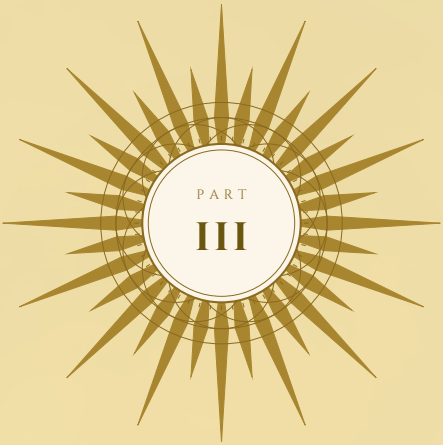


THE INNER WORK

The daily practice of self-observation and the dissolution of the ego — the heart of revolutionary psychology.

IN THIS PART

17 Self-Observation: The Art of Looking Within
18 Self-Remembering
19 The Feeling of Being vs. the Feeling of the Ego
20 Self-Love: The Ego's Mirror
21 Imagination and Fantasy
22 Methodology of Inner Work
23 The World of Relationships
24 The Seven Deadly Sins
25 The Level of Being
26 Herd Behavior

17

Self-Observation: The Art of Looking Within

Two realities, five steps of practice, and the move from mechanical reaction to freedom.



18

Self-Remembering

Eight simultaneous points of attention that open the third state of consciousness.

SELF-REMEMBERING

STEPS TO ENTER THE THIRD STATE OF CONSCIOUSNESS

Self-Remembering is achieved through conscious, simultaneous attention.



1. HEARTBEAT
Focus on the beating of your heart.

2. BREATHING
At the same time, breathe properly: fill your lungs fully, without breathing halfway or in a broken manner.

3. DIVINE PRESENCE
Become aware that God lives within you: the Great Architect of the Universe, the Father who is in secret.

4. HERE AND NOW
Focus on the eternal present: not one second in the past and not one second in the future.

5. ALL SOUNDS
Perceive nearby and distant sounds at the same time, without identifying: do not think about them; simply perceive them.

6. OBSERVE YOUR SURROUNDINGS
Observe people, objects, buildings, plants, and animals without identifying or being carried away by thoughts.

7. AIR, TEMPERATURE, AND BODY
Perceive the surroundings, the temperature, and your physical body. Do not identify; simply perceive.

8. PSYCHOLOGICAL SELF-OBSERVATION
Carefully detect every thought or emotion that appears and pulls you away from the present and the previous steps.

WITH EACH THOUGHT OR EMOTION
Pray: **"Divine Mother, eliminate this ego."**
Then focus again on all the aspects mentioned above.

CONTINUOUS PRACTICE
Observe yourself and return to presence from second to second, from moment to moment.

19

The Feeling of Being vs. the Feeling of the Ego

How to tell the authentic from the false, and the warning about a life spent inside the □/□.

THE FEELING OF BEING VS. THE FEELING OF THE EGO

How to distinguish the authentic from the false

1. THE ESSENTIAL DISTINCTION

EGO OR «I»		BEING
	VS.	
• Changing • Mistaken • False		• Conscious • Real • Correct

2. PSYCHOLOGICAL PHOTOGRAPHS



At ages 18, 20, 25, 50 or 60, each self-image brings a different feeling.
Which one is true?
None of the ego's changing feelings.

3. THE REAL SOURCE



Only consciousness can give us a real feeling.

BEING → CONSCIOUSNESS → HAPPINESS

4. CONSCIOUSNESS TRAPPED



Consciousness remains trapped among multiple psychic aggregates and defects.

5. SELF-DECEPTION



What we feel can change over time.
Confusing it with the voice of consciousness leads us into error.

6. THE PRACTICAL PATH



Thus, the voice of consciousness grows stronger.

7. SIGNS OF ATTACHMENT TO THE EGO



- Clinging to old images of oneself
- Taking pleasure in pain and complaints
- Refusing to let them go

8. THE WARNING



The false feeling of the «I» can waste an entire existence: years pass and there is no inner progress.

