



SEARCHING WITHIN

A Nine Week Course

WEEK 9

Order in Life

By Beelzebub

To be effective in carrying out this psychological work it helps to work within an orderly framework, carrying it out in a thorough way.

Psychologically speaking order is important, the psyche normally exists with a multitude of different ideas, passions, desires, beliefs and so on; this is an internal chaos, a swarm of misery, pleasures and subconscious states. The greatest external discipline cannot truly hide this internal disorder, and no matter how tidy and disciplined a person is externally, if within there is no order, they live in a mess inside, if someone wants to see how they really are they can do so by watching within and by looking at their dreams, for there we see the reality of the psyche.

Order in the psyche is created with the intelligence of consciousness. It is the result of seeing what is within, being aware and eliminating the egos, this is done at each moment, it is vital to observe, to watch what is happening within in the five inferior centres and to be aware so that then consciousness manifests and you get out of the mess of the egos.

Externally, the intelligence of consciousness brings about order. However, it is important to make an effort to create an order in the things of daily life so that you can focus in a much better way on the esoteric work, without having to keep thinking about the next thing that you are going to do, or where you put something, or having problems constantly going on in the mind as you try to resolve them

Fascination

When there is an order in the things of daily life and in the work you become more focused in what you need to do internally and externally. It is so easy to forget to be

aware, to forget to see what is happening within oneself and not to remember to do the esoteric work generally throughout the day and to fall into psychological sleep. This is because one becomes fascinated with the activity that one is carrying out at any particular moment, or activities that need to be carried out in the future, the focus of one's attention is upon the thing one is doing and thoughts become automatically generated without any self-awareness. So one gets fascinated and lost in that activity and forgets to be aware.

Self remembrance is vital to be successful esoterically, it is only in those moments when you remember to do it that an inner work actually takes place, if you consider how often this happens and for how many moments through the day, then you will get some idea of how much you are actually working towards self-knowledge..

Overcoming Fascination

It is very easy to lose the track of the work and to get involved with things that you know belong to egos. Not getting fascinated with things of life takes a lot of effort; one is going against forces within oneself which have become the normal ways of thinking, feeling and acting.

Making a decision to be aware and observe oneself is a very good step. However, you need to make the continuous effort of trying to be aware in order to see egos at all times and then making a further effort to not go along with them.

Getting fascinated is so easy and brings enormous pleasure to the ego. Fascination is a trap that catches a person and is then a gateway that lets in other egos. The things of life are put to us like bait on a hook is offered to a fish, if we take the bait, we become hooked on the event, fascinated with it and the ego feeds, it makes a meal out of our energies and then one ego leads to another and then to another and the darkness of the subconscious is upon us, the consciousness, the inner work is lost for the time, it is weakened and we lose some of the strength to carry out the inner work.

There are so many traps put by the egos for us in order to fall into fascination. Many may seem to make perfect sense at the time, appealing to our best ideas of what is right and so on, if we are not watching we fall into them head on. Some of the traps involve ways one thinks one should behave, for example you may find yourself thinking that you have to be nice to someone that you meet and therefore cannot be aware and be observing within. However, this is an illusion of the mind, of the ego; the best state to be in at any one time is to be aware. Also you miss out on an opportunity of knowing yourself, of using life in order to reach to states of consciousness which will give peace, wisdom and happiness.

Another very interesting trap is the one that says "I am in a rush", "I don't have the time", therefore, I cannot observe myself and be aware, I will do it later. In fact at that time there are very harmful egos manifesting, if you make use of the opportunity you will see them, you can still do things quickly, but without egos. By giving into egos like that they gain a hold and they feed enormously. This type of trap is very harmful because in terms

of the inner work it can ruin your day. If you start your day like this, your day will most likely be full of fascination and reactions. The drainage of energy from this type of fascination is massive, the energies easily get into a low state and many egos take the opportunity to feed.

There is a certain amount of energy that one has for the day, this energy can be used by the consciousness or by the egos. The consciousness itself does not use up energy and in the esoteric course you will learn how to use this energy for inner transformation. However, when the egos use this energy, the psyche and body become drained out, then low negative states appear as well as physical exhaustion.

