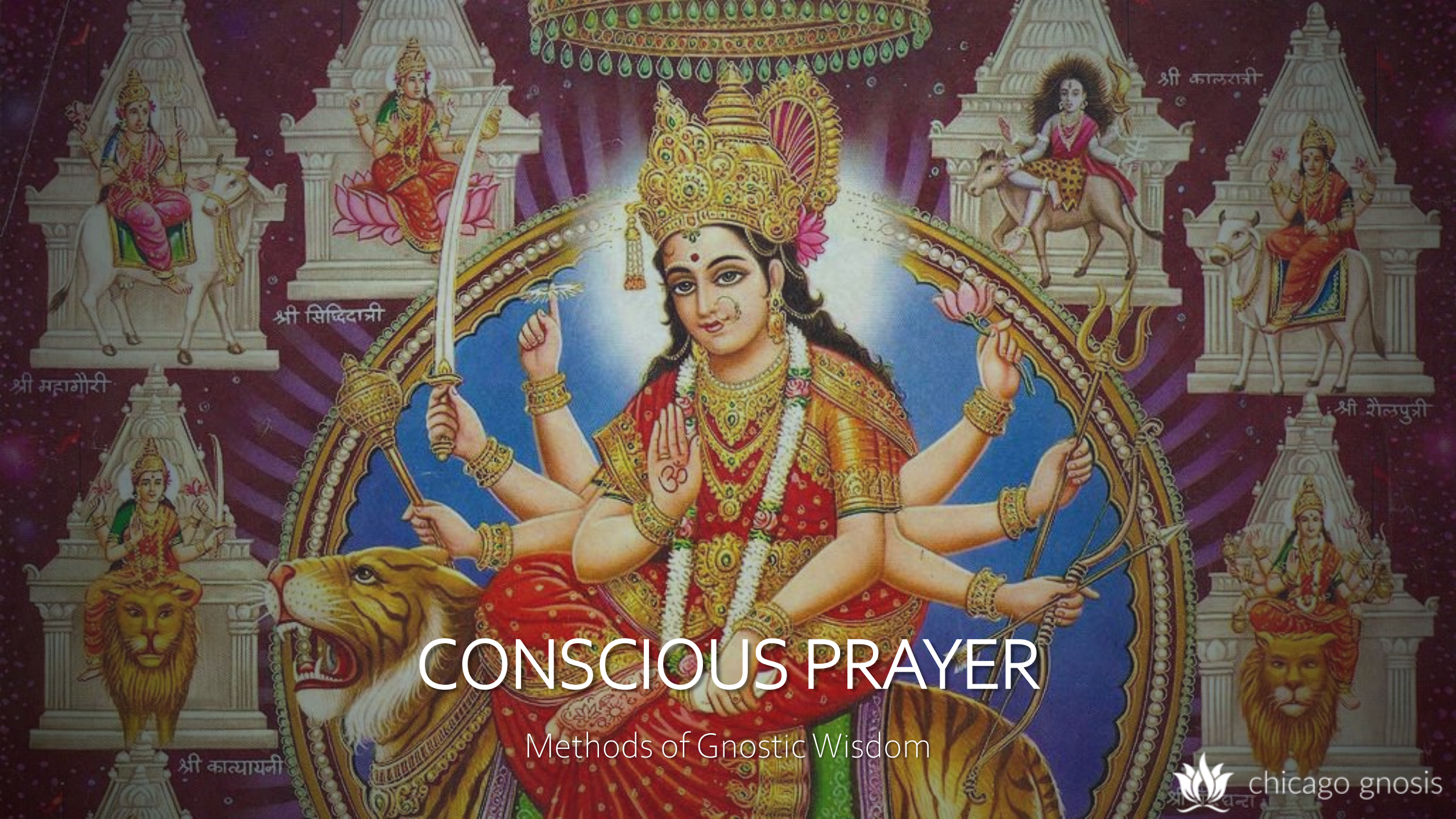


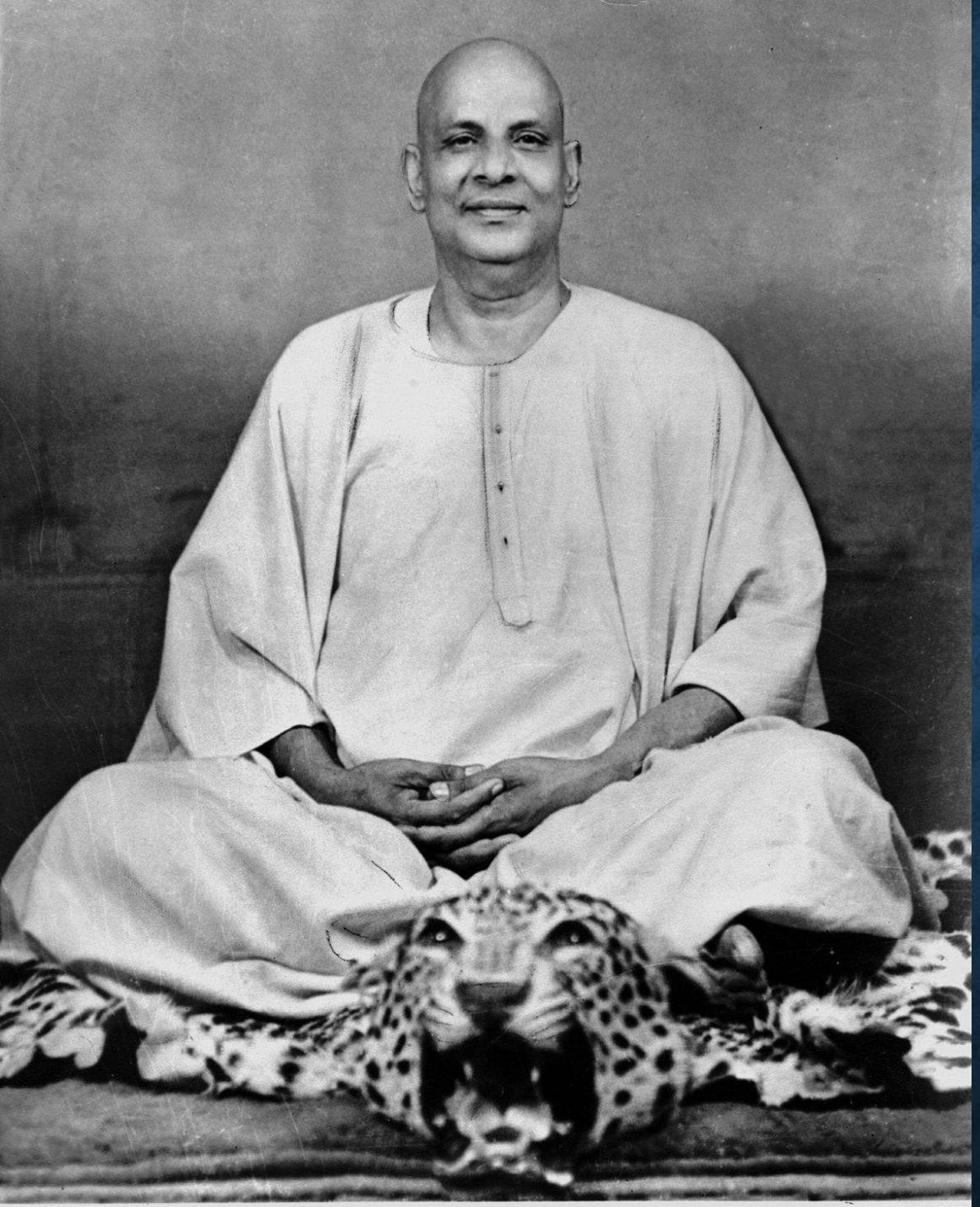
CONSCIOUS PRAYER

Methods of Gnostic Wisdom

chicago gnosis

THE FOUR PRINCIPLE TYPES OF YOGA

- Karma (action)
- Bhakti (devotion)
- Raja (powers)
- Jnana (knowledge)

