



# Cultivating Self-Knowledge

Introduction to Gnostic Studies



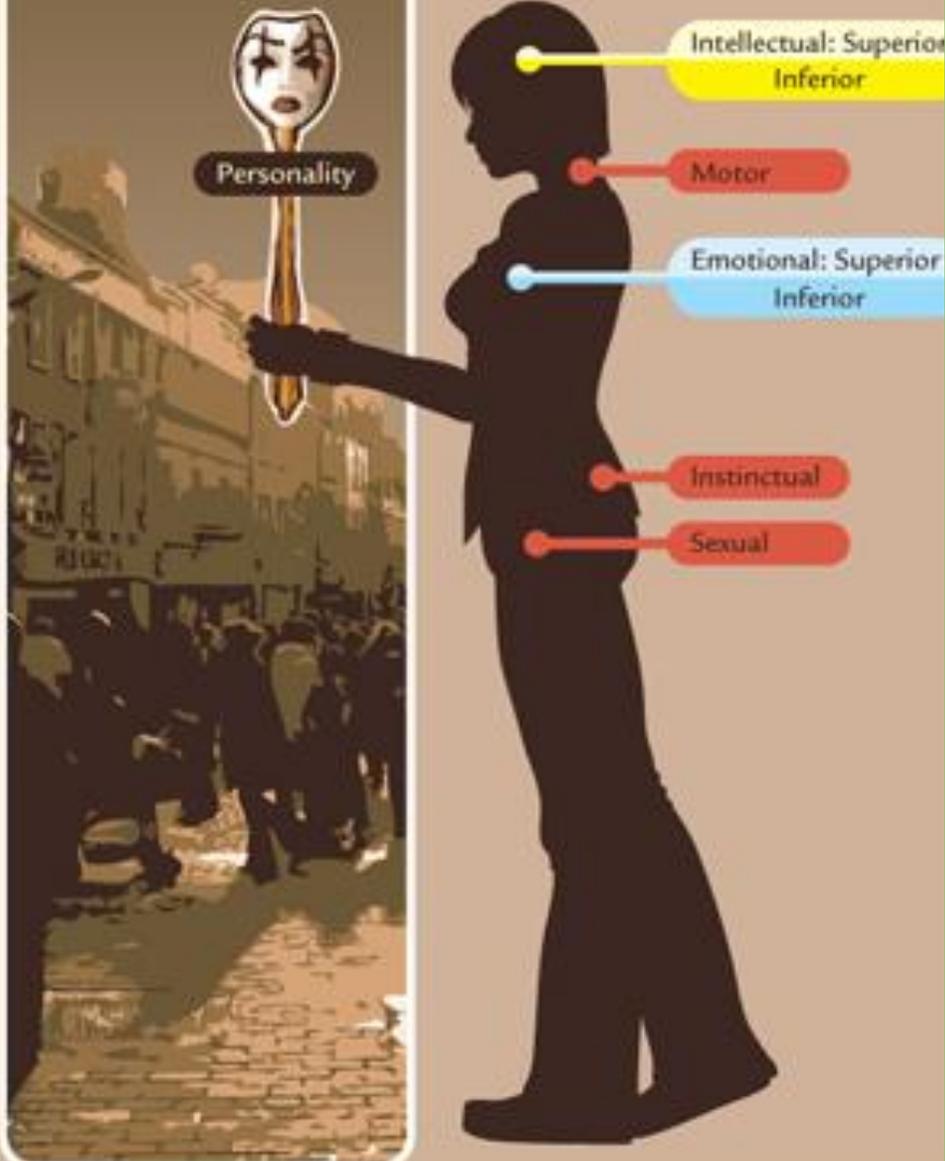
“Obviously, we need to know our purpose in gathering ourselves here, in these studies, and for what. If curiosity is the simple motive that moves you, listen: there are many things to be curious about, i.e. in city entertainment centers, in cinemas, the bulls in the arena, etc. Yet, to enter into these studies is something very serious [...] Indeed, to emancipate the Essence, to disembottle the mind and will, is not an easy task.”

—Samael Aun Weor, *Cosmic Ships*



EXTERIOR WORLDS

HUMAN MACHINE



# Awakening Consciousness

- Equilibrium of the "Three Brains"
  - "The Four Paths to Immortality"
- Recognizing What Is False in Us
  - "Consciousness, Ego, and Personality"
- Foundation for Experiencing Truth
  - "Cultivating Self-Knowledge"

A close-up photograph of a brown beetle on a green leaf. The beetle is positioned in the center-left of the frame, facing right. Its body is a rich, dark brown color with some lighter, mottled patterns on its back. The leaf is a vibrant green, with some veins visible. The background is slightly blurred, showing more of the leaf and some other greenery. Overlaid on the image is the text "Do we spend most of our time observing reality?" in a clean, white, sans-serif font. The text is centered horizontally and vertically, with the words "observing" and "reality?" on separate lines.

