

“Talk of the Month” Spiritual White Papers
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Let My Life Fall Where It May

E.J. GOLD



Two Bodhisattvas Jammin' on the Stoop
E.J. Gold, JazzArt® stage panel, 7'x11' canvas. ©HEI.

EDITOR'S NOTE

Dear Reader:

When I first read about Gurdjieff explaining “man is a machine” in a paperback copy of *In Search of the Miraculous*, it made me so angry I wanted to throw the book across the room. It was a knee-jerk reaction, typical of me, resulting in me avoiding this idea for years. This is an example of what E.J. Gold might describe as “the defense mechanism of the human biological machine against the threat of the waking state.”

What I did not understand is that work ideas are meant for use, not for mental masturbation. That they are given as tools, meant for each of us to use in our own work. That like other tools, their use must be practiced and mastered one degree at a time.

To my knowledge, the material in these white papers has never before appeared in printed form. The text is taken from the incredible series of talks published by IDHHB on their talkofthemonth.com website. These talks were given by E.J. Gold and others starting in the late 1960s. They cover “topics including personal transformation, spiritual life, the Fourth Way, Alchemy, Angels, Attention, Death & Dying, Bardo Training, the Great Work, Healing, Invocation, Metaphysics, the Man on the Cross, Reincarnation, Shamanism, Practical Work on Self, Work Traditions, Gaming and others.”

I hope you will find a way to use these ideas with wonderful results for your own work. And may your efforts be used for the benefit of all beings everywhere.



For further information, exercises, and guidance related to the ideas discussed in this white paper, please visit the Institute for the Development of the Harmonious Human Being at <https://www.idhhb.com>.

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“The machine provides the motivation for work. It understands the necessity for work. In spite of its will to remain asleep, it also yearns to serve a higher purpose.”

— E.J. GOLD, *THE HUMAN BIOLOGICAL MACHINE*

ABSTRACT

Focusing too much on everyday drama is a surefire way to miss out on the real point of being here—growth and transformation. The machine is meant to serve a higher purpose, yet it constantly tempts its operator into solving low-level problems instead of aiming for genuine evolution. The trick is to recognize that attention is finite and can't be spent both figuring out how to avoid tomorrow's petty inconvenience and how to foster authentic change. By setting aside the urge to fix every hiccup and letting life's shifting circumstances “fall where they may,” deeper possibilities open up—much like finally setting down the carpentry tools when it's time to make beads. The payoff is a path of true transformation, free from the endless churn of coping with a machine that could otherwise keep everyone perpetually hammering away at the wrong project.

1 The Problem of Identification

What I want you to be aware of is, there's a conflict here. Here you are, wanting to use the machine as a transformational apparatus, and finding all kinds of problems in doing that. And here's the machine, blowing it at every opportunity, and going off in every which direction, doing everything but its transformational function.

Now, the problem is that the machine, because you're identifying with it, you will be convinced that the machine's problems and conflicts are your own. This is the real danger of involvement, or what we call "identification."

It's that you will be so identified with the machine that you will assume that the machine's problems and conflicts are your problems and conflicts, and you will drop your higher conflicts in favor of the lower ones.

When you're involved with life conflicts, machine life conflicts, you're going to find yourself completely unable to use the machine as a transformational apparatus. There's no way in the world you can do both.

Either you're going to start dealing with the machine's problems, or you're going to start dealing with your own. You cannot do both successfully. And you can't flip back and forth between them either.

What is happening to you is that you only have so much attention. You can only use it so much for so much. You can only use it to a certain degree, and only for so many things.

2 Don't Lose Sight of What You're Here For

Your involvement with life problems is incredibly dumb, because you're losing sight of what you're here for.

The problems that you want to solve are always meaningless. Even a year from now, who the hell is going to know the difference?

What have you really solved? What have you really done? What have you really resolved? What has really changed for you?

Your life situation? Sure. But your life situation will change anyhow. It will fluctuate. Things will happen. To you and for you and about you and around you, things will happen. You have to admit that.

Your life will always fluctuate, no matter what. No matter what happens. No matter what you do to prevent it, your life will change.

Nothing will be the way you expect it to be, or the way you think it will come out, or the way you particularly want it to come out, as far as you're looking at it now.

