize and set them - for all this we need to collect our scattered attention and energy, which is spent by the centers around the true “I”. And only after this can any goal in life or the meaning of life be realized, as well as planning and actions carried out.

Without this, life is a dream.

#### Law of Three

Another piece of knowledge gained from the books of George Gurdjieff. Yes, I stand on the shoulders of this giant. Yes, a lot of it is a remix. Yes, you need to know this. And yes, I have never met anyone better than Gurdjieff or studied anything. Therefore, such a large part of the book almost completely copies the 4th Path. But I declare with a light heart and a clear conscience that I present these ideas here after their active living and practical understanding. I don’t peek into books, I don’t copy, but I reproduce knowledge from memory and do this based on experience. Occasionally I can spy on this or that wording, but, as you may have noticed earlier, I don’t really care about wording, and accordingly, I spy on a tiny part. Sometimes I even think about how I can free myself from Gurdjieff - after all, in my life experience this is a huge part that largely determines my understanding of the world. The only system of knowledge of the 4th Path that is more perfect is probably the Monada Dominion system. More precisely, the MD system is largely based on the 4th Path, requiring familiarity and practical understanding and practice of the 4th Path. But it is not yet known to anyone except me, so I cannot communicate with anyone in terms of the MD system, and the 4 Path system has existed for a long time and opens up space for special communications. And as was said at the very beginning of this book, it is written as preparatory material in order to prepare for the perception of the MD system. This is the blessing before initiation (into the MD system).

“ *The Law of Three in a brief description means that three forces enter into every manifestation, every phenomenon and every event. They are called (but these are only words, since they do not express their qualities) positive, negative and neutralizing, or active, passive and neutralizing, or, still more simply, they may be called the first force, the second force and the third force. These three forces enter into everything. In many cases we understand the necessity of two forces - that one force cannot create action, that there is action and resistance. But usually we are not aware of the third force. It has to do with our state of being, our state of consciousness. In a different state, we would know about it from many examples than now, when we do not see it.*

*Everything in the world, all manifestations of energy, all types of action, in the world or human activity, internal or external, are always manifestations of the three forces existing in nature. It is necessary to understand that they are not different from each other, just as activity and passivity are different in our usual understanding of these terms. Active and passive forces are both active, for force cannot be passive. But there is some difference in their activity, and this difference creates all the variety of phenomena that exist in the world. The three forces work together, with no one being dominant in every combination. At the same time, each force that is currently active may at the next moment become passive or neutralizing in another triad. When three forces come together, an event occurs. If they don't touch, nothing happens." 4 Path*

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As you might have guessed, the Law of the Three Forces is described here to better understand the idea of three centers. In reality, this law manifests itself in us. The three centers represent three forces and their unification creates our vital activity. But what about the magnetic center or the true “I”? This is already the fourth force, right? 4 The Path speaks of different levels of triads. And what if three centers are a triad of one level, for example, the first, then the appearance of a magnetic center will be the result of the combined work of the three centers and this will be a triad of the second level. In other words, for something to appear, three forces must unite. Then a result appears, which also becomes one of the three forces in the new triad. Accordingly, the emergence of the true “I” will be the result. This “I” will become active or passive in the new triad. And this could be the triad “I”/God/interaction, or “I”/body/other people, or “I”/collective unconscious/my role in the world.

All possible relationships and associations are discussed in more detail in the Systematics of John Bennett, who was also a student of George Gurdjieff. And Anthony Blake continued to work on the taxonomy. You can find his work on the website systematics.org Initially, this idea can be explored in the book “The Dramatic Universe” by D. Bennett. The systematics emerged from the laws told by Gurdjieff to his students. One of them is the Law of Three.

What is important for us here is to understand that in any situation we always use three centers. And any action, any manifested result requires their participation. Exactly how they unite - mechanically or under the influence of directed willpower - depends on us.

#### By changing the balance of forces and moving the energy of attention from one center to another, or by combining them and leading to resonance, we control our State

Indeed, our life can be divided into spheres: physiological, social, mental, spiritual and others. Depending on where our attention is to a greater extent, we can draw a conclusion about what kind of life we live. One can say, for example, that “a person lives a spiritual life” or that “a person is a hedonist and for him bodily pleasures and needs come first.” We make similar conclusions based on what a person does and what he devotes his time to. Time is inextricably linked with attention, and attention with will.

Lack of will creates a state where attention moves uncontrollably between different areas or is accidentally fixed in one. And only Awareness of oneself and one’s “I” can somehow change the situation and, with the help of Conscious will, direct attention to where we need it.

As stated earlier, State is an all-encompassing concept. And this idea was revealed in more detail, and perhaps introduced, by Arkady Rovner. Arkady was also a researcher of the 4th Path, but managed to free himself from this system and create something that does not depend on it. And so “State” by Arkady Rovner, somewhat synonymous with “Being” by George Gurdjieff, is largely created by the work of our three centers, controlled or uncontrolled by our will and attention and representing the Law of Three Forces.

