

Dance Of The Dervishes

by Samael Aun Weor

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The Dervishes are Masters of Turkey who live in the desert. There are Singing Dervishes and there are Dancing Dervishes. The Singing Dervishes teach through songs and music the processes of the Consciousness. The Dancing Dervishes teach through the dances how the body can be in harmony with the Universe through certain movements or Runes, which within us mobilize forces that are of great use in order to attain Concentration.

Therefore, these dances have the object of allowing us to attain Concentration. We must do them before any practice in order to succeed. In this way, to bring out any practice — astral projection, meditation, etc. — if we wish to obtain good results, we must harmonize the Physical Body with the interior part. And this is attained with these exercises.

1. First Dance

Open the arms so that they are straight and perpendicular to the trunk. Put the palms of the hands upward and begin to turn in the direction of the hands of the clock.

This practice is very useful because it unburdens the liver, the solar plexus, and the emotional zone. Moreover, it organizes and sets the Seven Chakras to turning correctly, in the direction of the hands of the clock. Lamentably, the bad management of energies and the energetic waste in which all human beings live make these Chakras turn in the opposite direction. This exercise aligns and coordinates the three brains, and produces a vibratory phenomenon.

It must be practiced every day. A minimum of twenty-one (21) turns must be made. When one finishes turning, one places the right foot forward, flexing it a little, places the left arm upon the right knee, and with the right hand presses the eyebrow center — so that there is no dizziness. If it is done for eight consecutive days, one realizes that no longer is dizziness felt, or if it is, very little. Then the liver is being unburdened, which permits a better astral projection.

2. Second Dance

It is to quiet the mind: the majority of persons work all day and carry many preoccupations. Those preoccupations are what do not let one center oneself when one is going to medi-

tate, or project, or to do any other practice. If we are intellectuals and are at an office all day seated, it is necessary that we balance ourselves a little, in order to advance with the work.

Therefore, it is recommended, for a space of five or ten minutes, to do the dance we are going to teach. It is a dance that coordinates the three brains: first it quiets the Intellectual — the best way to quiet the Intellectual is not thinking; it places the Emotional in the mood required to be able to begin any practice; and it balances the Motor.

This exercise is very simple and is carried out as follows: we begin to jog in place, and at the same time we begin to clap rhythmically in front and behind the body, and simultaneously turn the head from one side to the other. That is the whole exercise.

Undoubtedly, while one does the exercise one cannot think, because no thought is sustained there; then the process of balance begins to take place. If we do this exercise for five or ten minutes before any practice, we shall obtain a very superior capacity of concentration.

3. Third Dance

We begin to jog in place. This time we begin to clap rhythmically on the left side and turn the head to the right side. Then we clap on the right side and turn the head to the left side. It is

very simple, and one must practice it until coordinating it very well. There are these two exercises. The important thing is to coordinate the three things: the movements of the head, the movements of the arms back and forth or to the sides, and the movements of the legs. Finally, the breathing is also coordinated. When one has sufficient practice, they are done with much facility. Practice makes the master.

The Transmutation of the Cosmic Forces

The Transmutation of the Cosmic Force is a work that we must do consciously. This work is done between the Planet Earth, the Microcosm Man, and the Sun of Sirius.

Before initiating it, we must do the dance of the dervishes in order to be able to have sufficient concentration.

When we do this work, we gain Dharma for the conscious help to the planet. That Dharma is reflected in the force that remains in us through the participation in this work.

The planet Earth needs our conscious collaboration. The planet Earth also has its Sun within; this Sun is called Melchizedek, the Interior Sun.

In the Sun of Sirius we find the Army of the Voice. From it comes all the energy that sustains Creation. If one imagines the Spiritual Sun of Sirius, one sees a spiral of little lights

formed by millions of angels who move the Army of the Voice — of a spectacular brilliance. Depending on the degree of concentration one has, one can see this.

A person doing the Transmutation of the Cosmic Force for one to two hours can come to see things like these; the opportunity to see it is attained with a good concentration.

We do this work by invoking our Being, because for our Being there is no space, nor is there time. That is, the distance to Sirius does not matter; the distance from where we are to the center of the Earth — the 6,240 kilometers, more or less, to the center of the Earth — is, for the Being, irrelevant. He, in a second, can be there.

We sit with the palms of the hands looking upward. We are going to imagine the vortices of reception and transmission of cosmic energy that are in the toes.

Then, the work consists in transferring energy from the planet Earth to the Heart, then transferring it to the Sun of Sirius, then bringing it down again to our Heart, and finally delivering that Cosmic Energy to the planet Earth.

The complete round is made. We take an energy to Sirius and bring an energy from Sirius to the planet Earth; we exhale it in the planet Earth, expelling all the air from the lungs.

It can be seated or standing — it does not matter. I inhale, making the first Eight at the center of the planet, and I bring it up to the height of the heart; the Eight is made; it goes out to Sirius through the crown of the head, because the crown of the head is the point of exit from the planet, from the microcosm. Then we arrive at Sirius, we imagine Sirius, we make the Eight there, and we return again to the heart; we make the Eight; at the exit from the heart we exhale and expel all the discharge to the center of the planet, making the Eight there at the center.

A complete breathing — inhalation, retention, and exhalation — will last from thirty seconds to one minute, according to the lung capacity each one has. There is no need to worry about hurrying; there is no rush.

On finishing the transmutation, we are charged with an unimaginable energy to practice astral projection, meditation, whatever it may be. It is a very special energy; the more one has transmuted, the better one feels, and the better one can concentrate to do the practices.

The energy can be imagined as silvery gray; at the moment least expected, one begins to see it. One is going to see the stream of energy that is running through one — but that is seen during the practice.

Conditions for doing this exercise of transmutation:

- To be barefoot.
- In a tranquil place.
- If possible, in contact with the earth. If it is not possible, then to be upon materials that do not insulate — such as tile floors. Carpets insulate.

To do the work of Transmutation of the Cosmic Force, five horizontal Eights must be made, equal to the symbol of Infinity (∞):

- The first Eight below, at the center of the Earth.
- The second Eight at the height of the Heart.
- The third Eight at the Sun of Sirius.
- The fourth Eight at the height of the Heart again.
- The fifth Eight, finally, we arrive again at the center of the planet Earth.

Practice:

We begin with an inhalation. With the Imagination, we gather the energy from the center of the planet Earth, making the first Eight. Then we ascend to the Heart.

We make the second Eight at the height of the Heart.

Retaining the air, we go out through the crown of the head and go toward Sirius; we imagine Sirius.

We make the third Eight at Sirius.

We descend to our heart, penetrating through the crown of the head.

We make the fourth Eight at the Heart.

Exiting from the Heart, we exhale, sending toward the Earth all the energy we bring, imagining that we discharge that energy at the center of the planet. And we make the fifth Eight.

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