Conference 30 from Phase A.

CONF. 30

METHOD FOR AWAKENING CONSCIOUSNESS.

THE TWO CONSCIOUSNESSES: OBJECTIVE AND SUBJECTIVE

We have been told very wisely that we have ninety-seven percent of Subconsciousness and three percent of Consciousness.

Speaking frankly and without beating about the bush, we will say that ninety-seven percent of the Essence that we carry in our interior is bottled up, stuffed, shut up within each one of the Egos that as a whole constitute the "Myself".

Obviously the Essence or Consciousness, enclosed within each Ego, is processed by virtue of its own conditioning.

Any disintegrated Ego liberates a certain percentage of Consciousness; the emancipation or liberation of the Essence or Consciousness would be impossible without the disintegration of each Ego.

The greater the quantity of disintegrated Egos, the greater the Self-Consciousness. The smaller the quantity of disintegrated Egos, the smaller the percentage of awakened Consciousness.

The awakening of the Consciousness is only possible by dissolving the I, by dying in oneself, here and now.

Unquestionably, as long as the Essence or Consciousness is stuffed within each one of the Egos that we carry in our interior, it is asleep, in a subconscious state.

It is urgent to transform the subconscious into the conscious, and this is only possible by annihilating the Egos, by dying in ourselves.

It is not possible to awaken without first having died in ourselves. Those who try to awaken first in order to die afterward do not possess real experience of what they affirm; they walk resolutely along the road of error.

Newborn children are marvelous; they enjoy full self-consciousness; they are totally awake.

Within the body of the newborn child the Essence is reincorporated, and that gives the little creature its beauty.

We do not mean that one hundred percent of the Essence or Consciousness is reincorporated in the newborn, but the free three percent, which normally is not enclosed within the Egos, is.

However, that percentage of free Essence reincorporated within the organism of newborn children gives them full self-consciousness, lucidity, etc.

Adults look at the newborn with pity; they think that the little creature is unconscious, but they are lamentably mistaken.

The newborn sees the adult such as he really is: unconscious, cruel, perverse, etc.

The Egos of the newborn come and go; they go round and round the cradle; they would like to get into the new body, but because the newborn has not yet manufactured the personality, every attempt of the Egos to enter into the new body turns out to be something more than impossible.

Sometimes the little creatures are frightened on seeing those phantoms or Egos that approach their cradle, and then they scream, they cry, but the adults do not understand this and suppose that the child is ill or that it is hungry or thirsty; such is the unconsciousness of adults.

As the new personality goes on being formed, the Egos that come from previous existences go on penetrating little by little into the new body.

When the totality of the Egos has been reincorporated, we appear in the world with that horrible inner ugliness that characterizes us; then we go about everywhere like sleepwalkers; always unconscious, always perverse.

When we die, three things go to the sepulcher:

1) The physical body. 2) The organic vital depth. 3) The personality.

The vital depth, like a phantom, goes on disintegrating little by little before the sepulchral grave as the physical body also goes on disintegrating.

The personality is subconscious or infraconscious; it enters and leaves the sepulcher whenever it wishes; it is glad when the mourners bring it flowers; it loves its relatives, and it goes on dissolving very slowly until it becomes cosmic dust.

That which continues beyond the sepulcher is the Ego, the pluralized I, the myself, a heap of devils within which the Essence, the Consciousness, is enclosed, which in its time and at its hour returns, reincorporates.

It is lamentable that, when the new personality of the child is manufactured, the Egos are also reincorporated.

The above allows us to observe that we must do two different works:

1- TO AWAKEN THE 3% OF OBJECTIVE CONSCIOUSNESS:

This part of our being, the 3%, knows the path that it will have to retrace. To awaken it we must:

- Begin the work with the Three Factors for the Revolution of Consciousness.
- Transfer the Center of Gravity, which is currently found in the personality, back to the Consciousness.
- Come out of the fascination with the things of the world into which our personality put us.

2- TO LIBERATE AND AWAKEN THE 97% OF SUBCONSCIOUSNESS:

It implies dying in oneself, following these steps:

1. Self-Observation, in order to be able to discover the different defects that manifest themselves.
2. Judgment. Each discovered defect must be judged until it is fully understood, through reflection and meditation.
3. Elimination. By begging our particular Divine Mother.

End of Conference 30.