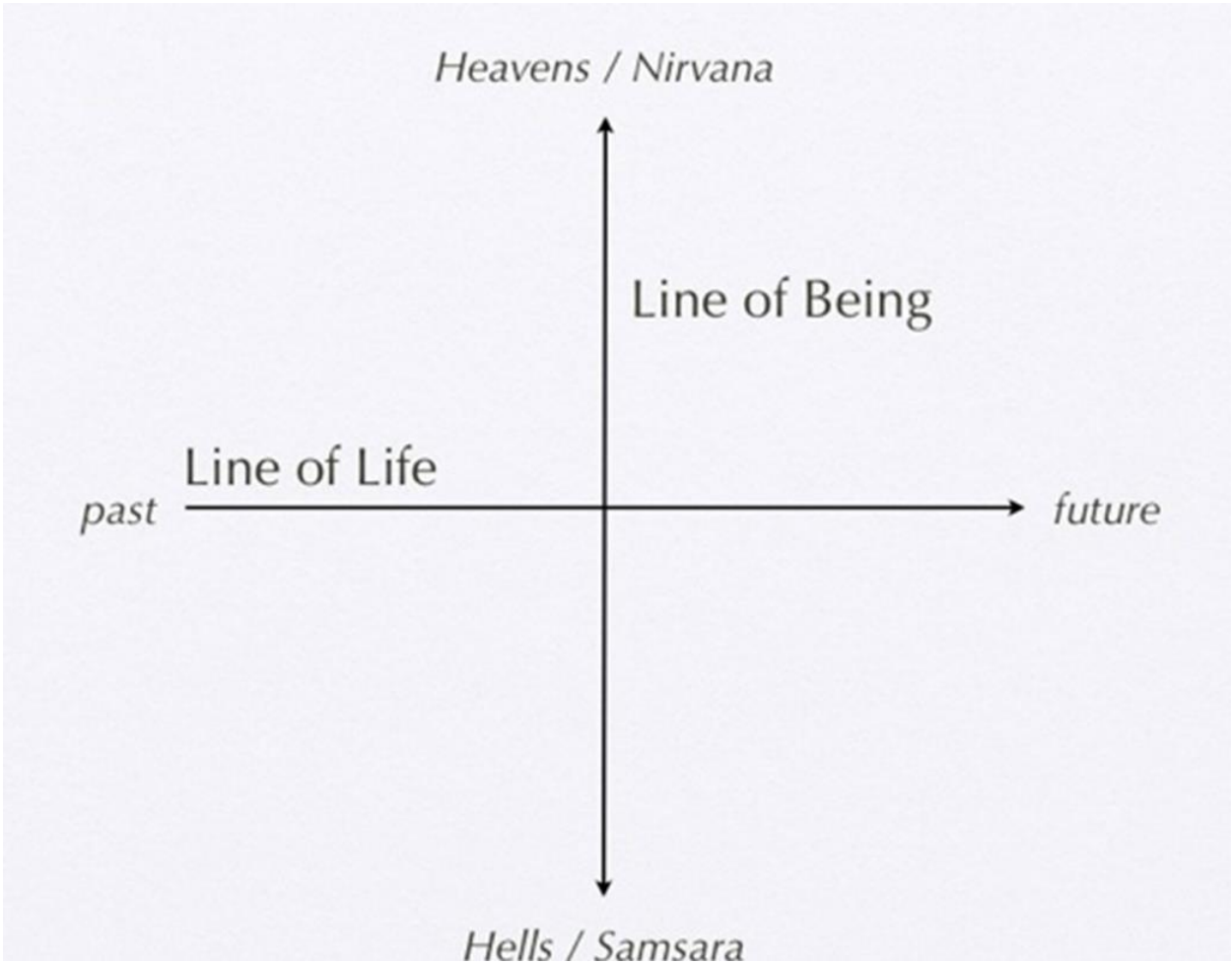


Bhakti is the basis of religious life. Bhakti destroys Vasanas and egoism. A life without Bhakti, faith, love and devotion is a dreary waste. Bhakti softens the heart and removes jealousy, hatred, lust, anger, egoism, pride and arrogance. It infuses joy, Divine ecstasy, Bliss, Peace and Knowledge. All cares, worries, anxieties, fears, mental torments and tribulations entirely vanish. The devotee is freed from the Samsaric wheel of births and deaths. He attains the Immortal Abode of everlasting Peace, Bliss and Knowledge.

—Swami Sivananda, *Easy Steps to Yoga*

The best act of worship is watchfulness of the moments. That is, that the servant not look beyond his limit, not contemplate anything other than his Lord, and not associate with anything other than his present moment.

—Al-Wasiti, *Al Risalah: Principles of Sufism* by Al-Qushayri



Knowledge and comprehension are different. Knowledge is of the mind. Comprehension is of the heart.

—Samael Aun Weor,
Treatise of Revolutionary Psychology

1. Arjuna said: Those devotees who, ever steadfast, thus worship Thee and those also who worship the Imperishable and the Unmanifested—which of them are better versed in Yoga?

