

Mechanical Creatures

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Certainly, in each day of our existence there exists repetition of events, states of consciousness, words, desires, thoughts, volitions, etc.

It is obvious that when one does not self-observe, one cannot realize this incessant daily repetition.

It is evident that whoever feels no interest at all in observing himself does not desire to work for the attainment of a true radical transformation.

To complete the heap of follies, there are people who want to transform themselves without working upon themselves. We do not deny the fact that each one has a right to the real felicity of the spirit, but it is also certain that such happiness would be something more than impossible if we do not work upon ourselves.

One can change intimately when one truly succeeds in modifying his reactions before the diverse facts that come upon him daily.

However, we could not modify our way of reacting before the facts of practical life if we did not work seriously upon ourselves.

We need to change our manner of thinking, be less negligent, become more serious, and take life in a different form — in its real and practical sense.

However, if we continue thus, just as we are, behaving in the same manner every day, repeating the same errors, with the same negligence of always, any possibility of change will be in fact eliminated.

If one truly wants to come to know oneself, one must begin by observing his own conduct before the events of any day of life.

By this we do not mean that one ought not observe oneself daily; we only want to affirm that one must begin by observing one first day.

In everything there must be a beginning, and to begin by observing our conduct on any day of our life is a good beginning.

To observe our mechanical reactions before all those small details of bedroom, home, dining room, house, street, work, etc., etc., etc. — what one says, feels, and thinks — is certainly the most indicated.

The important thing is to see then how, or in what manner, one can change those reactions. However, if we believe that we are good persons, that we never comport ourselves in an unconscious and mistaken form, we shall never change.

Above all, we need to comprehend that we are persons-machines, simple marionettes controlled by secret agents, by hidden I-s.

Within our person live many persons; we are never identical. At times in us manifests a mean person; other times an irritable person; in some other instant a splendid, benevolent person; later a scandalous or slandering person; afterward a saint; then a liar, etc.

We have people of every class within each of us, I-s of every kind. Our personality is no more than a marionette, a talking doll, something mechanical.

Let us begin by comporting ourselves consciously during a small part of the day; we need to cease being simple machines, even if only during a few brief minutes daily — this will influence decisively upon our existence.

When we Self-Observe and do not do what this or that I wants, it is clear that we begin to cease being machines.

A single moment in which one is sufficiently conscious so as to cease being a machine — if it is done voluntarily — usually modifies many disagreeable circumstances radically.

Unfortunately, daily we live a mechanistic, routine, absurd life. We repeat events; our habits are the same; we have never wanted to modify them; they are the mechanical rail along which the train of our miserable existence runs. However, we think the best of ourselves...

Wherever one looks, the "MYTHOMANIACS" abound — those who believe themselves Gods; mechanical, routine creatures, personages of the mud of the earth, miserable puppets moved by diverse I-s; people like this will not work upon themselves...

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