3 20/20 Hindsight

Looking at it going into it, wherever you are now, going into where you're going, you think you want to be some place and some way or another. Once you come out of that, you look back at it and you say, "Gee, why did I want it that way? The way it happened was terrific."

But you're trying to approach a new situation from the standpoint of an old situation. You're going into a new chamber, and let's say the new chamber is bead making, and the old chamber was carpentry. Now you've got all the carpentry tools, and you're ready to make beads.

"It's gotta be that way, man. I always have my carpentry tools right here at my side. I've carried them with me for years. They've always stood me in good stead. They've always been right for me. I'm always going to use them. Those are the tools I'm most familiar with, and those are the tools I know how to use."

But you're confronted with a new situation. You can't use your carpentry tools.

Later you'll realize: "Yeah, that's right. You don't use carpentry tools in jewelry. Of course not." You have 20/20 hindsight. You look back at it and say, "Yeah, right. The way it happened was the right way."

Going into it, you never think that. You always think the right way would be the way you've been doing it all along.

4 Let My Life Fall where It May

We have a saying in publishing, it goes something like this: "I want the top to bottom trim nine and a quarter flush. Let the sides fall where they may." Meaning: as long as you hold those two, I don't care where the sides go. I want you to hold those two dimensions, and don't worry about the other dimension. Let it fall wherever it does, and we'll deal with it later.

You should be saying the same thing in terms of transformation. You should say, “Look, I need to use the human biological machine as a transformational apparatus. Let my life fall where it may.”

Let my life fall where it may. That’s serious. That’s really heavy-duty.

You’ve got to realize what that means. It doesn’t mean give up, or crawl in a corner. It doesn’t mean become apathetic. It doesn’t mean become disinterested.

It means that rather than be involved with the fluctuations of your life, with your petty concerns, your machine concerns — by petty, I mean even to your human rights, civil rights, personal rights, even to the extent of your livelihood, you’re going to have conflicts, naturally.

But as long as you’re busy resolving those conflicts, you haven’t got time to work.

So if you’re trying to resolve the conflicts you have with yourself, and with others, and with life in general, and with the world, and existence and so on, you’re going to really waste your time, because that’s not a real problem.

5 Two Paths

The more you remain concerned with the problems of the machine, the machine’s problems with life, the more it costs you in your work. It’s as simple as that.

It costs you time. It costs you energy. And it costs you in a more important way than that.

If you are focused on the essential self’s problem with the machine, what will happen is, you’ll be propelled into a series of events by coincidence, or by happenstance, or by this or that or the other thing. You’ll be pushed along in a certain way. You’ll find yourself in certain situations which produce definite reactions.

If you are concerned with the machine’s problems with life, those events will not come about. What will happen is, you will resolve the machine’s life problems and therefore not enter those situations, those events, those chambers, if you like, in which something else is happening other than what you would have happen if you were solving the problems of the machine.

So if you want to resolve the problems of the machine, go ahead. But they will take you on a different path. They will take you on the path of the machine’s life. And

may you have a very pleasant life indeed, if that's what you want. Because that's what's in store for you. You can make your life very pleasant, and make it just the way you want it.

Or, your life can be an evolutionary matrix in the sense that it can be a series of events which produce definite chemical and physical and biological and mental and emotional reactions, which in turn produce transformation.

You may not understand the process, but you don't have to. All you have to do is go through it, live, survive it, learn, and don't hurt yourself and don't hurt anybody else in the process. It's as simple as that.

6 Keep Yourself on the Path

It really is your responsibility to keep yourself on the path. No one can take responsibility for you. Not really.

The machine has got to go through a certain amount of suffering. We must realize that that suffering is inevitable if we are to have the transformational effects.

We may not like the events. We may not like the situation we find ourselves in. But that's OK.

There are a lot of times we have to take a turn that doesn't make any sense from the machine's view. It just doesn't make sense. It's completely absurd. It's stupid. It feels bad. It feels miserable.

But we also know that we have a tradeoff. We can either have what the machine wants, or what the essential self wants. We can never have both at the same time. Never ever.

We can never have both what the machine wants and what the essential self wants.

References

- [1] IDHBB Talk of the Month #119, *Conflict Management*.
<https://www.talkofthemonth.com/talkcds/digital/cdt119.html>