Do we spend most of our  
time observing reality?



# Self-Observation: Key of SOL

"Gnostic students must learn to divide attention into three parts: subject, object, and location.

**Subject:** To not fall into the forgetting of oneself before any representation.

**Object:** To observe every representation, every fact, every event, no matter how insignificant the latter may seem, in detail, without forgetting oneself.

**Location:** The rigorous observation of the place where we may be; ask ourselves, 'What place is this? Why am I here?'"

—Samael Aun Weor,  
*The Esoteric Treatise of Hermetic Astrology*

“Whosoever wants to awaken consciousness must work here and now. We have the consciousness incarnated and that is why we must work with it here and now. Whosoever awakens consciousness here in this physical world awakens in all the suprasensible worlds.

The one who awakens consciousness in this three-dimensional world awakens in the fourth, fifth, sixth, and seventh dimensions.

The one who wants to live consciously in the superior worlds must awaken here and now.”

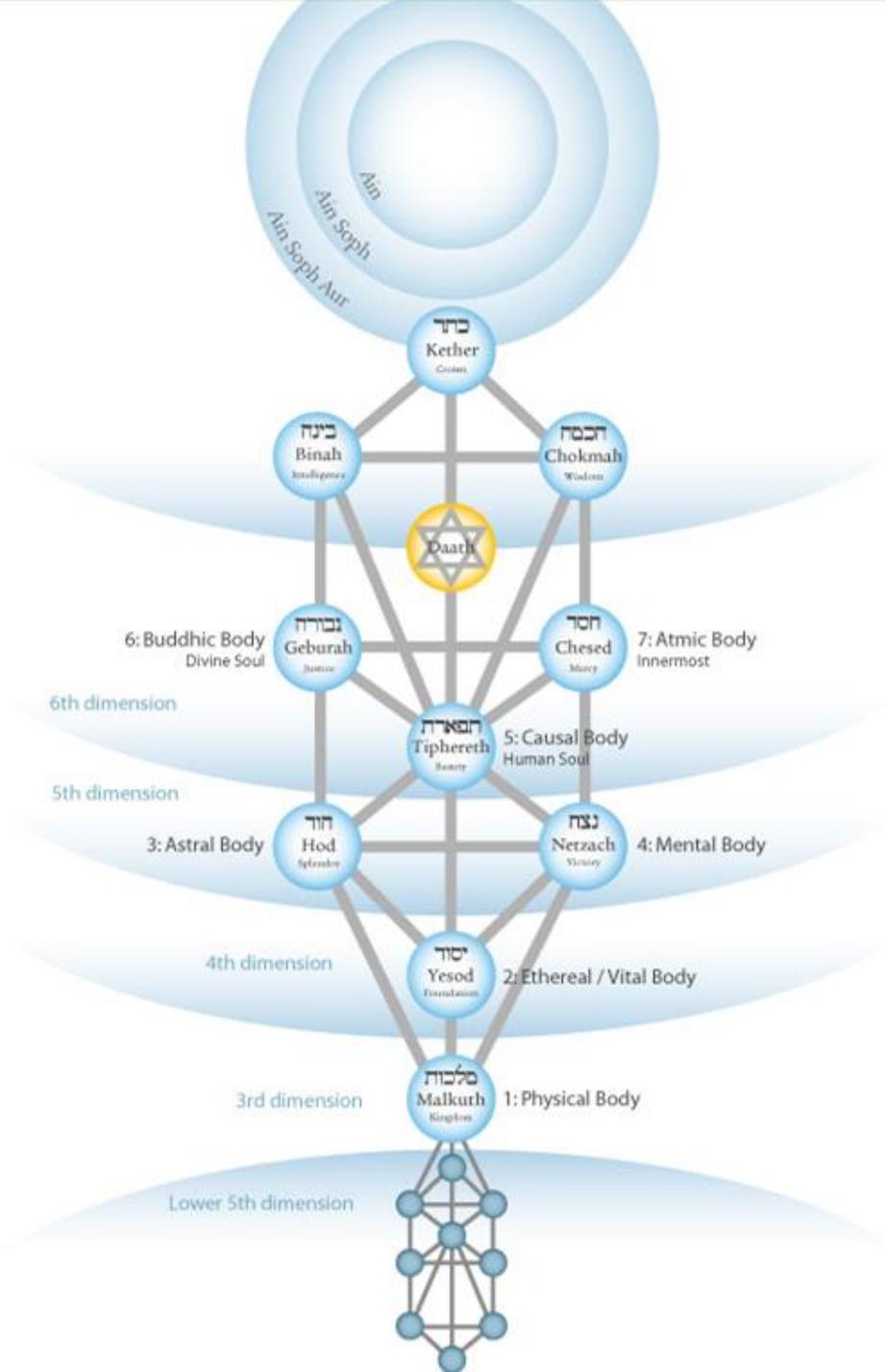
—Samael Aun Weor, *The Esoteric Treatise of Hermetic Astrology*

