

THE NEGATIVE EMOTIONS

It is clear that we have to review our behaviour everyday, that we have to become more reflective, more careful with our judgements, and very specially, to be more aware of our negative emotions.

In the psychology's field, we see a lot of disorder among the people: everybody is taken by the negative emotions, and this is really serious. There is nothing more harmful, to the profound internal development, than the negative emotions.

When you have been taking by a negative emotion, behave in the best way possible. If a negative emotion has appeared, if we are feeling an emotion of envy in a really strong form, let us express ourselves in a harmonious form, not in favour of the envy but of the others' good.

If in a determinate moment we are feeling an emotion of anger, let us speak with extraordinary sweetness and instead of been annoyed for what has hurt us, let us speak well of the one that has offended us. In that form we will not be injured internally.

It is not easy to behave correctly when it exists a negative emotion, but that is the correct. If we have an emotion of anger, because somebody has annoyed us, let us speak with love, and in favour of the one that has annoyed us. At list, to do that meanwhile we eliminate the aggregates that have provoked the negative emotions. In that form we will not be hurt.

It is clear that we do not have to remain in the surface: we need to eliminate those undesirable elements that have provoked in us the negative emotion of anger, envy, hatred, lust, pride, etc.

Undoubtedly, everybody is taken by the negative emotions and there is nothing that could be more contagious than them.

There is not doubt that there exists bacteria and virus. The bacteria originate many illnesses and that is already proved. About the pathogen viruses, they are infinitely small and for that reason more destructive.

Let us observe the example of the virus of Cancer. Even though some believe that it has not been possible to isolate it, we have to inform that Israel has already done it. We do not know what is the name that it received. We call it "Cancro" and we have extensively spoken about it.

It is so small that it is necessary a powerful electronic microscope to study it. However, the virus because are very small are more dangerous, more contagious. Nevertheless, the contagious people -that carry negative emotions- are more contagious than the virus and bacteria.

That grumble people, full of envy, that are cloying all the time; those that are full of morbid at every moment, those that have persecution's complex, that feel bewitched, that believe that everybody hate them, are negative and infect the groups and the people.

In our work we isolate those people, and if they do not understand it, if they feel annoyed because of it and believe that we do not love them, are mistaken. Yes, are loved, and only we suggest them to try to become positive, nice, magnetics; they receive an opportunity in our studies, but they are isolated in certain sense, because are dangerous for the groups.

A negative person can negatively infect other people, and if this person dictates a conference, infects thousands of people; they are more dangerous, thousand of times more dangerous than the virus and bacteria.

It is necessary to specify who are the negative people and what the negative emotions are. It is not enough to say "that one is a negative person;" no, it is necessary to specify who are the negative ones.

If a person is screaming all day long, grumbling, vociferating, would he be positive or negative? If a person is in the esotericism and feels "bewitched," at every time, and his life unfolds in that field, would he be positive or negative?

If a person is tremendously lustful and his life unfolds in and around lust; if is full of frightful emotions and see in each person of the opposite sex a sexual opportunity, what could we say about this person? If a glance of a person disturb him and it is enough to make him to be every time with his lust, what could we think about it?

Obviously, it is negative person and that person can infect other people. Of course! If a person is all the time with negative emotions, it infects everybody. The irascible, that all time "thunders," infects the others with his anger. A person that all the time feels persecuted, is negative.

It comes to my memory the case of a friend that had the habit to put his hands under the girdle of the pant. A person went to him, with a gun in his hand and said to him: What is the problem that you have with me? Nothing...! And why do you have the hands there? It is a habit that I have sir -answered my friend-. Oh, well, -said the other-, it happens that I am anger...!

There we have an example of a negative person, that infects everybody. People like that, have to be separated from the groups; people like that, do not understand or do not comprehend that they are negatives, they believe that one does not love them, and one do love them. Simply, they are contagious people that impede the profound internal development of the Being (that is the most grave aspect).

We should never be carry away by the negative emotions. When we have been taken by a negative emotion, it is really worth to know what kind of psychological aggregate has

produced it and after have observed the aggregate in action, to meditate on it in order to disintegrate that aggregate. Otherwise, how could we do it?

The most grave is that the negative emotions turn the human being in a liar. The lie produce a mistaken connection, because the energy of the Ancient of the Days (the Being of the Being), that flows harmoniously through the 10 Sephirots of the Hebrew Cabbala, to finally to reach the kingdom of Malkuth (the physical person), is incorrectly connected and produces an intensional dislocation of the mind, and as a consequence of it, the lie appears.

It is possible to be a liar because of a negative emotion -that make us to be slanderers and liars-, or to be a liar consciously and at will. Anyway, it is a negative connection of the mind with the Superior Centers of the Being, that produces a dislocation between the mind and the Superior Centers of the Being.

