

## The Sixth Book of the Dead called the Book of El'Muumin

Silverdale's thoughts and reflections:

I was a participant in the Book Three study group – *The Third Book of the Dead Called the Book of Ul-Malik*.

My particular contribution arose from a clause in verse 26, namely, **Body of Habits**. Verse 26 states:

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 radiation are all unable to cause you harm.*

I then quoted at length from a pamphlet written in 1976 by E.J. entitled *Psyche & Essence – Their Nature and Construction*, as well as from a book originally published in 1974 by E.J. entitled *Sacrifices, The Letters of Pir Al-Washi* – later edited enlarged and published in 1978 as the book *The Joy of Sacrifice*.

In sum and in short -

The pamphlet *Psyche and Essence* states that: “The package which survives death and rebirth 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.”

Furthermore – “A habit is nothing more than the automatic tendency to do or not do certain things.”

In addition - the book *The Joy of Sacrifice* states that: “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.

This knowledge is important in order to have a fuller and more comprehensive understanding of the *Voyager's Quatrain*:

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*All phenomena is illusion.  
Neither attracted nor repelled,  
Not making any sudden moves -  
My habits will carry me through.*

I then went on to propose the startling idea that *The American Book of the Dead Guidebook* is designed to introduce us to the eighteen primal forms that compose the Basic Habits of the essence.

Tonight I would like to share how I have applied my thoughts and experiential efforts with regards to this idea to *The Sixth Book of the Dead called the Book of El'Muumin*.

Before beginning I would like to return to the pamphlet *Psyche & Essence – Their Nature and Construction* for additional background information regarding the reflections I will offer.

“While the psyche is very complex, and depends upon the environment and the body for influences which make up its action and reaction patterns, the essence has no such storage capacity. *It depends entirely upon its own makeup for its abilities and consciousness.*”

“Composed of only eighteen basic ideas, or habits, it must use these simple elements to form **relationship, action, and thought.**”

“Simple construction requires simple answers to life. The essence individual does not find life very complicated or insoluble. There are few questions or needs. Such things as needs, desires, aims, achievement, artistic striving, political interests, conversation, social life, and attitudes about things come completely from the psyche. When this is gone, there is very little to do or to worry about. One lives life in simple appreciation of it as it is.

“Skill is simply a habit of being able to do something without having to think about it. One should have developed skills first before entering the Corridor, simply because in the Corridor one will not have a mind with which to think about doing things – one will have to be able to do without being able to think.

“Skills are a way of teaching the essence before it has become an active part of oneself. With skills, one can feel confident about exposing the essence, knowing that it will be able to function and to earn a livelihood even during the period of travel through the Corridor of Madness. This preparation is called the Way of the Sly Man, because one does not have to enter a monastery in order to go through the tunnel. One can remain in life even while completely insane by all social standards.

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The whole of Gurdjieff's Fourth Way Teaching, as well as E.J.'s extension of this teaching, is designed to introduce us to the twin ideas of self-observation and self-remembering.

We begin by observing the actions and reactions of our historical personality and planetary body and attempting to remember to awaken our essential self.

Over time - with the gradual development of the presence and attention of the essential self - we begin to directly observe and experience the nature, functions and possibilities of our essential self, as well as to remember our self as a spirit embodied in a material world.

The book of El'Muumin provides my essence an opportunity to observe several phenomena simultaneously in the environment and circumstances with which it is confronted on this third day of apparitions in the transit world.

Simultaneously - I try to "sense-the-whole-of-myself", that is, self-remembering, which is experienced as a vibratory sensation accompanied by the perception of one's self as white light in infinite extension.

Together these observations and this self-remembering - arising from a reading of *The Sixth Book of the Dead called the Book of El'Muumin* - establishes the skill of the essence to initiate **relationship, action and thought** in the midst of phenomena.

Before describing the **relationship, action and thought** of the essence in this chamber I wish to first itemize the several categories of observation by the essence of its' circumstances and environment.

- 1) This is the third day of apparitions which began after passing from the Secondary Clear Light into the dawning of the lucid clarity of consciousness;
- 2) This is the third day of the breaking apart of the five primary elements of consciousness;
- 3) The primal element of feeling and sensation appears before us in the form of a Guide bearing a light of brilliant wisdom;
- 4) The Guide appears before us as dazzlingly yellow;
- 5) The primal form of the element earth shall shine as a beam of brilliant yellow light;
- 6) The soft blue light of the human world appears before us.
  
- 7) We are instructed regarding the human world:
  - 1) "Those who have not given up their attachments to the world of matter."
  - 2) "Those who cannot release themselves of pride and arrogance."
  - 3) "Those who are attached to their identity."
  - 4) "They will be seduced by the soft blue light of the human world."
  - 5) "The human world is the attraction of the force of sin and attachments to the world of matter."