There are so many traps to fall into, here is another one. The thought that says about some external thing “It is too important, I need to be worried and concerned about it”. If one goes along with that trap then a series of events can unfold as a result of a massive fascination with the matter, person or event. This type of fascination can sometimes bring serious consequences for the future, as the decisions were taken in fascination and that means with egos rather than with consciousness.

The force of the egos can override one's intentions to be aware if you are not constantly trying to be in awareness and in self-observation. One needs to become aware of the particular egos in order to be more determined to fight them. If you become fascinated repeatedly with certain tasks, let say in the house, you may notice that when they go wrong you get totally fascinated and react negatively.

You need to become aware of that and try to be more aware when you are doing tasks in the house and come back to the awareness again and again. If you detect fascination when talking, pay more attention when talking and train yourself to speak in awareness and self-observation.

If you keep persisting you will see that you begin to manage to act, speak, decide, etc while being aware and in self-observation and therefore begin to act with consciousness as you deal with events of life.

Efforts to break the fascination need to be immense. Deciding is one thing and doing it is another. It's a huge effort to practise these exercises regardless of what is going on outside oneself. It needs an enormous amount of will power and single mindedness and inner strength. It is a type of war that one needs to take up within oneself in order to rescue consciousness within. It's not a comfortable way of living where the egos are untouched, and one lives in an illusion of peace and tranquillity when within oneself dwell awful thoughts, feelings and actions that one chooses to ignore.

Shifting the Centre of Gravity Within

The Centre of Gravity is the thing that our attention most goes towards in our life, for example, a footballer may be obsessed with the sport and will spend much time, energy

and drive with that hobby or occupation. Likewise a housewife may be absorbed with her family, a stockbroker with his or her financial markets and so on. So we would say that the Stockbroker in this example has a centre of gravity that revolves around making money.

These things are often a sign of a fulfilling life to the ordinary person, a sportsperson successfully engaged in an activity, the carpenter who is obsessed with his job, the computer enthusiast and his gadgets, but they bring failure to the inner work, because if we are most interested in things other than Self-knowledge and the Esoteric work we will not be able to give the work the direction and focus within each moment that is needed for it to succeed, instead we will have the focus of attention (the centre of gravity) elsewhere, will remember about self-knowledge only occasionally and will never do enough to succeed in it.

To succeed in the work the Centre of gravity must shift to the Esoteric work, to do this, careful observation and elimination of the different egos is needed, along with a conscious shift in one's lifestyle, to direct it towards Esotericism. Having a daily discipline with the exercises and teaching others about it are vital for this.

The forces of daily life that one has to struggle against are immense, to defeat them, one must really know the esoteric work, and to base one's life around it, making it the most important thing that you do in a day.

If you plan your exercises ahead and make your quest for self-knowledge the focus of your day you will remember to do it much more often and will have success with it.

Making Self-knowledge the Goal

Without a clear idea of how we are going to spend the day it's easy to drift away with external things that need to be done. This way of spending a day makes the mind scattered and one is easily fascinated with everything.

If self-knowledge is your goal, then it should be your goal for the whole day. The things that you do are done because they need to be done, but they should be things that are used in order to learn about oneself and to acquire self-knowledge, rather than being things that the egos use and which give little chance for the consciousness to manifest.

Life is a series of events that exists for the development of consciousness, with death the things of the world are left behind and what remains is the state of one's psyche and the consequences of one's actions.

To be fascinated with the things of the world and to forget about the development of one's consciousness is to waste one's life.

Using a Diary to Prioritise

A diary is a useful tool for putting order and direction in what you need to do in your daily life. It is good not only as a reminder of what you need to do daily but it also helps you to monitor the way you spend your day regarding your inner work.

It can be filled in either in the morning or the evening, you can use it to list all the activities of the day and all of the Esoteric exercises that you need to do in that day. It's important to clearly prioritise your daily tasks and your inner work. Write down your tasks of the day and do them according to their importance, putting the most important ones first. If you need to fit something else in between you do so, knowing you will be back to your list in the diary once you finish. In this way you move from one task to the next until the end of the day. Attend to everything in its own time, in this way you don't have to keep thinking about what you have to do next, nor be rushed to do things that should have been done earlier.

