

The Three Factors

by Samael Aun Weor

GNOSTIC LIBRARY

- 1. The first factor will be Birth.
- 2. The second factor will be Death.
- 3. The third factor will be Sacrifice for Humanity.

The Three Factors of the Revolution of the Consciousness

- 1. The first factor will be Birth.
- 2. The second factor will be Death.
- 3. The third factor will be Sacrifice for Humanity.

First Factor: BIRTH

By Spiritual Birth is understood the Creation of the Existential Bodies of the Being. We say creation of the Seven Bodies, for they must be created the same way our physical body was created — in sex.

To be born, it is necessary to have a stable partner with whom we can work in sex in a permanent form. There must be one partner — there cannot be many, for this would adulterate the work. The partner must be disposed to collaborate with us and know the work that is to be done.

For this work, we must learn to value the Creative Sexual Energy, for with it we shall make all the creation.

The place where sex will be practiced is the nuptial bed or altar. This place is very special, and we must take great care of it so that other forces do not mix in. The bedroom or chamber where it is found must be in magnificent conditions of cleanliness and ventilation, free of noises (loud music) and televisions. There cannot be other persons sleeping in the same chamber.

Supra-sex cannot be practiced in just any place. It is necessary to have a chamber dedicated to this.

Before initiating the practice of birth we must make some preparations:

- Conjunction of Belilín and Magic Circle (to remain protected from the forces of Evil).
- Supplication to the Father and to the Divine Mother that they assist us during the practice.
- Caresses between the spouses to attain a magnificent lubrication of the yoni.
- Penetration of the phallus into the yoni (the penis into the vagina).

- Once united sexually, Concentration, Imagination and Will are necessary.
- Breathing procedure for the transmutation of matter into energy:

Inhalation (20 seconds) — imagining the entry of the air through the nose into the lungs, and then bringing it down to the sexual glands.

Retention (20 seconds) — imagining the ascent of a golden thread from the coccyx to the eyebrow center.

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

The practice shall continue for as long as the couple wishes, but they must withdraw without ejaculating or spilling the Creative Sexual Energy.

It is not practiced more than once at night.

With patience, prudence, and perseverance, we shall advance vertebra by vertebra and body by body.

Second Factor: DEATH

Psychological Death refers to the liberation of the Essence, or Creative Sexual Energy, which at this moment is found

trapped by the psychological I or the ways of being of oneself.

To be able to initiate the process of Psychological Death, we must learn to self-observe ourselves. And this turns out to be the most difficult thing, because of the mechanicity in which we find ourselves.

It is necessary to know how to differentiate the acts of the Ego, the acts of the personality, and those of the Consciousness.

What can be observed in the interior world?

- 1. The different thoughts.
- 2. The internal chatter between the I-s.
- 3. The pleasant emotions.
- 4. The unpleasant emotions.
- 5. The states of mind in which we find ourselves.
- 6. The mechanical reactions.
- 7. Everything that alters us — any situation of the physical world.

When one discovers any of these manifestations, we become conscious of what happens interiorly. Then we ask the Divine Mother to disintegrate the defect or I that manifested itself.

To the measure that we work seriously with this procedure, we shall be liberating the Essence, balancing our centers, and awakening the Consciousness. Each time we shall see smaller and more insignificant details, which will permit us to see the advance.

The sense of self-observation will go on sharpening progressively, to the measure that we use it, until we awaken completely.

Example:

I am going down the street, driving calmly. On arriving at the corner, another vehicle cuts across in front of me. If in that instant I do not identify myself with what is happening to me, I can observe everything that is happening in my interior world; let us see:

- An I appears that tells me to shout "stupid" at him.
- Another, "insult him."
- Another, "What does he think he is?"
- Another, "Catch up to him!"
- I observe that I have a desire to fight.
- I observe that my Emotional Center is contracted.
- I observe that an I wants to take revenge.
- I ask myself who taught him to drive.

- I think, "I hope he crashes!"
- Another tells me that he could have scratched our car.
- I cannot stop thinking about this.
- "How irresponsible!" says another.
- Other I-s comment on what happened.
- I feel resentment for what happened.
- Some time later I am still remembering the scene.
- I still have anger.
- I cannot forget what happened.
- I feel weakened.

Each of these manifestations is produced by a different I, and I must supplicate the Divine Mother to eliminate it for me.

Another example:

A very beautiful woman passes near one. If I self-observe, I discover I-s in my head that are idealizing her. If I observe the Emotional Center, I feel enamored or attracted to her. If I observe the Instinctive Center and the Sexual, I notice an unmistakable morbid activity. What do I have to do?

On observing that I am idealizing her, I ask for death for that detail.

On observing that I am becoming enamored, I ask for death for that feeling.

And on observing the instinctive sensation, I ask for death for that I.

