07

What Does It Mean to Be Serious?

Gurdjieff on the circle of trivialities, and the one aim that deserves our complete seriousness.

WHAT DOES IT MEAN TO BE SERIOUS?

Gurdjieff on what truly deserves our attention

1. THE QUESTION

Gurdjieff asked:

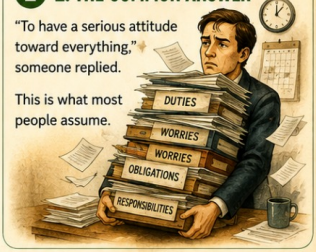
"What does it mean to be serious?"



2. THE COMMON ANSWER

"To have a serious attitude toward everything," someone replied.

This is what most people assume.



3. THE REAL QUESTION

A serious attitude does not automatically make something important.

The real question is:

TOWARD WHICH THINGS?



4. THE CIRCLE OF TRIVIALITIES

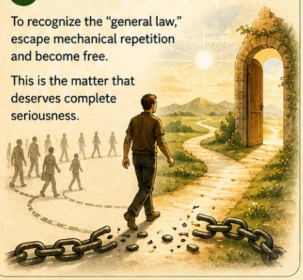
Many people revolve endlessly around insignificant interests and petty aims, unaware of what they are losing.



5. THE ONE SERIOUS AIM

To recognize the "general law," escape mechanical repetition and become free.

This is the matter that deserves complete seriousness.



6. THE PRISONER'S EXAMPLE

What matters to a prisoner sentenced to death?
Only this:

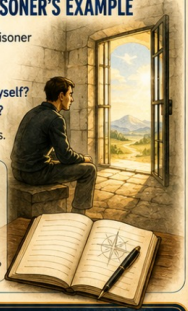
- How can I save myself?
- How can I escape?

Nothing else is serious.

PRACTICE:

Ask yourself:

- What am I taking seriously today?
- Does it lead toward freedom or repetition?



TO BECOME FREE: THAT IS THE SERIOUS AIM