

## TECHNIQUES FOR THE AWAKENING OF THE CONSCIOUSNESS

\*\* Master, we would like to know a clue or technique for the awakening of the Consciousness.

\*\*\* With placer we will give some explanations about the awakening of the Consciousness.

My dear brothers, first of all it is necessary comprehend that the Consciousness of the human beings is asleep. Unfortunately, people do not want understand that are asleep; everybody think that are awake and however, they are asleep.

People drive being sleep, walk in the streets convinced that are awaken but are profoundly asleep, dreaming.

I can affirm you that there exists a 97 percent of subconsciousness and a 3 percent of Consciousness. In other words, we would say that the Consciousness is asleep in a 97 percent and that only a 3 percent of it is awaken. However, there exist people that do not even reach the 3 percent of awaken Consciousness, normally some only reach the 2 percent and there exist those that only reach the 1 percent. But if we were to say them that their consciousness is asleep, they would not believe it, they would feel offended. It is hard to say that to them because they do not believe it, they think that are awaken and think that one is hurting or offending them.

It is necessary to awake; the gospels insist in the necessity of awaken, unfortunately they do not teach it, they do not give the clue, the explanation. Therefore, it is necessary to explain it and this is what we are doing here, teaching the path for the awakening.

First of all, we have to be sincerely convinced that we are asleep, when one accepts that is asleep it is a signal or symptom that one wants to awake. This is very same than the mad person (no crazy person will accept that is crazy, however, all of them believe that are fine, when a mad man accepts the fact that he is crazy, it is a clear signal that he is improving). You can verify this in the insane asylums: there is no one that could accept that is crazy. Observe those that are almost ready to get out of the madhouse, they accept that are sick and that is precisely the clear signal that are improving. The same happens with those that have an asleep Consciousness, they do not accept that are asleep but when they already accept it, it is a clear signal that they want to awake or that are beginning to awake.

How it is possible to attain the awakening? Obviously, we already know that the foundation is in the dissolution of the Ego and that is something that you do not ignore. However, we have to help ourselves with different methods and techniques; everything that helps to the awakening of the Consciousness is useful.

I will explain you a technic but I want you to pay a lot of attention.

It is necessary to divide the attention in three parts: first, Subject; second, Object or Objects and third, Location.

### SUBJECT

Do not forget oneself. In the life, one make very serious mistakes when forgets oneself. For example, if we forget ourselves in front of a cup of wine, what could it happen? We will not only drink it but so many more that we can end up drunk; therefore, it would be really serious to forget ourselves before a cup of wine.

If we forget ourselves before a person of the opposite sex, what could happen? We could even reach the fornication or adultery, is not it? Therefore, we should never forget ourselves.

If we forget ourselves before an insulter, for sure we are going to end up insulting and even fighting with that person. So it is indispensable not to forget oneself ever.

However, it is very easy to forget oneself. One night Ouspensky committed himself to walk through the streets of St. Petersburg being awoken, and I am saying to walk awoken in order to differentiate it from the asleep walking that is normal among the common people. That man walked and walked in self-vigilance and self-observation, controlling the mind and the senses, he walked everywhere; suddenly he wanted to prepare his cigarettes, so he saw an store and entered on it in order to prepare some tobacco. He left the store smoking but at this point he had already forgotten the exercise that was practising. He walked for many streets of St. Petersburg until he entered in his room. On entering into his room he remembered himself again and with pain he realized that he had forgotten the exercise and that his Consciousness had fallen asleep when he went to the store. Afterwards he had been in many places walking like a true sleepwalker... he had fallen asleep.

Observe how hard it is not to forget oneself, that is to say, to be watching the senses and mind. If one does not control the senses and the mind, one falls in the sleep of the Consciousness. One has to self-observe his own feelings, inner impulses, external impulses, instincts, habits, etc., etc., etc.

### OBJECT

The Object or Objects is the second aspect or stage of the awakening of the Consciousness.

If for example one sees a beautiful object, a custom or a ring, a perfume, anything in a showcase (or as you say in you country behind a shopwindow) and one is fascinated with the object, the first thing to happen is for one to falls in the unconsciousness. Why? Because one has forgotten oneself.

