

Gnostic Psychology – Notes 09

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The Growth and Development of the Essence

In all creatures, the normal growth of the Essence is insufficient... The possibilities for the growth and development of the Essence are extremely limited. Unquestionably, without help, the Essence can only grow to a small degree. People think that the growth and development of the Essence always occurs in a continuous way (according to the mechanics of evolution), but Universal Gnosticism teaches clearly that it does not occur in that way...

Something very special must happen (something new must be carried out) so that the Essence may grow more: the work upon oneself. **The development of the Essence is only possible on the basis of conscious works and voluntary suffering...** It is necessary to comprehend that this work does not refer to professional issues such as banking, carpentry, railroad repairs or office matters. This work is for any person who has already developed his or her personality; it deals with something Psychological... Since the Essence is completely imprisoned or absorbed inside the Ego or "I", then to dissolve the psychological "I" (to disintegrate one's psychological defects or undesirable elements) is urgent, unavoidable and can not be postponed: this is the meaning of the work upon oneself.

We will never be able to liberate the Essence without previously eliminating the Ego or "I". A determined percentage of Consciousness is liberated when any "I" is disintegrated. Hence, **the emancipation or liberation of the Essence or Consciousness without the disintegration of each "I" is impossible.** The greater the quantity of disintegrated "I's", the greater the degree of self-consciousness or awakened Consciousness. Therefore, the awakening of the Consciousness is only possible by dissolving the "I", by dying in oneself, here and now. As long as the Essence or Consciousness continues to be bottled up within each one of the "I's" that we carry within our interior, it will always be asleep, in a subconscious state. It is urgent to transform the sub-consciousness into consciousness. As all our inhuman psychological elements are being reduced to cosmic dust, the Essence (besides becoming emancipated) will grow and develop harmoniously. When our "I" has died, the Essence shines within us... The liberated Essence confers intimate beauty upon us; perfect happiness and true Love emanate from this beauty...

The Cathexis or Psychic Material

It is important to know that the "I" is a mass of psychic energies (or 'loose cathexis') that reproduce themselves in the lower animal depths of the human being (the inferior worlds of our psychological universe). The Egos eat, sleep, reproduce and live at the expense of our vital principles or 'free cathexis' (the kinetic energy of our muscular and nervous systems). Each of the Egos (which in their mass constitute the loose cathexis, the "I"), project themselves in the different levels of the mind, longing for the satisfaction of their desires. We have to permit the Being or 'bound cathexis' (which is the dynamic psychic energy) to be the one to direct our existence and guide us in the work related with the disintegration of the ego and with the liberation of the mind.

As long as the loose cathexis (the "I") exists, there can be no peace, since the "I's" are the cause of all our internal contradictions. The human being is an irresponsible being that does not have a permanent center of gravity. He is a being which is not yet attained! He is not yet a true being, he is merely an intellectual animal. It is a great error to call the legion of the "I" "soul". Yet, the human being does have within his Essence the psychic material necessary for the creation of the soul, but he does not yet have the soul. "Of what use is it to win the world if you are going to lose your soul?"

Cathexis	Free Cathexis	Loose Cathexis	Bound Cathexis
Psychic energy or psychic material	Our vital principles	Egotistical psychic energies	Dynamic psychic energy
The Essence	The kinetic energy of the muscular & nervous systems	The Ego, the "I", the myself, etc.	The Being, our Seity, our own Inner Divinity
The psychic energy, cathexis, processing itself as an executive force, is formidable.	Free cathexis is the energy of the body and which has always been pitifully dominated by the loose cathexis.	Each loose cathexis is a small "I" which enjoys certain self-independence & seeks to satisfy its desires.	The values of the Being constitute the bound cathexis.

The Creation of the Soul with the Psychic Material

Jesus said to Nicodemus that it was necessary to be born from water and the spirit in order to enjoy the attributes which correspond to a true soul. It is impossible to create the soul if we do not undergo Mystical Death (to die within oneself or 'psychological death'). It is only through the death of the "I" that we can establish a permanent center of consciousness within our own interior Essence. The permanent center of consciousness is the soul. The "I" foolishly spends the psychic material (the cathexis) in explosions of anger, covetousness, lust, envy, pride, laziness, gluttony, etc. **It is logical that as long as the psychic material (the cathexis) does not accumulate, the soul cannot be created.** As the "I" begins to die, the psychic material begins to accumulate and the establishment of a permanent center of consciousness (the soul) is established. The capital of psychic material accumulates when the squanderer of energy (the "I" or Ego) is eliminated.

Comprehension, Mystical Death & Accumulating the Psychic Material

Mystical Death is an arduous and difficult area of the Gnostic Esoteric Work. The loose cathexis is dissolved on the basis of rigorous comprehension. Interrelations (or interaction with our fellow human beings) is the mirror where we can see ourselves at full length. In dealing with people, our hidden defects leap forward, and if we are truly vigilant in our self-observation, then we see them.

Every defect should first be intellectually analyzed and then studied through meditation. When a defect is totally comprehended in all the levels of the mind, its corresponding loose cathexis (a small "I") can be disintegrated. We need the death of the "I" in a complete way in order for the plenitude of the bound cathexis (the Being) to express itself. We should minutely study and observe the thought processes, the different manifestations and functions of desire, the habits which form our personality, including: the sophisms of distraction, the fallacy of the ego and our sexual impulses. We have to study how they react before the impacts of the exterior world (external events) and see how they associate with each other (internal states).

In trying to comprehend any kind of psychological defect in depth, we have to be honest with ourselves. We should be sincere with ourselves and dissect the "I" with the tremendous scalpel of "self-criticism". Unfortunately, Pilate (the Demon of the Mind) always washes his hands, is never guilty, and never recognizes his errors. But in order to comprehend a defect, we must recognize our own mistakes without self-justification, without excuses and without any kind of evasion.

Any intimate defect is multi-faceted and has diverse links and roots which have to be studied judiciously. Self-Revelation is possible when there is integral comprehension of the defect that we sincerely want to eliminate. **We do not need any effort to comprehend the defects that we carry hidden in the different levels of the mind.** Comprehension replaces effort when one tries to comprehend the truth intimately hidden in the secret depth of each problem. Extrasensory perceptions during meditation, illumination, the solution to a problem, etc., are only possible when no kind of conscious or subconscious effort exists, when the mind does not exert itself to be more than it is. No truth can be comprehended by means of effort. The truth comes like a thief in the night, when one least expects it. The truth comes to us by means of profound comprehension.