

Gnostic Psychology – Notes 20

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Annihilating Desire by Comprehending Sensations through Meditation

One of the biggest problems we have is that we easily become identified with “the Flesh”, our Material Life and specifically with Sensations. We become intoxicated with what can be called “Desire-Sensation”, and this is what leads us to suffer. The psychological “I”, the Ego, is always lying in wait to devour the one who allows themselves to fall into identification. If we wish to avoid the danger of falling, then it is necessary to annihilate desire. Whosoever wants to annihilate desire must discover its causes. The causes of Desire are found in Sensations. We live in a world of Sensations and we need to comprehend them, there are five types:

1. Visual Sensations (seeing)
2. Auditory Sensations (hearing)
3. Olfactory Sensations (smelling)
4. Gustatory Sensations (tasting)
5. Tactile Sensations (touching)

The five types of Sensations transform themselves into Desire. This is how the causes of Desire are found within Sensations. **We must not condemn Sensations, nor must we justify them. We need to profoundly COMPREHEND them.** A pornographic image strikes the senses and then passes to the mind, and the outcome of this perception is a Sexual Sensation which is soon transformed into Animal Desire. After passing through the sense of hearing and through the cerebral center of sensations, a vulgar morbid type of song is converted into Sexual Desire. We see a luxurious car (we sense it) and thereafter we desire it. We taste a delicious cup of alcohol, we perceive its odor with our sense of smell and feel its delicious sensations and thereafter we desire to drink more and more until we become inebriated. The sense of touch places itself under the service of all of our desires and then the psychological “I” receives pleasure from the vices and wanders like the Lunatic or Fool of the Tarot from life to life with his bag (within which he carries all of his vices and absurdities) on his shoulders.



Whosoever wants to annihilate Desire, must first intellectually Analyze the Sensations and then profoundly Comprehend them. It is impossible to profoundly comprehend the Contextual Concept within a Sensation with the mere Intellect, since the intellect is just a small fraction of the mind. If we want to profoundly Comprehend all the Substantial Context of a certain sensation (of any kind), then **we indispensably need the technique of internal meditation.** It is urgent to profoundly Comprehend in all the levels of the mind. The mind has many subconscious and unconscious levels and depths which are normally unknown to people. Really, only by comprehending the sensations in all the wrinkles of the Mind can we annihilate desire and kill the Lunatic or Fool of the Tarot (who hides among all of the wrinkles of the Mind).

Learning to Experience Life without Translating/Judging

It is necessary for the Gnostic Student learn how to see and hear without TRANSLATING. When a man perceives the beautiful figure of a woman and commits the error of translating that perception into the language of his sexual desires, then the outcome is Sexual Desire. This type of desire, even when it is forgotten, continues living internally in other unconscious levels of the Mind. This is how the “I” incessantly fornicates in the internal worlds. Therefore, it is important to learn how to see without translating, to see without judging. It is indispensable to see, hear, taste, smell and touch with Creative Comprehension, only in this way, are we able to annihilate the causes of Desire.

Really, the tree of desire has roots that we must study and PROFOUNDLY COMPREHEND. Upright perception and Creative Comprehension annihilate the causes of desire. When the mind escapes from the bottle of desire, it elevates itself to the superior worlds, then the awakening of the Consciousness arrives. Normally, the Mind is found bottled up within the bottle of Desire; this is why it is indispensable to **take the mind out of the bottle** if what we truly want is the awakening of the consciousness. By liberating the mind, the awakening of the consciousness is produced.

To observe and to know ourselves (without forgetting ourselves) is terribly difficult, but is urgent if we wish to awaken our consciousness. If we wish to awaken our consciousness, then it is essential to try to remember ourselves while observing ourselves. What we are saying may seem foolish, but when a person arrives at a deep understanding that he cannot remember himself, then he is very close to awakening consciousness. We need to seriously reflect on this. What we are saying here is of great importance, and we cannot comprehend it if we read it or hear it mechanically.

Inner self-remembering is more than self-analysis. It is a new state that can only be known through direct experience. **Inner self-remembering is the complete awareness of the entire subconscious processes in oneself, of the ego, of the pluralized "I".** Observing how we think, speak, laugh, walk, eat, feel, etc., without forgetting ourselves, without forgetting the intimate processes of the ego, is frightful difficult, but nevertheless fundamental for the awakening of the consciousness.

Whosoever wants to awaken the consciousness should begin by dividing their attention into 3 parts: subject, object, location. **Subject:** inner remembrance of oneself from moment to moment. Do not forget yourself when confronted by any mental images or by any event. **Object:** do not identify with anything, with any circumstance. Observe without identifying, without forgetting yourself. **Location:** Observe the place in detail, asking yourself, "What place is this? Why am I here? In what dimension am I?" The division of attention into 3 parts leads the aspirant to the awakening of the consciousness.

The Lunatic or Fool of the Tarot is the Psychological "I", the "Myself", the Reincarnating Ego. If we want to finish with all the causes of Desire, then we need to live in a state of constant vigilance. It is urgent to live in a state of alert perception, alert novelty. The "I" is a book of many volumes. Only by means of the technique of Internal Meditation will we be able to study that book. When we discover and profoundly comprehend a defect in all of the levels of the mind, then this defect can be disintegrated and each time a defect is disintegrated, something new occupies its place: a password, a Mantram, some Cosmic Initiation, an esoteric degree, a secret power, etc. This is how we fill ourselves, little by little, with true Wisdom. This is how we accomplish our Cosmic Duty.

Fulfilling our Cosmic Duty

What is our cosmic duty? Our cosmic duty has multiple aspects:

1. First: The intellect. Not to allow intellectual concepts to pass through our minds in a mechanical manner; in other words, to become conscious of all the intellectual data that comes to the mind. How do we become conscious of this data? By means of meditation. When we read a book, we should meditate on it and try to comprehend it.
2. Second: The emotions. We should become conscious of all the activities of the emotional center. It is deplorable how people act under the impulse of emotions, in a completely mechanical manner, without any control whatsoever. We should become conscious of all our emotions.
3. Third: The habits and customs of the motor center. We should become conscious of all activities, of all movements, of all our habits. Do nothing mechanically.
4. Fourth: Instincts. We should take possession of all of our instincts and subdue them. We should comprehend them in depth.
5. Fifth: Transmute the sexual energy. By means of the Sahaja Maithuna and/or Pranyama, we will unceasingly transmute our sexual energies.

Thus, in fulfilling our cosmic duty, we live attuned with the Infinite, becoming conscious of ourselves, and not wasting our sexual energies: in this way, it is obvious that our life will develop harmoniously.