

# Processing Life through the Three Brains

Cultivating Virtue, Conquering Vice



chicago gnosis



# How to Develop Attention

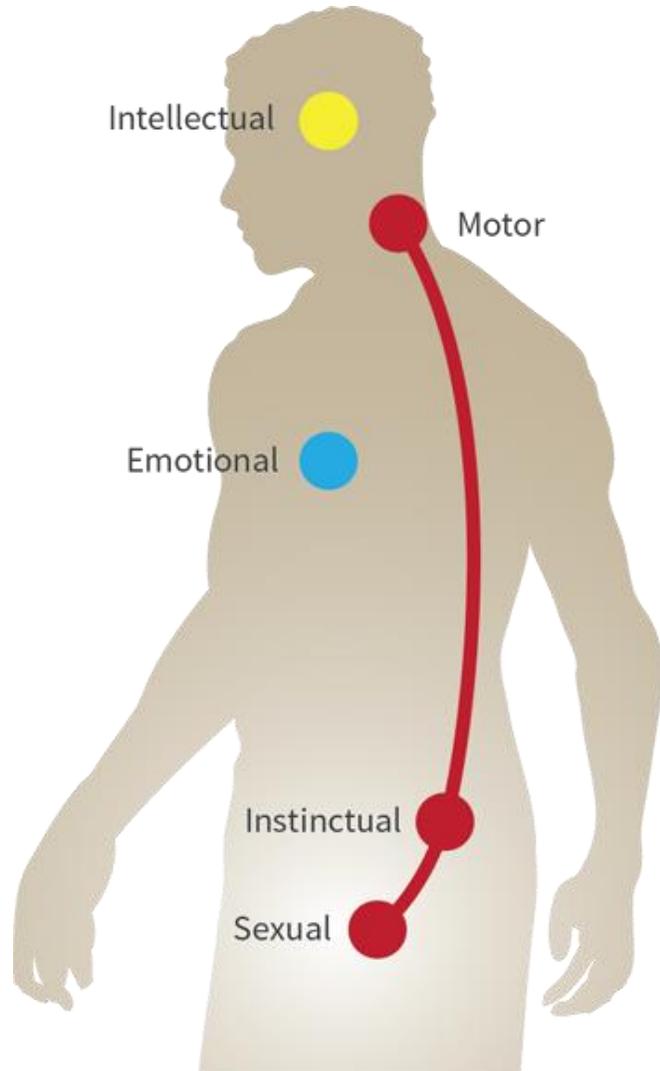
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**Question:** How can we gain attention?

**Gurdjieff:** There is no attention in people. You must aim to acquire this. Self-observation is only possible after acquiring attention. Start on small things.

**Question:** What small things can we start on? What should we do?

**Gurdjieff:** Your nervous and restless movements make everyone know... that you have no authority and are a fool. With these restless movements you cannot be anything. The first thing for you to do is to stop these movements. Make this your aim... Only after this, you can perhaps gain attention.



# The Three “Brains”

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- Intellectual Brain – “Thinking Center”
- Emotional Brain – “Feeling Center”
- Motor-Instinctive-Sexual Brain – “Motor Center”

“The balanced and harmonious function of the three brains results in the saving of vital values and, as a logical consequence, the prolongation of life.”

–Samael Aun Weor, *Fundamentals of Gnostic Education*



## Balance in the Three Brains

Energy for attention is cultivated in all three brains

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“The revolutionary psychology of the new age teaches that three distinct psychological aspects exist within each person. Thus, we crave a thing through one part of our psychic essence, yet we desire a decidedly different thing with another part, and we do a totally opposing thing through the third part. I.e., in a moment of supreme pain, perhaps the loss of a beloved relative or any other intimate tragedy, our emotional personality can reach even to desperation, while our intellectual personality asks itself the “why” of such a tragedy, whilst the personality of movement only wants to run away from the scene.”

