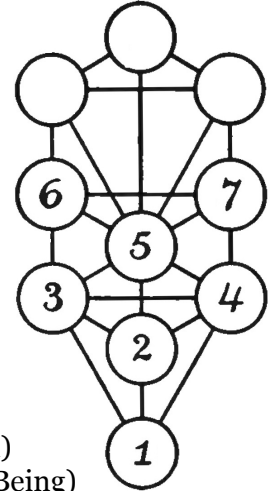


Gnostic Psychology – Notes 16

<http://www.gnosisdenver.org/index.php/psychology/gnostic-psychology>

The Different Types of Energies in Ourselves and in the Cosmos

When we come into this world, we all have 3% of consciousness and 97% which can be distributed among the subconsciousness, infraconsciousness and unconsciousness. The 3% of awakened consciousness can be increased as we work upon ourselves, but this is not possible by exclusively physical or mechanical procedures. The consciousness can only awaken through conscious works and voluntary suffering. Various types of energy exist within us and we should understand the esoteric classifications of them:



- 1) Mechanical energy (related with the Physical world)
- 2) Vital energy (related with the Etheric world)
- 3) Psychic energy (related with the Astral world)
- 4) Mental energy (related with the Mental world and the Mind)
- 5) Energy of the Will (related with the Causal world, the Human Soul)
- 6) Energy of the Consciousness (related with the Buddhic world, the Spiritual Soul)
- 7) Energy of Pure Spirit (related with the World of Atman, the Intimus, the Inner Being)

No matter how much of the first 4 types of energy (the mechanical energy, the vital forces within our own organism, the psychic energy, or the mental energy) are increased, we will never achieve the awakening of the diverse functions of the consciousness. The 5th type of energy (willpower or strength of will), by itself, can never achieve the awakening of the consciousness. The consciousness can only be awakened through upright efforts. Unfortunately, instead of being increased, the small percentage of consciousness which humanity possesses is usually foolishly wasted in life. It is obvious that by identifying ourselves with all the events of our existence, we uselessly waste the energy of the consciousness. Instead, we should see life as a movie, without ever identifying ourselves with any comedy, drama or tragedy, and in doing so: we will save our conscious energy.

The Mind and Negative Thinking

To think deeply and with full attention is unusual in our times. Different thoughts surge from the intellectual center, not from a permanent "I", but from the different "I's" in each of us. When a person is thinking, they firmly believe that they are the one who is thinking. But through self-observation, we can realize that the multiple thoughts that cross our mind have their origin in the different "I's" which we carry within. This signifies that we are not true thinking individuals and that we do not yet have an individual mind. **What actually happens is that each one of those "I's" that we carry within utilizes our intellectual center.** At any time, and as often as possible, each of them utilizes the intellectual center in order to think. Therefore, to identify ourselves with this or that negative and harmful thought, believing it to be our particular property, is absurd.

We Need to Become Independent from the Mind by Dominating it

It is clear that we need to become independent from the mind. If we want to become independent of it, then we need to learn how to dominate the mind, not others' minds, but our own. In order to do so, **it is indispensable to learn to see the mind as something that we should dominate**, as something that we need to tame. Let us remember the Divine Master Jesus entering Jerusalem on his donkey on Palm Sunday; that donkey is the mind which we need to subdue. We should ride the donkey, and not have the donkey ride us. Unfortunately, people are victims of the mind since they do not know how to ride it. On the following page, there are some techniques that can be used to dominate the mind:

- 1) **Understanding the Mechanism of the Mind (The Battle of Opposites & Comparing)** – The foundation of the "I" is the dualism of the mind. The "I" is sustained by the battle of the opposites. All thinking is based on the battle of the opposites. If we say: So and so is tall; then they are not short. If we say: We are entering; then we are not exiting. If we say: We are happy; then we are not sad, etc. The problems of life are nothing but mental forms with two poles: one positive and the other negative. Happiness and sadness; pleasure and pain; good and evil; victory and defeat, constitute the battle of the opposites upon which the "I" is founded. The entire life that we live goes from one opposite to another: victory, defeat; like, dislike; pleasure, pain; failure, success; this, that; etc. We need to free ourselves from the tyranny of the opposites. This is only possible by learning to live from instant to instant without abstractions of any type, without dreams, without fantasies. The dominion of the mind goes beyond the struggle of the opposites. Comprehend that we are talking to you about the path of action which is free of the painful battle of the opposites. Action free of mental dualism produces the awakening of the consciousness.
- 2) **Finding the Synthesis (Affirmation, Negation, Discussion, Solution)** – Knowing how to always find the synthesis is beneficial because from the thesis one has to pass on to the antithesis, but the truth is not found in the antithesis nor is it found in the thesis. In the thesis and in the antithesis there is discussion and that is what is really wanted: affirmation, negation, discussion and solution. Affirmation of a bad thought, negation of that thought (through comprehension of the opposite), discussion: one has to discuss what is real from one and the other until one arrives at wisdom and then the mind becomes quiet and in silence (solution).
- 3) **Paying Attention to the Inattentive in Us** – We need to become conscious of what is inattentive in us. Upon becoming conscious, we can see that the inattentive has many factors: one of the most prominent is doubt, there are many doubts which exist in the human mind. When we observe what is inattentive in us, we also see the struggle of the antitheses or opposites in the mind.
- 4) **Dissecting Doubts** – Every doubt is an obstacle or impediment for meditation. But it is not by rejecting doubts that we are going to eliminate them, rather it is by dissecting them to see what they hide, what is real within them. So, we need to analyze the doubt and reduce it to dust, not by fighting it, but by opening it up with the scalpel of self-criticism, by carrying out a rigorous dissection of it. It is only in this manner that we will discover what was important in the doubt, what was real and what was unreal in it.
- 5) **Commanding the Mind (The Second Jewel of the Yellow Dragon)** – There are times that we need to talk with the mind, because many times, when we want the mind to be still and in silence, it persists in its stubbornness, with its useless chattering, in the struggle of the opposites. Therefore it is necessary to interrogate the mind, to say to it: "Well mind, what is it that you want? Well, answer me!" If the meditation is profound, a representation can emerge within us; in that representation, in that figure, in that image, is the answer. But, if we notice that illumination does not emerge, that the incoherent confusion with its struggle and incessant chattering still persists within us, then, we have to call the mind to order once again. When the mind overwhelms us with representations of hatred, fear, anger, cravings, covetousness, lust, etc., let us talk to it in this manner: "Mind, remove these things from me, I do not accept them from you; I am your master, I am your lord; you should obey me because you are my slave until the end of time!" It is urgent to dominate the mind, to strike it with the whip of willpower and to make it obey.

When it is said that we should dominate the mind, the one who has to dominate the mind is the Essence, the Consciousness. By awakening Consciousness we have more power over the mind and thereby, we become conscious of what is unconscious in us. Consciousness is the light which the unconscious does not perceive. We need to open ourselves up to the light of the consciousness in order to penetrate into the terrible darkness of the myself. The elements which constitute the subconscious should neither be accepted nor rejected, but one has to simply make oneself conscious of what there is of inattentive; and in this manner what is inattentive becomes attentive. One has to make a continuous meditation out of our daily life. Meditation is not only that action of quieting the mind when we are at home or in the sanctuary, but it also encompasses the thread of daily living so that life immediately becomes a constant meditation. **The mind in itself is the Ego.** Ignorance is what there is in the mind. Why? Because we only see part of a thing with the mind, we do not see it as it is in itself, we only see our concept of it...