

**Gurdjieff on impressions, as recounted to P.D. Ouspensky in “*In Search of the Miraculous*,” taken from the edition published by Paul H. Crompton Ltd 2004, Page 181.**

“For its normal existence the organism must receive all three kinds of food, that is, physical food, air, and impressions. The organism cannot exist on one or even on two kinds of food, all three are required. But the relation of these foods to one another and their significance for the organism is not the same. The organism can exist for a comparatively long time without a supply of fresh physical food. Cases of starvation are known lasting for over sixty days, when the organism lost none of its vitality and recovered very quickly as soon as it began to take food. Of course starvation of this kind cannot be considered as complete, since in all cases of such artificial starvation people have taken water. Nevertheless, even without water a man can live without food for several days. Without air he can exist only for a few minutes, not more than two or three; as a rule a man dies after being four minutes without air. Without impressions a man cannot live a single moment. If the flow of impressions were to be stopped in some way or if the organism were deprived of its capacity for receiving impressions, it would immediately die. The flow of impressions coming to us from outside is like a driving belt communicating motion to us. The principal motor for us is nature, the surrounding world. Nature transmits to us through our impressions the energy by which we live and move and have our being. If the inflow of this energy is arrested, our machine will immediately stop working. Thus, of the three kinds of food the most important for us is impressions, although it stands to reason that a man cannot exist for long on impressions alone. Impressions and air enable a man to exist a little longer. Impressions, air, and physical food enable the organism to live to the end of its normal term of life and to produce the substances necessary not only for the maintenance of life, but also for the creation and growth of higher bodies.

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