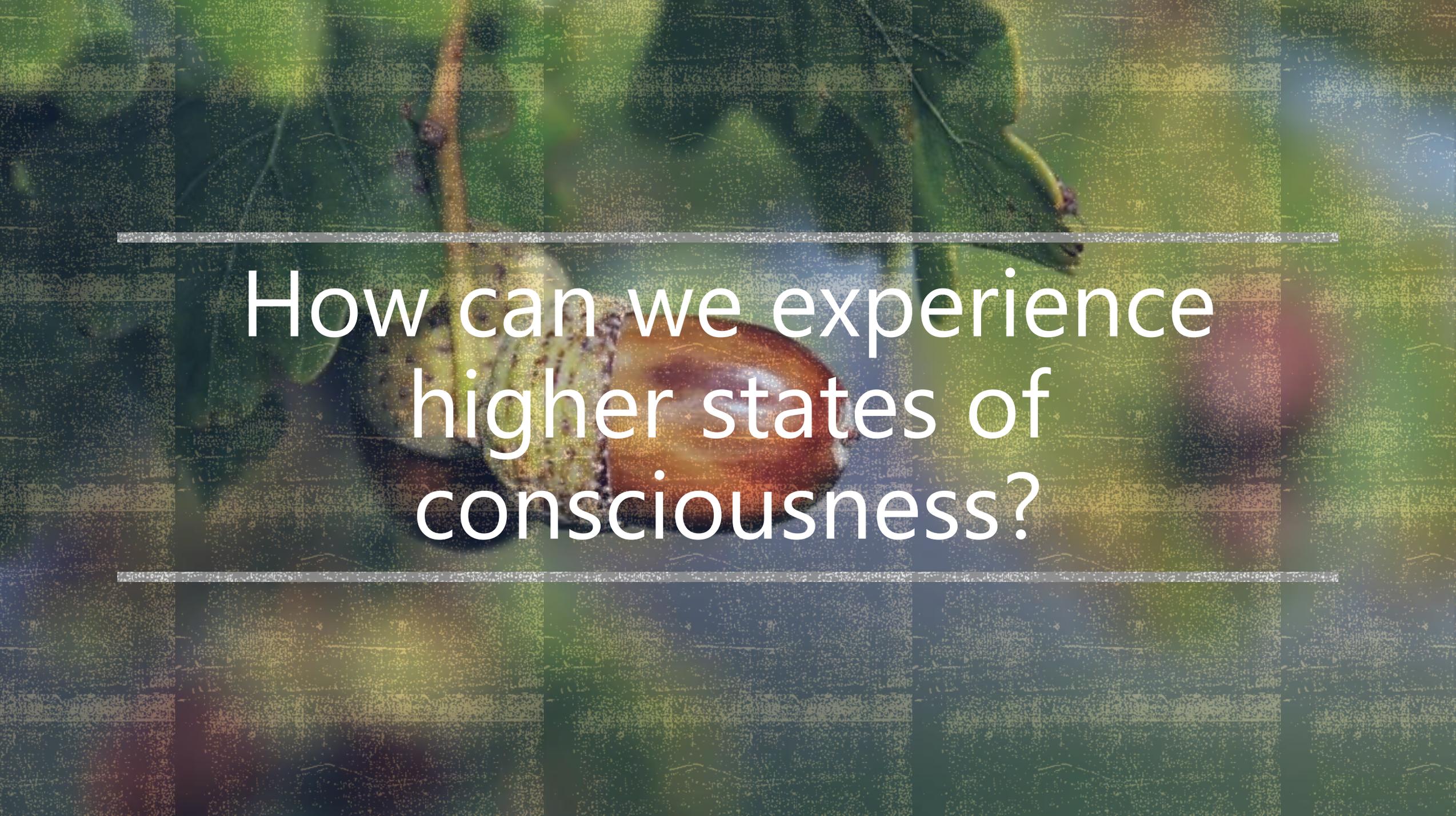


# The Tree of Life

“The primary symbol of the Tree of Life is a structure of ten spheres called Sephiroth in Hebrew. These spheres have many levels of meaning. Macrocosmically, they represent dimensions or worlds. Psychologically, they represent aspects of our Consciousness [...] The ten spheres are but a simplification of a much more sophisticated and complex rendering of the many dimensions found in existence and non-existence.”