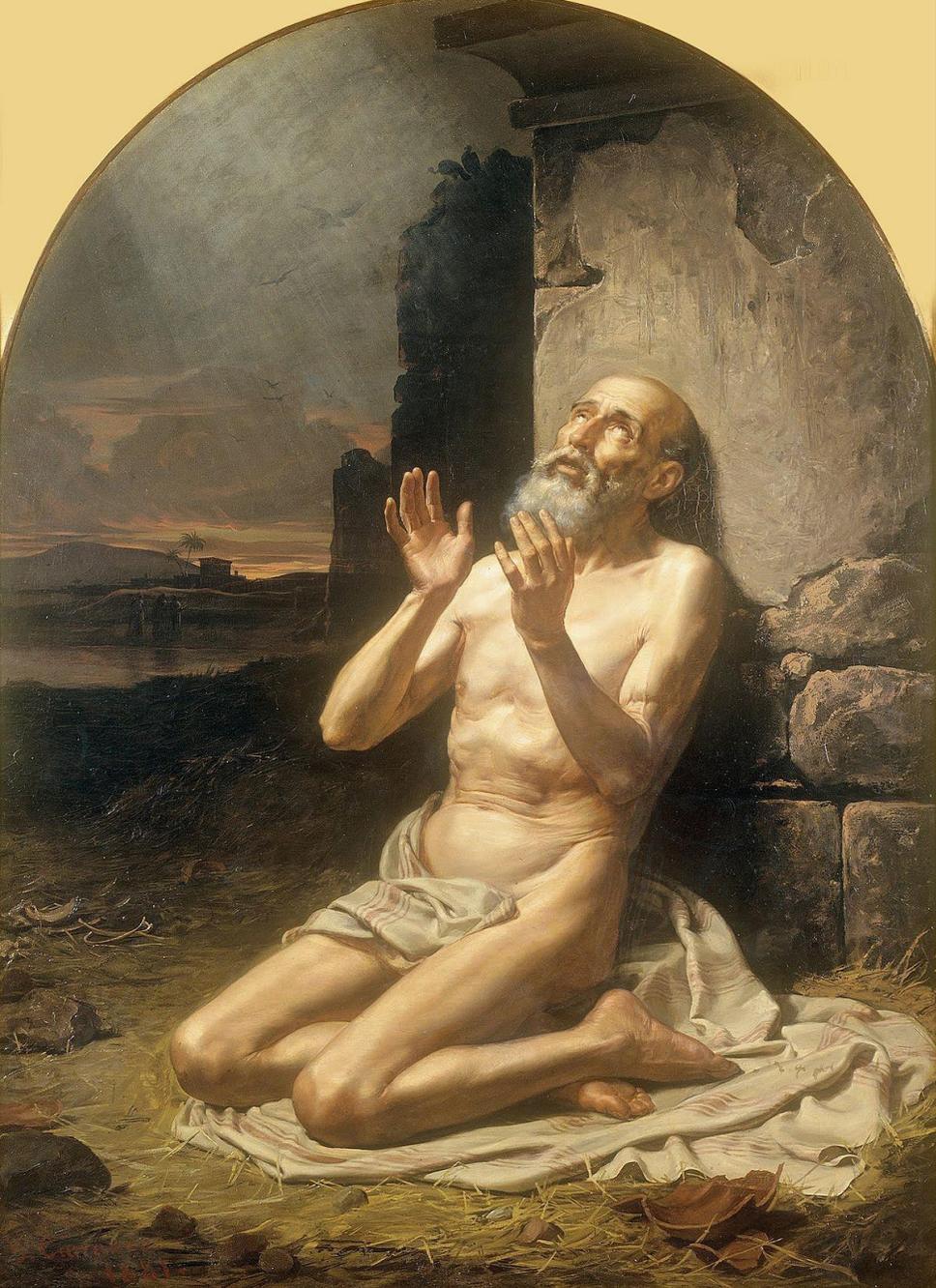
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# Meditating on the Three Brains

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- Become comfortable and aware of the three brains
- Reflect on a difficult life experience
- Observe the reactions in each brain with equilibrium
- Go into a deeper state of relaxation and observe any new insights
- Record all observations in a spiritual diary



Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day. For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory, while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal.

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—2 Corinthians 4:16-18