2. The Blessed Lord said: Those who, fixing their minds on Me, worship Me, ever steadfast and endowed with supreme faith, these are the best in Yoga in My opinion.

3. Those who worship the imperishable, the indefinable, the unmanifested, the omnipresent, the unthinkable, the eternal and the immovable,

4. Having restrained all the senses, even-minded everywhere, intent on the welfare of all beings—verily they also come unto Me.

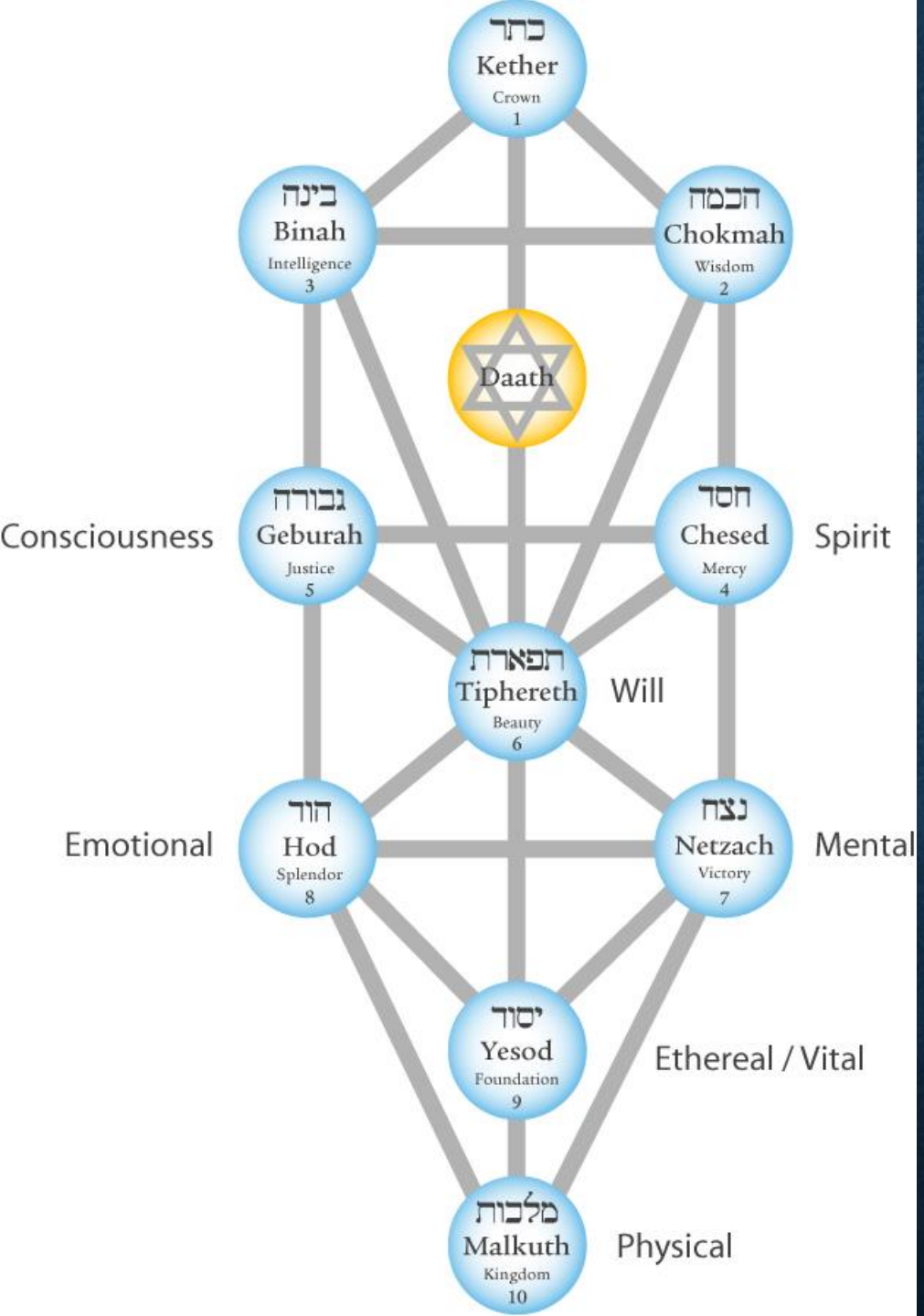
—*Bhagavad-Gita*, The Yoga of Devotion

5. Greater is their trouble whose minds are set on the Unmanifested; for the goal—the Unmanifested—is very difficult for the embodied to reach. 6. But to those who worship Me, renouncing all actions in Me, regarding Me as the supreme goal, meditating on Me with single-minded Yoga,

7. To those whose minds are set on Me, O Arjuna, verily I become ere long the saviour out of the ocean of the mortal Samsara! 8. Fix thy mind on Me only, thy intellect in Me, (then) thou shalt no doubt live in Me alone hereafter.

