

Practical Work on Self, Version 2

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A Summary of Exercises

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Chapter	Chapter Title	Exercise
1	Awakening the Machine	Start of Self-Observation. Verify that the machine (the historical personality) is indeed asleep. <i>Observe the physical movements of the machine.</i>
2	The Pond	Explore the pervasive nature of your negative (automatic) emotions. Begin to search for and sense feelings of the non-phenomenal self. Parting of the Red Sea: <i>Practice stopping the reverberations of negative emotion by observing and opening yourself and releasing resistance.</i>
3	Negative Manifestations	The historical personality is a complex formation of automatic associations. The source of real attention is our non-phenomenal self. <i>Voluntarily duplicate a negative emotion. Aim to locate your real source of attention.</i>
4	Booby du Jour	When we begin, the non-phenomenal self is an unconscious slave to the machine (the historical personality). We aim to have the non-phenomenal self authorize and thereby participate with our habits. <i>Identify an automatic habit of the machine. Authorize the habit with the non-phenomenal self and observe it in action.</i>

5	Work Wish	<p>The fragmented historical personality can be temporarily unified by using a Work Wish. <i>Create a work wish to produce a sense of unified will. Use the leverage of the work wish to establish the non-phenomenal self as a new center of gravity. Focus on one small thing that you wish to accomplish or sacrifice and dedicate your efforts to the work by focusing on your solar plexus and saying: "May these efforts be used for the benefit of all beings everywhere."</i></p>
6	Struggle of the Sorcerers	<p>The Prince of Darkness (historical personality) and the Prince of Light (the non-phenomenal self) struggle constantly and unconsciously in the sleeping machine. <i>Intelligently intensify your inner struggle to meet the goals, needs and expectations of each of the Sorcerers. Use your observations for personal evolutionary growth and transformation.</i></p>
7	Search for Dr. Livingstone	<p>The machine (historical personality) has no permanent self or identity that serves as a center of gravity. Acquiring a permanent self occurs by developing the non-phenomenal self. <i>Observe an automatic habit of the historical personality and say: "I am not this."</i></p>
8	Harmless Whim	<p>In the beginning our non-phenomenal self is helpless in our struggle against the machine's automatic negative manifestations. The non-phenomenal self can develop a taste for Real Will: <i>Select a harmless whim, for instance a mannerism, and practice gratifying that whim.</i></p>

9	One Small Habit	The sleeping machine is filled with innumerable habits of posture, mood, gesture, and tone. Active observation and conscious awareness of habits will create an Alchemical Fire (transformation). <i>Maintain a struggle to identify and observe the habits of the machine, one small habit at a time. This may require the help of others.</i>
10	The Mentation Talk	The thoughts of the machine generally flow incessantly by automatic association. We wish to activate the higher Mental Centrum of the non-phenomenal self. <i>Practice concentrating your attention on specific objects, thought patterns, projects, etc. for extended periods of time. Practice, Practice, Practice.</i>
11	Centrum of Gravity Question	The machine has no specific work direction, that is, it “turns in circles”. <i>Develop a work question with a center of gravity. Hold that question always before you. Do not relinquish your hold on the question, nor its hold on you until you have an answer that completely satisfies 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 seeing the inner activities of the machine.</i>
13	Thinking by Form	In “sleep” the machine involuntarily accepts impressions from every source without discrimination. By observing impartially we can learn to see impressions in entirely new and different categories. <i>Practice intentional illiteracy to break old habits and form new perceptions.</i>

14	Remorse of Conscience	The “organ” Conscience has atrophied owing to both lack of use and unintentional isolation. We can awaken Conscience by practicing “Remorse of Conscience”. In this way we are able to repair our past. <i>Invoke your sense of remorse for the time you have squandered and the opportunities lost due to inattention to your Inner 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 remember to exert your will to awaken the machine. In so doing we develop an unshakeable work-habit.</i>
16	Red-faced Donkey	The machine attempts to pass through life avoiding embarrassing moments. Use the force of this socially difficulty effort to strengthen your Work will. <i>Choose a topic of trivia and intentionally embarrass yourself by holding forth on its importance. Or, express no concern for critically important topics of the day. Dare to manifest without fear of humiliation.</i>
17	Chief Weakness	Chief Weakness is an aspect of our historical personality that acts as a blindfold allowing us to sleep deeply. It prevents us from fully experiencing our non-phenomenal self. We often consider the Chief Weakness to be 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	Typically we favor the use of one of the three centrums allowing the other two centrums to atrophy. <i>At the end of the day review impartially your use of each of the three centrums - sensing, feeling and thinking.</i>

19	Walking Between Raindrops	The machine sleeps unconsciously by maintaining automatic postures and positions. Using sensing and attention create new postures and movements as though attempting to walk between raindrops. <i>Keep yourself slightly out of balance avoiding habitual poses and patterns of movement.</i>
20	Centrum of Cosmos	In the grand scheme of the Cosmos man is like a grain of sand. Genuine significance results from successful Work on Self. <i>Designate an object to represent the center of the Cosmos and reflect on its nature and significance.</i>
21	New Day Every Day	The historical personality avoids the present by dwelling on the past and imagining the future. <i>Live each new day without reference to the past or assumptions regarding the future. Notice everything as if for the first time.</i>
22	“I” Can Do Anything	The historical personality is handicapped by an automatic body of habits. The non-phenomenal self is remarkably capable. It can bypass habitual restrictions and limitations of the historical personality. <i>Resolve to accept and complete any Work task presented.</i>
23	Radiation of Pain	All sensation can be used to awaken the machine. <i>Intentionally radiate pain or pleasure throughout the machine to assist with awakening the body.</i>
24	Last Hour of Life	We live as if we are immortal and squander our limited time. <i>Focus yourself in the present with the clarity and intensity you would bring to the last hour of your life.</i>