If any of them persists, I continue asking the Divine Mother to eliminate it until none surfaces.

This procedure is called Death-in-Motion, and it implies being all day in vigil in order to be able to realize each detail.

If I sit down for a while to reflect upon the diverse events of the day and the states in which I found myself, I can make new discoveries and continue asking the Divine Mother to eliminate for me each thing that I go on comprehending. This procedure is called Reflective Meditation. And it helps us to liberate great quantities of Consciousness.

Third Factor: SACRIFICE FOR HUMANITY

Sacrifice for Humanity is to bring this knowledge disinterestedly to all of humanity. Without any kind of distinction of race, color, wealth, poverty, social position, etc.

The Knowledge must be delivered without receiving anything in exchange — completely free of charge; otherwise it is not sacrifice, but business. No one would have the means to pay for this knowledge.

Wisdom is the principle of everything. If we do not receive it, we die ignorant of the very reason for existing. If we reflect upon this and value the Knowledge that we have, we shall realize the responsibility this represents. To imagine that all our brethren sleep, without even knowing why they exist, produces terror.

The Knowledge must be delivered pure and clean, without adding or subtracting anything, without mixing it with pseudo-esoteric or subjective knowledge.

Conditions for sacrificing ourselves:

- We must deliver the knowledge free of charge.
- We must deliver it to all the world.
- We must deliver it pure, without adding other things.
- We must not take away from it or hide anything, for this would be to adulterate it.
- We must not mix it with other knowledge.

Some reasons for sacrificing ourselves for humanity:

- 1. The reason for being of the Being is the Being itself.
- 2. To de-egoize ourselves, to cease being egoists.

- 3. A work of Love is fed with Love.
- 4. Each I has its own debt; if we do not have the means to pay, we stagnate.
- 5. We owe the Karma of seven existences; if we intend to self-realize, we must pay in cash.
- 6. When one owes much, one needs to have good income.
- 7. When one sacrifices for humanity, one receives Dharma.
- 8. Sacrifice generates the merits of the heart in order to be able to advance.
- 9. From that which one gives one receives; he who gives nothing receives nothing.
- 10. He who gives wisdom receives wisdom.
- 11. He who has and does not give from what he has — even the little he has shall be taken from him.
- 12. The merits of the heart permit us to advance in the work of Birth.

- 13. If a person teaches, each time he teaches, he comprehends something better.
- 14. The egoist advances very slowly — if indeed he advances.
- 15. Each time we help the Father to give the knowledge, He teaches us something.
- 16. Each time we repeat the syllabus, we comprehend it better.
- 17. If we are teaching, we go on creating a Center of Gravity around the Esoteric Work.
- 18. If we stop teaching, we go cold and stagnate in the other two factors.
- 19. The distinct I-s want us to forget about this work. If we do not teach, that is what happens.

Different ways of sacrificing ourselves for humanity:

- 1. Inviting our friends, family, and acquaintances.
- 2. Inviting strangers.

- 3. Distributing flyers and posting posters.
- 4. Doing publicity or publicity campaigns.
- 5. Preparing ourselves to teach.
- 6. Sharpening ourselves to lose the fear that does not let us act.
- 7. Doing introductions in the halls.
- 8. Giving conferences.
- 9. Opening halls where the Knowledge can be taught.
- 10. Preparing personnel so that they continue teaching.
- 11. Sharpening all the personnel who prepare themselves.
- 12. Motivating the people so that they begin the practice of the Three Factors.
- 13. Directing the groups that have been organized.
- 14. Awakening in order to be able to orient them.

If we verify the force that is received upon giving this knowledge, we shall begin to form a group that permits us to have a Center of Gravity in the Gnostic Esoteric Work.

First Factor: BIRTH By Spiritual Birth is understood the Creation of the Existential Bodies of the Being.

GnosticLibrary.org

The Gnostic Library was created with the purpose of compiling a complete collection of the ancient knowledge that was once available, and preserving it for future generations.

Our aim is to preserve the original text and the images of the manuscripts and original books as faithfully as possible. However, due to conversions across multiple formats, we cannot guarantee that this edition is free of errors.

Can't find the BOOK you're looking for?

Contact us at the following URL



GnosticLibrary.org

Our editors are available
to help you build
the perfect books for your collection.

GnosticLibrary.org

The Gnostic Library was created with the purpose of compiling a complete collection of the ancient knowledge that was once available, and preserving it for future generations.

Our aim is to preserve the original text and the images of the manuscripts and original books as faithfully as possible. However, due to conversions across multiple formats, we cannot guarantee that this edition is free of errors.

Can't find the BOOK you're looking for?

Contact us at the following URL



GnosticLibrary.org

Our editors are available
to help you build
the perfect books for your collection.