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- 6) *"The human world is the accumulated light path of pride and centralized egoism."*
- 7) *"He will be compelled to be reborn in the human world and suffer birth, death, old age, and sickness."*
- 8) *"The teaching might become lost in him."*
- 9) *"The soft blue light will seem as a protecting place of safety."*
- 10) *"The soft blue light will seem as a place of refuge."*
- 8) We are instructed regarding the dazzlingly yellow light of the Guide:
  - 1) *"The light of brilliant wisdom."*
  - 2) *"That brilliant light of salvation."*
  - 3) *"The light will be as the sun of mercy."*
  - 4) *"The yellow light shall dissolve away the ego and pride of individuality."*
  - 5) *"The yellow light will strip all vestige of the ego."*
- 9) Benefits of recognizing the yellow light include:
  - 1) *"Whoever recognizes the yellow light to be wisdom shall live forever and ever and become awake."*
  - 2) *"He who resolves to remain in trust and humility shall recognize the yellow light within himself."*
  - 3) *"He who can pray in humility shall merge inseparably with the Divine Body of Light."*
  - 4) *"He shall find the kingdom of heaven in eternal bliss."*
  - 5) *"The doors of the kingdom shall be opened to him."*
  - 6) *"The cleansing ray of Grace shall clean him of sin and shall clean him of his attachments to the world of matter and energy."*
- 10) The Guide is referred to as *He Who Brings Beauty*;
- 11) We see *She Who Is Disinterested*;
- 12) We pray in humility to merge inseparably with the *Divine Body of Light*;
- 13) We seek to be protected by the grace of the *Divine Mother*;
- 14) We seek to be placed in the state of the *Pure Reality of the Luminous Void*;
- 15) We can become one with the heart of the *Divine Light*.

While reflecting, pondering and meditating upon the significance of the phenomena of these circumstances and environment, as well its' accompanying instructions and declarations – we begin to hear and feel the corresponding echo and resonance of our own essential self vibrating sympathetically with the words of El'Muumin, namely,

- 1) *I am the cause of safe passage toward the Lord through the terrors and fears of transit. I am He who has made the bridge across non-existence, fear, loss and the destruction of self.*
- 2) *I am he who takes confession of fears and so guide one to the kingdom of the Lord. And only by this confession is one saved from the destruction and sin of the world of matter.*

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**Relationship** – this describes our ability to distinguish between the positive, harsh radiations of the Guide which serve to purify our essence and the soft blue light of the human world which appeals to our psyche.

**Action** – this describes our ability to initiate a self-imposed and self-maintained attitude of humility and trust with regards to the positive, harsh radiations of the Guide.

**Thought** – this describes the habit or skill of the essential self to remember itself as a particle of divinity in the words of El'Muumin.

In this way the essential self reclaims its' rightful authority as a relatively independent and individual cosmic unit composed of both Being and Reason.

A basic habit is established.

### POSTSCRIPT

The importance of the Obligatory Reader's Invocation and the Confronting the Clear Light Prayer is to establish the habit of self-observation and self-remembering by the essential self.

This is to say that we develop the conscious habit of remembering our origins in the Eternal Unborn as described in the Obligatory Reader's Prayer and then of our essence as a voyager whose nature is in reality the Clear and Luminous Light, the Endless Voidness of the Void.

Our knowledgeable and informed essence is the basis for our confidence in navigating the Corridor of Madness between lifetimes.

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## ADDITIONAL BACKGROUND INFORMATION

The circumstances and environment, as well as the instructions and guidance, found in *The Sixth Book of the Dead called The Book of El'Muumin* are otherwise described and summarized in **Chamber Six** of *The American Book of the Dead*.

I include it here as reference for my further observations.

## SIXTH CHAMBER

"Even when confronted in this way I may experience obstructions from karma, and may not be able to confront my situation because of pride, even though I am being offered the chance to be drawn away from the dangers of the labyrinth by these dissolving radiations. I may try to strike against them and run away to hide somewhere. If that happens, then the bringer of beauty, along with the light from the human dimension, will appear.

"The primal form of the element Earth is going to shine outward like a yellow radiant beam. At the same time, the yellow aura of the Great Mother, absorbed in the total meditation of zero interest, zero attention and zero information, descends upon the beloved, altering the visage and mood.

"This phenomenon is always accompanied by a rainbow of light, and sure enough, I'm not disappointed this time, either. The primal form of feeling and sensation manifests suddenly from the heart of the beloved, dazzling and brilliant, dripping with spheres of yellow radiation so clear and brilliant that it hurts to look directly at it.

"A brilliant yellow radiation strikes and although I know it's coming before it hits, I'm still surprised at its harsh and savage intensity. At the same moment, a soft blue light opening the path toward the human dimension also strikes my heart and begins to tug at me, trying to draw me down into a lovemaking scenario in the human dimensions.