When one see the Object, there are several processes: First: Identification (one forget oneself and is self identify with the object). One says: "How beautiful, how attractive it is; if I would have money, I would buy it." Afterwards comes the Fascination, (one is fascinated with the object. If is a beautiful custom, one says: "As soon as I have money I will buy it! That colour is really beautiful, etc." The woman in this case would say: "This dress is really beautiful, I would buy it." Well, it comes the fascination with the object, with the dress and the profound sleep of the Consciousness.

\*\* What happens with the television, Venerable Master?

\*\*\* People in front of the television forget themselves and fall in the fascination with the program and dream a lot. Since the invention of television, the unity of the homes has been lost. For example, the husband comes tire from the job and the wife does not come to receive him with open arms, the man does not have that happiness already. Why? Because the wife is watching television. He may need her and she is busy watching the soup opera, she is fascinated. However, do not blame women only; no. Men also become fascinated with the different programs to the point that forget what is happening at home. That is a living example of the sleep of the Consciousness.

## LOCATION

Every place has to be observed in a careful form, even a known place, the living room, the bedroom; everyday observe the bedroom as something new, to learn to see it in a different form. Wherever we arrive, the first thing that one has to say to oneself is: "Well, why am I here? What do I have to do in this place? It is indispensable if one wants to awake the Consciousness.

It comes to my memory a very interesting experience. Many years ago I went to a house, I walked through a beautiful garden, I crossed the threshold of the living room and finally I entered in a bureau in where there was a lawyers' office. In the bureau there was a lovely lady. I was speaking with her when suddenly I saw over the desk two very beautiful glass' butterfly. What astonished me most was that those two butterfly were alive, they moved their wings (they were made of glass!) and small heads and antennas. They were made of glass and however they were breeding like any other butterfly. They were of glass of multiple colours!

Then I said to myself: "How come that these butterfly of glass can do all of this, can be alive? Obviously, these kind of phenomena can only happen in the Astral world because in the physical world that is completely impossible.

I looked around and I said to myself: "What am I doing in this lawyers' office?" Observing other objects I could see in the right side corner a candelabrum of seven arms and in the left side another candelabrum, also of seven arms. That lady was speaking with me very politely. I decided to ask her to let me go our for a moment (I simulated going to the washroom). Of course, she politely let me went out. Once outside, I said to myself: "I

will do an experiment" so I jumped with the intension of floating in the atmosphere, something that certainly happened. Then I said to myself: "I am in Astral body."

I returned to that office and took seat. The lady was waiting for me so I said her: "Madam, I want you to know that in this moment we are in Astral body; remember Madam, that you lie down to sleep some hours ago and your body in this moment is sleeping on the bed." I was waiting an intelligent answer from that lady but what I saw in her eyes were the eyes of a sleepwalker. Obviously, her Consciousness was completely asleep and she did not understand nothing of what I was saying. Well, realizing that she was profoundly sleep, what did I do? I said good bye and left. I went to California floating in my Astral body because I needed to do some investigations there. In my way to California I saw a man that had dead long ago who was carrying a heavy weight on his back; it was clear that he had been a carrier of heavy weights in some market. That unfortunate man had disembodied long ago but he believed that was still alive. I went close to him and I said: "My friend, what is happening? Why do you carry that heavy weight on your back?" The answer was: "I am working, I am working." "But, what are you saying my friend? Do not you realize that you are dead and that heavy weight that you carry on your back it is just a mere mental form created by yourself?" He did not understand; he looked at me with eyes of sleepwalker, he did not understand nothing of what I was saying. I floated around him and over his head in order to see if in this form he might understood but everything was useless, he did not understand, was asleep; the unfortunate had never done anything during his life in order to awake the Consciousness and he was asleep, his Consciousness was asleep.

I continued my travel in direction to California; I needed to investigate some schools, etc. Afterwards, I peacefully returned to my physical body.

The years went by, I think at list 30 years. One day I had to go to Tazco, Guerrero. Certainly that town is very reach in silver mines and it is say that the silver artifacts are very cheap. In reality are not so cheap; what really abound is the tourism because the place is very attractive, is located in a hill and is totally colonial, beautiful and has an extraordinary landscape.

I had to have a meeting with certain person that in those days I was trying to cure from a Hemiplegia that had paralysed half of his body. I went there with the intension of helping him, certainly I think that he was healed. I made him to walk using magnetism and he did so without the cane after having paralysed half of the body. I gave him indications, I recommended him to move a lot because he was all the time seated and that was prejudicing his healing.

