

Gnostic Psychology – Notes 30

<http://www.GnosticStudies.org/Psychology>

Practical Didactic for the Annihilation of the Ego

1. Self-Observation: The self-discovery and capture of any psychic aggregate is sufficient reason in order to enter into meditation. Through the sense of our Being, in vigilant self-observation, from moment to moment, like a soldier in wartime, we will see our "I's" emerge.
2. Asana: Comfortable posture for the body, sitting or lying down. Physical and mental relaxation.
3. Prayer: Through interior dialogue, let us deliver ourselves over to our Divine Mother and to the Intimate Christ, with all our heart & soul, requesting that they support us in this meditation on the Death of the Ego.
4. Retrospection: Reconstruct the last scene (drama, comedy or tragedy) where the "I" acted without identifying with it (using the Key of SOL: Subject, Object, Location).
5. Center of Gravity – In which centers of the Human Machine does the Ego dwell? Through psychological analysis, inquiry, intuition, and with mathematical precision: let's determine which of the 5 centers is the den or place where the "I" dwells, and with which other centers it is linked or connected.
6. Possession (in the Mind, the Verb, and the Actions): When the defect takes control of our machine (brain, heart, senses, etc.), define through which vehicle of expression (thought, word and action) the psychological element expresses itself. Become conscious of when, how and why the "I" took possession.
7. External Causes: Define precisely what events or behavior of others, including "I's" of others (family, friends, colleagues), situations, things, etc., work like a magnet to provoke or bring the Ego out of us. Remember that these external causes are a wonderful mirror where we can see ourselves as we truly are.
8. Internal Causes: When the Ego surges forth from our depths (when the feature/trait emerges, with its related "I's", effigies, representations, appetites, anxieties, desires, inhibitions, memories, etc.): what Causal "I's" provoked them to manifest themselves?
9. Damage to the Exterior: What damage did the "I" cause by taking possession of our human machine and by making us act like beasts towards the family, friends, colleagues, society, things, animals, etc.?
10. Damage to the Interior: What damages did we cause to our unconditioned essence (the seed of our soul) and to our own Being? Stagnation, decreasing our level of Being, impeding spiritual development, loss of work-memory, more Karma, pain, suffering, fortification of the Ego, etc. Reflect deeply on these points.
11. The Power of the Beast: Become aware (through reconstruction of the drama, comedy or tragedy) of the intensity of the Poisonioonoskirian¹ force that the "beast" used to express itself. See the shape & size; sense its danger, power, capacity for action, etc. Analyze what laws and what infernal circle(s) it belongs to. How does it capture your most intimate force and Poisonioonoskirian energy, conditioning the essence?
12. Residual State: Investigate the physical, energetic, emotional, intellectual and spiritual state that we are left with after the Ego possesses us: fatigue, nervousness, weakness, emotional upset, derangement, pain, regret, mental exhaustion, etc.
13. The Psychological Song: How does the Ego justify itself (what are the lyrics of its 'Song')? How long (after the psychological defect manifested) did it keep resonating in our experience? How long did the scene remain in the memory? Did the Psychological Song become obsessive or intermittent?
14. Effects and New Causes: What effects, and what specific new causes, were created in order to act in certain ways by this "I"? What complications and what problems did the psychological defect create for us?

¹ The Poisonioonoskirian Force is also called Veneniooskirian. If the sexual energy is not used for reproduction and it is not transmuted either, but there is only abstinence – a forced celibacy and nothing else – then that sexual energy will devolve and degenerate. Devolution of the sexual secretions produces malignant vibrations called Poisonioonoskirian Vibrations."

