Conference 21 from Phase A.

CONF. 21

CONCENTRATION AND RELAXATION

What is Concentration?

The word Concentration is showing us that Consciousness is Centered in Action.

Concentration is a very great power that allows us to succeed in everything we undertake. Concentration occurs when we learn to live the instant. The eternal now. When our different functions work in unison, having our heart as their center.

The key to succeeding at any practice is Concentration.

We must practice and struggle until we achieve it.

If during the day we go about concentrated, at night we will remain concentrated. If during the day we wander, at night we will too.

There are two types of Concentration: one in the Inner World, and the other in the Outer World. Both are very important.

We are concentrated when we sustain a single thought. When we sustain full attention on something, we can attain Inspiration, and an instant later, Accuracy.

Concentration is the opposite of distraction, Concentration belongs to Consciousness, distraction belongs to the ego. If we study distraction, we will end up in concentration.

If we can discover all the egos or distracting elements, we will attain Concentration.

Learning to center Consciousness in action requires much practice, since the sense of psychological Self-observation is atrophied in almost all human beings, and by means of this sense Consciousness is centered in action.

Master Jesus taught us that we should Watch and Pray.

To watch is to do things awake, in vigil, in self-observation. Or concentrated. To pray is the desire to Be or Self-Remembering. And this is the same as relaxing. To beg the Divine Mother to eliminate the defect that does not let us concentrate.

HOW WE CAN PRACTICE CONCENTRATION:

- Making an effort to do one thing at a time.
- Without thinking about anything else.

- Without interrupting one thing to do another.
- Not thinking about things that are going to be done.
- Not remembering things that have already been done.
- Keeping ourselves centered on what we are doing.

If we carefully observe the multiple activities of our daily life, we will realize that each one of them is done mechanically, since when we carry them out we are thinking about other things. That very fact prevents us from being centered, it also prevents us from seeing all the egos that manifest.

We wake up, we get up, we walk to the bathroom, we undress, shave, shower, dry ourselves, dress, put on our shoes, make the bed, have breakfast, brush our teeth, say goodbye, go out into the street, etc. But we do not self-observe instant by instant, which means that our consciousness is asleep for lack of use.

We do things asleep. And because of the above, there is no self-discovery.

If we begin to self-observe, we will discover each one of the egos that take part in each action, that act mechanically making mistakes, make us tense, cause worries, distract, prevent concentration.

When we begin to observe all this, we directly realize the chaos in which we find ourselves. And that we can only put it in order through permanent relaxation.

What is Relaxation?

When we become conscious of any defect, which is producing tension in any part of the machine, we must necessarily relax so as not to exhaust energies unnecessarily. And this is done with a Supplication to our Divine Mother, like this: “My Mother, kill this ego for me.”

What produces tension?

- Desires
- Emotions
- Psychological songs
- Wrong psychological states
- Thoughts
- Worries
- Inner talks
- Fights between the different egos

If at these moments we beg our particular Divine Mother to eliminate the defect that is producing tension in this or that center, we will notice that She acts immediately, relaxing in us the place where we have observed the ego.

It is necessary to understand why we are tense so that the Mother may act.

Tensions are produced for many reasons:

- We do something that we do not like.
- We fear that something will turn out badly for us.
- We want to do something that we like more.
- What we are going to do later worries us.
- What we did before did not turn out well.
- What we did before turned out very well for us.
- We do not know how to do what we are doing.
- Something we will have to do worries us.
- We are distracted by something.

How do we know that we have already relaxed?

It happens when all tension has disappeared and our psychology has returned to normal. We feel good. We can center ourselves on what we are doing.

Concentration and Relaxation: Watch And Pray.

1. Protection of Belilín and Magic Circle.
2. Supplication for assistance to the Father and the Divine Mother.
3. Relaxation, observing that the whole body is comfortable.
4. We concentrate on the heart to listen to and observe the inner world.
5. For each little detail observed, we go on begging the Mother to disintegrate it.
6. It can be done until perfect concentration is achieved.

End of Conference 21.