Well, resuming it I will say you that I crossed the garden of a very beautiful house and walked through the living room (I immediately recognized the place in where I had been so many years ago), finally I entered in an office. In the office was waiting a lady which I recognize immediately because was the same that I had seen in the Astral many years ago. She said: "Come in, Sir." This time the only different thing was that I did not see her before the desk but her husband (a gentleman of mature age, lawyer but not graduated,

that is to say a "tinterillo"). Here in Mexico we call them "Coyotes." Yes, that is the term that we have here for the "tinterillos."

Standing up, he welcomed me and offering a seat before his desk (they also seated the patient that I had to heal). We spoke about magnetism because I was going to utilize it and about the prana, about the psychic healing, about the Astral projections, the healing from far distances, etc., etc., etc.

The conversation was very interesting. That person had certain disposition for this kind of psychic studies and some incipient information, good enough to understand something about Astral projections. I said to him: "I know this office because some years ago I came here." That man was astonished, perplex. I said him: "I know your wife also" and I explained him my experience, what we had spoken, how I had seen her wife, etc., etc., etc.

At supper being seated around the table, his wife said me: "I know you from long time ago but I do not remember the exact place. You are not an unknown person to me." I immediately touched his elbow saying to him: "Are you convinced now?" He answered: "I am absolutely convinced."

Well, that man had received clear facts and if it were not because of he was a member of certain dogmatic sect and because of his religious leaders would not have forgiven him, for sure he would have come to the doctrine.

Well, I have narrated this with the intension to help you understand how it has to be awakened the Consciousness, and I am doing so with real situations.

I also remember an interesting case that happened to me about 40 years ago. I saw myself in a large room speaking with a group of people about esoteric things. However, because I do not forget myself, secondly, because I like to observe carefully the objects, the things and, thirdly, because I never stay in a place in an unconscious form but I observe the place carefully and I ask to myself "why am I here?" "What am I doing here?" Obviously in that occasion those three aspects of the division of the attention became active.

Firstly, I said to myself: "Well, what am I doing here?" I did not forget myself and observed the place. "What am I doing?" I observed the people, I saw the people that was around me: "Why am I speaking with them?" Everything looked like physical and material; those friends were wearing overcoats and therefore nothing indicated that we could be in the Astral world. Frankly, the objects were normals but I did not forget myself; at the time of observing that place I was saying to myself: "Why am I in this place? Why am I in this meeting if I have not made an appointment with none?" "Why am I in this room?" Everything looked like so physical, so material that it seemed that my questions were out of place; there were not details that could indicate that I was in the Astral world but I have always divided my attention in three parts: Subject, Object and Location. What did I do? I excused myself and I pretended that I was going to the washroom or perhaps that I was going to breath some fresh air. Once out of the place, I

did an small jump with the intension of floating, and certainly I floated in the atmosphere. Convinced that I was in Astral body, I returned to the room, I took seat in the chair in where I was seated and I said to everybody: "My friends, I have to inform you that we are in Astral body. Everybody saw each other with a kind of amazement (and some of them in the physical world studied esotericism, occultism, etc.). They did not understand me, they saw each other and one of them said: "No, we are in the physical world. You are crazy! Where did you get the idea that we are in the Astral?" I said them: "Yes, we are in the Astral." However, because no one wanted to believe me, I went out of the room with the intension of doing some esoteric investigations; afterwards I returned to the physical body.

But observe how I awakened: through the division of the attention in three parts, Subject, Object and Location.

One of our brothers will do a question:

\*\* Master, at the time that one ask oneself: "What am I doing here?" Do I have to answer to myself?

\*\*\* When one ask this question to oneself instead to begin giving explanations to oneself, one has to open oneself to the new and to do the experiment. If one cannot jump in the place then one has to ask for permit and do what I did: to get out and to jump outside, perhaps in the street, perhaps in the garden in order to know if one is in the Astral. However, it happens that many times the person even though he has asked the question to himself and jumps, he does not float because his mind unconsciously put weight in where there is not weight, that is to say, the person in a subconsciously or infra-consciously manner believes that is in the physical world, therefore at the time of jumping, he put in the mind a not existent weight and the person self-deceit himself saying "I am in the physical dimension," and the experiment fails.

One has to get out of the doubt: if at the moment of jumping one does not flote then one has to stand up on something and jump. Then you will see that if you are in the Astral, you will flote.