Initially, SHIN-LAP is a transformation program to reach another level of Being. And working with centers is here precisely for this purpose. And this work consists of redistributing energy to obtain certain results. Understanding the Law of Three, you can easily guess that if there is a failure in one or another area of life, then the system is not in balance. This means that it is necessary to balance the forces - to add in some places and subtract in others. Where and how are questions of a different order, but the main idea is the balance or harmony of the three forces. And this brings us to the idea of inner alchemy.

A state is a result or a product, but the formula will not always give a stable result, as in chemistry. Inner alchemy is a creative process. There is no guarantee that performing simple actions, be it a meditation technique or some kind of psychotechnics or anything else, will always give you the same result. Rather, on the contrary, it will always be different. Therefore, there is no point in clinging to formulas. As Arkady Rovner said: “We want to achieve a different State. We look for it, we try, but there is no ready-made or universal Path. We must try and as a result of the Unknown Oscillations of the Soul we can get something.” This is a free quote from his video “Some Kind of Dove.” However, culture, knowledge of the elements, knowledge of the different paths and their connections are all useful and helpful. All these are elements for internal alchemy. Although rather this is a full-fledged alchemy, not only internal. After all, the State includes everything. Accordingly, work is carried out both with the centers and with their external manifestations and with global associations of the results of their activities or with spheres of life.

#### All this is needed at this stage in order to create an additional center or accumulated attention. What we called the true “I”. But the true “I” is somewhere in the depths, and the magnetic center (accumulated attention) is a way to be constant in manifestations and establish a connection with this “I”

“All this” is the previous explanations and practices. And you need them. It is a fact. And you should have already understood that without an additional center in which your attention is accumulated, you cannot have a genuine and conscious will.

Will is the path to constancy. Consistency is the path to Awareness. And together, will, constancy and awareness are the path to knowing yourself and your true “I”. Knowing “I” is the path to self-realization and realizing one’s potential and capabilities.

There is such a relationship and this is a fact. Without the implementation of all stages in this chain there is no and cannot be life. Without “I” life is a dream.

#### “I” is like the Sun. Body to Earth. The astral body, or energy, atmosphere - this is all the connection between the body and the “I” and this is similar to other planets in the solar system. Man is like the cosmos.

The law of three also finds global expression. For example, in our solar system there are three distinct elements - the Sun, the Earth and other planets. Together they form our cosmos. But there may be another combination: Sun, Earth, Moon. In both cases, a parallel can be drawn with the human structure.

We have a certain source, a spark, a center that animates us, and we also have a physical body. And between this source and the body there is an intermediate link, which can be the psyche, or the soul or the astral body. Please note that these concepts do not express the same thing. What actually exists in us and what doesn’t is an open question. But it could be all of the above.

You can also observe the triad: humanity, Earth, Moon or humanity, Earth, Sun, as well as humanity, Sun, Moon. Each of these triads will reveal the mutual influence of the elements on each other. True, due to the disproportion of scale, most often the influence will be one-sided.

The person himself combines body, soul and spirit, and also takes on the influences of society, nature, space, and various others. In itself it is like the cosmos. And this mutual similarity opens up space for exploration. You can understand the cosmos through yourself and vice versa. By moving between scales, you can understand the cellular level and the level of all people, as well as the solar system and even the galaxy. There are parallels between all levels and the Law of Three Forces manifests itself everywhere. Everything is subordinated to a single principle at different levels. Bennett's Taxonomy speaks about this.

Our life is made up of different influences and their sequential and nonlinear distribution between levels. Studying the principles of the dissemination of influences allows you to create a center. Ignorance of how they spread is not necessary to create a center of will, but it is useful.

#### The law of equal exchange - in order to receive something you must give something of equal value.

To create a permanent center of will and attention in yourself, it is also important to learn the principle of equal exchange. To get something, you have to give something. To get extra attention, you have to give something away. Is it attention? To get time, you have to give something. Is it time?

The law says that everything received always corresponds in value to what is given. True, the exchange is not made through identical things, but equivalent ones. To get additional attention, you can give time, and to get time, you can give attention. Also, to get attention, you can give attention deficit. And in order to get time, you need to give up time deficit. How to translate one into another? How to understand how much attention corresponds to how much time?

Everything has one essence. For example, we can say that everything manifested and existing is time. Everything exists in time, which means it contains it within itself. Accordingly, everything can be reduced to time and through this unification understood and exchanged. Likewise, everything or much can be reduced to energy. And energy can be exchanged. This cannot be said to be very good, perhaps variety and variety of essence is much better, but the unity of everything helps to understand the nature of reality.

