

Practices With Positive Results

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That Practices May Give Positive Results

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In the practices of astral projection, for example, the majority of persons are failing.

Only from time to time do we see students bringing out practices. This is so that we may have clear the distinct elements that can lead us to failure when one attempts to do any practice.

All practices give positive results, undoubtedly. The important thing is that one comes to do the practice in the disposition of mind that is required for it.

First Aspect of Failure — Lack of Concentration

We are concentrated when the Consciousness is centered on the action.

If our Consciousness is our particular God, He never fails.

If a person centers his Consciousness on what he is doing, if he does not become distracted, he in fact has power. And Concentration is the greatest power to which one can aspire. We believe we concentrate because we develop certain apparently judicious labors, but really we are not concentrated.

If one wants to begin to develop Concentration, one has to begin to carry forward a very simple task: see what one does during the day. Thing by thing — it helps to go on noting it down, to be conscious. The day we succeed in doing that thing concentrated will be a success.

Then: the first labor of the day, the second, the third, the fourth, the fifth, the sixth, the seventh, etc., etc., and thus all, one after another.

We have to come to do them consciously, in order to realize each of the I-s that intervene in each task of the day.

Therefore, one has to struggle every day from the moment one rises to be concentrated, to live the instant, not to become distracted, not to permit the Consciousness to escape.

Consciousness means: CON, which is with, and SCIENCE, which is Wisdom.

Points to keep in mind:

- Making an effort to do thing by thing.

- Without thinking of any other thing.
- Without interrupting one thing to do another.
- Not thinking of things that we are going to do later.
- Not remembering things already done.
- Maintaining ourselves centered on what we do.

Second Aspect of Failure — Lack of Faith

What is it not to have faith? To doubt — and doubt always leads one to failure. What is it to have faith? To know, to have the certainty.

It is different to know and to believe. One can believe one can do many things. For example, I can believe I can fly, but if I have not flown, certainly I do not fly. There is the difference.

To have faith, it is necessary to conquer something called doubt. What makes us doubt? Being at all hours with mechanical imagination.

When one no longer doubts, he does not let the Devil convince him. When one conquers doubt, he immediately does, and there arises wisdom — faith in what he is doing. And he never doubts again.

A person who has not consciously projected doubts of astral projection. But a person who has consciously projected, inves-

tigated, verified, has nothing to doubt. He simply applies and has his results. A person who does, knows. And if he knows, he no longer doubts. He already has faith in what he does; he has conquered ignorance; he has conquered doubt; and he has attained faith.

Third Aspect of Failure — Fear

Fear renders everyone impotent and incapable. When a person is afraid, he does not do. This is the force contrary to Love, which is in the Works. Let us see specific examples:

Let us imagine that from a building over there, we are going to place a taut band of steel up to here, at fifteen centimeters in height. We are going to put handrails and a carpet so that it is well secure.

From there, at fifteen centimeters in height from the floor, on that well-taut band of steel, each of you is going to advance, holding onto the handrails, walking on the carpet. Does anyone imagine that he cannot? Can all? Is there anyone who believes he cannot?

We are going to do the same task, but at a hundred meters in height. We are going to set up the same band; we are going to put it taut with its carpet and all. Then we say to each one: "Go you." Do you pass? Thus, you will realize that not one is going to pass. Why? Because immediately the imagination puts fear

into us. And if our fear is not resolved, while the imagination does not resolve, the will does not work.

While you do not resolve your fears, you cannot project, you cannot meditate, because the will, which is what takes you to doing, is not going to function.

Fourth Aspect of Failure — The Objective

Undoubtedly, if you have read about the secret of success, you will know that when one has an objective, one never fails. But when one has no objective, he is a vagabond.

The experts teach that of 10,000 ships that leave port with a determined objective, 10,000 triumph; that is, they always arrive where they go. But imagine a ship loaded with all the crew, the provisions, and everything. They say to the captain: "Shall we depart?" "Yes, let us depart." And they ask: "To where?" "I do not know. I do not know yet."

Then what happens? The crew begins: "Let us go to Paris." "No, better let us leave for Germany." Another will say: "No, better let us go to New York," and so on. Then all the crew begins to argue and no one does anything. Why? Because there is no objective.

We always have to have an objective: To go to the Tribunal, to investigate how a determined business stands, to make a

transfer of funds, to speak with a determined Master, to investigate a determined psychological aggregate, etc. To have a determined direction.

For this reason, before beginning the practice, we define: What is the objective we are going to fulfill as soon as we project? What is the objective of going to look for a determined Master? I have to know what I am going to ask him. Am I going to ask him just any thing? Or am I simply going to go and say: "What's new? What have you been doing?" — as they do in the physical plane to bring each other up to date. Whenever one has an objective, it must be determined, fixed.

Then let us study a little in what we are failing in these four points: if Concentration is lacking; if we have Faith; if we find I-s of Fear, let us ask the Divine Mother to eliminate them for us; and finally, let us set ourselves an Objective. With this, one should not fail.

There exist 4 rules every esoteric student must know:

1. TO KNOW HOW TO LONG.

To desire is to long. "Desire is the source of all force."

2. TO KNOW HOW TO DARE.

To begin to do, to commence, to dare, to attempt.

3. TO KNOW HOW TO DO.

You begin to do a task... the one who does is the Being.

4. TO KNOW HOW TO KEEP SILENCE.

No one can speak about what he sees in other dimensions.

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