

Dear user of [SamaelGnosis](#):

- This week we'll work on a very important practice, in fact it's a practice that we should do every day of our life, no matter if we are doing other practices.
- In order to better know the Didactic of the Comprehension and Dead of our psychological Defects we suggest you to take the [Course of Gnosis](#) (40 Lessons) and the books: [Revolutionary Psychology](#) and [The Great Rebellion](#).

BLUE TIME OR REST THERAPEUTICS

On the mysterious threshold of the Temple of Delphi, there was a Greek maxim inscribed on living stone which read *Nosce Te Ipsum*, "*Man, know thyself and thou shalt know the Universe and the Gods.*"

It is obvious that in the last instant, the study of oneself, serene reflection, concludes in the stillness and silence of the mind.

When the mind is still and in silence, not only on a superficial, intellectual level, but also in each and all of the 49 subconscious departments, then comes the novel, the essence, the consciousness becomes un-bottled and the awakening of the soul, ecstasy, and Samadhi come.

The daily practice of meditation radically transforms us. People who do not work on the annihilation of the 'I' live like butterflies going from school to school and do not find their *permanent center of gravity*, they die as failures without having attained the inner Self-Realization of the Being.

The awakening of consciousness is only possible through liberation and emancipation from mental dualism, from the battle of the antitheses, from intellectual waves. Any subconscious, infraconscious or unconscious struggle becomes an impediment to the liberation of the essence.

Every antithetical battle, no matter how insignificant or unconscious it might be, indicates unknown obscure points in the atomic infernos of man. In order to achieve the absolute stillness and silence of the mind, it is indispensable to observe and to know those infrahuman aspects of oneself. It is only in the absence of the 'I' that it is possible to experience and live the Integral Revolution and the Revolution of the Dialectic.

Blue Time or Rest Therapeutics has basic rules without which it would be impossible to emancipate ourselves from the mortifying shackles of the mind. These rules are:

1. — **RELAXATION**: It is indispensable to learn to relax the body for meditation; no muscle should remain in tension. It is urgent to provoke and graduate sleepiness at will.

It is evident that the wise combination of sleepiness and meditation results in that which is called Illumination.

2. — **RETROSPECTION**: What are we looking for in retrospection? Due to the mechanical life that he lives in, the intellectual animal forgets himself and falls into fascination; he goes around

with an asleep consciousness without remembering what he did at the moment of rising, without knowing the first thoughts of the day, his actions and the places he has been to.

Retrospection has as objective the acquisition of awareness of one's behavior or actions of the past. On carrying out the retrospection, we will not put any objections to the mind; we will recall memories of past actions, from the moment of beginning the retrospection to the moment of our lives that we desire. We should study each memory without becoming identified with it.

3. — **SERENE REFLECTION:** First we need to become fully aware of the mood that we are in, before any thought surges. Serenely observe our mind, pay full attention to any mental form which appears on the screen of the intellect.

It is necessary to become sentries of our own mind during any agitated activity and to stop for an instant to observe it.

4. — **PSYCHOANALYSIS:** Investigate, inquire, find out the origin of each thought, memory, affection, emotion, sentiment, resentment, etc. as they surge in the mind.

During psychoanalysis, one should examine, evaluate and inquire about the origin, cause, reason or fundamental motive of each thought, memory, image and association, as they surge from the bottom of the subconscious.

5. — **MANTRALIZATION OR KOAN:** The objectives of this phase are:

- a.) To mix the magical forces of *mantras* or *koans* in our inner universe.
- b.) To awaken the consciousness.
- c.) To accumulate Christie atoms of high voltage within.

In this psychological work, the intellect should take upon itself a receptive, integral, Uni-total, full, tranquil and profound state. One achieves the unitotal receptive state with the koans or phrases that decontrol the mind.

6. — **SUPERLATIVE ANALYSIS:** Consists of an introspective knowledge of oneself. During deep meditation, introversion is indispensable.

In that state, one will work in the process of the comprehension of the 'I' or defect that one wants to disintegrate. The Gnostic student will concentrate himself on the psychological aggregate and will maintain it on the screen of the mind. Above all, it is indispensable to be sincere with oneself.

Superlative analysis consists of two phases which are:

- a.) Self-exploration. To investigate, in the depth of our consciousness and in the 49 levels of the subconscious when it was that the defect first manifested itself in our lives, when it last manifested itself and in what moments it is that it has more strength to manifest itself.

b.) Self-discovery: To investigate what the foods of the 'I' are. To fraction and divide the defect in various parts and to study each part to get to know the kind of 'I' it originates from and the kind of 'I' that originate from it.

7. — **SELF-JUDGMENT:** To seat the defect being studied on the defendant's bench. To bring to judgment the damages it causes the consciousness and the benefits that the annihilation of the defect being judged, would bring into our life.

8. — **PRAYER:** One will ask the Divine Mother Kundalini, our inner and individual Mother, with much fervor. One will talk to her with frankness and introverting all the defects and faults we have so that She, who is the only one capable of disintegrating the *I's* will disintegrate them from their very root.

It is pleasant and interesting to attend the meditation Halls - Gnostic Sanctuaries, every time one is able to do so.

It is essential to always practice meditation with closed eyes so as to avoid external sensory perceptions.

Samael Aun Weor. The Revolution of the Dialectic.

Glossary:

Kundalini Mother: Feminine aspect of our Being or Spirit.

Mantra: Wise combination of sounds with the purpose of the mental, physical or spiritual benefit.

Koan: Enigmatic phrase that the mind is unable to resolve, using it, the minds get tired and get still. Example: "It is not the mind, it is not the Buddha, it is nothing".

"I's": Psychological defects that we carry within; anger, pride, sloth, gluttony, envy, fears, greed, etc.