

The Third Book of the Dead known as the Book of UI-Malik

Part III of the Presentation

Voyagers – One & All – thank-you for your presence here tonight.

Gather and focus your attention – for the benefit of all sentient Beings every-where.

I wish to address a specific idea tonight embedded within verse 26 of *The Third Book of the Dead called the Book of UI-Malik*, namely, the **BODY OF HABITS**.

26 *And the body you have now is called the body of habits. Now since the body is of spirit and not of material flesh and blood, whatever comes to you now as sounds, lights or radiations are all unable to cause you harm.*

Before beginning let us briefly review what we have studied so far in *the American Book of the Dead Guidebook*.

The Map – which briefly summarizes the beginning efforts we make in our evolutionary, transformational journey from the ordinary, limited human consciousness of our daily, terrestrial lives to the threshold of the full, expanded spiritual consciousness of our essential self experiencing the Clear Light of Pure Objective Reality.

The Introduction – which describes the six states of uncertainty in the awakening process of the essential self as referred to in verse 10 of *The Third Book of the Dead called the Book of UI-Malik*.

Instructions For Establishing Contact – which provides the Practitioner, that is, our historical personality, with the means by which contact with the recently deceased, that is, our essential self, can be established during the vital period of the **Primary Clear Light**.

This presumes that the Practitioner is both informed and knowledgeable about *exactly* what needs to be done and *exactly* how to do it.

The Scriptures – which incorporate in their introductory verse the self-proclaimed **Conscious Habit** of an awakened, functioning essence that serves the Being.

The First Book of the Dead called the Book of UI'lah – verse 4 - "I am UI'lah. I am he who exists by virtue of essence alone. I have no other name than 'I am That I Am.'"

The Second Book of the Dead called the Book of Ur-Rachman – verse 1 – “I am Ur-Rachman the compassionate. I have compassion even for those who do not recognize me. My compassion is love without return.”

The Third Book of the Dead called the Book of Ul-Malik – verse 1 – “I am He who is independent of existence for my essence and qualities. But upon me is everything that is in existence dependent.”

As many of you know - I have always regarded E.J.'s published writings to be an extension – a second higher “octave” – of the foundational Gurdjieffian teaching.

For this reason I have incorporated as a part of my presentation some background information on the four types of consciousness possible for a harmoniously developed human being. I have taken these references from the books *In Search of the Miraculous* and *Practical Work on Self* with particular emphasis on the stages of awakening, death and rebirth.

These references are available as a part of my presentation tonight and are posted on the *Wings of Chaos* website.

Furthermore, I have also provided background reference material regarding Gurdjieff's explanation of “body Kesdjan” which is mentioned in verse 18 of *The Second Book of the Dead called the Book of Ur-Rachman*.

18 *And in the Secondary Clear Light the radiant body of illusion or body Kesdjan is come to be formed. And without realizing that he has died in the world the deceased becomes in his consciousness clarified and lucid. And now the instructions must be applied while he is in this state. Now when the karmic illusions have not yet begun the reader must guide. And in this calm the teaching of reality dispels the darkness of illusion as the radiance of the sun dispels the light.*

These references are also available as a part of my presentation tonight and are posted on the *Wings of Chaos* website.

Finally – it is important to recognize and understand that between 1971 and 1976 E.J. Gold wrote a number of books and pamphlets devoted to Thanatology – the Science of Transit Practice. Individually and collectively these writings are intended to assist in the growth and development of the essence as its' transcendent, spiritualized consciousness separates itself from the ordinary consciousness of the waking state of consciousness.

A list of fifteen of these books and pamphlets can be found in my reference materials posted on the *Wings of Chaos* website.

**THE THIRD BOOK OF THE DEAD CALLED
THE BOOK OF UL-MALIK**

26 *And the body you have now is called the body of habits. Now since the body is of spirit and not of material flesh and blood, whatever comes to you now as sounds, lights or radiations are all unable to cause you harm.*

The following brief reading comes from a pamphlet that E.J. published in 1976 entitled *Psyche & Essence – Their Nature and Construction*. In this pamphlet E.J. specifically defines and describes the idea of **Body of Habits**.