\*\* Master, when I ask to myself about the Subject "who am I?" in order to be aware of oneself, I think that the exercise is not in that form, I think that one has to observe oneself. I would like you to explain it.

\*\*\* What one has to do in that moment is not forget oneself, that is all. There is not need to ask oneself "who am I?" and all of those things; I repeat, in that moment what one has to do is not forget oneself ever. Object, to contemplate every object and to observe if there exists something estrange and rare. Location, "why am I here?" It is a question that one has to do to oneself. If one goes to another place, to ask oneself: "What am I doing here?"

\*\* Do this has to be done permanently, Venerable Master?

\*\*\* This has to be done from instant to instant, from moment to moment. In the beginning is necessary an strong discipline in order to stay with the attention divided in three parts, however, afterwards it is not necessary this discipline because it becomes completely instinctive and one works almost automatically.

For example, I never practice this exercise in rigorous and disciplined form, this exercise is instinctive in me. I am here speaking with you and I am alert and vigilant, I know where I am. If we were in Astral, in this moment I would already know that we are in Astral, not needing this rigorous discipline because I turned instinctive, I would say that it became a function of the Instinctive Center. But in order to make this exercise to become a function of the Instinctive Center it is necessary to pass through a rigorous discipline. In the beginning is hard but when becomes instinctive then it works automatically.

\*\* Master, in the moment that we go to sleep, do we have to follow the same instructions?

\*\*\* Naturally, at the time of going to sleep it is convenient to observe carefully the bedroom and to say to oneself: "Well, this is my bedroom;" to observe the ceiling and say: "Yes, my ceiling is painted of that colour, the walls of my room have this colour." To observe rigorously all the objects of the bedroom and then to say to oneself: "If after this moment when I am observing, I appear in other place, in the street or speaking with some friends or in my job, that is to say, in those places in where I normally go or in any other place, it is a signal that I will be in Astral body and then I will remember myself, I will remember myself, I will remember myself. I will jump with the intension of floating. I will do that! I will do that! I will do that!"

Well, practising this exercise for half an hour or one hour before to sleep and combined with the practice of the division of the attention in three parts: Subject, Object and Location, I am absolutely sure that you will be able to awake the Consciousness very fast.

At the time to awake in the morning, one has to stay quiet in his bed and not to move because with any movement, I would say, the psyche is agitated and the memories are lost. One has to stay quiet in the bed and then to practice a retrospective exercise in order to remember carefully the places in where one has stayed, the people with who one spoke, the state of consciousness that one had (awakened or asleep) when was out of the body, etc. The memories will indicate if one is awakening or not and what is the level of the awakening. One becomes aware by means of one's own efforts.

So the division of the attention in three parts: Subject, Object and Location has to be practised from second to second, from instant to instant, from moment to moment until it becomes a habit, until it becomes instinctive; after, one will work instinctively but at the beginning and during long time it is necessary to practice it rigorously. It will happen that this exercise practised in the waking state it will be engraved in the subconsciousness that later will work automatically during the sleep hours.

You may have seen that many times one have dreams that are related with the events of the day and can also happen that one could have a big preoccupation and dreams about it at night. Well, knowing that aspect of the mind, this is why is convenient to practice this exercise intensively. When one become use, the exercise is repeated automatically during the sleep hours and then it comes the awakening of the Consciousness. When one practice this exercise during the time that is out of the body, obviously the result is the awakening of the Consciousness because at the moment to do the small jump, one floats and awakes. But it is necessary to become well use to this exercise during the waking state, so it can be repeated automatically during the sleep hours.

It is convenient to know that during the sleep hours, the Soul, the Being is out of the physical body. During the sleep hours, the psyche or psychic material even though is bottled up among the Ego, is out of the physical body, and been the Ego out of the body, it is clear that one lives in those regions in the same form as in the physical world; if in those moments one does the exercise, then the result is the awakening of the Consciousness. Once one is awoken, it is possible to go to any place of the Earth, one can go to the temples of mysteries, can invoke the ineffable Beings and to speak with them face to face, to receive direct teachings from the great Masters, etc., etc., etc.

\*\* Master, do every dream is an astral projection or in some cases is a mental projection?

