Conference 19 from Phase A.

CONF. 19

STATES AND EVENTS

In the terrain of practical life we always discover astonishing contrasts. Wealthy people with a magnificent residence and many friends sometimes suffer frightfully...

Humble pick-and-shovel proletarians, or people of the middle class, sometimes live in complete happiness.

Many multimillionaires suffer from sexual impotence, and rich matrons weep bitterly over their husband's infidelity...

The rich of the earth seem like vultures in golden cages; in these times they cannot live without "bodyguards"...

Statesmen drag chains; they are never free; they go about everywhere surrounded by people armed to the teeth...

Let us study this situation more carefully. We need to know what life is. Each one is free to think as he wishes...

Whatever they may say, certainly no one knows anything; life turns out to be a problem that no one understands...

When people wish to tell us the story of their life free of charge, they cite events, names and surnames, dates, etc., and they feel satisfaction in making their accounts...

Those poor people are unaware that their accounts are incomplete, because events, names and dates are merely the external aspect of the film; the internal aspect is missing...

It is urgent to know "states of consciousness"; to each event there corresponds this or that state of the soul.

States are interior and events are exterior; external happenings are not everything...

Let interior states be understood as the good or bad dispositions, worries, depression, superstition, fear, suspicion, mercy, self-considering, over-estimation of oneself; states of feeling happy, states of joy, etc., etc., etc.

Unquestionably, interior states can correspond exactly with exterior happenings, or be originated by them, or have no relation at all with them...

In any case, states and events are different. Occurrences do not always correspond exactly with related states.

The interior state of a pleasant event might not correspond with it.

The interior state of an unpleasant event might not correspond with it.

Happenings awaited for a long time: when they came, we felt that something was missing...

Certainly the corresponding interior state, which had to be combined with the exterior happening, was missing...

Many times the happening that was not expected comes to be the one that has given us the best moments...

THE INTERIOR STATE.

To combine interior states with exterior happenings in a correct way is to know how to live intelligently.

Any event intelligently lived demands its corresponding specific interior state...

However, unfortunately, when people review their life, they think that it is constituted in itself exclusively by exterior events...

Poor people! They think that if this or that happening had not occurred to them, their life would have been better...

They suppose that fortune came out to meet them and that they lost the opportunity to be happy...

They lament what was lost, they weep over what they scorned, they moan remembering the old stumbles and calamities...

People do not want to realize that to vegetate is not to live, and that the capacity to exist consciously depends exclusively on the quality of the interior states of the Soul...

It certainly does not matter how beautiful the external happenings of life may be; if at such moments we do not find ourselves in the appropriate interior state, the best events may seem monotonous, tedious or simply boring to us...

Someone anxiously awaits the wedding celebration; it is a happening, but it could occur that one is so worried at the precise moment of the event that one truly does not taste any delight in it, and that all of it becomes as arid and cold as a protocol...

Experience has taught us that not all the people who attend a banquet or a dance truly enjoy themselves...

There is never a lack of a bored person at the best of festivities, and the most delightful pieces gladden some and make others weep...

Very rare are the people who know how to combine consciously the external event with the appropriate internal state...

It is lamentable that people do not know how to live consciously: they weep when they should laugh and they laugh when they should weep...

Control is different. The sage can be joyful but never ever full of mad frenzy; sad but never desperate and dejected... serene in the midst of violence; abstemious in the orgy; chaste amid lust, etc...

Melancholic and pessimistic people think the worst of life and frankly do not wish to live...

Every day we see people who are not only unhappy but who, in addition —and what is worse — also make the life of others bitter...

Such people would not change even living daily from party to party; they carry the psychological illness within them... such persons possess definitively perverse intimate states...

However, those subjects describe themselves as just, holy, virtuous, noble, helpful, martyrs, etc., etc., etc...

They are people who self-consider too much; persons who love themselves very much...

Individuals who pity themselves greatly and who always seek loopholes in order to evade their own responsibilities...

Such persons are accustomed to inferior emotions, and it is evident that for that reason they daily create infrahuman psychic elements.

Unfortunate events, reverses of fortune, misery, debts, problems, etc., are the exclusive domain of those persons who do not know how to live...

Anyone can form a rich intellectual culture, but there are very few persons who have learned to live rightly...

When one wishes to separate the exterior events from the interior states of consciousness, one concretely demonstrates one's incapacity to exist with dignity.

Those who learn to combine consciously exterior events and interior states walk along the road of success...

MISTAKEN STATES.

Unquestionably, in the rigorous observation of the Myself, it is always unpostponable and undeferrable to make a complete logical differentiation in relation to the exterior happenings of practical life and the intimate states of consciousness.

We urgently need to know where we are situated at a given moment, both in relation to the intimate state of consciousness and in the specific nature of the exterior happening that is occurring to us.

