Intermediate Gnostic Psychology – Notes 3

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The Different States of the Egos

We can classify the Egos or "I's" that exist within our Psyche with the following 3 categories:

1) **Sensory-Based or "Stereo-Psychic" Egos:** These are the identifying states which are intimately related with the exterior perceptions that are received through the five senses and connected with the world of impressions.

2) **Interpretation-Based or "Neo-Psychic" Egos:** These are the data processing states, in other words, those which properly interpret or misinterpret all the multiple situations within which the intellectual-animal lives. Our personality (the bad secretary) works in these states.

3) **Memory-Based or "Archeo-Psychic" Egos:** These are the regressive states (the memory of the ego) which are found in the 49 levels of the subconscious. They are the memories of the past which are filed in a photographic (image) and phonographic (sound) manner.

We should understand these different Egoic States and observe them within ourselves with the goal of discovering, deconstructing and destroying the corresponding Egos or "I's" which constantly produce and maintain erroneous Internal States within us.

The Transformation of Life

It is possible to transform one's life if one profoundly resolves to transform oneself. Transformation means that one thing changes into another different thing. Everything is susceptible to change. Sugar is transformed into alcohol and alcohol is converted into vinegar by means of the action of fermentation. This is the transformation of a molecular substance.

The alchemists of the middle ages spoke about the transmutation of lead into gold. However, they did not always refer to the merely physical metallic matter. Usually, they wanted to indicate the transmutation of the lead of the personality into the gold of the spirit. In the Christian Gospels, the terrestrial man is compared to a seed which is capable of growth, and this has the same meaning as the rebirth of the human being who is "born again". If we study biology, then we know that if the grain or seed does not die, the plant is not born. Death and birth exists in every transformation.

In Gnosis we consider the human being to be like a factory of three floors which normally absorbs three different 'foods' or forms of nourishment. Ordinary physical food corresponds to the 1st floor of the factory related to the stomach; air corresponds to the lungs and the 2nd floor; and impressions, are associated with the 3rd floor or brain. 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 the Solar Bodies.

The Brain
The Lungs
The Stomach

The process of life, in itself, is transformation. Each creature of the universe lives by means of the transformation of one substance into another. The food we eat and the air we breathe go through transformations within our human organism, but what happens to the impressions we receive? The majority of people believe that the physical world will give them what they long for, but this is a tremendous error. Life itself enters into us (into our organism) in the form of impressions and it is precisely there that the possibility of working upon ourselves exists. We should comprehend the significance of the world of impressions and how it is intimately related with the esoteric work. One can not really transform one's life unless one transforms the impressions which reach the mind...

How Important are Impressions?

We are talking about something very revolutionary, because the entire world believes that the physical world is what is real, but if we go a little deeper, we see that what we are really receiving at each moment, are merely *impressions* of the physical world. If we see a person that pleases or displeases us, the first thing that we obtain are impressions of them.

Life is a successive series of impressions, and not an exclusively materialistic physical thing. The reality of life is its impressions! It is clear that this may not be easy to grasp at first. Most people feel that life exists as it is and not as its impressions. They are so influenced by this physical world that, this is how they think. The person that we see seated, for example, on a chair; the one who greets us, the one who smiles at us, etc., are for us, truly real. But if we meditate profoundly on all of them, we arrive at the conclusion that **what is real for us are the impressions**. These impressions arrive at the mind through the windows of the senses. If we did not have senses, then would what is called 'the physical world' exist for us? Absolutely not.

The Results of Transforming Impressions: Changing Reactions

We need to transform ourselves internally each day. When we want to transform our psychological aspect, we need to work upon the impressions which enter into us. Why do we call the work of the transformation of impressions the 'First Conscious Shock'? Because the 'shock' is something that we could not do in a merely mechanical manner, this could never be done in a mechanical way; instead, **one needs a self-conscious effort**. It is clear that when one begins to comprehend this work, one stops being a mechanical person who only serves the purposes of nature.

Now if you think about the significance of everything that you are taught here, beginning with the observation of yourself, you will see that (in the practical side of the esoteric work) everything is intimately related with the transformation of impressions and with what results from this transformation. The work (for example: on negative emotions, on angry states, on identification, on self-consideration, on the successive "I's", on lying, on self-justification, on excuses, on the unconscious states in which we live) is all related with the transformation of impressions and what results from it. Thus, it is convenient for the work upon oneself to be compared to a dissection.

It is necessary to form an element of change at the place of entry of impressions. By comprehending the esoteric work, then we can accept life itself as work and thus we will really enter a constant state of self-remembering. The transformation of impressions will lead us to a better life and untransformed impressions will no longer act upon us as they did before. But as long as we continue thinking in the same manner and receiving life in the same manner, it is clear that there will be no change in us. Life continuously demands that we adapt or react to it and all of those reactions form our personal life. Exterior life reaches us as mere impressions which incessantly force us to react in a stereotypical manner. If the reactions which form our personal life are all of a negative type, then our own life will also be negative. Life consists of a successive series of negative reactions which happen as incessant responses to the impressions which reach the mind. Therefore, our task consists of transforming the impressions of life in such a manner that they do not provoke this type of negative response. **To change one's life is really to change our own reactions.** But in order to achieve this, it is necessary to be observing oneself from moment to moment.

We cannot allow impressions to reach us in a subjective manner. We cannot give ourselves the luxury of allowing impressions to be received mechanically. By transforming impressions, we begin to live consciously. The Gnostic Teaching shows us how to crystallize the 2nd Primary Force (the Christ) in us, through the postulate which says: "One has to receive, with pleasure, the unpleasant manifestations of our fellow human beings." This means to transform the impressions of an insulter's words into something different: into love, into compassion for the insulter, etc. By receiving with gladness the unpleasant manifestations of our fellowmen, this will naturally cause the Christ to take shape in us.