Retrospection Meditation
Blue Time or Rest Therapeutics
Upon the mysterious threshold of the Temple of Delphi, a Greek maxim existed, which was engraved in the stone and stated: Homo Nosce te Ipsum, “Man know thyself and thou shalt know the Universe and the Gods.”

In the final instance, it is obvious, evident, and clear that the study of oneself and serene reflection conclude in the quietude and in the silence of the mind.

When the mind is quiet and in silence (not only in the intellectual level, but in each and every one of the forty-nine subconscious departments) then the Newness emerges. The Essence, the Consciousness, comes out of the bottle, and the awakening of the soul, the Ecstasy, the Samadhi, occurs.

The daily practice of Meditation transforms us radically. People who do not work on the annihilation of the “I” are like butterflies that flutter from one school to another. They have yet to find their center of permanent gravity. Therefore, they die as failures, without ever having achieved the inner Self-realization of their Being.

—Samael Aun Weor, The Revolution of the Dialectic
Four Components of Meditation

- Relaxation
- Prayer
- Concentration
- Imagination
The awakening of the consciousness is only possible by means of liberating ourselves from mental dualism and by emancipating ourselves from the struggle of the antitheses or from intellectual surges.

Any subconscious, infra-conscious, or unconscious submerged struggle is converted into an impediment for the liberation of the Essence (soul).

Every antithetical battle (as insignificant and unconscious as it might appear) indicates, accuses, and aims to obscure points that are ignored and unknown within the atomic infernos of the human being.

To reflect, observe, and know these infrahuman aspects, these obscure points of oneself, is indispensable in order to achieve the absolute quietude and silence of the mind.

Only in the absence of the “I” is it possible to experience and live the integral revolution and the revolution of the dialectic.

—Samael Aun Weor, The Revolution of the Dialectic
Blue time or rest therapeutics has basic rules without which it would be impossible to emancipate ourselves from the mortifying shackles of the mind. These rules are:
1. Relaxation
2. Retrospection

What are we looking for in retrospection? Due to the mechanical life that he lives in, the intellectual animal forgets the Self. Thus, he falls into fascination. He goes around with his consciousness asleep, without remembering what he did at the moment of rising from his bed, without knowing the first thoughts of the day, his actions, and the places he has been.

—Samael Aun Weor, *The Revolution of the Dialectic*
3. Serene Reflection
4. Psychoanalysis
5. Mantralization or Koan: A Mantra for Protection
6. Superlative Analysis
7. Self-judgment
8. Prayer

One will supplicate (ask) the Divine Mother Kundalini, our inner and individual Mother, with much fervor. One will talk to her with frankness and introvert all the defects and faults that one has, so that She, who is the only one capable of disintegrating the “I’s,” will disintegrate them at their very roots.

—Samael Aun Weor, *The Revolution of the Dialectic*
In order to be able to transform our impressions, we need to reconstruct the scene just as it happened, to find out what hurt us the most. If there is no digestion of impressions, then nourishment from them will not be attained. If there is no nourishment, the essential bodies of the Being will languish. [...] Good impressions should also be transformed. If during the day one has had three impressions which have affected his psychological mood, then they must be studied and transformed at night by utilizing an orderly procedure. Each “I” is connected with others; they are associated. The “I’s” conjoin together in order to form the same scene.

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