

Stransky Notes
Lesson #1

Esalen 1972 Workshop

Delphic Oracle:

1) Know thyself -

2) HOW: take care

the place
why here:

Frame:

Context

Content
re: ART
SCIENCE
PHILOSOPHY
INQUIRY

Lie on your back. Spread your legs apart, not much, just normally.

Put your hands on the floor, near your body, comfortably.

I am not going to correct anybody, but everyone is going to correct himself, therefore, in order to correct you must feel not only what is wrong, but also feel how to correct it, and this is automatic.

second nature a first

detection
relation to intelligence

When the body lies like that, or the human body in general it has some major lines of structure, one is the length of the spine—the direction of that spine—that is, from the tailbone (the coccyx) towards the head) then there are two others, the arms, right and left; two others are the two legs. If you took a piece of paper and drew these five cardinal lines of the structure of the body you will not mistake them for anything but the human body, that is, with the little circle on top.

ABSTRACT IMAGE PATTERN
patterns trump muscles

Now try to identify those five lines / yourself. The major trends of the structure of your body — try to think first of your coccyx, the way it touches the floor. Follow through with seeing (with eyes closed) feeling, sensing, imagining, how the coccyx touches the floor and follow it up slowly, gradually, along the spine up to the place where the head touches the floor, and try and feel the connection. Follow along the whole length of the spine, from between the legs, through the pelvis, the lumbar region, the dorsal region, between the shoulder blades, the cervical spine, and up to the atlas and the axis in the head. You will find that same areas of the spine are clear and easy to contact, and others dull, impossible to perceive.

Antony
review
knowledge
able
grow

Now imagine two fingers on either side of the spine, one inside and the other outside, going up the spine together, from between the bottom of the spine, between the ilia, the lumbar vertebrae, the first dorsal, the beginning of the ribs. You will find that the switching from the internal contact to the outer one is one of the easy faculties, you cannot continue to do it without helping the other one, and as you do it, each one of them becomes clearer and easier. Internal contact becomes easier when you switch to the finger outside on the floor. You will find that this way is effective in becoming aware of all the differences, to see how each vertebra is lying and where. This is more effective than thinking of one of them only. So think of the fingers going all the way along the spine up along the neck to the head and to the point where the head lies on the floor.

oscillate

inner
outer

THIS
IS
HOW

Now switch the two fingers over and go down the spine to the bottom of the spine.

Do this three or four times

means + augment with use of eyes

Now continue doing the same thing, and this time try to see what you are doing with your eyes when you think of the anal region, and what you are doing with your eyes when you think of the head where it lies on the floor, or for that matter any of the cervical vertebrae.

who is being uncovered

internally & externally perceptually adept
needs this awareness

⇒ WARRIOR

determine

not impose
but
look
uncover

development
contrast
same/different
more/less