

“One night, Mr. Gurdjieff was talking about self-awareness—how, in whatever we were doing, we should pause from time to time to say I, to say I not with the head alone, but with one’s whole mass. He lifted up his hand, looked at it and said, ‘*It is like this, even my thumbnail say I.*’ The extraordinary thing was that you could almost hear it doing so.”

*Hands, p. 38*

“Mr. Gurdjieff spoke of a willingness to stand in the midst of our confusions and contradictions, returning again to ‘*I am.*’ We each need to develop our own relationship with this practice.”

*Michael Currer-Briggs, in Opie, p. 74*

“When you pronounce the word ‘*I*’ you will have a purely subjective sensation in the head, the chest, the back according to the state you are in at the moment. I must not say ‘*I*’ merely mechanically, as a word, but I must note in myself its resonance. This means that in saying ‘*I*’ you must listen carefully to the inner sensation and watch so as never once to say the word ‘*I*’ automatically, no matter how often you say it.”

*Staveley, Themes, p. 10*

“Good to go to a cabaret and see how people behave, and think very often to oneself, ‘*I AM.*’ . . . How work? Well, only by saying ‘*I AM*’ not less than once every hour. From this everything can come.”

*John and Elizabeth Bennett, “Idiots in Paris—1949,” pp. 63, 65*

“If his aim was to teach men how to rise to the possibility of saying ‘*I am,*’ he never forgot that ‘*Thou art*’ and ‘*He is*’ complete the conjugation.”

*P.L. Travers, “George Ivanovitch Gurdjieff,” p. 7*