The truth has to be said, even if "comes hell or high water;" to say the truth and only the truth. That is the crude reality of the facts!

The negative emotions turn the persons in liars, the Karma of the liars is the monstrosity. The children that born with two heads or deformed, have incorrectly connected themselves with the Superior Centers of the Being. As a consequence of it, they born with deformed bodies (that is the lie). So, we have to put much attention to this aspect.

Why the Negative Emotions make us to become liars?

We need to eliminate the negative emotions from us, because those negative emotions do not allod a profound change. It is impossible to transform ourselves if we still have negative emotions. We have to eradicate from our heart the negative emotions, because are harmful in every sense.

A person that allow to be carry away by the negative emotions, it becomes liar in one hundred per cent. I know the case of a person that will pass the way soon. This good man had a cerebral embolism. Why? Very clear: somebody informed him that his sister had been a victim of a fraud; later that information was examined and it was false.

This person calls his sister and believes the defaming lie that she told him. He took that so seriously that it got a cerebral embolism and in this moment he is almost to pass the way, so observe in this case, how the negative emotions can deliver us to the failure. His sisters is still convinced that she was a victim of a fraud.

It is obvious that she is slandering an innocent, but she is sure that it was a victim. I investigated this case personally and I saw that she had self-deceit herself, that she was lying to herself, victim of the negative emotions, and at the same time calumniating another person unconsciously.

It is necessary to work the intellectual and emotional centers. There is no doubt that the negative emotions make us to become liars, as I have said you one day. The negative emotions make us to become violent, the negative emotions makes us to forget ourselves.

For example, a jealous person, taken by the negative emotion of the jealousy, it turns violent, he can kill another and as a consequence of it, to go to jail; can ill-treat his wife, and perhaps unjustly, etc. So, the negative emotions can turn one in a slanderer, a false, in a violent, in a perverse.

But it is very difficult -in truth- to control the negative emotions. In a moment we are tranquil and it happens that in the next moment we will not. Let us suppose that we are here, in holy peace, listening this lecture, and suddenly somebody brings a new: a relative or a brother has been beaten for a person, or that has been shot.

If we do not have control over ourselves, we immediately leave this Lumisial protesting internally; we see somebody in the street and rapidly we told him what happened, and it can happens that once we arrive to the place in where is was said that the tragedy happen, that nothing had happened, that it was a false alarm.

Then, what happened? One, we left the lecture; second, we have slandered somebody; the other, we adopted violent behaviours, and what was the worst, we strengthen the "I's" that we have in the negative part of the emotional center, instead of disintegrate them.

Observe how much damage can make to us the negative emotions! Because of a negative emotion we can become murderers, because of a negative emotion we can become perverse, because of a negative emotion we can slander our fellow man, because of a negative emotion we can make false judgements about our best friend, etc. However, we have the clear tendency to always let to be carried away by the negative emotions, we have not learned to be austeres, impassibles, serenes.

So, to introduce the Gnosis in our way of thinking -in order to change-, and to introduce it in the emotional center, it is a bit harder. But if we think in what the centers of the organic machine are, for example, in the intellectual center, that has something of the emotional center and something of the movement center, how could we attain that the inferior emotional center could be under total control?

If we say: "I will have willpower, I will not be carried away by the negative violent emotions in any moment," it could happen that at the first situation we fails terribly. Then we need to introduce the Gnosis here, in the mind, to feel the superior emotion that the Gnosis produces, and with the few willpower that we have got, with the Gnosis and the superior emotion it will be possible to control totally the inferior negative emotions.

However, it is necessary to control the inferior emotion using the superior emotion. Let us control the inferior emotions with the superior ones, let us put the Gnosis in the brain so in that form our way of thinking could change and we could live according with the principles and rules of the Universal Gnosticism.

Let us modify the process of thinking and there will be a kind of intellectual emotion in our head. That, plus a bit of willpower, will let us to control the inferior emotions.

Obviously, the total destruction of the inferior emotions, comes with the annihilation of the undesirable psychic elements that are related with the inferior emotional part. But meanwhile, meanwhile those elements are been eliminated, we have to control the inferior emotional center with the emotive part of the intellect, an intellect illuminated by the gnostic mysticism. That is the obvious way to follow; only through that way could be possible to process a real change, that is so necessary.

The Negative Emotions and the Impressions' Transformation.

What could we say my dear disciples about the three aliments? I explained the last time, how one is fed with the first aliment, the aliment of the physical body; I will not add anything to that. Then we also spoke about the second aliment, that is the breathing, more important than the one that goes to the stomach. But there is a third aliment, that as I said it is the impressions' aliment. Nobody can live without impressions, not even for a minute.

Unfortunately the human being does not know to select his impressions, opens the door to all the negative impressions.

