*Conference 17 from Phase A.*

**CONF. 17**

# THE THREE FACTORS OF THE REVOLUTION OF CONSCIOUSNESS

The first factor will be To Be Born.

The second factor will be To Die.

The third factor will be the Sacrifice for Humanity.

## FIRST FACTOR: TO BE BORN

By Spiritual Birth is understood the Creation of the Existential Bodies of the Being. We say creation of the Seven Bodies, because they must be created in the same way that our physical body was created, in sex.

To be born it is necessary to have a stable partner with whom we can work in sex in a permanent way. It must be one partner; there cannot be several, because this would adulterate the work. The partner must be willing to collaborate with us and must know the work that is going to be done.

For this work we must learn to value the Sexual Creative Energy, for with it we will make all the creation.

The place where sex will be practiced is the nuptial bed or altar; this place is very special and we must take great care of it so that other forces are not mixed in. The room or bedroom where it is located must be in magnificent conditions of cleanliness and ventilation, free of noise (loud music) and televisions. There cannot be other people sleeping in the same room.

Supra-sex cannot be practiced just anywhere. It is necessary to have a room destined for this.

Before beginning the practice of birth we must make some preparations:

- Protection of Belilín and Magic Circle. (in order to remain protected from the forces of Evil).
- Supplication to the Father and to the Divine Mother so that they may assist us during the practice.
- Caresses between the spouses to achieve a magnificent lubrication of the yoni.
- Penetration of the phallus within the yoni (the penis in the vagina).

- Once sexually united, Concentration, Imagination and Will are necessary.
- Breathing procedure for the transmutation of matter into energy:

1 Inhalation (20 seconds), imagining the entrance of the air through the nose to the lungs and then bringing it down to the sexual glands.

2 Retention (20 seconds), imagining the ascent of a golden thread from the coccyx to the space between the eyebrows.

3 Exhalation (20 seconds), mantralizing slowly and prolongedly IIIII, AAAAA, OOOOO, vowel by vowel, repeating the whole breathing procedure for each vowel.

The practice will be prolonged for as long as the couple wishes, but they must withdraw without ejaculating or spilling the Sexual Creative Energy.

It will be practiced only once in the night.

With patience, prudence and perseverance one will advance vertebra by vertebra and body by body.

## SECOND FACTOR: TO DIE

Psychological Death refers to the liberation of the Essence, or Sexual Creative Energy, which at this time is trapped by the psychological ego or the ways of being of oneself.

In order to be able to begin the process of Psychological Death we must learn to self-observe. And this turns out to be the most difficult thing because of the mechanicity in which we find ourselves.

It is necessary to know how to differentiate the acts of the Ego, the acts of the personality and those of the Consciousness.

### What can be observed in the inner world?

1 The different thoughts

2 The inner talks among the egos

3 The pleasant emotions

4 The unpleasant emotions

5 The moods in which we find ourselves

6 The mechanical reactions

7 Everything that upsets us, any situation of the physical world

When one discovers any of these manifestations, we become conscious of what is happening internally. Then we ask the Divine Mother to disintegrate the defect or ego that manifested itself.

To the extent that we work seriously with this procedure, we will gradually liberate the Essence, balance our centers and awaken the Consciousness. We will see increasingly smaller and more insignificant little details, which will allow us to see the progress.

The sense of self-observation will become progressively sharper, to the extent that we use it, until we awaken completely.

**Example:** I am going down the street driving calmly; on reaching the corner another vehicle cuts me off. If at that instant I do not identify with what is happening to me, I will be able to observe everything that happens in my inner world; let us see:

- An ego appears that tells me to shout “stupid” at him.
- Another, “insult him”.
- Another, “Who does he think he is?”
- Another, “Catch up with him!”.
- I observe that I feel like fighting.
- I observe that my Emotional Center is contracted.
- I observe that an ego wants to take revenge.
- I ask myself who taught him to drive.
- I think, “I hope he crashes!”.
- Another tells me that he could have scratched our automobile.
- I cannot stop thinking about this.
- “How irresponsible!”, says another.
- Other egos make comments about what happened.
- I feel resentment for what happened.
- Some time later I am still remembering the scene:

- I still have anger.
- I cannot forget what happened.
- I feel weakened.