There may be things you did not finish so put them into the diary for another time, according to their importance until they get done. Planning like this you know what you are doing and things are done orderly and efficiently. You concentrate on each activity going from one to the other without being fascinated with them and using them to learn about yourself.

Besides listing daily things you need to do, also list your self-knowledge and Esoteric exercises and have a clear goal in them for the day. The main goal should be to be aware in whatever task needs to be accomplished. This should be your utmost priority so that another day of inner work is not wasted into nothingness. It's vital to learn to use events of life to become aware and to deal with them while watching the egos. This is not easy, but if you persist you will learn to do it.

It also helps to keep things clean, orderly and tidy around oneself, because it creates a more favourable atmosphere and it's easier to find and do things. External grubbiness and disorder tends to be a manifestation of inner grubbiness and disorder. Someone who is aware will notice dirt and grime very easily, whereas those who live in grime within tend not to mind grime outside. An external mess is usually a reflection of an internal mess, but it also in turn contributes to the external mess. So a clean and tidy home environment helps a great deal and is worth making an effort to have.

If you don't have one already get a diary and use it in the ways I have described above if you are interested in becoming better organised and creating more order and, of course, use the diary from now on.

Conclusion of the Course

This is the final topic of the Searching Within course; it has outlined the basic information that you require to be able to see the make up of your psychology. It is up to

you what you do with it, you may keep it as intellectual information, in which case it will have very little impact upon your life, you could apply it occasionally here and there but this will not bring about a revolutionary change. To fundamentally change, a big effort needs to be made to apply the techniques given on this course and the ones that will be given in future courses, superficial change has very little value. If you want this profound change then take up more of our courses where you can learn how to do it.

With the world and people in such a state of degeneration, misery, and darkness, change is radically needed. However it must come individually, governments and political processes and the passing of time are not going to bring it, if the individuals that make up a society are rotten within, the society and life in it will always be rotten.

If you wish to live in a better way than the common ordinary way of living and wish to become more spiritual, understanding and wise etc, you will need to apply the inner work on these courses in a thorough, diligent and consistent way. You can bring a revolution about in yourself psychologically that can bring real change to yourself and to others, in ways that you can never imagine.

This course is really only the beginning of self-knowledge, a starting point that has really just scratched the surface. The other courses go into things in much more depth; they give the opportunity explore further and to become a true Esotericist.

List of the Exercises on this Course

I'll finish this course with a list of the exercises that have been given on it, these are:

1. Observation
3. Remembering dreams
5. Retrospection
6. Keeping a diary

If you move on to the next course, go back over the previous topics whenever you need to, use the information as a starting point and investigate further so that you really understand what is written and what is within yourself. When you uncover what is within yourself then you can begin to be free of what it is that you have uncovered.

Facing the egos is a difficult task, particularly since progress is not always easily seen, sometimes it may seem impossible as the egos keep returning again and again, but persist, learn more on these courses and you will see that you have what you need to truly change.

The spiritual path is not rosy and easy as many people think. To reach to the states of consciousness such as peace, love, happiness and freedom one needs to put work into it. There is so much to understand and correct, one struggles against the current of daily life and faces oneself; the consciousness against of the egos and that is the great battle.

Question and Answer

Q. I am finding it very difficult to take in the info on this course & apply it in my life. It is almost as though one of my egos takes over & sabotages my efforts. It's like some kind of block. As soon as I start reading the lessons I feel restless, irritable, frustrated even panicky. I also experience headaches & aches in my body (neck, back etc). Have you come across this before or has anyone else felt/feel like this? Is there anything I can do to stop this from happening?" I'd be very interested to hear your thoughts. It's very difficult to take in the course information, with all this going on.

A. I have come across it before, there are egos that don't want you to do the work. They are not specific to this self-knowledge study though and can arise in many situations for different people one example is a student who feels like this when studying at university.

It is the same solution for these as other egos - observe them and eliminate them when you have the technique to do so, however in this case you need to go against the sensations too and do things even though those egos make you feel as though you don't want to.

If you persist with this they will eventually start to recede and diminish.

Beelzebub