Conference 31 from Phase A.

CONF. 31

MECHANICAL CREATURES

In no way could we deny the Law of Recurrence being processed at every moment of our life.

Certainly in each day of our existence there is repetition of events, states of consciousness, words, desires, thoughts, volitions, etc.

It is obvious that when one does not self-observe, one cannot realize this incessant daily repetition.

It is evident that whoever feels no interest at all in observing himself does not wish to work in order to achieve a true radical transformation either.

To crown it all, there are people who want to transform themselves without working on themselves.

We do not deny the fact that each one has the right to the real happiness of the spirit, but it is also true that such happiness would be something more than impossible if we do not work on ourselves.

One can change intimately when one truly manages to modify one's reactions to the diverse facts that befall one daily.

However, we could not modify our way of reacting to the facts of practical life if we did not work seriously on ourselves.

We need to change our way of thinking, to be less negligent, to become more serious and to take life in a different way, in its real and practical sense.

However, if we continue just as we are, behaving in the same way every day, repeating the same errors, with the same negligence as always, any possibility of change will in fact be eliminated.

If one truly wishes to come to know oneself, one must begin by observing one's own conduct before the occurrences of any day of life.

We do not mean by this that one should not observe oneself daily; we only wish to affirm that one must begin by observing a first day.

In everything there must be a beginning, and to begin by observing our conduct on any day of our life is a good beginning.

To observe our mechanical reactions to all those small details of the bedroom, the home, the dining room, the house, the street, work, etc., etc., etc., what one says, feels and thinks, is certainly the most appropriate thing.

The important thing is to see afterward how, or in what way, one can change those reactions; however, if we believe that we are good people, that we never behave in an unconscious and mistaken way, we will never change.

Above all, we need to understand that we are machine-persons, simple puppets controlled by secret agents, by hidden Egos.

Within our person live many persons; we are never identical; sometimes a petty person manifests in us, other times an irritable person, at any other instant a splendid, benevolent person, later a scandalous or slanderous person, afterward a saint, then a liar, etc.

We have people of every kind within each one of us, Egos of every species. Our personality is no more than a puppet, a talking doll, something mechanical.

Let us begin by behaving consciously during a small part of the day; we need to stop being simple machines, even if only during a few brief minutes daily; this will influence our existence decisively.

When we Self-Observe and do not do what this or that Ego wants, it is clear that we begin to stop being machines.

A single moment in which one is sufficiently conscious to stop being a machine, if it is done voluntarily, usually modifies many unpleasant circumstances radically.

Unfortunately we daily live a mechanistic, routine, absurd life. We repeat occurrences; our habits are the same; we have never wanted to modify them; they are the mechanical track along which the train of our miserable existence runs; however, we think the best of ourselves...

Everywhere the "MYTHOMANIACS" abound, those who believe themselves Gods; mechanical, routine creatures, personages of the mud of the earth, miserable dolls moved by diverse Egos; such people will not work on themselves...

End of Conference 31.