

Gnostic Psychology – Notes 10 (Supplement)

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Supplications, Repentance and Developing our Virtues

As the sense of self-observation develops, it will permit us to verify the progressive advancement of our work. Remember that no "I" is instantaneously dissolved. Our Divine Mother must work and even suffer very much before achieving the annihilation of any "I's". Make yourselves introspective; direct your prayer within, seeking your Divine Mother within your interior. Then, with sincere supplications, you will be able to talk to Her. Beg her to disintegrate the "I" that you have previously observed and judged. She is able to pulverize any psychological defect. Our own particular, individual Cosmic Mother possesses wisdom, love and power: absolute perfection exists within Her.

Know that the Divine Mother does not reward crimes, but she can forgive us if there is Repentance. **The ascent of the Sacred Fire or Kundalini up the spine is controlled by the Merits of the Heart.** Each of the 33 vertebrae of the spine correspond to a Virtue or Virtues. The Igneous Serpent could not rise, for example to conquer the 10th vertebra, if the candidate is not tested beforehand and does not meet the requirements of that vertebra. In the spine are all 33 degrees of Occult Masonry and it is not possible for the Serpent to rise (to pass from degree to degree) if no corresponding merits exist...

Confronting the Ego that is Controlling our Internal State

Let's remember that our Internal State (which is related with our Attitude & Character) is the Magnet which attracts certain External Events (the circumstances of life). If we concentrate our efforts on being aware of our Internal State (through Self-Observation), then we can control our reactions to External Events. Thus, we can always choose the most appropriate Internal State for a given situation. But in order to confront our Internal State, we have to want to change and we must be sincere with ourselves. Keeping the following principles in mind may help:

- Everything happens for a reason
- The outside is a reflection of the inside
- I have attracted this situation to myself for some reason, so what in me is attracting this?
- What am I doing to contribute to the situation?
- What is it that I desire to have, or desire *not* to have? (Craving and Aversion)
- What Ego is this?

In order to answer the last question and comprehend the Ego, we can use the 'Seven Deadly Sins' of Christianity. Then we can compare the defect with its corresponding 'Heavenly Virtue':

VICE

- Lust
- Gluttony
- Greed/Covetousness
- Sloth/Laziness
- Anger
- Envy
- Pride (vanity and shame)

VIRTUE

- Chastity (proper sexual conduct/transmutation)
- Temperance (self-control)
- Charity (generosity)
- Diligence
- Compassion (love and patience)
- Kindness (being caring/wanting the success of others)
- Humility (being humble/meek)

Meditation on the Ego ("Blue Time"): Comprehension and Elimination

It is essential to always practice meditation with the eyes closed so as to avoid external sensory perceptions. "Blue Time" or "Rest Therapeutics" has some basic rules which are the following:

1. **RELAXATION:** It is indispensable to learn to relax the body for meditation; no muscle should remain in tension. It is urgent to provoke, and transition into, drowsiness at will. It is evident that the wise combination of drowsiness and meditation results in that which is called Illumination.

2. **RETROSPECTION:** What are we looking for in retrospection? Due to the mechanical life which we live daily, the intellectual animal forgets about themselves and falls into fascination; we go around with a sleeping consciousness without remembering what we did at the moment of rising, without knowing the first thoughts of the day, our actions and the places we have been to, etc.

Retrospection has as its aim the realization of one's behavior or actions of the past. To accomplish retrospection in meditation, we can not have any objections in the mind; we will bring up memories of past situations, from the instant in which retrospection begins until to the moment of our lives that we want. We should study each memory without becoming identified with it.

3. **SERENE REFLECTION:** First we need to become fully conscious of the mood that we are in, before any thought surges: serenely observing our mind, paying full attention to any mental form which appears on the screen of the intellect. It is necessary to become sentries or watchmen of our own mind during any agitating activity, and to stop for an instant in order to observe it.

4. **ESOTERIC PSYCHOANALYSIS:** To search, inquire and investigate the root and origin of each thought, memory, affection, emotion, sentiment, resentment, etc., as they surge forth in the mind. During psychoanalysis, one should examine, evaluate and inquire about the origin, cause, reason or fundamental motive of each thought, memory, image and association, as they surge from the depth of the subconscious.

5. **MANTRALIZATION OR KOAN:** The objectives of this phase are:

- a.) To mix the magical forces of mantrams or koans in our inner universe.
- b.) To awaken the consciousness.
- c.) To intimately accumulate Christic Atoms of very high voltage.

In this psychological work, the intellect should take on a receptive, integral, complete, full, tranquil and profound state. One achieves the completely receptive state with the koans or phrases that de-control the mind.

6. **SUPERLATIVE ANALYSIS:** This consists of an introspective knowledge of oneself. During deep meditation, introverting ourselves is indispensable. In this state, one will work on the process of the comprehension of the "I" or defect that one wants to disintegrate.

The Gnostic Student will concentrate themselves upon the psychological aggregate and will maintain it on the screen of the mind. Above all, it is indispensable to be sincere with oneself. Superlative analysis consists of two phases which are:

- a.) **Self-exploration:** To search in the depth of the consciousness (and in the 49 levels of the subconscious) for when the defect first manifested itself in our lives, when it last manifested itself and in what moments it has more strength to manifest itself.
- b.) **Self-discovery:** To investigate what the 'foods' of the "I" are. To separate and divide the defect into various parts in order to study each part, so as to get to know the kind of "I's" that originated it and the kind of "I's" that originate from it.

7. **SELF-JUDGMENT:** To seat the defect being studied on the defendant's bench. To bring to judgment all the harm it causes the consciousness and the benefits that the annihilation of the defect being judged would bring into our life.

8. **PRAYER:** One will ask the Divine Mother Kundalini (our inner and individual Mother) with much zeal, talking to her with frankness and introverting all the defects and faults we have, so that She (who is the only one capable of disintegrating the "I's") will disintegrate them from their very root.

After having studied the psychological defect by means of meditation, one begs our Divine Mother Kundalini ("RAM-IO") to disintegrate it with the sexual energy during sexual super-dynamics.