

Gnostic Psychology – Notes 14

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Impressions and the Mind

Life is formed by our impressions of it. Within us exist many impressions with which we committed the error of not having transformed them in the past, and many mechanical results of the same impressions (which are the so-called “I”) are the result, which we now have to disintegrate in order for the consciousness to remain free and awake. Things, persons, are nothing but impressions within us, within our minds. If we transform those impressions, we transform our life radically.

When there is pride in us, it has ignorance as its basis. A person, for example, who feels proud of their social position, or of their money, can be transformed if they think that their social position is a mere mental matter, that it is a series of impressions which have reached their mind: impressions about their social status. When they think that this status is nothing but a mental matter or when they analyze the question of their worth, then they come to the realization that their supposed position actually exists in their mind in the form of impressions. With the simple fact of comprehending that they are only impressions of the mind, there is transformation of oneself. Then pride decreases and collapses by itself, and humility is born in us in a natural manner.

How do we Transform Impressions?

By means of comprehension, we can transform the impressions which emerge in the mind. The exterior world is not so exterior as people normally believe. Everything that reaches us from the world is actually interior because what reaches us are nothing but internal impressions. No one could put a tree, a chair, a palace or a rock into their mind, but the image of the thing is inside us.

If someone greets us and praises us, then how can we transform the vanity which the flatterer can provoke in us? Obviously, the praises, the flattery are nothing but impressions which reach our mind and the mind then reacts in the form of vanity; but if those impressions are transformed, vanity becomes impossible. How could the words of a flatterer be transformed? By means of comprehension: we must transform impressions through comprehension.

When we really comprehend that we are nothing but an infinitesimal creature in one corner of the Universe, then we immediately transform those impressions of praise, flattery, etc., into something different; we convert such impressions into what they are: dust, cosmic dust, because we comprehend our own position. We know that the Galaxy in which we live is made up of millions of worlds. What is the Earth? It is a particle of dust in the infinite. And if we were to say that we are just some organic microorganisms belonging to that particle, then what? If we were to comprehend this when we are flattered, then we would carry out a transformation of the impressions related to the praise and flattery and, as a result, we would not react in the form of pride.

The Absolute (Absolutely Everything)	DO
The Cosmos or Universe (All Galaxies, Worlds, etc.)	SI
The Milky Way (Our Galaxy)	LA
The Sun (Solar System)	SOL
Planetary Worlds	FA
The Earth	MI
The Interior of the Earth (Inferior Worlds or the Abyss)	RE

The more we reflect on this, the more we will see the necessity to completely transform impressions. All that we see as external is interior. If we do not work with the interior we are treading the path of error because we will not modify our habits. In the path of the transformation of impressions, we have to be sincere with ourselves... In the beginning, there appears justification in us, but we need to study this because such justification can be the fruit of self-esteem. We need to discover the causes and motives of our behavior which result from the impressions.

The Personality (the Bad Secretary), Reactions, and Our Life Itself

Personality is the term that is applied to everything that we acquire. The personality that we have receives the impressions of life but does not transform them. If the impressions fell directly upon the Essence, then they would be transformed because the Essence would immediately send them to the proper centers of the human machine. It is clear that the personality translates impressions from all sides of life in a limited and stereotypical manner (in accordance with the personality's quality and association). This is why, in the Gnostic Esoteric Work, the personality is sometimes compared to a terrible secretary who is in the front office, occupied with all the various ideas, concepts, preconceptions, opinions and prejudices. It has many dictionaries, encyclopedias of all types, reference books, etc., and (according to its ideas) it is not in proper communication with the centers. As a result **the personality almost always encourages the wrong working of the centers**. This means that the impressions which arrive are sent to wrong centers (in other words, to places which do not correspond to them) and this naturally produces incorrect results.

Example: Let us suppose that a woman attends to a gentleman with much consideration and respect; it is clear that the impressions which the gentleman is receiving in his mind are received by the personality which sends them to wrong centers. Normally, it sends them to the sexual center and this gentleman firmly believes that the lady is in love with him and, as is logical, it does not take long before he rushes to ask her out, or buy her flowers, etc. But if that lady has never had that type of caring for the gentleman, then she certainly feels surprised. This is the result of untransformed impressions. Here we see how much of a bad secretary the personality can be. Unquestionably, the life of the human being depends on this secretary (who seeks transformation in its reference books without comprehending at all what the event means) and, consequently, draws incorrect conclusions (without caring about what could happen), but feeling only that it is fulfilling its duty. This is our interior situation. What is important to comprehend, in this allegory, is that as the human personality is acquired, it begins to take charge of our lives. It is useless to imagine that this happens only to certain and specific persons; it happens to everyone no matter who it is. One finds out (through observation) that numerous characteristic reactions exist, which are produced by the impressions that we receive. These mechanical reactions, unfortunately, govern us.

It is clear that each person is governed by their reactions to life. These reactions constitute our own life, our life itself. And because our reactions are based on our personality's pre-determined way of processing impressions, then we can say that humanity is completely mechanical. Any person has formed (for themselves) an enormous quantity of reactions, which come to be the practical experiences of their existence. It is clear that every action produces its reaction, actions of a certain type and such reactions are called experiences. The important thing is for us, is to get to know our actions and reactions better, and to do that we need to be able to relax the mind. Mental relaxation is magnificent. When the mind is still, when the mind is in silence, then we can know ourselves better. During these moments of stillness and mental silence, we really come to experience (in a direct manner) the crude reality of all the actions and reactions of practical life.

System for the Transformation of Impressions

In order to be able to transform impressions, we need to reconstruct the scene just as it happened and find out what it was that hurt us the most. We should transform the impressions of the day before going to bed in the following way:

1. - Absolute relaxation.
2. - Reach the state of meditation.
3. - Relive the scene just as it occurred.
4. - Seek within oneself the "I" which caused the problem.
5. - Observing serenely, place the ego in the defendant's bench and then proceed with the judgment
6. - Ask the Divine Mother Kundalini for the disintegration of the "I"-problem.