"If I have any egoism of the human primate left, any pride at being anyone in particular I may be afraid of the brilliant yellow light, because it does tend to dissolve all egoism, including mine ...

"I may be inclined to escape its presence, to try to get out of the way, to run, to hide somewhere to avoid it. The soft blue light of the human dimension will seem like an attractive and safe place to hide compared to the immediate threat of the powerful yellow radiation, but I must not be afraid of the dazzling yellow light but let it hit and strip me of ego. I will know it to be wisdom; keeping resolved to trust in it earnestly and with humility. As long as I recognize it to be the radiation of my own essential self, I still need to make the efforts to be humble. If I can focus my attention on the radiant face of the beloved and allow the harsh yellow radiation to do its dissolving work, I will find myself merging inseparably with the Voidness of the Void, and will in that way attain some measure of eternal liberation.

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"If I can't recognize the radiation of my own consciousness then I must arouse feelings of humility and as much faith as I can muster in the face of helpless mirth. Focusing my attention, I concentrate in the following way:

"The radiation emanating from the beloved is the grace of the guide of the macro-dimensions; I will take refuge in it. It is the purifying force which dissolves my attraction to the lower dimensions; by this dissolving radiation I can remain free from the compelling power of human life to which I am drawn by long-established habit; I must have faith in the cleansing radiation and accept its help.

"That soft blue light of the human dimension is the path of accumulated tendencies of pride and arrogance, reactions of fear to fear; they are the cause of an enforced sense of self-egoism; if I allow myself to be engulfed by it, I will experience rebirth once again into the human dimension, needlessly suffering the same old routine; birth, childhood, an endless round of daily drudgery punctuated by grimly entertaining weekends, followed by forced retirement, old age, sickness, death, and finally, here I am again.

"I might become trapped in the human dimension. That's an obstruction on the path to liberation, so I should immediately allow the brilliant and dazzling yellow radiation to do its purifying work; I bathe in it, rejoicing in my newfound freedom.

When wandering in the six lower dimensions  
because of the power of pride and ego,  
On the radiant light-path of the wisdom  
of harmonious equilibrium,  
May I be guided and led  
by the guide in the labyrinth,  
May the Beloved be my protector,  
May I be brought safely through  
the shocking ambush of the labyrinth,  
And may I be placed in the state of the pure and shining void.

"If my attention is concentrated and clear, I will merge into the heart of the beloved, in a halo of light called the rainbow-bridge, and attain completion in the region known as Endowed-with-Glory.

From the description of the **Sixth Chamber** found in the *American Book of the Dead* we readily recognize the parallel circumstances and environment that we encountered in *The Sixth Book of the Dead called the Book of El'Muumin*. These include:

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- 1) The *Bringer of Beauty* will appear alongside the light from the human dimension;
- 2) The primal form of the element Earth will shine outward like a yellow radiant beam;
- 3) The yellow aura of the *Great Mother* descends upon the beloved. This phenomenon is always accompanied by a rainbow of light;
- 4) The primal form of feeling and sensation manifests dazzling and brilliant, dripping with spheres of yellow radiation;
- 5) Simultaneously a soft blue light opens a path to the human dimension.

Furthermore – the properties and purposes of the yellow radiation are differentiated and distinguished from the predominant characteristics of the blue light of the human world. These include:

### **The Cleansing Yellow Light of the Beloved**

- 1) The radiation of the yellow light dissolves all egoism;
- 2) The radiation of the yellow light is known to be wisdom;
- 3) The radiation of the yellow light must be trusted earnestly and with humility;
- 4) The radiation of the yellow light leads to merging inseparably with the *Voidness of the Void*;
- 5) The dissolving radiations of the yellow light is the purifying force which dissolves my attraction to the lower dimensions;
- 6) The dissolving radiation of the yellow light enables me to remain free from the compelling power of human life to which I am drawn by long-established *habit*;
- 7) I must have faith in the cleansing radiation of the yellow light and accept its' help.

### **The Blue Light of the Human Dimension**

- 1) The blue light represents the accumulated tendencies of pride and arrogance and reactions of fear to fear which are the cause of self-egoism;
- 2) If engulfed in the blue light I will experience rebirth again.

Finally – the **Sixth Chamber** states the benefit and reward of consciously and intentionally bathing in the dissolving radiation of the yellow light, namely,

*“If my attention is concentrated and clear, I will merge into the heart of the beloved, in a halo of light called the rainbow-bridge, and attain completion in the region known as Endowed-with-Glory.”*

This is an echo of the words which El'Muumin uses to describe the conscious habit of the essential self that he represents and embodies, namely,



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- 1) *I am the cause of safe passage toward the Lord through the terrors and fears of transit. I am He who has made the bridge across non-existence, fear, loss and the destruction of self.*
- 2) *I am he who takes confession of fears and so guide one to the kingdom of the Lord. And only by this confession is one saved from the destruction and sin of the world of matter.*