

Gnostic Psychology – Notes 10

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Self-Discovery through Conscious Attention & Self-Observation

We need a psychological gymnasium if we want to discover all the different defects within ourselves. The path of family life with its infinite, sometimes painful details, is the best psychological gymnasium. The productive and creative job through which we earn our daily bread is another chamber of marvels for the psychological work of self-discovery. Many aspirants to the superior life wish to escape their workplace, to not walk around the streets of their hometown, to take refuge in the forest with the intention of seeking Final Liberation... Those poor people are like silly children who skip school, and think that they are still going to pass on to the next grade.

To live from instant to instant in a state of alert perception, alert novelty, like the lookout in times of war, is essential if we really want to dissolve the Pluralized "I", the Ego. In human interrelations, in the co-existence with our fellow human beings, there are infinite possibilities of self-discovery. In these interrelations, the multiple defects we carry hidden in the unknown depths of the unconscious always emerge naturally and spontaneously and, if we are truly vigilant, then we see and discover them. However, it is obvious that this self-vigilance or conscious attention, must always exist from moment to moment. It is urgent to Self-Observe, Analyze and Comprehend each of our defects.

Comprehension, Meditation and Mystical Death

To be Self-Conscious is something very difficult, but it is possible to reach this state by learning to live alert and vigilant from moment to moment. Each one of us has the "I", the Myself, the Ego, which we need to explore in order to know ourselves and to become Self-Conscious. It is necessary to study ourselves in the field of the mind, emotions, habits, instincts and sex. The mind has many subconscious levels, regions or departments that we should know thoroughly by means of Observation, Analysis, in-depth Meditation and profound intimate Comprehension.

A discovered psychological defect must be completely understood in all the levels of the mind. **In depth Comprehension is impossible without the practice of Meditation.** Meditation is a scientific system to receive internal information.

The first thing we need to do is Awaken in order to Comprehend our own misery, nothingness and pain. Afterwards, through the Gnostic Esoteric Work, the "I" begins to die from moment to moment. Only by dying can the truly Conscious Being be born within us. **Awakening, Dying and Being Born are the three psychological phases that lead us to True Conscious Existence.** We must Awaken in order to Die, and we must Die in order to be Born.



Mystical Death and Praying to our Divine Mother

Inside each one of the varied and argumentative, loud-mouthed "I's" (which personify our psychological errors) exists the psychic material or substance, the Essence or Consciousness. A determined percentage of Consciousness is liberated when any "I" or Ego is disintegrated. Thus, the emancipation of the Essence or Consciousness without the disintegration of each "I" is impossible. If we really want to disintegrate this or that "I", then we need a power superior to the mind (because the mind by itself can never disintegrate any "I"). We must appeal to God the Mother in the depths of our heart in order to disintegrate our "I's", otherwise we will fail in the work upon ourselves.

Each one of us has our own particular, individual Divine Mother. All ancient civilizations adored "God the Mother". The feminine principle of the Eternal One is Isis, Mary, Tonantzin, Cybele, Rhea, Adonia, Insoberta, etc. God the Mother within our own intimacy is the feminine aspect of our Father who dwells in secret. **She eliminates the undesirable elements which we carry in our interior with the condition that we continuously work on ourselves.** Thus, when we have died radically, when all the undesirable elements have been eliminated, after many conscious works and voluntary sufferings, then we will integrate ourselves with our "Father-Mother."

Any of those "I's" or Egos that have been previously observed and judged can be reduced to cosmic dust by means of the Fiery Powers of our own individual, particular Divine Mother. **Prayer in the psychological work is fundamental for the dissolution of the "I"...** To pray is to talk with God. A specific formula in order to pray to our Inner Divine Mother is not necessary. We must be very natural and simple when we address Her. The child who addresses his/her mother never has special formula, they simply utter what comes from their heart and that is all.



Mystical Death, Sex and the Cosmic Opportunity

The secret of happiness of the Intimate God of each creature consists in the relationship that It has with itself... The proper divine state is that of supreme happiness, sexual enjoyment comes from the relationship of the Divinity with itself. The seven cosmos, which shine gloriously in infinite space, sexually entwine... Why should the Microcosmic human being be an exception? Man and Woman always adore each other... Sexual joy then, is a legitimate right of the human being and comes from the relationship of divinity with itself. In other words, sexual joy is terribly divine. The sin of fornication, associated with sex, is the waste of that tremendous creative energy through orgasm...

Saint Albert said that "the spiritual man must direct carnal intercourse towards a moral objective", and that "a sexual function based only on the pleasure of the senses leads us to the most infamous of vices". If we valiantly grasp the sexual spear of Love, with the sincere purpose of reducing to cosmic dust (in successive order) each one of the various subjective elements or "I's" we carry within, then Light is brought forth within us. Just as energy is liberated when the atom is split, so too does the total disintegration of any of the various infernal "I's" liberate the Essence, Light. We should therefore make light, create light... "Light, more light!" cried Goethe moments before his death.

At that marvelous instant in the garden of delights, at the exquisite moment when the penis enters deep into the vagina, a very exceptional kind of electric induction takes place. In these moments our organism is undergoing electric impulses, and this offers us surprising possibilities... **In depth psychological change can emerge in the profundity of the Consciousness if we know how to intelligently make use of the cosmic opportunity we have in those moments...** But we lose this marvelous opportunity when we intend to simply gratify our senses... Miserable is the Samson of the Kabbalah who allows Delilah to put him to sleep... To fall like a beast into lustful temptation is equivalent to throwing away the best opportunity. Instead of the fatal incontinence of the sexual libido (orgasm) it is better to pray...

In the Ancient Mysteries it was taught in secret that sex is a form of prayer. The Gnostic Patriarch, Saint Augustine, said: "Why are we not to believe that humans, before the fall into sin, could dominate the sexual organs in the same way as they do the other parts of the body?" **In the supreme moment of sexual surrender, at the height of sex, meditate and pray so as not to fall into temptation...** In these moments of happiness, plead with all the force of your Heart, beg your Divine Mother Kundalini to eliminate the Devil-"I" from your interior (this refers to the psychological defect which you have already Comprehended through profound Meditation). This is how we die from instant to instant...