Beginning Self-Transformation

Lecture Fourteen: Transform Your Life
**Transformation**: it means that one thing changes into another, different one. It is logical that all things are susceptible to change.

—Samael Aun Weor, “The Transformation of Impressions”
In life, the only thing of importance is a radical, total and definitive change. The rest, frankly, is of no importance at all. Meditation is fundamental when we sincerely yearn for such a change.

—Samael Aun Weor, *The Great Rebellion*
The Three Foods of the Human Machine

- Food related to the stomach.
- Air related to the lungs
- Impressions related to the brain
Impressions

• From Latin *impressio, impress*—“pressed in,” from the verb *imprimere*, to imprint.

• An effect produced upon someone

• A mark impressed on a surface by something
Life enters us, into our organism, in the form of mere impressions. One can not really transform one's own life if one does not transform the impressions that reach one's mind.

—Samael Aun Weor, “The Transformation of Impressions”
The Personality: A Terrible Secretary
To transform the impressions of life is to transform oneself.
—Samael Aun Weor, *The Revolution of the Dialectic*
How to Crystallize Christ Within

We have to learn to receive with gladness the unpleasant manifestations of our fellowmen.
—Samael Aun Weor, *The Revolution of the Dialectic*
When one thinks differently and positively about people, it is a sign that one is changing. We need to cease being what we are in order to become what we are not. One has to become missing to oneself. The outcome of all of this is the advent of someone who is not oneself.

—Samael Aun Weor, *The Revolution of the Dialectic*
In the same manner that the digestive apparatus has a stomach in order to assimilate food, in the same manner that the respiratory system has lungs to assimilate oxygen, so too must a mental stomach be created by the mechanical human being.

—Samael Aun Weor,
*The Revolution of the Dialectic*
Retrospection
Meditation