

Self Knowledge

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The fundamental thing in life is to truly come to know oneself: Where do we come from? Where are we going? What is the objective of existence? Why do we live? Etc., etc., etc.

Certainly, to know oneself is the fundamental. Everyone believes they know themselves when in reality they do not. Therefore it is necessary to arrive at the full Knowledge of oneself; and this requires incessant Self-Observation — we need to see ourselves as we are.

Unfortunately, people easily admit that they have a physical body; they accept that they have it because they can see it and touch it. But their psychology is a little different. Certainly, since they cannot see their own psyche, since they cannot

touch or palpate it, for them it is something vague that they do not understand. When some person begins to observe himself, it is an unequivocal sign that he has intentions to change.

Whoever truly wishes to know the 'Internal Worlds' of planet Earth, of the solar system, or of the galaxy in which we live, must first know his intimate world, his particular interior life, his own 'Internal Worlds'.

"Know yourself, and you shall know the Universe and the Gods." Each one of us has his own Divine Wisdom, which is that of his Real Inner Being. We know that God is everywhere. But... do we know our own part of Divinity?

We never have time to know our interior world. We do not give this sufficient importance. Nevertheless, it is necessary to do this work consciously.

WE ARE ALL CONSTITUTED BY THREE PARTS

Matter: our Physical Body or human machine. We have it, but it is not solely what we are.

Soul or Mind: the 97% of trapped Essence, the Psychic Energy that originates all our movements, and which we do not know in spite of the fact that we live much more time in the inner world than in the outer world. Here we find all our different ways of being, our defects.

Spirit or Consciousness: the 3% of free and conscious Essence, our Divine Wisdom. The Real, the True, the Eternal or Immortal, the Knower in each one, that which is not of time and never passes.

To arrive at Interior Knowledge we must study the Four Pillars of Wisdom, which will permit us to slowly penetrate that interior world called oneself.

THE FOUR PILLARS OF WISDOM ARE:

1. Science

Experimentation is the base of Conscious Science. Science teaches us the different procedures to be able to know our interior world and to experience it directly.

The word 'Knowledge' comes from to know, not from to believe. Through practice we can experience directly in the different Dimensions of nature.

We teach the following practices:

- Concentration
- Relaxation
- Astral Projection
- Meditation
- Retrospection

- Negotiation of Karma
- Cancellation of Karma
- Etc., etc.

Practice makes the Master; therefore we must practice until we triumph.

2. Art

Art teaches us to Create — how to create ourselves.

In the sexual center are latent the great possibilities of the human being.

Supra-sex, or Higher Sex, allows us to create the Superior Existential Bodies of the Being so that we may have representation in the different Dimensions of nature. This is attained through the sexual union of man and woman, the insertion of the masculine phallus into the feminine yoni, without loss of the Creative Sexual Energy.

Practice:

Conjuration of Belilin and the Magic Circle.

Supplication for the assistance of the Inner Father and the Divine Mother for the practice.

Light the fire with caresses and kisses until obtaining a perfect lubrication of the feminine yoni for penetration.

Connection or penetration of the Lingam into the Yoni (of the penis into the vagina).

The Breathing Process has three stages:

Inhalation (20 seconds): Imagine the entry of the air into the lungs, and then carry it down to the sexual glands.

Retention (20 seconds): Imagine and feel a thread of gold that ascends through the spinal column up to the eyebrow center.

Exhalation (20 seconds): Vocalizing slowly and prolongedly IIIII, AAAAA, OOOOO — vowel by vowel, repeating the entire breathing procedure for each vowel.

Withdraw without spilling the energy.

3. Psychology

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

Our Energy is embedded in each of our defects; we are machine-men, simple marionettes managed by invisible threads. We lack a true Individuality; each defect moves in a different direction; we are never the same.

When we self-observe the interior world seriously, we are surprised by so many defects. Each one of our defects is a different person. By eliminating any of the defects, the Consciousness that it had trapped is liberated. With the Death of each one of the I-s, we recover the Wisdom and the Love that were enclosed in it. In this manner, the liberated sparks go on integrating themselves into the free Consciousness.

Method for the liberation of Consciousness:

Self-Observe ourselves at each instant in order to discover the different defects that manifest in us.

A discovered defect must be judged until it is comprehended.

Once comprehended, it must be eradicated through a Supplication for elimination to our particular Divine Mother.

With this simple procedure we can go on changing our way of being, eliminating detail by detail, and liberating the Consciousness trapped in each one of the defects. This process is called Death-in-Motion.

4. Mysticism

Mysticism teaches us to love the work, both the interior and the exterior.

A person begins to know the interior world when he has begun to experience — to verify the reality of his own particular Being.

Both in the labor of the Creation of the Bodies, as well as in the disintegration of the defects and in the Sacrifice for Humanity, it becomes necessary to develop the love for the work for the work itself. And this is one of the most difficult things, given the state in which we find ourselves, previously described.

When we develop the disinterested Sacrifice for Humanity, we begin to experience Love for it; we vibrate with the marvelous force of Love, and we live a very important change in each of our cells.

Only through practice and direct experimentation can our capacity to do go on perfecting itself — that which we shall call Mysticism, for Love without works is impossible.

OBJECTIVES OF SELF-KNOWLEDGE

- 1. The Self-Realization of the Being.
- 2. The regeneration of the human being.
- 3. Liberation of all our Consciousness.

- 4. Creation of the Superior Existential Bodies of the Being.
- 5. Knowledge of all the Laws.
- 6. Knowledge of the Superior Dimensions.
- 7. To incarnate our individual Christ.
- 8. To resurrect in Oneself.
- 9. To attain Sacred Individuality.

The fundamental thing in life is to truly come to know oneself: Where do we come from?

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