# THE TRANSFORMATION OF A SEAL INTO A SELL INTO A SELF GATE

inside i was a little tacitus and i perceived my inner life to be a narrow corner difficult to turn around in even when my father took me to see the merry widow when i was five and winked his think yiddish act british and told me to pay attention for all this outside me was what life was all about outside i was the kind of person who wanted to be sealed inside and could never get away with get- ing a good seal inside and whenever i did anything people said i was extremely weird inside i believed that if i stayed the way i was i would be dead inside by age sixteen because i couldn't get away with getting a seal inside so now i pretended i had a sell inside now whenever i did anything people acted as if i were semi-able and semi-happy inside this was hard work inside it became more and more difficult for me to find the energy necessary to struggle to get along with people and maneuver through life and its vicissitudes outside so i decided i had to create a self inside: i gave up on my sell: i then heard: zay say een brookleen you know zee restauran whair zey have zee raw kibbee called zuh eastairn star: it was said by a semi-portly frenchman of élan who had had the distinction of being g. i. gurdjieff's cook and taught gurdjieff's physical, emotional and psychological breath exercises known as movements or sacred dances and looked as if he ate just a little too much and his name was alfred etievan and he swaggered around on goat feet in a dark business suit and shiny black shoe hooves like pan imitating napoleon playing maurice chevalier in the merry widow and alfred etievan taught me to have the self i invented say: *i am alive:* to say *i* in my head and to sense *am alive* in my entire being: to say *i wish to live:* to say *i* in my head: and sense *wish to live* in my entire being: *i am alive: i wish to live:* and one night his boss jeanne de salzman told me that my life was calling up inside me for me to live and that i should listen for eat so i asked her if i could create a Self: she said: do eat yourself and so i began the invention, construction, and perfection of a Self within attending to sensations of my life inside this Self i invented was such quiet and pliant suspended breath on an empty mind that after a while it disappeared and what was left inside upon the unsealed diaphragm of my being was a small clumsy Self about the size of the entire universe: now my Self is so brilliant blinding clumsy that people who knew me when i had a sell say to me things like: this isn't you or why can't you act like your sell or can't you be your sell inside my Self says: *i am alive:* my Self says *i* in my Self: my Self senses *am alive* in my entire being: my Self says *i wish to live:* my Self says *i* in my Self: my Self senses *am alive* in my entire being: *i am alive: i wish to live:* otherwise all my Self seems to be good for is earning more than enough money to live in intelligent luxury doing nothing and for helping other Selfs who ask for Self-help and being happy far out of the night that terrifies: now well beyond the mean claws that rip and tear: i am in peace: i have easied the good easy: i touch light: i see shiver: i smell nightingale: i hear rose: i taste Self: i am the captain of my inner atmosphere: i am the master of my breath: i guess i've gone up to the sublime maxim uhs: the pallas of mah dream uhs: zuh Selfs zair always greet me: zey nevair beetch or cheat me: zho zho: flo flo: zhu zhu: lo lo: margot: lu lu stars shan bright uh on shattair light uh: zay go through zuh meat grindair of laff and zey come out zuh same uh but zey air different seengeeng theengs lak uh: theengs that bothair you nevair bothair me uh: i theenk every theengs fine uh: zee: zuh: zuh: zat's om leeveeng in zuh sunlot uh: om luffeeng een zuh moonlot uh: om haveeng a wondairfool time uh: i go swimmin weeth preety woomeen: i thing breath ease divine uh: buy zee way whair inside your beeg pond uh deed you zay zat place uh ease whair zey zerve zee baked jeweesh lamb uh called zuh east-airn star: und zo: und zo: und zo und zund zo und zo: folks: