

Practical Work on Self

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A Summary of Exercises

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Chapter	Chapter Title	Exercise
1	Awakening the Machine	Start of Self-Observation. Discover the Sleeping machine. <i>Observe the physical movements of the machine.</i>
2	The Pond	Discover the nature of negative emotions. Introduction of real emotions. <i>“Parting of the Red Sea.”</i>
3	Negative Manifestations	The “historical personality” is a complex formation of automatic associations. The “non-phenomenal self” is the real source of attention. <i>Voluntarily duplicate a negative emotion.</i>
4	Booby du Jour	The non-phenomenal self is a slave to the machine. <i>Find the manifestations of restlessness, and authorize that habit.</i>
5	Work Wish	Mechanical Man has no focused will. Through special wishing we develop a Work-wish and a centrum of gravity. <i>“May these efforts be used for the benefit of all beings everywhere.”</i>
6	Struggle of the Sorcerers	The Prince of Darkness and the Prince of Light struggle constantly and unconsciously in the sleeping machine. Buffers separate that struggle. <i>Intentionally induce the struggle and capture the power of that struggle to benefit our Work.</i>
7	Search for Dr. Livingstone	The machine has no permanent self. Permanent self is established with the development of the non-phenomenal self. <i>Notice an impermanent manifestation and say: “I am not this.”</i>
8	Harmless Whim	Alone we are helpless in our struggle against the machine’s automatic negative manifestations. We can develop a taste for Real Will. <i>Select a harmless whim. Gratify that whim.</i>

9	One Small Habit	The sleeping machine is filled with an innumerable variety of habits in posture, mood, gesture, tone . . . Struggle with these habits will create an Alchemical Fire. <i>Maintain a struggle to find and observe the habits of the machine.</i> You may require help from others to accomplish this task.
10	The Mentation Talk	Our thoughts are generally a flow of automatic associations which we call thought. We can activate the higher Mental Centrum. <i>Practice collected attention on objects, thought patterns, projects, etc. Practice, Practice, Practice.</i>
11	Centrum of Gravity Question	We have no work direction. <i>Develop a question with gravity. Hold that question always before you. Do not relinquish your hold on the Question, nor its hold on you.</i>
12	Sensing	Sensing is a critical tool in our work with the machine. <i>Track the movement of the electrical changes within the machine to develop a new way of experiencing the inner activities of the machine.</i>
13	Thinking by Form	In sleep the machine involuntarily accepts impressions from every source. By observing impartially, we can see impressions in completely new categories. <i>Practice intentional illiteracy to break old habits and form new perceptions.</i>
14	Remorse of Conscience	The “organ” of conscience is in disuse and isolation. We can awaken conscience by practicing “Remorse of Conscience”, and thereby repair our past. <i>Invoke your sense of remorse for what you have not done for your Work.</i>
15	Doorways	In the awakened machine we can gradually form a permanent crystallization which we call <i>Being</i> . <i>Every time you pass through the portal of a doorway, exert your will to awaken the machine.</i> We are developing an unshakeable work-habit.

16	Red-faced Donkey	We pass through life avoiding embarrassing moments. Use the force of this societal difficulty to strengthen your Work will. <i>Choose a topic of trivia, and hold forth on its importance; express no concern for critically important topics; dress or behave in an unusual manner. Dare to manifest without the fear of humiliation.</i>
17	Chief Weakness	Our Chief Weakness is a survival strategy. Highly buffered, it represents deep sleep. We often consider it the best and nicest part of ourselves. <i>Listen to the machine's thoughts and words as if listening to a radio.</i>
18	Repairing the Past	We favor one of the three centurms. The unused centurms atrophy. We can repair the past habits. At the end of each day, review the day impartially from each centrum: Sensing, feeling and thinking.
19	Walking Between Raindrops	The machine sleeps by maintaining automatic postures and positions. <i>Keep yourself slightly out of balance by moving intentionally, avoiding habitual poses and patterns of movement.</i>
20	Centrum of Cosmos	Man is separate from the Crown of Creation. Sense yourself as part of the Cosmic order. <i>Select an object and hold in mind as the Solar Absolute.</i>
21	New Day Every Day	The machine lives under the disease of "Tomorrow." <i>Rearrange your idea of the world, and live each day as if you have never been here before, noticing everything as if for the first time.</i>
22	"I" Can Do Anything	Mostly, we operate from the habits of the sleeping machine. When we awaken to our essential self, we can operate effectively and intentionally. <i>Resolve to take on any Work task presented, immediately and with alacrity.</i>
23	Radiation of Pain	When we sense pain, we want to be rid of it. When on the path to awakening, we can use the force of pain. <i>Focus on and spread out uncomfortable sensations into the whole body, to</i>

		<i>awaken sensation and awareness.</i>
24	Last Hour of Life	We never know when we will die, yet live as if we will live forever, wasting our lives in mechanical behavior. <i>Live every hour with the attention to detail and sensation and the value you would give to your last hour.</i>