To create consistency in ourselves, it is important to understand that we give attention in exchange for new attention. We combine attention with time to gain more attention and time. And we transform the energies of desires to follow true desires. Moreover, we give up false desires and false manifestations in order to receive true desires and become real. So you can exchange the lack of truth for its presence. One thing becomes another.

#### The three centers represent the three forces. Inside each of the centers there is another division into three - this is a sublevel of the triad. The result of the unification of the three centers is a state that includes you in a new triad, where the whole whole becomes an element of a higher level triad. One can observe the movement of influences between levels.

How to move to a higher level? Be it the level of life, thinking, energy or your general Condition? First of all, understand why it is higher. What does higher mean? And why is the level higher? On what scale is height determined? It seems the answer lies on the surface - frequency of vibrations, purity of thoughts, level of complexity, scale, and you can name a dozen or two more criteria and not think about it at all. It looks easy. However, I can safely say that things are not that simple. Today, the Internet is filled with all kinds of information about how the universe works, there is access to billions of books and contacts of hundreds of thousands or even millions of gurus and teachers. I believe that along with the enormous privilege and convenience for modern man, this situation also creates a difficulty. The availability of information deprives the seeker of the spirit of “searching for Truth.” It’s simple - here is an authoritative guru, and here is his teaching, no need to worry, just take it and do it. This is what he says about the universe, and he didn’t invent it himself, but adopted an ancient tradition, or received initiation from teachers. You can absorb it and carry it and believe in it. But this is a misconception.

As noted above, it is possible to truly comprehend the Truth only in a mystical way, irrationally, through unity, experience and experience. Is it dangerous? Maybe, but there is no other way. Living within the framework of tradition, relying on the opinions of others, we risk spending our entire lives in an artificial environment. In contrast, we can cite the example of ideas about self-initiation and the path of intuitive knowledge. There is only me and the universe, “I” and GOD. And we strive to meet each other. I strive for God by definition, and He approaches me only when I am in an elevated State.

And so, it should be assumed that there is a higher world or a subtle world. And what is this? A rhetorical question. Nevertheless, the answer must be sought. More precisely, we need to search for the answer and improve the quality of this search, but not the answer itself. Then aspiration becomes practice, and practice becomes life. And this higher world can become something real, something from which inspiration, illumination, insight comes.

Regarding the thesis to which this text relates, it is important to note the following - understanding a lower level or sublevel in each of the centers allows us to understand the more complex nature of influences, when understanding the results of the unification of three centers allows us to understand our role at the macro level or understand the nature of external influences coming from a different scale. Both of these levels are important, interconnected, and without understanding them it is difficult to create a permanent center of your “I” and become independent and conscious. In other words, moving to the sublevels of centers leads us to understand how influences spread within us, how exactly memory works, what thoughts and emotions are, what their relationship is, and how they affect the body. We can understand which influences are greater in one manifestation or another: bodily, emotional or intellectual. All this opens the way to internal balance and internal transformation. We begin to have time to notice what is formed and how and influence it.

The outside world remains a mystery until we become isolated from it. Gurdjieff said that an ordinary person does not control the process of transition of influences from the external world to the internal world. Because of this, a person becomes identified with the outside world, merges with it, his attention dissolves, and his life and actions become completely mechanical. Creating a magnetic center, collecting the energy of attention - all this helps to create a boundary between the inner and outer world and separate oneself from everything that happens. This gives you the opportunity to choose. We gain the ability to choose to do something or not, to obey or not to obey, to accept or not to accept. At the same moment, we begin to control ourselves and understand whether we should give something away and send it to the outside.

And as for the unification of the three centers, the new Collected State, with the magnetic center or “I”, is a product of a different quality. This is what elevates us, exalts us above the vanity of the world, bringing us closer to higher or more subtle layers of Being. Here we find ourselves in a new triad. According to Gurdjieff, a person who has found the “I” or has united three centers and created a magnetic center is released from the influence of certain orders of laws. In the cosmic organization of levels of matter, each level is subject to the action of a certain number of orders of laws. And humanity lives under the influence of quite a large number of laws, the most striking of which is the Law of Chance.

Chaotic existence, mechanical life - all this has nothing to do with control or awareness. And vice versa, finding the “I” is order, or awareness of what is happening, understanding of causes and consequences, leveling out accidents, or harmonizing chaos and randomness. It would be naive to believe that we are able to completely neutralize the case, since we will never gain the opportunity to take into account all the factors and all the influences. However, movement in this direction is possible. Moving to a higher level implies expanding the zone of your active attention.

The zone of active attention expands in several directions or in all directions at once. Attention expands inward, to sublevels of centers and beyond, which allows us to notice the spread of reactions within. Attention expands outward, allowing us to observe external influences. We understand cause and effect, both internally and externally. There are universal laws both inside and outside, such as the Law of Three or the Principle of Equal Exchange. At the same time, the presence of such laws and principles is very conditional. Rather, we here understand a certain natural essence and express it in the formulation of laws and principles, when this essence itself is much more extensive and exceeds our usual capabilities, the capabilities of our usual State and the usual level of Existence.

