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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.