Life in itself is a series of happenings that are processed through time and space...

Someone said: “Life is a chain of martyrdoms that man carries entangled in his Soul...”

Each one is very free to think as he wishes; I believe that the ephemeral pleasures of a fleeting instant are always succeeded by disenchantment and bitterness...

Each happening has its special characteristic flavor, and the interior states are likewise of different kinds; this is incontrovertible, irrefutable...

Certainly the Inner Work on oneself refers emphatically to the various psychological states of consciousness...

No one could deny that within us we carry many errors and that there exist mistaken states...

If we truly wish to change in reality, we need with maximum and undeferrable urgency to modify radically those mistaken states of consciousness...

The absolute modification of the mistaken states originates complete transformations in the terrain of practical life...

When one works seriously on the mistaken states, obviously the unpleasant occurrences of life can no longer wound one so easily...

We are saying something that can only be understood by living it, by truly feeling it in the very terrain of the facts...

Whoever does not work on himself is always a victim of circumstances; he is like a miserable log amid the stormy waters of the ocean...

Happenings change incessantly in their multiple combinations; they come one after another in waves; they are influences...

Certainly there exist good and bad happenings; some events will be better or worse than others...

To modify certain events is possible; to alter results, to modify situations, etc., is certainly within the number of possibilities.

However, there exist de facto situations that truly cannot be altered; in these last cases they must be accepted consciously, even though some may turn out to be very dangerous and even painful...

Unquestionably pain disappears when we do not identify with the problem that has arisen...

We must consider life as a successive series of interior states; an authentic history of our life in particular is formed by all those states...

On reviewing the totality of our own existence, we can verify for ourselves in a direct way that many unpleasant situations were possible thanks to mistaken interior states...

- Alexander the Great, although he was always temperate by nature, gave himself up out of pride to the excesses that caused his death...
- Francis I died because of a dirty and abominable adultery, which history still remembers very well...
- When Marat was assassinated by a perverse nun, he was dying of arrogance and envy; he believed himself to be absolutely just...
- The ladies of the Deer Park unquestionably finished off completely the vitality of the frightful fornicator called LOUIS XV...

Many are the people who die from ambition, anger or jealousy; the Psychologists know this very well...

As soon as our will is irrevocably confirmed in an absurd tendency, we become candidates for the pantheon or cemetery...

Othello, because of jealousy, became a murderer, and the prison is full of the sincerely mistaken...

PERSONAL OCCURRENCES.

Full intimate self-observation of the Myself is undeferrable when it is a matter of discovering mistaken psychological states.

Unquestionably the mistaken interior states can be corrected through correct procedures.

Since the interior life is the magnet that attracts the exterior events, we need with maximum undeferrable urgency to eliminate from our psyche the erroneous psychological states.

To correct mistaken psychological states is indispensable when one wishes to alter fundamentally the nature of certain undesirable events.

To alter our relationship with certain events is possible if we eliminate from our interior certain absurd psychological states.

Destructive exterior situations could become inoffensive and even constructive through the intelligent correction of the erroneous interior states.

One can change the nature of the unpleasant events that occur to us when one purifies oneself intimately.

Whoever never corrects the absurd psychological states, believing himself very strong, becomes a victim of circumstances.

To put order into our disordered interior house is vital when one wishes to change the course of an unfortunate existence.

People complain about everything; they suffer, they weep, they protest; they would like to change their life, to come out of the misfortune in which they find themselves; unfortunately they do not work on themselves.

People do not want to realize that the interior life attracts exterior circumstances, and that if these are painful it is due to the absurd interior states.

The exterior is merely the reflection of the interior; whoever changes inwardly originates a new order of things.

Exterior events would never be as important as the way of reacting to them.

Did you remain serene before the insulter? Did you receive with good grace the unpleasant manifestations of your fellow men?

In what way did you react to the infidelity of the beloved one? Did you let yourself be carried away by the poison of jealousy? Did you kill? Are you in prison?

The hospitals, the cemeteries or pantheons, the prisons, are full of the sincerely mistaken who reacted in an absurd way to exterior events.

The best weapon that a man can use in life is a correct Psychological state.

One can disarm wild beasts and unmask traitors through appropriate interior states.

Mistaken interior states turn us into defenseless victims of human perversity.

Learn to face the most unpleasant occurrences of practical life with an appropriate interior attitude...

Do not identify with any happening; remember that everything passes; learn to see life as a film and you will receive the benefits...

Do not forget that happenings of no value at all could lead you to misfortune if you do not eliminate from your Psyche the mistaken interior states.

Each exterior event unquestionably needs the appropriate ticket; that is to say, the precise Psychological state.

End of Conference 19.