

April

2024

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Mar 2024

• Nietzsche somewhere says that war must continue because only in war is a self sometimes felt — a center is felt — because war is danger. And when death becomes a reality, life becomes intense, and you are centered. In any moment when you become aware of yourself there is a centering. But if it is situational, then when the situation is over, it will disappear.

• It must not be just situational, it must be inner. So try to be aware in every ordinary activity. When sitting on your chair, try it — be aware of the sitter. Not only of the chair, not only of the room, of the surrounding atmosphere, be aware of the sitter. Close your eyes and feel yourself; dig deep and feel yourself.

• Awareness is the technique for centering oneself, for achieving the inner fire. It is there, hidden; it can be discovered. And once it is discovered, then only are we capable of entering the temple — not before, never before.

• But we can deceive ourselves by symbols. Symbols are to show deeper realities to us, but we can use them as deceptions. We can burn incense, we can worship with outer things, and then we feel at ease that we have done something. We can feel ourselves religious without becoming religious at all. That is what is happening; that is what the earth has become. People think they are religious just because they are following outer symbols, with no inner fire.

• George Gurdjieff says, "Constantly, wherever you are, remember yourself."