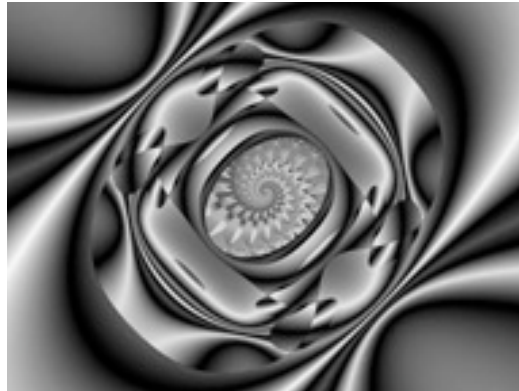


# **INWARD JOURNEY**

**From Freud to Gurdjieff**

**Marc J. Seifer, Ph.D.**



*David Makin ToyTwist*

© July 28, 2003

**Doorway Press**

**MetaScience Publications  
Box 32, Kingston, RI 02881**

Copyright © 2003 by Marc J. Seifer

Cover design: *Devin Keithley*

Cover art: *Toytwist by David Makin*

## TABLE OF CONTENTS

	<b>Page</b>
<b>Introduction/Overview</b>	7
<b>I. PHILOSOPHERS OF MIND</b>	11
a. Zoraster (628-551 BC)	11
b. Pythagorou (582-500 BC)	12
c. Plato (427-347 BC)	13
d. Aristotle (384-322 BC)	14
e. Roger Bacon (1214-1294)	17
f. Hobbes (1588-1629)	18
g. Descartes (1596-1650)	19
h. Locke (1602-1634)	21
i. Spinoza (1632-1677)	22
j. Leibniz (1646-1716)	23
<b>II. PSYCHOHISTORIANS</b>	26
<b>Philosophers of History</b>	
a. Machiavelli (1469-1527)	26
b. Vico (1668-1774)	26
c. Kant (1724-1804)	27
d. Condorcet (1743-1794)	28
e. Herder (1770-1831)	28
f. Hegel (1770-1831)	30
g. Comte (1796-1857)	31
h. Mill (1806-1873)	31
i. Buckle (1821-1862)	33
j. Marx (1818-1883)	35
k. Tesla (1856-1943)	36
l. Tolsoy (1828-1910)	38
m. Spengler (1880-1936)	39
<b>Psychohistorians</b>	
a. Dilthey (1833-1911)	40
b. Febvre (1878-1956)	41
c. Freud (1856-1939)	42
d. Erikson (1902-1994)	43
e. DeMause (1931---	45
<b>Critical Theorists</b>	
a. Adorno , Fromme, Marcuse	47

<b>Critics</b>	
a. Barzun & Stannard	50
<b>III. STRUCTURE OF THE PSYCHE</b>	<b>55</b>
a. An Out-of-bed Experience	55
b. Psychology in the 1800's	55
c. The Rise of Functionalism	57
d. A Psychoanalytic Model of Mind	63
e. Superego, Ego, Id	65
f. Fall of Man, Book of Genesis	68
g. Kundalini Yoga	69
h. Chi Energy	72
i. Conscious, Preconscious, Unconscious	75
j. Defense Mechanisms	79
<b>IV. DYNAMICS OF MIND</b>	<b>85</b>
a. Hyper & Counter cathexis	85
b. Sublimation	87
c. Hartmann: Conflict Free Ego Sphere	89
d. Repression	90
e. The Dream	90
f. Automatism	92
g. Counter cathectic Barrier	93
h. Psychosomatic Illness	94
i. Circumventing the Censor	96
j. Overpowering the Censor	97
k. Catharsis	98
l. Wilhelm Reich: Body Armor & Orgasm	99
m. Freudian Conflict	105
n. Humanistic/Existential Conflict	105
o. Neurosis	108
p. Pure Hypercathexis	109
q. Autism: Savants, Bettelheim's Psychoanalytic Model, Air Pollutants	112
<b>V. A SOCIOLOGICAL LOOK AT OUR TECHNOLOGICAL SOCIETY</b>	<b>117</b>
a. Collective Construct Realities	118
b. Herding Instinct	120
c. Personal Myths	121
d. Dreams & the Collective Psyche	122
e. Tetragrammaton	128

f. Tarot	132
g. Dream Diary	142
h. How to Analyze a Dream	143
i. Cultural Myths	147
j. Extraterrestrials	148
k. Groupthink	149
l. Cliques & Clans	151
m. Thought Transference	152
<b>VI. OCCULT SCHOOLS, AVATARS &amp; SEED MEN</b>	<b>161</b>
a. Cults	162
b. Gurdjieff (1874-1949)	165
c. The Work	168
d. Behavioral Paradigm, Pavlov & Skinner	169
e. Tony Robbins PowerTalk	175
f. Quantum Jumps	182
g. Wakening	183
h. Gurdjieff's Last Days	193
i. Reciprocal Maintenance: Involution & Evolution	194
j. Rudolf Steiner (1861-1925) & the I AM	197
k. The Dalai Lama	200
<b>EPILOGUE</b>	<b>209</b>
<b>BIBLIOGRAPHY</b>	<b>212</b>
<b>INDEX</b>	<b>221</b>
<b>SPACE/TIME/MIND CONTINUUM Table of Contents</b>	<b>230</b>
<b>BIOGRAPHY OF THE AUTHOR</b>	<b>234</b>

## **List of Illustrations**

Solar System	12
Moses	22
Anton Mesmer	58
Sigmund Freud	64
Kundalini Chakras	69
Psychosomatic Illnesses	94
Wilhelm Reich & His Cloudbuster	102
Robin Williams	109
Rene Magritte	116
Crop Circle	126
YHVH	130
The Major Arcana of the Tarot	132-133
Roger Vadim & Brigitte Bardot	157
The Jim Twins	159
Gurdjieff	164
The Potola, Lhasa Tibet	202

### **About the Cover Artist**

David Makin, a resident of North Wales, has been in the software industry since the early 1980's. His most significant piece of software is Crystal Dragon for the Commodore Amiga released in 1994. His work in fractal art began in 1999 using MMFrac and Ultrafractal, his guiding principles being simply to make his art "different and original." See his website at [www.crosswinds.net/~makinmagic/](http://www.crosswinds.net/~makinmagic/)