Movement between levels is possible through understanding laws and principles. These are some kind of tools and this is the way. Internal and external triads, their interrelation - all this helps us manage the spread of influences, carry them from one level to another. The principle of equal exchange makes it clear that there is always an exchange, that we can get something, but we must give something.

The name of this aspect is “Deep work with attention.” Take into account all the information from the past aspects, as well as what you learned in this one, and start practicing. We are moving to a new level of Being.

### Practice

**Learn to determine when and which center creates a controlling influence. Learn to control desires and motivating impulses by the will of the true “I”.**

1. Energy is collected through observing reactions and stopping inertia. When you notice yourself, notice the work of the centers and begin to understand how this state developed, then through volitional effort you can give the center a command to do something else. Usually it all starts with a thought - you understand that this or that reaction is harmful to you. You let her go. Then you focus on something positive.
2. 3 phases of the law of equal exchange:

* 1. Understand the process (notice your manifestation and understand its sources)
* 2. Decompose into components (separate the centers, convert the reaction into energy)
* 3. Create something new (combine them by force of will into something new)

1. You observe the reaction or state, find out what served as the source (which center), parse everything into its components of influence and create a new state.
2. You create something new, building on previous work that allowed you to better understand yourself and come up with some definition of who you are or who you want to be.
3. It is important to clearly understand what you want to give up (what false personalities and their manifestations in the form of thoughts and emotions), by noticing them you create a new state in emotions, thoughts and actions.
4. The new state unites three centers. The three centers are united by the magnetic center.
5. The secret of success is remembering. Remember about your work, your goals, your desired state. When you remember, you become immersed in it. When you don’t remember, you inertly fall into a negative manifestation.
6. Use the law of three and the law of exchange to transform your state from the one you find yourself in to the one you want to make permanent or more stable.
7. Your instrument is your Will. Will is accumulated energy and attention focused around the true “I”.

## SUMMARY AND CONCLUSIONS

So we tried to work a little with the question “Who am I?” It is obvious that you did not receive the answer in full, and if you think that you did, then either you are an exceptional person, or you are mistaken. This answer is not available to the average person today. If you have it, send it to me.

However, we initiated the process. You worked with attention, tried to develop your will. This allowed us to understand a little with the help of what and how we understand and identify ourselves. This allowed me to go a little deeper into myself, to connect with a deeper inner level. At the same moment, this made it possible to begin work on identifying the true and false in oneself at the level of desires and personalities. Next we will continue to work with desires.

There are a great many systems of self-study, self-improvement and transformation of oneself into something new. What all this is and why is not completely clear. However, we all need it. Some more, some less. Those who do not need this have either achieved enlightenment, a new State, a new level of Being, or are deeply asleep. You and I are in the middle, closer to one or another extreme point.

Keep asking yourself the question “Who am I?”, use the knowledge and practices offered, study something else, accumulate knowledge. Create your own path, continue self-initiation and self-deepening. And when you get tired of asking and trying to give answers, when you get tired of searching, tired of trying, then just stop. Perhaps you will understand something.

I say this easily, because many people, in my opinion, spend their lives on this search and cannot live. All their time is taken up by searching and some kind of work on themselves. I believe that it is important to be able to relax, go for a walk or play on the computer, without regretting that at this time you did not ask yourself the question “Who am I?”, but simply lived. However, this work is very practical. And its most practical part is that attention and its quality change. For me this is expressed in depth and volume. The present moment expands, in a two-word question a massive layer of knowledge rises and an even deeper and more massive layer responds to this question. In this resonance the nature of Being is revealed.

Things may be different for you. But I believe that if you want to achieve something, change something in your life, that’s why you’re reading this book. Or you want to explore the Monada Dominion system. In both cases, you will need a permanent “I” and some understanding of the nature of the structure of the inner world. Everything written here is necessary for studying the MD system and is useful for transforming yourself and your life. However, you should not learn this by heart, as a formula, as an axiom. This is a provocation, a push, a direction. Start from this and work on your own. I wrote all this because my attempts to convey the MD system in its pure form were unsuccessful. I connected this with the fact that in my life I had previously had a certain amount of practice, both according to the Gurdjieff system and various others. This gave me an additional resource, allowed me to develop attention, concentration and intuition, which I did not find in the people to whom I transferred the system.

Accordingly, I decided that if anyone wanted to understand the system, or if I continued to work to disseminate this knowledge, then those interested or invited would need to develop the same or even greater degree of concentration than I had. They must also be sincere in their desire to change and learn, which brings us to the description of the next module.