

The Maiden of our Memories

The ethereal body is composed of four ethers: Chemical ether, ether of life, luminous ether and reflective ether. The chemical ether and ether of life serve as a source for the manifestation of the forces that work in the biochemical and physiological processes and in all that is related to the reproduction of the races.

Light, heat, color and sound identify themselves with the luminous and reflective ethers. The sapient Soul expresses herself in these two ethers. She is the beloved Maiden of our memories. When seen clairvoyantly, this Maiden looks like a beautiful lady within the ethereal body.

It is necessary for the disciple to learn how to take in his astral travels the beloved Maiden of our memories, in order to bring the memory of all that he sees and hears within the internal worlds. She serves as a mediator between the senses of the physical brain and the ultrasensible senses of the Astral body. She is like the storage of memory (if 'storage' as a concept fits here).



Invoke your Intimate while in your bed, at the time of sleep, like this: "Father of mine, Thou who art my real Being, I beseech Thee with all of my heart and with all of my soul to take the beloved Maiden of my memories out from my ethereal body, with the goal of not forgetting anything when returning into my physical body." Then, pronounce the mantras: "LAAAA RAAAA SSSSSS" while becoming sleepy.

The letter 'S' must have a high pitched and sharp sound, similar to that which is produced by air brakes. When the disciple finds himself between vigil and dream, then he has to get up from his bed and leave his room and travel towards the G. C. This last action must be done as is, with confidence and faith, because it is real and not fictitious. Neither mentalism nor suggestion exists in this practice. You must get up very carefully from your bed, so as not to wake yourself. Then, you must leave your room by walking as naturally as you do when you travel to your work daily. Before leaving your room, you must perform a little jump with the intention of floating. If you float, then direct yourself towards the G. C., or to the house of the sick person whom you need to heal. Yet, if you do not float when performing the little jump, then, return into your bed and repeat the experiment.

During this practice, do not worry about your physical body. Let Nature performs it, and do not doubt, because if you do so the experiment will be lost.

Samael Aun Weor. Excerpt from the book: Occult Medicine and P.M.

GLOSSARY:

****Maiden of Our Memories:** She is a part of our Being, a part of our own self. She can help us remember our dreams.

****G.C.:** A superior teachings center where one can attend in the superior worlds or dimensions once we have awakened our consciousness.

****Bodies:** The Human body is made by 7 bodies, the physical one is the densest of all and we use it for living in this three-dimensional world of Physical world. The second body is the vital (ethereal) body, this is the basis of life and is commonly called "aura". The third body is the Astral body and we use it during the nights to live in the astral world or dreams world.