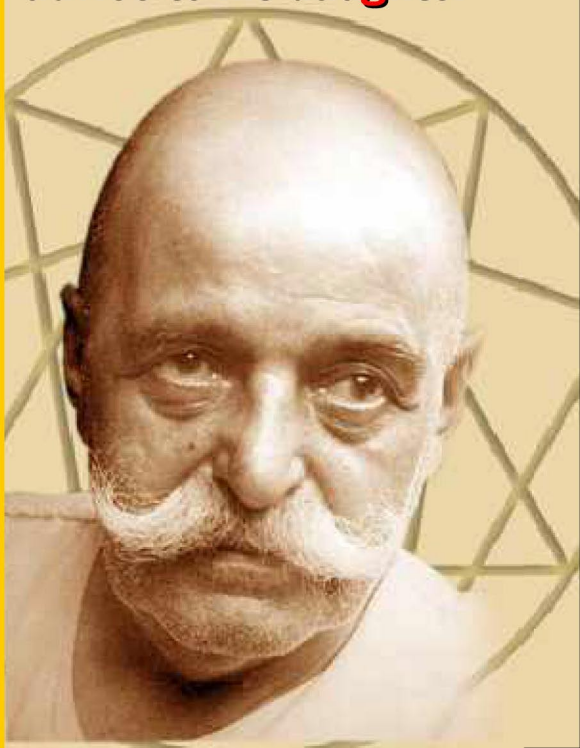


Gurdjieff's advice to his daughter





संसार से संबंध माना हुआ है,
सत्य नहीं है।

सुख दुःख माना हुआ है,
सत्य नहीं है ।

परमात्मा से दूरी मानी हुई है,
सत्य नहीं है ।

- प. पू. संत पथिकजी महाराज

Ground your
attention on
yourself.

Be conscious at
every moment of
what you are
thinking, sensing,
feeling, desiring,
and doing.

Always
finish what
you have
begun.



Whatever you
are doing,
do it as well
as possible.



Do not become
attached to
anything
that can
destroy you
in the course
of time.

Develop
your
generosity -
but secretly.



Treat everyone
as if he or she
was a close
relative.



Organize
what
you have
disorganized.



Learn to receive
and
give thanks
for every gift.



Stop
defining
yourself.



Do not
lie or steal,
for you lie
to yourself
and steal from
yourself.

Help your
neighbour,
but do not
make him
dependent.



Do not
encourage
others to
imitate you.



Make work
plans and
accomplish
them.



Do not
take
up too
much space.



Make no
useless
movements
or sounds.



If you
lack faith,
pretend to
have it.



Do not allow
yourself to be
impressed
by strong
personalities.



Do not regard
anyone or
anything as
your
possession.



Share
fairly.



Do
not
seduce.



Sleep and
eat only as
much as
necessary.



Do not
speak of your
personal
problems.



Do not express
judgment or
criticism
when you are
ignorant
of most of the
factors
involved.

Do not
establish
useless
friendships.



Do not
follow
fashions.



Do not
sell
yourself.



Respect
contracts
you have
signed.



Be
on
time.



Never envy
the luck or
success
of anyone.



Say no
more
than
necessary.



Do not think
of the profits
your work
will engender.



Never
threaten
anyone.



Keep
your
promises.



In any
discussion,
put yourself in
the other
person's place.



Admit that
someone
else may
be superior
to you.



Do not
eliminate,
but
transmute.



Conquer your
fears,
for each of
them represents
a camouflaged
desire.



Help
others
to help
themselves.



Conquer your
aversions and
come closer to
those who
inspire
rejection
in you.

Do not react
to what others
say about you,
whether praise
or blame.



Transform
your pride
into
dignity.



Transform
your anger
into
creativity.



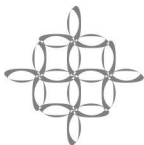
Transform
your greed
into
respect
for beauty.



Transform your
envy into
admiration for
the values of
the other.



Transform
your hate
into
charity.



Neither
praise
nor insult
yourself.



Regard what
does not
belong to you
as if it did
belong to you.



Do
not
complain.



Develop
your
imagination.



Never give
orders to gain
the satisfaction
of being
obeyed.



Pay for
services
performed
for you.



Do not
proselytize
your work
or ideas.



Do not try
to make others
feel for your
emotions such as
pity, admiration,
sympathy,
or complicity.

Do not try
to distinguish
yourself by
your
appearance.