The entire pamphlet may be found in the book *The Lost Works of E.J. Gold* published in 1994. I strongly encourage you to get a copy of the pamphlet and read it slowly in it's entirety.

“The ability of a being to survive in a conscious state from one lifetime to the next depends upon moving from one life to another in a formless form so simple that it can survive total ego-annihilation.

“The between lives carrier has to be simple so that it is able to sustain itself and remain intact through the severe stress of death and rebirth. Nothing native to the material universe can survive that kind of shock.

“It must be sufficiently strong and integral that it can survive even after the mind, body, emotions, identity, personality, psyche, memory and consciousness have disintegrated and are no longer available.

“Yet, it must be able to process perceptions, thoughts, impulses, and sensations, and it must be able to direct actions and choose between alternatives. What sort of spiritual survival-mechanism can do all that?

“For a long time humans have suspected the existence of just such a spiritual survival mechanism, but have not been able to prove its existence beyond doubt.

“The package which survives death and rebirth intact is called *the essence*. It is composed of eighteen primal forms, called *Basic Habits* – which is why some forms of the Teaching call the essence the Body of Habits. Under optimum conditions, the habits all create the impulses to live conscious life. But in most individuals the habits composing the essence have been accumulated at random, and create impulses to live consciously in identification, passive existence, aggressive compulsions, and possessive and violent lives. What has happened to make this come about?

“A habit is nothing more than the automatic tendency to do or not to do certain things. One could say that the habits which comprise the essence create the karma of the individual.”

Whether one calls this *essence, karma, DNA, the soul, or the Transit Guide*, the effect is the same. One repeats the same actions again and again until one or more of the unconscious Basic Habits is exchanged for conscious ones. This endless repetition is called recurrence.” The *Lost Works of E.J. Gold, Chapter 8, Psyche & Essence, Their Nature and Construction*

This second reading will provide further clarification regarding the **Body of Habits**. This selection was taken from the book *The Joy of Sacrifice* published in 1978, but originally presented in 1974 as a thin book called *Sacrifices, The Letters of Pir Al-Wahsh*.

“Why should one sacrifice one’s habits? Almost everyone understands this in an ordinary way.

“But there is another more important facet to this. The nature of the Corridor of Madness is such that one is left with the identity and ability to take action in the present *only with habits*. One could say that in the deepest self, one is nothing but habits, for only habits survive transition. One cannot depend upon the psyche which provides the mind, body, memory, decision-making apparatus, ordinary good-bad and like-dislike attitudes, forms of consciousness and sense of identity.

“Without these, one is left with ... What? Only habits – and how can one remain awake with habits which are in themselves unconscious and which always choose unconscious life? We can demonstrate this. It is the body of habits, called the *essence*, that forms a psyche, allowing it to dominate the organism, make decisions, take actions, and control the organism throughout one’s ordinary life. This demonstrates the lazy nature of essence if it is composed of unconsciously accumulated habits and not consciously created ones.

“The nature of the Transit State is such that one can remain awake throughout the series of events in order to consciously choose one’s path. It is not possible to “accidentally fall into” the Path of Struggle, as many wish to believe.

“One’s habit of falling asleep and giving responsibility for the Self to the psyche – or automatic machinery of a false identity – must be overcome before one enters the Corridor of Madness – the Transit State. Otherwise one will surely rebuild the psyche – ordinary consciousness – once again, and one is destined to live out yet another life in the same way. This cycle of repetition cannot be broken by ordinary efforts.

“As the essence develops, it “eats” the psyche little by little, just as the yolk of an egg depends upon the albumen. Thus the psyche is not destroyed utterly. Its hold over the essence is broken, and its domination of the organism is finished.

“As this occurs, one approaches the door – marked “Unknown” – and indeed, not only unknown, but unknowable – which stands before the Corridor of Madness, through which the psyche is completely broken down and absorbed. At the end the essence emerges, freshly born without complexity.