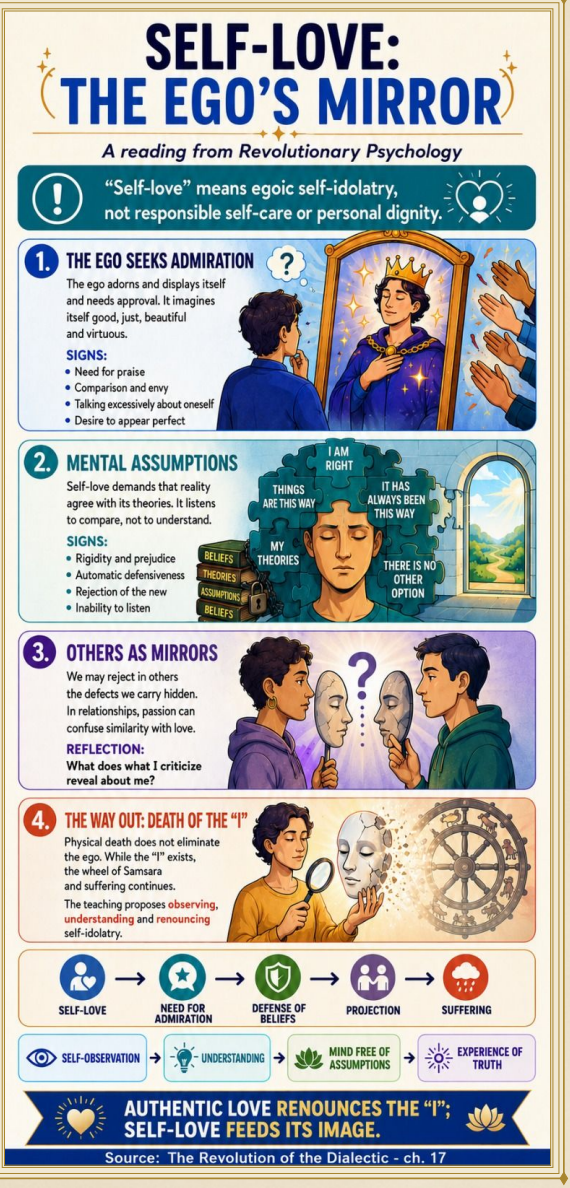
LEARN TO FEEL WITH ALERT AND AWAKE CONSCIOUSNESS

Source: supplied video — Samael Aun Weor

20

Self-Love: The Ego's Mirror

Egoic self-idolatry, its signs, and the way out. Source: The Revolution of the Dialectic, ch. 17.



21

Imagination and Fantasy

Conscious vision against mechanical imagination, work memory, and the rosebush practice.

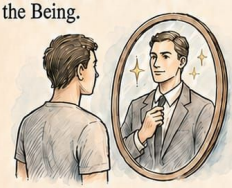
IMAGINATION AND FANTASY

Learning to distinguish conscious vision from mechanical imagination.

CONSCIOUS IMAGINATION

It is voluntarily directed. For the wise, to imagine is to see: it reflects the mysteries of life, death, and the Being.





MECHANICAL FANTASY

It arises from the remnants of memory. It makes us see ourselves as we believe we are, rather than as we truly are.

THE FANTASY SELF

We create a false image of ourselves. Recognizing it can be painful, but it opens the path to self-knowledge.





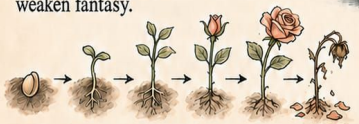
MECHANICAL MEMORY

It distorts memories and stories. Each retelling may add, remove, or change details.

WORK MEMORY

Sincere retrospection allows us to review our lives, discover events as they occurred, and weaken fantasy.





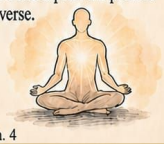
PRACTICE: THE ROSEBUSH

Relax the body. Imagine the seed germinating, the stem growing, and the leaves and flowers appearing. Then contemplate the process in reverse.



OBJECTIVE

Break the fantasy personality, awaken consciousness, and discover the inner Being.