9. If thou art unable to fix thy mind steadily on Me, then by the Yoga of constant practice do thou seek to reach Me, O Arjuna!

—*Bhagavad-Gita*, The Yoga of Devotion



My words fly up to heaven,

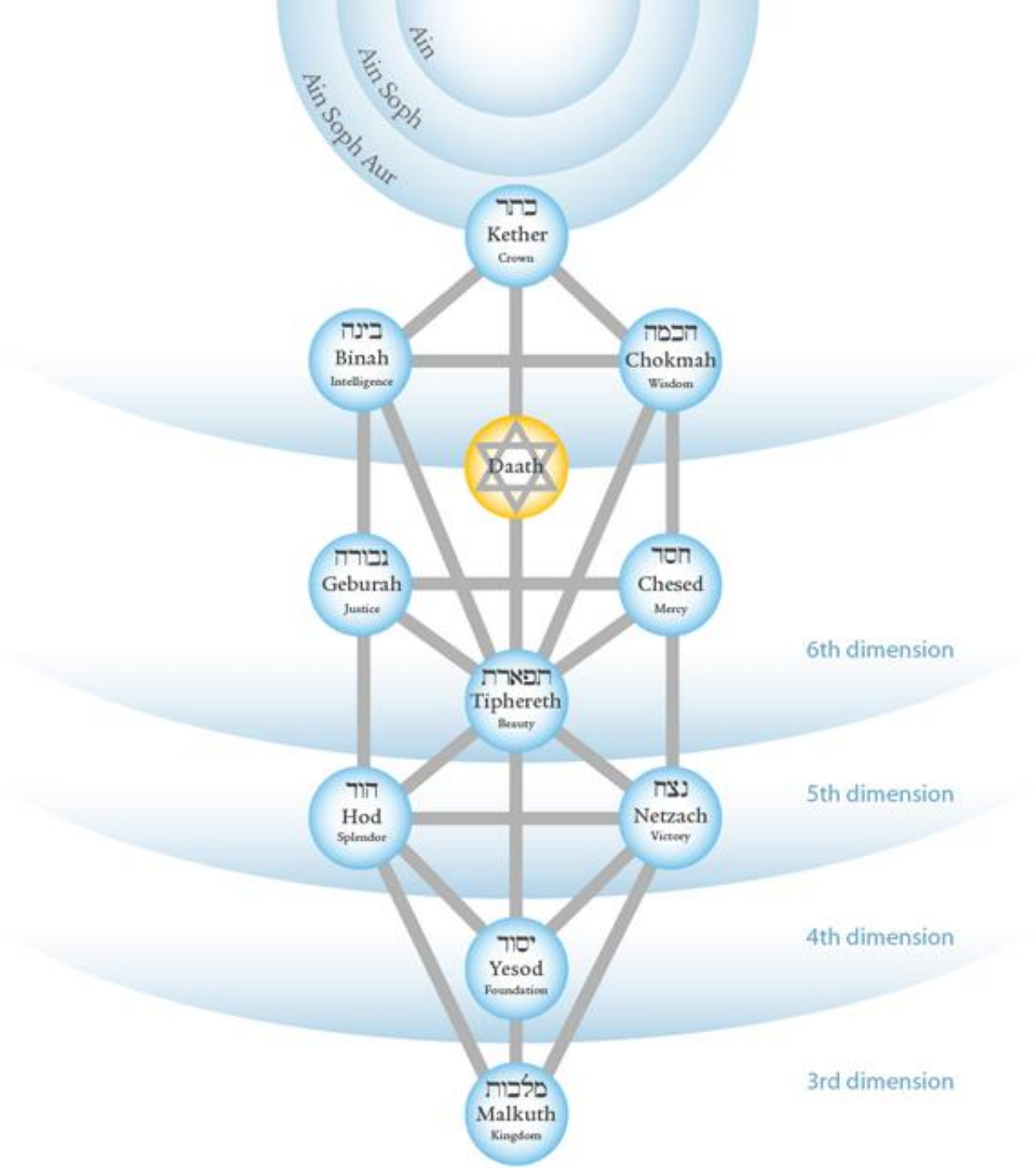
my thoughts remain below.