“The primary habit one can approach at this time, and with which one has genuine and not just imaginary power, is the habit of creating a psyche with which to handle life automatically.”
Pages 172 – 177 *The Joy of Sacrifice*

The American Book of the Dead, as well as *The American Book of the Dead Guidebook*, serve as “educational text books”. They serve to inform and educate both the waking consciousness of the planetary body and the self-remembering consciousness of the essence so that a conscious **Body of Habits** might be developed and re-enforced by and within the essence.

The consequence of this transformative process is the awakening, death and re-birth of the essential self, as well as the death or deactivation of the planetary body and historical personality as the center-of-gravity of terrestrial existence.

The subsequent birthing of a responsible, self-remembering essential self is then able to serve as a new center-of-gravity for the individual’s trinity of forces which comprise a harmoniously developed human being.

In a pure state the essential self is characterized by such qualities as serenity, tranquility, happiness, objectivity, impartiality, criticalness, faith, hope, love, and conscience among others.

It is the mind of matter within the planetary body that gives rise to a historical personality operating in a world of continual change and variability which – in the absence of an essence that self-remembers - corrupts and contaminates these essential qualities.

Through the gradual pacification and death of the mind of matter the essential self is “startled”, “shocked” or “awakened” into a recognition of and gradual re-appropriation of its’ own genuine nature and qualities.

This growing recognition by the essential self of its’ own essential nature, properties and functionality enables it to separate itself from identification with the historical personality and thus rise above and transcend dependency on the material world of Sound and Motion while inhabiting and resting in its’ natural habitude and world of Stillness and Silence.

All phenomena is illusion.

Neither attracted nor repelled,

Not making any sudden moves -

My habits will carry me through.

BACKGROUNDER

AWAKENING, DYING, BEING BORN AGAIN

“In all there are four states of consciousness possible for *man* (he emphasized the word “man”). But ordinary man, that is, man number one, two, and three, lives in the two lowest states of consciousness only. The two higher states of consciousness are inaccessible to him ...

“The two usual, that is, the lowest, states of consciousness are first *sleep*, in other words a passive state in which man spends a third and very often a half of his life. And second, the state in which men spend the other part of their lives, in which they walk the streets, write books, talk on lofty subjects, take part in politics, kill one another, which they regard as active and call “clear consciousness” or “waking state of consciousness.” ...

“The third state of consciousness is *self-remembering* or self-consciousness or consciousness of one’s being. ...

“The fourth state of consciousness is called the *objective state of consciousness*. In this state a man sees things *as they are*. ... But the only right way to objective consciousness is through the development of self-consciousness. ...

“The fourth state of consciousness in man means an altogether different state of being; it is the result of inner growth and of long and difficult work on oneself. ...

“But the third state of consciousness constitutes the natural right of man *as he is*, and if a man does not possess it, it is only because of the wrong conditions of his life. It can be said without any exaggeration that at the present time the third state of consciousness occurs in man only in the form of very rare flashes and that it can be made more or less permanent in him only by means of special training.” Pages 141 – 142 ISOTM

“How many times have I been asked here whether wars can be stopped? Certainly they can. For this it is only necessary that people should **awaken**. It seems a small thing. It is, however, the most difficult thing there can be because this sleep is induced and maintained by the whole of surrounding life, by all surrounding conditions.

“How can one **awaken**? How can one escape this sleep? These questions are the most important, the most vital that can ever confront a man. But before this it is necessary to be convinced of the very fact of sleep. But it is possible to be convinced of this only by trying to **awaken**. When a man understands that he does not remember himself and that to remember

himself means to **awaken** to some extent, and when at the same time he sees by experience how difficult it is to remember himself, he will understand that he cannot **awaken** simply by having the desire to do so. It can be said still more precisely that a man cannot **awaken by himself**. But if, let us say twenty people make an agreement that whoever of them awakens first shall wake the rest, they already have some chance.” Pages 143 – 144 ISOTM

“But of course most sleeping people will say that they have an aim and that they are going somewhere. The realization of the fact that he has no aim and that he is not going anywhere is the first sign of the approaching **awakening** of a man or of **awakening** becoming really possible for him. **Awakening** begins when a man realizes that he is going nowhere and does not know where to go.” Page 159 ISOTM

“In relation to what we are speaking of now this book says the following:

*“A man may be born, but in order to be born he must first die, and in order to die he must first **awake**.”*

“In another place it says:

*“When a man **awakes** he can die; when he dies he can be born.”*

“We must find out what this means.

