

Advanced Gnostic Psychology – Notes 2

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The Benefits of Awakening Consciousness

We need to understand (with complete clarity) that each one of us possesses a definitive psychological factor, through which it is possible to verify what Gnosis teaches. We are referring to the Essence, to that element that has not yet been lost, to the very foundation of our psychic organization.

Within the Essence, we find the Consciousness, the Buddha, the Doctrine, Religion and Wisdom. In the Essence (in the Consciousness) we also find the information, the indispensable data for Regeneration, Intimate Self-Realization and the complete way of living in harmony with the Universe.

The first thing that we need to do, in order to access this data stored inside the Essence, is to destroy, annihilate, that Second Nature of an infernal type within which the Essence is imprisoned: The Ego, the "I", the Psychic Aggregates. Upon freeing the Essence, upon its liberation, it awakens radically. The advantages of this awakening include:

1. Knowing how to direct ourselves along the Path
2. Allowing us to have Direct Experience of Reality
3. Olfactory Sensations (smelling)
4. Gustatory Sensations (tasting)

We need to learn to voluntarily direct all the functioning of our Psyche. It is not good for us to continue converted into slaves; we should become masters and lords of ourselves. As the Undesirable Elements are being eliminated, the Consciousness is awakening.

Becoming Serious about the Gnostic Esoteric Work

Without working on ourselves, each one of us actually is nothing more than a piece of driftwood being pushed here and there by the swelling waves of the sea of existence.

This is why we need to become serious; and this implies frightful Self-Vigilance from instant to instant, from moment to moment. Remember that in relation with our fellow human beings, the defects that we carry hidden within, spontaneously burst forth and, if we are alert & vigilant as a watchman in times of war, then we will discover them.

In every Self-Discovery there also exists Self-Revelation. A discovered defect should be rigorously analyzed, studied in all the Levels of the Mind and integrally comprehended through the diverse processes of Profound Interior Meditation. Later on, and with the defect that we have already analyzed and integrally understood, there come the supplications to Devi Kundalini, our Particular Divine Cosmic Mother with the purpose that she eliminate & disintegrate the defect in question.

The work is very deep, my esteemed brethren, it is frightfully serious, and extremely profound. Only in this manner is it possible to eradicate from our psyche many undesirable, inhuman, tenebrous Elements within which the Essence is imprisoned. As the Consciousness continues awakening, the possibilities of Direct Experience become more lucid & continuous each time.

Handling the Sparks of Awakened Consciousness

We must learn to practically handle those sparks of awakened Consciousness we have. In practical life we can carefully observe the concrete fact that all people live with their Consciousness asleep. So, if we want to awaken, my friends, then we must learn to live alert from moment to moment, from instant to instant. This is possible through always dividing attention into three parts:

- 1st – Subject, 2nd – Object, 3rd – Location.

This method has also been called “the Key of S.O.L.”

SUBJECT: This refers to not forget ourselves, to being Self-Vigilant at each second, at each moment. It implies the state of Alertness in relation to our thoughts, gestures, actions, emotions, habits, words, etc.

OBJECT: This means detailed observation of all those objects or representations that reach the mind through the senses. Never become identified with things, because in this manner one falls into fascination and into the sleep of Consciousness.

LOCATION: Daily observation the place where we find ourselves: of our house, of our bedroom, as if it was something new. We can, therefore, ask ourselves daily: Why have I arrived here, in this place? At this market? at this office? at this temple? etc.

These three aspects of the Division of Attention are not something different from the process of the dissolution of the "I", they are intimately related to this work.

Directing our Attention towards Observation for Self-Discovery

While studying ourselves (the subject), we must be Observing Ourselves from moment to moment, if we really want to discover our own psychological defects. This is because (as we have said) in our interrelations with our fellow human beings, our hidden defects spontaneously, naturally emerge.

This is not just a matter of Self-Observing the steps we take, nor the forms of the body, etc. Self-Vigilance implies the silent and serene study of all our Intimate Psychological Processes: Emotions, Passions, Thoughts, Words, Sensation, etc.

The observation of things (objects), without identification, will permit us to know the processes of covetousness, attachments, ambition, etc. Certainly, for a covetous person, this will entail a lot of work in order to not become identified with a diamond ring or with a few dollar bills from the bank, etc.

Observation of places (the location) will allow us to know how extensive our attachments and fascination are in relation to diverse places.

This triple set of attention is, then, a complete exercise in order to Self-Discover Ourselves and to Awaken Consciousness...

Direct Experience and the Amount of Awakened Consciousness

Let's understand that Direct Experience is associated with the percentage of awakened Consciousness. Normally people only possess 3% of awakened Consciousness and 97% of Subconsciousness or sleeping Consciousness. When one manages to possess 4 or 5% of awakened Consciousness, then the first sparks of Direct Experience begin. Let us distinguish between "sparks" and "complete plenitude" which are different. Someone who possesses, for example, 10% of awakened Consciousness will therefore have a greater percentage of lucidity than those who possess 4 or 5%.

In any case, as the Essence is liberating itself, as the Ego begins to be dissolved, the capacity for direct investigation will also increase in a progressive and orderly manner. The exercise of the Division of Attention into three parts ...will allow us to completely verify the degree of Consciousness acquired. So, here, we have the doctrine and procedures for Awakening Consciousness. This is an effective system in order to intelligently use the percentages of Consciousness acquired.

When the Ego has been radically annihilated, then the Consciousness becomes totally awakened; in these circumstances, we can descend at will into the Infernal Worlds, with the purpose of seeing, hearing, touching and palpating the crude reality of such submerged regions. It is only possible to carry out these types of investigations, in a satisfactory manner, with an absolutely awakened Consciousness because these investigations are very advanced.