15. Comprehension of the Ego – Reflection: If we comprehend the "I" that acted, then we must grasp and capture its manifestations in other facets, aspects and representations, etc., through the Reflection.
16. Self-Discovery of the Causal "I": What we want to discover here is the specific Causal "I" that originated the manifestation of the psychic aggregate. This revelation emerges through having previously done a meticulous job (step by step), as well as through praying to the Divine Mother and to the Christ, so that they show the specific Causal "I" to us in this stage of the work.
17. Repentance: At this stage of the meditation, the interior KAOM will emerge (the voice of the conscience) which will make the spark of repentance sprout forth. The sincere yearning to emancipate ourselves from that useless vesture which conditions us will awaken the longing to liberate our conditioned essence from within that psychological defect.
18. Negotiations with the Law: Invoke our Mother Kundalini and our Lord the Intimate Christ with our essence. Beg them through the police of Karma and the angel of our Father *Jeu*: "To capture from the center of the human machine within which this "I" is embedded and to take it out of there, so that we may present it to Anubis and the 42 Judges of Karma."
- With tears in the soul & the eyes, let us implore for forgiveness with a repentant heart, and beg for mercy for having created the demon that conditions us. Let us also implore for forgiveness from the Being.
- Let us implore the Christ and our Mother Kundalini to perform the respective negotiations with the Law so that the Wheel rotates in our favor. And so that the radical annihilation of this unnecessary cold & phantasmal vestment (in which our essence is found intermingled) be decreed by the Law of Anubis.
19. Imagination and Willpower for Annihilation: Let us intentionally bring the picture of the Red Demon (the image, form and shape of the unclean spirit that personifies us) into the imagination, with great consciousness and willpower. We recognize the fraction of essence to be released from inside the unclean spirit, labeling it with its correct name (such as pure love, chastity, generosity, etc.).
- Prayer: "Oh light of lights, in whom I have had faith from the beginning, my Mother Kundalini, I ask thee, in the name of Christ, to release me from this unclean prison. I, as a sinner, confess before Anubis and the Lords of the Law, that I was the creator of this defect, but now repentant with my heart & soul, I implore for its annihilation."
20. Buddhist Annihilation: Let us implore our Mother Kundalini and the Christ "to decapitate, burn, disintegrate, and reduce it to cosmic dust". Next we sing the mantram "Krim" with great imagination, using its sound like a decapitating Sword, like a Spear that transfers to our Heart, like an Incinerating Fire.
21. Annihilation of the Triple Power and III-Will:
- "By the Christ, Mother of mine, annihilate this Ego in the Sexual center." + mantram "Krim"
 - "Mother Kundalini, Holy Christ, reduce to cosmic dust the Desire of this Ego" + "Krim"
 - "Blessed Mother with your flaming sword, Incinerate the Mind of this Ego." + "Krim"
 - "Intimate Christ, Virgin of the Light, annihilate the Causal "I", the III-Will with its triple power" + "Krim"
22. Annihilation of the Causal Germ and its Associated Aspects:
- Causal Germ: "Intimate Christ, Divine Mother, Eros, we beg thee to eliminate the Causal Germ which gave life to the Causal "I" with its Triple Power, its Seal and its Knot/Noose." + "Krim" (with the intention of Self-Annihilation).
 - Teleoghinooras² Tapes: "Devi Kundalini, Eros, Intimate Christ, annihilate all the Mental Effigies and Representations of this "I" and all the Films lived through it, with its Teleoghinooras Tapes." + "Krim" (while burning them with the fire of the Christ and the Igneous Serpent)
 - Poisonioonoskirian Energy: "May the fire of the Christ and the power of the Igneous Serpent and of her husband Eros, we beg thee to radically disintegrate the venomous Energy, the Poisonioonoskirian energy, that this Ego has injected, every time that it has conditioned our Soul." + "Krim"
 - Personality: "Mother Kundalini of mine, with your son (the Christ) and with the power of Eros (the Holy Spirit), annihilate the corresponding atoms and aspects of the Personality that personify this Ego."

² A Teleoghinoora is a materialized idea or thought which, after its arising, exists in the atmosphere of that planet on which it arises. It is said to remain there for a very long time, unless the given planet changes its 'tempo of movement' to be different from how it was at the moment of the Teleoghinoora's arising.