“To **awake**, ‘to die’, ‘to be born’. These are three successive stages. If you study the Gospels attentively you will see that references are often made to the possibility of being born, several references are made to the necessity of ‘dying’, and there are very many references to the necessity of ‘**awakening**’ – ‘watch, for ye know not the day and hour ...’ and so on. But these three possibilities of man, to **awake** or not to sleep, to die, and to be born, are not set down in connection with one another. Nevertheless this is the whole point. If a man dies without having **awakened** he cannot be born. If a man is born without having died he may become an ‘immortal thing’. Thus the fact that he has not ‘died’ prevents a man from being ‘born’; the fact of his not having **awakened** prevents him from ‘dying’; and should he be born without having died he is prevented from ‘being’.

“We have already spoken enough about the meaning of being ‘born’. This relates to the beginning of a new growth of essence, the beginning of the formation of individuality, the beginning of the appearance of one indivisible I.

“But in order to attain this or at least begin to attain it, a man must die, that is, he must free himself from a thousand petty attachments and identifications which hold him in the position in which he is.” Pages 217 – 218 ISOTM

“Four definite forms of consciousness are possible to us:

Horizontal Sleep

Walking Sleep

The Awakened State

Transformation of the Being

“Horizontal Sleep and Walking Sleep we can already produce in ourselves without help from a school.

“It is the third form of consciousness which we attribute to ourselves but which we ordinarily cannot possess, because it requires the awakening of the biological machine.

“We must understand right from the very beginning that this third form of consciousness is not really a part of our repertoire, and yet the Awakened State is a form of consciousness which is so basic to life that we ought to be taught as children from our earliest infancy how to awaken the machine so that we can live our whole lives in this state, yet nothing of the kind exists in modern Western educational systems.

“The awakening of the machine is to our preparation for a Work life something like kindergarten in relation to university.” *Practical Work on Self*, pages 2 - 3

IN SUM AND IN SHORT ...

A human being – in its' full development - is comprised of three separate, independent, autonomous, diverse, co-equal, diametrically opposite, yet heterogeneous “parts”, or “forces”, namely, (1) a planetary body directed by a historical personality; (2) an essence or spirit; and, (3) Being.

Each of these three heterogeneous “parts” or “forces” is characterized by an entirely different and diametrically-opposite type of consciousness.

The waking consciousness of the planetary body and historical personality is designed to deal with the multiplicity and diversity of a material creation in a sequential time/space continuum. This is accomplished primarily through the five physical senses qualified by heredity and conditioning.

The self-remembering consciousness of the essence is designed to sense, feel and perceive the spherical unity of everything existing all at once without differentiation in accordance with vibratory sensation.

This is achieved by activation of the higher thinking and feeling centers of the essence and must be consciously and intentionally awakened by individual work efforts of one kind or another.

The objective consciousness of the Being is designed to be a blending of the first two forms of consciousness thus enabling the formation and crystallization of independent individuality which is primarily characterized by increasing degrees or gradations of Reason.

Reason extends across a spectrum from “complete self-losing” to the Absolute Being and Reason of the Absolute.

The American Book of the Dead Guidebook serves as an instructional text for the **awakening** of the self-remembering consciousness of the essence.

This **awakening** process leads to the subsequent death of the waking state of consciousness of the planetary body and the consequent re-birth of the objective state of consciousness of the Being.

*The Third Book of the Dead called the Book of **UI-Malik*** provides a description of the multiple states of uncertainty which are an inherent part of the dying process of the waking state of consciousness of the planetary body, as well as the rebirthing process of the essence.