What could you say for example, now that we are here in this place, if we would open the doors to the thefts to allow them to enter? I ask it to the brothers that are here in this lecture: would you think that it could be correct to open the doors, for example, to the vandalism? Obviously, we would make something absurd and you would complain about it. However, we do not do the same with the impressions; we open the doors to all the negative impressions of the world. Those impressions penetrate in our psyche and produce destruction inside of it, are transformed in psychic aggregates and develop in us the negative emotional center. As a conclusion, it fill us up with mud, but even though we open the doors.

Could that be correct? Could be correct that a person that comes, for example, full of negative impressions, that are emanating from his negative emotional center, to be welcome by us, to open the doors to all the negative emotions of that person?

It seems that we do not know to select the impressions and that is very grave. We have to learn to open and to close the doors of our psyche to the impressions: to open the doors to the noble and clean impressions, and to close it to the negative and absurd impressions. So, the negative impressions produce damage, it develop the negative emotional center in us, are harmful for us. Why we should open the doors to the negative impressions?

Observe what one does when is in groups, in multitudes. I can affirm to you that no one of you, for example now, it would go to the street to threw stones against anybody, no? However, in groups, who knows! It could happen that somebody becomes involved in a public protest and been excited by the enthusiasm to start throwing stones like the

multitudes, even though after this he could say to himself: "And why I made that, why I thrown stones?"

I remember one of those protests, some years ago, when the school teachers have several strikes and protests; then we saw unusual things here, in the Federal District, about 10 or 15 years ago. What did we see? Decent and cultured teachers that once in mass, were taking stones and throwing it against the glasses, the people, against everything. Those school teachers would never have done something like that alone but in multitude they did it.

In groups the human being behaves very different, does things that would never do alone. Why? Because of the negative impressions, because he opens his doors to the negative impressions and end up doing what would never do alone. For that reason it is necessary to learn to select our impressions.

When one open the doors to the negative impressions, not only altered the emotional center -that is in the heart-, but it turn it negative. If one, for example, open the doors to the negative emotion of a person that comes full of anger because somebody has done something harmful to him, so then one ends up allied with that person, against the one that produced the damage, and one ends up full of anger, even though it was not our business.

Let us suppose that one open the doors to the negative emotions of a drunkard that we have meet in a party: one end up accepting a cope and then two, three, ten... Conclusion: we also get drunk.

Let us suppose that one open the doors to the negative impressions, for example, to a person of the opposite sex, and one also end up fornicating and making a lot of mistakes. If we open the doors to the negative impressions of a drug addict, we also end up smoking marihuana, and with seed and everything! Conclusion: Failure!

This is how the human beings infect one to each other within the negative environments: the drunkards infect the drunkards, the thefts make to become thefts the others, the thief-murderers infect others, the drug addicts are infected among themselves, and the drug addicts, the murderers, the thefts, the usurers increase in number. Why? because we always make the mistake to open the doors to the negative emotions and that is not correct.

Let us select the impressions! If somebody brings positive emotions of light, harmony, beauty, wisdom, love, poetry, perfection, let us open the doors of our heart.

But if somebody brings negative emotions of hatred, violence, jealousy, drugs, alcohol, fornication and adultery, why we should open the doors of our heart? Let us close the doors to the negative impressions! When one reflects about all of this, can perfectly change and to make of his life something better.

The Self-Esteem and the Conscious Center of Gravity.

The time has come to reflect seriously about the Internal Self-Esteem.

There is not doubt about the disastrous aspect of the Inner Self-Esteem. The Self-Esteem besides that hypnotizes the Consciousness, it also make us to lose a lot of energy.

It is known that in order to create the Moon in us, that is to say, a Conscious Center of Gravity, a Permanent Center of Gravity, it is necessary to use a third force, that is obvious. That third force is the Esoteric work.

Here, we are giving to you the necessary teachings, so you will be able to create in yourselves a Conscious Center of Gravity. Obviously, he that wants to create that center has to begin by leaving the self-esteem, the self-sentimentalism.

When one loves oneself so much, when is full of self- sentimentalism, sighs, anguishes, sadness, etc, normally hates his fellow men, that is to say, when more one loves oneself, as more piety one has for oneself, much more will hate the people.

The most revengeful demons, the most perverse men, are those that love, that self-value themselves so much, that are full I repeat, of self-sentimentalism, self-compassion. But if one hates oneself, then will love his fellow men.

I do not want to say you that one has to become masochist; no, I do not go that far in this speech. There is not necessity to be masochists, but I want to say you that one has to recognize his own imperfections, one has to accept that is a mechanical creature, that the one's life moves through the habits' rails, of the learned habits.

One has to accept that is full of jealousy, rancours, of frightful resentments. When one accept this, when one accept that is a mere worm in the mud of the earth, when one accepts that is a mechanical creature, when one hates oneself, it begins to create -inside of oneself- the Conscious Center of Gravity.

INVERENCIAL PEACE

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