Words without thoughts never to heaven go.

(*Hamlet*, 3.3.100-103)

An hour of contemplation is better than a year of prayer.

—Prophet Muhammad, *Hadith*



When you are separate from the Kaaba [Yesod], it is all right to turn toward it, but those who are in it can turn toward any direction they wish.

—Bayazid Bastami

13. He who hates no creature, who is friendly and compassionate to all, who is free from attachment and egoism, balanced in pleasure and pain, and forgiving,

14. Ever content, steady in meditation, possessed of firm conviction, self-controlled, with mind and intellect dedicated to Me, he, My devotee, is dear to Me.

15. He by whom the world is not agitated and who cannot be agitated by the world, and who is freed from joy, envy, fear and anxiety—he is dear to Me.

16. He who is free from wants, pure, expert, unconcerned, and untroubled, renouncing all undertakings or commencements—he who is (thus) devoted to Me, is dear to Me.

—*Bhagavad-Gita*, The Yoga of Devotion

17. He who neither rejoices, nor hates, nor grieves, nor desires, renouncing good and evil, and who is full of devotion, is dear to Me.

18. He who is the same to foe and friend, and in honour and dishonour, who is the same in cold and heat and in pleasure and pain, who is free from attachment,

19. He to whom censure and praise are equal, who is silent, content with anything, homeless, of a steady mind, and full of devotion—that man is dear to Me.

20. They verily who follow this immortal Dharma (doctrine or law) as described above, endowed with faith, regarding Me as their supreme goal, they, the devotees, are exceedingly dear to Me.

—*Bhagavad-Gita*, The Yoga of Devotion

THE THREE FACTORS FOR SPIRITUAL REVOLUTION

- Birth (Chastity)
- Death (Sanctity)
- Sacrifice (Charity)

THE STAGES OF COMPREHENSION

- Discovery
- Judgment
- Execution

Prayer in the psychological work is fundamental for the dissolution of the "I." We need a power superior to the mind if indeed we want to disintegrate this or that "I."

The mind by itself can never disintegrate any "I"; this is indisputable and irrefutable.

To pray is to talk with God. We must appeal to God the Mother in the depths of our heart if we truly want to disintegrate "I's." The one who does not love his or her Mother, the ungrateful child, will fail in the work upon himself.

—Samael Aun Weor,
Treatise of Revolutionary Psychology

Make yourselves introversive, direct your prayer within, seeking within your interior your Divine Lady. Thus, with sincere supplications, you shall be able to talk to Her. Beg her to disintegrate the "I" that you have previously observed and judged.

Comprehension and discernment are fundamental. Nonetheless, something more is necessary if indeed what we want is to disintegrate the "myself."

The mind can give onto itself the luxury of labeling any defect, passing it from one department to the other, exhibiting it, hiding it, etc. However, the mind can never fundamentally alter the defect.

A special power superior to the mind is necessary, a fiery power that is capable of reducing any defect to ashes.

Stella Maris, our Divine Mother, has that power. She is able to pulverize any psychological defect.

—Samael Aun Weor, *Treatise of Revolutionary Psychology*

Joyful in hope, suffering in tribulation, be thou constant in thy prayer.

—Transcendental Axiom of Arcanum 11

By the following nine modes of worship (Navavidha Bhakti), you can develop Bhakti and attain God-realization:

- Sravana (hearing the Lila of God)
- Kirtana (singing His praise)
- Smarana (remembering His Name)
- Padasevana (worshipping His Lotus Feet)
- Archana (offerings)
- Vandana (prostration)
- Dasya (service)
- Sakhya (friendship)
- Atmanivedana (complete self-surrender)

Study the Gita, Ramayana, and Bhagavata. Have Satsanga. Visit holy places (Teertha-Yatra). Do Japa. Meditate. Sing His Name. You can develop Bhakti and have his Darsana (yogic discipline, such as Patanjali's Yoga Sutras). —Swami Sivananda, *Easy Steps to Yoga*