Never
contradict;
instead,
be silent.



Do not
contract debts;
acquire
and pay
immediately.



If you offend
someone, ask his
or her pardon;
if you have
offended a
person publicly
apologize
publicly.

When you realize
you have said
something that is
mistaken, do not
persist in error
through pride;
instead, immediately
retract it.

Never defend
your old ideas
simply because
you are the one
who expressed
them.

Do not
keep
useless
objects.



Do not
adorn yourself
with
exotic
ideas.



Do not have
your
photograph
taken with
famous
people.

Justify
yourself
to no one,
and
keep your
own counsel.

Never define
yourself
by
what you
possess.



Never speak
of yourself
without
considering
that you
might change.

Accept that
nothing
belongs
to you.



When someone
asks your
opinion about
something
or someone,
speak only of
his or her
qualities.

When you
become ill,
regard your
illness as your
teacher, not
as something
to be hated.

Look directly,
and
do not hide
yourself.



Do not forget
your dead, but
accord them
a limited place
and do not
allow them to
invade your life.

Wherever you
live, always
find a space that
you devote
to the sacred.



When you
perform
a service,
make your
effort
inconspicuous.

If you decide
to work to
help others,
do it with
pleasure.



If you are
hesitating
between doing
and
not doing,
take the risk
of doing.

Do not try to
be everything to
your spouse;
accept that
there are things
that you
cannot give him
or her but which
others can.

When someone is speaking to an interested audience, do not contradict that person and steal his or her audience.

Live on
money
you have
earned.



Never
glorify
your
weaknesses.



Never visit
someone
only to pass
the time.



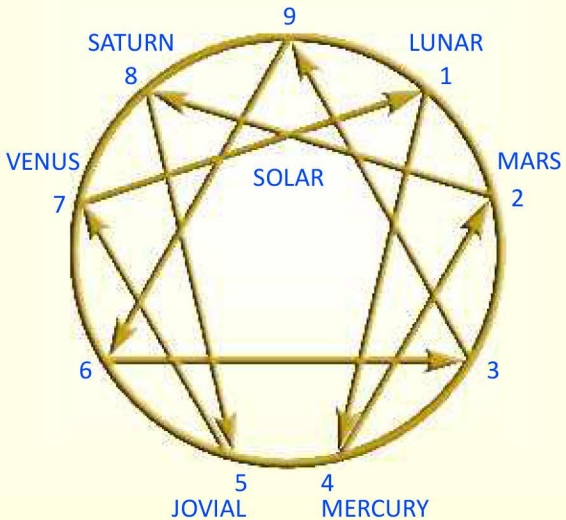
Obtain
things
in order to
share them.

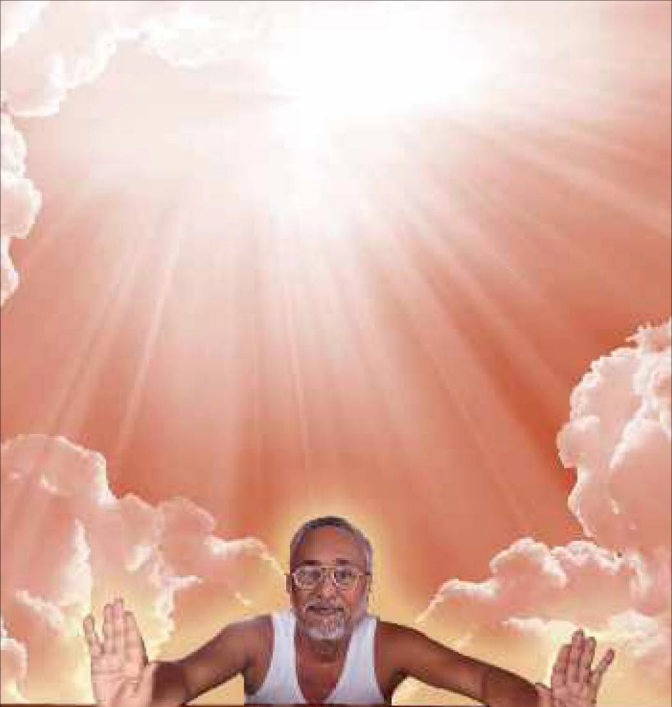


If you are
meditating
and a devil
appears, make
the devil
meditate too.

If you are
meditating
and a devil
appears, make
the devil
meditate too.

Enneagram of Personality





अकेले जेठा