\*\*\* Well, during the sleep hours the Ego cannot stay in the body because if the Ego would stay among the physical body during the sleep hours, then the Vital body or Linga-Sarira would not be able to repair the physical body. Normally, the Linga-Sarira or Vital body, repair the body during the hours when the Ego is absent; during that time the thyroids gland secrete a lot of biological iodine that disinfects the organism. The Solar Plexus works intensively and in those moment the Hepatic Plexus capture the solar energy and distribute it to all the channels of the Nervous System Grand Sympathetic. When the Ego returns once again to the body, that body is already repaired and ready for the new activities of the day.

The Ego walks in the inner worlds through the supra sensible regions of nature and cosmos and the dreams that the Ego have out of the physical body are just mere projections of the mind because the Ego is mind. He delivers everything and project his dreams, lives his dreams; however, there are situations when the Psyche, the Essence can momentarily perceive things that are not dreams, for example, can perceive revelations from the great Masters or receive some special illumination, but that happen only in very rare occasions. Normally, people live in the world of the dreams, projecting their dreams and dreaming.

If the awakening of the Consciousness is what we want, we have to awake here and now; he that awakes here and now, awakes in all the corners of the universe. It is here where we have to awake.

\*\* This mean Master that our attention is constantly projected to outside so because of that we forget ourselves and what we need is to direct the attention to inside, that is to



say, not to forget what I am, who I am and locate myself here, in where I am listening to you. In other words, to create a center of attention within myself. Am I correct?

\*\*\* Of course, that is obvious. Do not forget oneself, the person that forgets himself falls in the sleep of the Consciousness, I repeat, it is here where we need to awake; he that awakes here, awakes everywhere.

\*\* Master, from your explanations, I understand that one lives all of the time out of oneself and from the moment when of waking up in the morning to the moment to go to bed and even during the hours of sleep, one walks unconsciously, not knowing why or what for. Is not it?

\*\*\* Yes!

\*\* What we need is not forget ourselves never, to create a habit from it.

\*\*\* Yes! In the Astral world you are always unconscious and not remembering yourselves because here in the physical world you never remember yourselves; one realize this specially when is driving. One feels astonished observing how people cross before the cars, they just jump under the wheels, that is something terrible! Everybody walks absorbed in their own thoughts, remembering the godfather, the godmother, the business, this or that; they do not remember themselves (so any car can kill them).

\*\* Master, could be possible that a person dreams that is dreaming, that is to say, he go to sleep and afterwards he brings the memory of a dream within the dream?

\*\*\* Well, it may also happen that one dreams that is awoken, but is not awoken yet. To awake is what really counts and not to dream that one is awoken. When the person has an asleep Consciousness all of those things happen to him, but the awoken person, to the really awoken person, that class of phenomena do not exist. The awoken person lives in an intense waking state during the time when the physical body is on bed.

\*\* Master, when one gets an astral projection and do not see the body on the bed, does it means that one is asleep?

\*\*\* That is not exact! Because if the person moves away, if he does not feel interest in the body, if does not think in the body, if is busy in other things of the universe, then that does not have importance, that is to say, he can be awoken and does not see his physical body on the bed.

\*\* Venerable Master, in certain occasion, when I was trying to awake consciousness in the dream, I felt that I had not sleep, however, I felt that I was out and into my body. The bedroom was dark and I said to myself: "Well, if I am sleeping, the bedroom has to be dark, the I opened my eyes and I saw that there was clarity. I could not find an explanation for this phenomenon; I tried to see thing around me but only could perceive a clarity. Could you explain me that?

\*\*\* It was a Scission of the Consciousness, that is to say, part of the Consciousness may had been trapped inside of the physical body, into the personality and another part out of the personality. It was a process of scission of the Consciousness.

\*\* Master, when a person leaves in Astral body and has a vision in those regions that does not understand, what does that means?

\*\*\* Well, that has a lack of intuition.

\*\* Master, why when a person goes to Astral and see his own Being, his Intimus, he does not know who is that Being and what it represents?

\*\*\* He does not understand him because of lack of intuition. Anyway, the exercise of Astral projection is very interesting. For many people is hard to learn to leave the physical body voluntarily. I think that is indispensable to awake, because when one is awoken the problem of the Astral projection disappears immediately.

\*\* What would you recommend to those that practice the astral projection, are very intellectuals, reason so much about the astral projection and when do leave the body it is in an unconscious manner?

\*\*\* Well, first of all, to awake the Consciousness!

INVERENCIAL PEACE

Samael Aun Weor