

States And Events

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Life

In the terrain of practical life we always discover contrasts that astonish. Wealthy people with a magnificent residence and many friendships sometimes suffer frightfully...

Humble proletarians of pick and shovel, or people of the middle class, sometimes live in complete happiness.

Many archi-millionaires suffer from sexual impotence, and rich matrons weep bitterly over the infidelity of the husband...

The rich of the earth seem like vultures among gold cages; in these times they cannot live without "bodyguards"...

Statesmen drag chains; they are never free; they go everywhere surrounded by people armed to the teeth...

Let us study this situation more attentively. We need to know what life is. Each one is free to opine as he wishes...

Whatever they say, certainly no one knows anything; life turns out to be a problem that no one understands...

When people wish to tell us, gratis, the history of their life, they cite events, names and surnames, dates, etc., and feel satisfaction in making their accounts...

Those poor people do not know that their accounts are incomplete, because events, names, and dates are only the external aspect of the film — the internal aspect is missing...

It is urgent to know "states of consciousness." To each event corresponds this or that state of mind.

States are interior, and events are exterior; the external events are not all...

By interior states we mean the good or bad dispositions, the preoccupations, depression, superstition, fear, suspicion, mercy, self-consideration, self-overestimation; states of feeling happy, states of joy, etc., etc., etc.

Unquestionably, the interior states can correspond exactly with the exterior events, or be originated by these, or have no relation with them at all...

In any case, states and events are different. The events do not always correspond exactly with kindred states.

The interior state of an agreeable event could fail to correspond with the same.

The interior state of a disagreeable event could fail to correspond with the same.

Events awaited for a long time — when they came, we felt that something was missing...

Certainly, what was missing was the corresponding interior state that should have combined with the exterior event...

Many times the event that was not expected turns out to be the one that gave us the best moments...

The Interior State

To combine interior states with exterior events in a correct form is to know how to live intelligently. Any event intelligently experienced demands its corresponding specific interior state...

However, unfortunately, when people review their life, they think that it in itself is constituted exclusively by exterior events...

Poor people! They think that if this or that event had not happened to them, their life would have been better...

They suppose that luck came to meet them, and that they lost the opportunity to be happy...

They lament what was lost, weep over what they disdained, moan recalling old stumbles and calamities...

People do not want to realize that to vegetate is not to live, and that the capacity to exist consciously depends exclusively on the quality of the interior states of the Soul...

It certainly does not matter how beautiful the external events of life are; if in such moments we do not find ourselves in the appropriate interior state, the best events can seem to us monotonous, tedious, or simply boring...

Someone awaits anxiously the wedding party — it is an event — but it could happen that one were so preoccupied at the precise moment of the event that one really tasted no delight in it, and all that became as arid and cold as a protocol...

Experience has taught us that not all the persons who attend a banquet or a dance truly enjoy themselves...

There is never lacking a bored person at the best of festivities, and the most delicious pieces gladden some and make others weep...

Very rare are the persons who know how to combine consciously the external event with the appropriate internal state...

It is lamentable that people do not know how to live consciously: they cry when they should laugh, and laugh when they should cry...

Control is different. The wise one can be cheerful, but never filled with mad frenzy; sad but never desperate and dejected... serene in the midst of violence; abstemious in the orgy; chaste amid lust, etc.

Melancholy and pessimistic persons think the worst of life and frankly do not wish to live...

Every day we see people who are not only unhappy but who also — and what is worse — make life bitter for others...

People like this would not change even living daily from feast to feast; they carry the psychological illness in their interior... such persons possess intimate states that are definitively perverse...

However, those subjects self-qualify themselves as just, holy, virtuous, noble, serviceable, martyrs, etc., etc., etc. They are people who self-consider themselves too much; persons who love themselves much...

Individuals who pity themselves too much, and who always seek escapes to elude their own responsibilities...

Persons like this are accustomed to inferior emotions, and it is evident that for this reason they create daily infrahuman psychic elements.

Unfortunate events, reverses of fortune, misery, debts, problems, etc., are the exclusive lot of those persons who do not know how to live...

Anyone can form himself a rich intellectual culture, but very few persons have learned to live rightly...

When one wishes to separate the exterior events from the interior states of consciousness, he concretely demonstrates his incapacity to exist with dignity.

Those who learn to combine consciously exterior events and interior states march along the road of success...

Mistaken States

Unquestionably, in the rigorous self-observation of the Me-Myself, it is always unpostponable and inescapable to make a complete logical differentiation in relation with the exterior events of practical life and the intimate states of the consciousness.

