

Complimentation[®]
INTEGRATED
INSTITUTE
OF



DAY TWELVE

I EAT *and am* SO EATEN. *again.* AND AGAIN.

STOP EATING THE MENU INSTEAD OF THE MEAL?

FIRST STEAL THREE FISH. REMOVE THE PERSONALITY WITH A SHARP KNIFE. CLIMB UP ONTO A LADDER OR HIGH STOOL, AND THEN JUMP ONTO THE BOARD WHERE THEY ARE PLACED. AFTER PLEATING AND WHISKING, POUR A LIBATION, UTTER SOMETHING THAT COULD HAVE COME FROM THE MOUTH OF A GARGOYLE, AND SET YE DOWN FOR THE NEXT FEW MOMENTS AS IF IN A REVERIE THAT CAN NEVER, AND SHOULD NEVER, COME TO A COMPLETE STOP, BEFORE DISEMBARKING. AT THIS POINT, THE EXPECTED WILL OCCUR; PLEASE BEHAVE AS IF NOTHING WAS ABOUT TO HAPPEN. AT THE END OF THE SUMMER HOLIDAY, THROW ALL CARES AWAY INTO A PRE-HEATED OVER, GAS MARK 6, LIGHT AND RETIRE. SOMEWHERE NICE, PRESUMABLY. PERHAPS I MIGHT SUGGEST YOURSELF, IF SOMEONE HADN'T ALREADY BEATEN ME TO IT – WITHOUT RECOURSE TO IMPLEMENTS, I WILL ATTEMPT TO PUSH SOMETHING THROUGH THE SMALL OPENING UNDER THE GLASS. FOR THIS, I WILL NEED TO TEMPORARILY PLACE MYSELF IN A RATHER UNCOMFORTABLE POSITION TO FACILITATE PART OF THE OPERATION, BUT I AM MORE THAN PREPARED TO DO THIS. THERE IS NO REASON TO FEAR THE NON-COMPLETION OF THIS ACT DUE TO A LACK OF INTESTINAL FORTITUDE. AND I SAY THIS TO YOU WITH ABSOLUTE CERTAINTY, WITH A MARGIN OF ERROR LESS THAN 0.01%. AT THE LAST COUNT, THAT IS. WHICH WAS A WHILE AGO, I ADMIT.

SAYING GRACE DOES WHAT, EXACTLY?

I THINK SO. BUT YOU'LL HAVE TO ASK MY FRIEND. JUST BELIEVE THE OPPOSITE OF WHATEVER HE TELLS YOU, THEN SUBTRACT THE NUMBER YOU FIRST THOUGHT OF AND LICK THE BACK OF IT. WHEN YOU'VE FASTENED IT TO THE SHEET, TAKE IT TO THE OFFICE I WAS TELLING YOU ABOUT, AND ASK TO HAVE A SEAL OF WAX OVER YOUR SIGNATURE (FIRST LEARN WHAT THAT MEANS), AND I WILL EXPECT THE RESULT SOON. WHEN THAT HAPPENS, I WILL DO MY UTMOST TO PUT THE MATTER WHERE IT RIGHTFULLY BELONGS, AND IN DUE COURSE, THIS WILL BE IGNORED. AT THIS POINT, THE MARVEL WILL BEGIN TO UNFOLD, AND REST ASSURED, I WILL NOT CEASE FROM MENTAL FIGHT UNTIL WE HAVE BUILT SOMETHING THAT IS ANYTHING AT ALL, THAT AT THE DROP OF A HAT CAN BE ROLLED OR FOLDED UP, AND STORED IN A CONTAINER SPECIALLY DEVISED FOR THE PURPOSE, OR CONCEALED IN THE PALM GRIP I SHOWED YOU EARLIER — THIS ALL DEPENDS ON WHICH LEVEL WE COME TO, WHERE WE CAME FROM, AND WHAT WE SEE AS BEING THE PRESENT LEVEL OF OUR ASSIGNATIONS AT THIS JUNCTURE. NOTHING ADDED, NOTHING TAKEN AWAY, AND NOWHERE TO BE FOUND IN SIGHT.

WHAT ELSE IS BEING RAISED ALONG WITH THE GLASS?

I MOVED INTO A LIGHT WHERE I WAS MORE CONSCIOUS OF THE UNVEILING OF A SUBSTANCE BEGINNING TO SELF-ORGANISE AND BEGIN TO CONTACT SOMETHING OUTSIDE ITSELF, GRABBING ON TO SHREDS OF WHAT WOULD BE MADE FLESH IN ORDER NOT TO TERRIFY THE HORSES WITH NAKEDNESS. THE SMELL WAS INCREDIBLE – AND EACH TIME IT HAPPENED, IT WAS RETURNING TO THE SAME PLACE, BUT EVERY TIME, IT HAD BEEN REMODELLED - EITHER THAT, OR IT WAS ANOTHER ROOM - NO, NOT A ROOM, BUT ANOTHER NICHE, AND A DIFFERENT LAMP HAD BEEN PLACED IN THERE. JUST AS THE FLAME WAS ABOUT TO SPLUTTER OUT, THE DOOR WAS OPENED, AND WE SAW IT, AND THE CANDLE WAS NO LONGER NEEDED. WE WERE NOT SITTING COMFORTABLY, BUT WE BEGAN – OH DEAR! MY VALUES CHANGE FROM MINUTE TO MINUTE! BUT MY BELIEFS DO NOT! – I'M SORRY, COULD YOU REPEAT THE QUESTION, USING OTHER WORDS?

TIME IS THE SECOND BEING-FOOD OF THE
UNIVERSE, PLAYING THE SAME ROLE THAT AIR
PLAYS FOR MAN. TIME IS BREATH — TRY TO UN-
DERSTAND THIS.

- G.I. Gurdjieff

EAT YOUR DRINKS, AND DRINK YOUR FOOD.

- M.K. Gandhi

PROBABLY ONE OF THE MOST PRIVATE THINGS
IN THE WORLD IS AN EGG BEFORE IT IS BROKEN.

- M.F.K. Fisher

4TH MARCH 2015