Source: Revolution of the Dialectic, Ch. 4

22

Methodology of Inner Work

The SPCT, nightly retrospection, and the three phases of ego elimination. Source: RD, ch. 32.



23

The World of Relationships

The three relationships, with the world, with the body and with ourselves, and the order in which real change occurs.

THE WORLD OF RELATIONSHIPS

There are 3 types of relationships:

1. With the world around us
2. With our physical body
3. With ourselves



1 WITH THE WORLD AROUND US



With our spouse/partner, children, family, work, society, neighbors, social relationships in general. With nature and the universe that surround us.

A poor relationship at this level will bring numerous conflicts.

A harmonious relationship with the outer world is the basis of a peaceful life.

2 WITH OUR PHYSICAL BODY



With our health, hygiene, appearance. With our diet (food, air and impressions). If there is no good relationship at this level, illnesses and conflicts with our environment will arise.

Taking care of our body is honoring the temple where our consciousness lives.

3 WITH OURSELVES



With our states of mind, expectations, desires, projects, etc. If we do not have a good inner relationship, we will lack clarity, illumination, happiness and harmony, etc.

This type of relationship directly influences the other two.

Inner peace is the key that transforms all your relationships.

THE ORDER IN WHICH CHANGE OCCURS

The 3 Factors of the Revolution of Consciousness

1) DIE
2) BE BORN
3) SACRIFICE FOR HUMANITY

INDIVIDUAL → FAMILY → SOCIETY

Only through the Revolution of Consciousness can we bring balance to the 3 types of relationships and create changes in our inner world that will be reflected in the outer world.





PRACTICE: SELF-REFLECTION

Objective: to become aware of the way we think, feel and act in our daily lives.



24

The Seven Deadly Sins

The seven capital defects, the virtue that opposes each, and what they produce when they combine.



25

The Level of Being

Why the outer reflects the inner: what our level of being governs, and why we cannot rise without first understanding where we stand.

THE LEVEL OF BEING

THE BEING

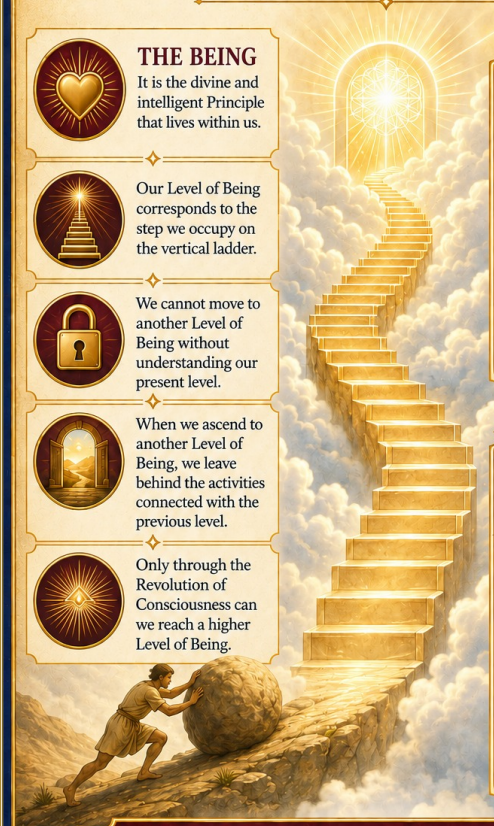
It is the divine and intelligent Principle that lives within us.

Our Level of Being corresponds to the step we occupy on the vertical ladder.

We cannot move to another Level of Being without understanding our present level.

When we ascend to another Level of Being, we leave behind the activities connected with the previous level.

Only through the Revolution of Consciousness can we reach a higher Level of Being.



KEY

By observing our surroundings, situations, friendships, problems, and reactions, we can discover which egos exist within us.

The outer reflects the inner.

OUR LEVEL OF BEING INFLUENCES:

- our level of consciousness
- the defects that characterize us most
- our habits
- our affinities
- the places we frequent
- our way of reacting
- the events we experience

PRACTICE: CONCENTRATION

26

Herd Behavior

What a person does in a crowd that they would never do alone: emotional contagion, and the conscious selection of what we let in.