Each of these manifestations is produced by a different ego, and I must beg the Divine Mother to eliminate it for me.

## ANOTHER EXAMPLE:

A very beautiful woman passes near one. If I self-observe I discover egos in my head that are idealizing her, if I observe the Emotional Center I feel enamored of or attracted to her, if I observe the Instinctive and the Sexual Center I notice an unmistakable morbid activity. What do I have to do? On observing that I am idealizing her, I ask for death for that detail. On observing that I am becoming enamored, I ask for death for that feeling. And on observing the instinctive sensation, I ask for death for that ego. If any of them persists, I continue asking the Divine Mother to eliminate it until none of them surfaces. This procedure is called Death in motion, and it implies being vigilant all day long in order to be able to notice every detail. If I sit down for a while to reflect on the different events of the day and the states I was in, I can make new discoveries and continue asking the Divine Mother to eliminate for me each thing that I come to understand. This procedure is called Reflective Meditation. And it helps us to liberate great amounts of Consciousness.

## THIRD FACTOR: SACRIFICE FOR HUMANITY

The Sacrifice for Humanity is to take this knowledge selflessly to all of humanity. Without any kind of distinction of race, color, wealth, poverty, social position, etc.

The Knowledge must be given without receiving anything in exchange, completely free of charge; otherwise it is not sacrifice but business.

No one would have the means to pay for this knowledge.

Wisdom is the beginning of everything. If we do not receive it we die ignorant of the very reason for existing. If we reflect on this and value the Knowledge that we have, we will realize the responsibility that this represents. To imagine that all our brothers are asleep, without even knowing what they exist for, produces terror.

The Knowledge must be given pure and clean, without adding or removing anything, without mixing it with pseudo-esoteric or subjective knowledge.

Conditions for sacrificing ourselves:

- We must give the knowledge free of charge.
- We must give it to everyone.
- We must give it pure, without adding other things to it.
- We must not remove or hide anything from it, for this would be to adulterate it.
- We must not mix it with other knowledge.

Some reasons for sacrificing ourselves for humanity:

1 The reason of being of the Being is the Being itself.

2 To de-egoize ourselves, to stop being egoistic.

3 A work of Love is nourished with Love.

4 Each ego has its own debt; if we do not have the means to pay, we stagnate.

5 We owe the Karma of seven existences; if we aspire to self-realize we must pay in cash.

6 When one owes a great deal, one needs to have good income.

7 When one sacrifices oneself for humanity, one receives Dharma.

8 Sacrifice generates the merits of the heart in order to be able to advance.

9 Of what one gives one receives; he who gives nothing receives nothing.

10 He who gives wisdom receives wisdom.

11 He who has and does not give of what he has, even the little that he has will be taken from him.

12 The merits of the heart allow us to advance in the work of Birth.

13 If a person teaches, each time he teaches he understands something better.

14 The egoist advances very slowly, if he advances at all.

15 Each time we help the Father to give the knowledge, He teaches us something.

16 Each time we repeat the syllabus we understand it better.

17 If we are teaching, we go on creating a Center of Gravity around the Esoteric Work.

18 If we stop teaching we grow cold and we stagnate in the other two factors.

19 The different egos want us to forget this work. If we do not teach, that is what happens.

Different ways of sacrificing ourselves for humanity:

1 Inviting our friends, relatives and acquaintances.

2 Inviting strangers.

3 Handing out flyers and putting up posters.

4 Doing publicity or advertising campaigns.

5 Preparing ourselves to teach.

6 Gaining experience in order to lose the fear that does not let us act.

7 Giving introductions in the halls.

8 Delivering conferences.

9 Opening halls where the Knowledge can be taught.

10 Preparing staff so that they continue teaching.

11 Training all the staff who are preparing themselves.

12 Motivating people so that they start the practice of the Three Factors.

13 Directing the groups that have been organized.

14 Awakening in order to be able to guide them.

If we verify the force that is received upon giving this knowledge, we will begin to form a group that allows us to have a Center of Gravity in the Gnostic Esoteric Work.

*End of Conference 17.*