We need urgently to know where we are situated at a given moment, both in relation to the intimate state of conscious-

ness, and as to the specific nature of the exterior event that is happening to us.

Life in itself is a series of events that are processed through time and space...

Someone said: "Life is a chain of martyrdoms that man carries entangled in his Soul..."

Each one is very free to think as he wishes; I believe that the ephemeral pleasures of a fleeting instant are always followed by disenchantment and bitterness...

Each event has its special characteristic taste, and the interior states are likewise of distinct kind; this is incontrovertible, irrefutable...

Certainly the Interior Work upon oneself refers in an emphatic form to the diverse psychological states of consciousness...

No one could deny that in our interior we carry many errors and that there exist mistaken states...

If we truly wish to change, we need with maximum and unpostponable urgency to radically modify those mistaken states of consciousness...

The absolute modification of the mistaken states originates complete transformations in the terrain of practical life...

When one works seriously upon the mistaken states, obviously the disagreeable events of life can no longer wound him so easily...

We are saying something that can only be comprehended by experiencing it, by really feeling it in the very terrain of facts...

Whoever does not work upon himself is always the victim of circumstances; he is like a wretched log among the stormy waters of the ocean...

Events change incessantly in their multiple combinations; they come one after another in waves; they are influences...

Certainly there exist good and bad events; some events will be better or worse than others...

To modify certain events is possible; to alter results, modify situations, etc., is certainly within the number of possibilities.

However, there exist situations of fact that truly cannot be altered; in these latter cases they must be accepted consciously, even though some turn out to be very dangerous and even painful...

Unquestionably the pain disappears when we do not identify with the problem that has presented itself...

We must consider life as a successive series of interior states; an authentic history of our own life in particular is formed by all those states...

On reviewing the totality of our own existence, we can verify by ourselves in a direct form that many disagreeable situations were possible thanks to mistaken interior states...

Alexander the Great, although always temperate by nature, surrendered himself out of pride to the excesses that produced his death...

Francis I died on account of a filthy and abominable adultery, which history still well remembers...

When Marat was assassinated by a perverse nun, he was dying of pride and envy; he believed himself absolutely just...

The ladies of the Park of the Serfs unquestionably ended totally the vitality of the frightful fornicator called Louis XV...

Many are the people who die of ambition, anger, or jealousy; this Psychologists know very well...

When our will confirms itself irrevocably in an absurd tendency, we become candidates for the pantheon or cemetery...

Othello, due to jealousy, became a murderer, and the prison is full of sincere ones in error...

Personal Events

Full intimate self-observation of the Me-Myself becomes unpostponable when it is a matter of discovering mistaken psychological states.

Unquestionably, the mistaken interior states can be corrected through correct procedures.

Since the interior life is the magnet that attracts the exterior events, we need with maximum unpostponable urgency to eliminate from our psyche the erroneous psychological states.

To correct mistaken psychological states is indispensable when we wish to alter fundamentally the nature of certain undesirable events.

To alter our relation with determined events is possible if we eliminate from our interior certain absurd psychological states.

Destructive exterior situations could become innocuous and even constructive through the intelligent correction of the erroneous interior states.

One can change the nature of the disagreeable events that happen to us when one is intimately purified.

He who never corrects the absurd psychological states, believing himself very strong, becomes the victim of circumstances.

To put order in our disordered interior house is vital, when we wish to change the course of an unfortunate existence.

People complain about everything, suffer, weep, protest, would wish to change their lives, to come out of the misfortune in which they find themselves; unfortunately they do not work upon themselves.

People do not want to realize that the interior life attracts exterior circumstances, and that if these are painful, it is due to absurd interior states.

The exterior is only the reflection of the interior; whoever changes interiorly originates a new order of things.

The exterior events will never be as important as the manner of reacting before the same.

Did you remain serene before the insulter? Did you receive with pleasure the disagreeable manifestations of your fellow men?

In what manner did you react before the infidelity of the beloved being? Did you let yourself be carried away by the poison of jealousy? Did you kill? Are you in prison?

The hospitals, cemeteries or pantheons, prisons, are full of sincere ones in error who reacted in an absurd manner before exterior events.

The best weapon a man can use in life is a correct Psychological state.

One can disarm wild beasts and unmask traitors through appropriate interior states.

Mistaken interior states convert us into defenseless victims of human perversity.

Learn to face the most disagreeable events of practical life with an appropriate interior attitude...

Do not identify with any event; remember that everything passes; learn to see life as a film, and you will receive the benefits...

Do not forget that events of no value could lead you to misfortune, if you do not eliminate from your Psyche the mistaken interior states.

Each exterior event unquestionably needs the appropriate ticket — that is, the precise Psychological state.

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