10 *Now you must listen and not become distracted. There are six states in the transit condition in all. There is the state of uncertainty of the moment of death. There is the state of uncertainty during the confronting of Reality as it is. There is the state of uncertainty during the ecstasy of clarity of consciousness. There is the state of uncertainty while in the dream state of life. There is the state of uncertainty during the inverse process of reformation of consciousness creating the world of matter and energy while seeking rebirth. And finally there is the state of uncertainty while in the womb and awaiting rebirth.*

BACKGROUNDER

“KESDJAN BODIES”

"And so, my boy, in the presence of each one of your favorites, the Omnipresent Okidanokh undergoes the process of "djartklom", and in them also, each of its three holy forces blends independently with other cosmic crystallization for a corresponding actualization. But since they have entirely ceased to fulfill being-partkdolgduty, chiefly because of the abnormal conditions of being-existence gradually established by them themselves, none of these holy sources of everything existing is transubstantiated for their own presences, except the denying source alone.

"The crystallizations that arise in their presence from the first and third holy forces are utilized almost entirely by the common-cosmic trogoautoegocratic process, and only the crystallizations of the second part of the Omnipresent Okidanokh, the Holy Denying, serve for the coating of their own presence. Hence most of them remain with a presence consisting of the planetary body alone, and are thus, for themselves, destroyed forever." Page 138 BTTHG

"In this way, the common presence of certain tetartocosmoses then began to be composed of two independent formations coming from two entirely different cosmic sources, and these formations began to have a joint existence, as if one were placed within the other.

"Well, my boy, when these new "coatings" were completed and began to function correspondingly in the presence of the tetartocosmoses, from that time on they ceased to be called "tetartocosmoses" and were called "beings" which then meant "two-natured", and these second coatings were named "kesdjan bodies". Page 699 BTTHG

"In any event, to make clearer the strangeness of the psyche of those three-brained beings who have taken your fancy, you must know that, in the beginning, after the organ kundabuffer with all its properties had been removed from their presence, the duration of their existence conformed to the "fulasnitamnian principle", that is to say, they were obliged to exist until there was coated in them, and completely perfected in Reason, what is called the "kesdjan body" - or, as they themselves later named it, the "astral body" - which, by the way, contemporary beings know of only by hearsay." Page 124 BTTHG

"Hanbledzoin" is nothing else than the "blood" of the "kesdjan body" of the being; and just as the sum total of cosmic substances called "blood" serves for the nourishment and renewal of the planetary body of the being, so in the same way "hanbledzoin" serves for the nourishing and perfecting of the kesdjan body." Page 520 BTTHG

IN SUM AND IN SHORT ...

The awakening of the essence or essential self requires the initial “pacification” and subsequent death of the historical personality by replacing the unconscious **Body of Habits** of the essence with a conscious **Body of Habits** arising from within the essence.

This facilitates the accumulation and crystallization of higher, more refined substances within the planetary body which enable the essence to gestate and – subsequently – to be born and function independently within the planetary body as the essential self.

Gradually and upon maturity the essence or essential self becomes the individual’s center-of-gravity and thus enables the activation of those processes required for the development of Being, that is, the third force in the individual trinity of forces.

The essence then becomes the neutralizing, harmonizing, reconciling and spiritualizing force of the trinity of forces.

*The Third Book of the Dead called the Book of **Ul-Malik*** describes the changing spectrum of consciousness from cognizance of the ephemeral nature of the waking consciousness and its identification with the material world and the mind of matter incapable of perceiving reality to the other end of the spectrum in which the consciousness of the essence perceives itself in truth and reality as the Clear Light.

BACKGROUNDER
THANATOLOGY – THE SCIENCE OF TRANSIT PRACTICE
BOOKS & PAMPHLETS PUBLISHED BY E.J. GOLD
BETWEEN 1971 – 1976

These include:

The Avatar's Handbook – 1971

The One Word - 1971

SHAKTI! The Spiritual Science of DNA – 1973

Dynamic Entity - 1974

Sacrifices, The Letters of Pir Al-Wahshi – 1974 (published as *The Joy of Sacrifice* – 1978)

Spontaneous Surrender – 1974

Cosmic Acupuncture - 1974

The American Book of the Dead – 1974

The American Book of the Dead Guidebook – 1975

Psyche & Essence – 1976

Family Information Packet For The Church of Thanatology – 1976

The Song of the Guide By the Cloister of St. George - 1976

The Book of Sacraments – 1976

Autobiography of a Sufi – 1976

American Book of the Dead Practitioner's Edition - 1980