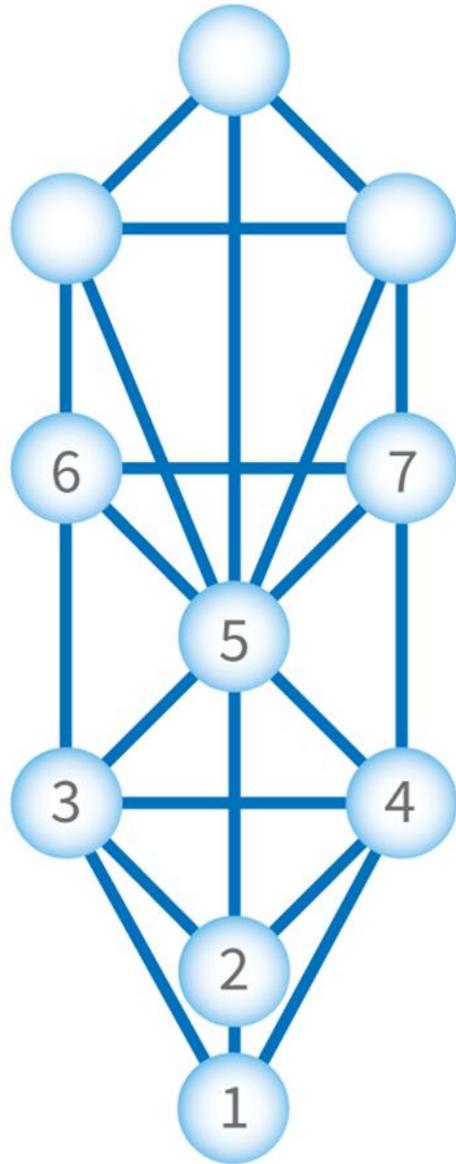
From [gnosticteachings.org](http://gnosticteachings.org)



A close-up photograph of a brown beetle on a green leaf. The beetle is positioned in the lower center of the frame, facing right. The leaf is vibrant green and shows some texture. A semi-transparent white rectangular box is overlaid in the center of the image, containing the text "How can we experience higher states of consciousness?".

How can we experience  
higher states of  
consciousness?

THE TREE OF LIFE



- 7: Spiritual Energy
- 6: Conscious Energy
- 5: Volitional Energy
- 4: Mental Energy
- 3: Emotional Energy
- 2: Vital Energy
- 1: Physical Energy

# Conservation of Energy

# Ethics: Foundation for Spiritual Development

“Ethics are not just mechanical laws that some external authority is trying to impose upon us. These rules, commandments, or vows have a very specific function, which must be clearly grasped, and that is this: If you perform actions that are harmful, you create disharmony not only in your environment but in your mind. Yet if you follow these ‘observances,’ or positive practices, you create positive energy, not only into your environment, but in your mind. So the purpose of Yama and Niyama or the Commandments of Moses is to stabilize our psychology so that we are no longer vibrating with so much negative emotion.”

—Gnostic Instructor, [gnosticteachings.org](http://gnosticteachings.org)

# Establishing Ethics: Patanjali's *Yoga Sutras*

## **Yama**

- Ahimsa (non-violence)
- Satya (truth)
- Asteya (non-stealing)
- Brahmacharya (chastity)
- Aparigraha (non-avariciousness)

## **Niyama**

- Saucha (purity from desire)
- Santosha (contentment with what one has)
- Tapas (austerities, spiritual practices)
- Svadhyaya (study of scriptures)
- Ishvarapranidhana (continual remembrance of God)



“Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.”

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—Galatians 6:7

# Working with Karma: Action and Consequence

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Four Rules of Action and Consequence:

1. Actions produce related consequences.
2. The consequences are greater than the actions.
3. You cannot receive the consequence without committing its corresponding action.
4. Once an action is performed, the consequence cannot be erased.

**A superior law always overcomes an inferior one.**



"The initiate may accept his lot with a calmness which amazes men whose impulse it is to curse or pray according to their nature, but his acceptance does not necessarily imply passivity. To accept one's fate without murmuring does not pledge one to make no effort to better it. Knowing the power of concentrated thought, the initiate makes use of it in all the problems of life. His method, however, is not that of direct attack in which he "wills" the change of the unpleasant condition, but is directed to bring about certain changes in his own consciousness, for he knows that it is his own temperament which is the real instrument of karma. It is only through those factors in his own nature which react that karma can affect him. He knows that certain conditions come to him in order that they may provoke certain reactions in his own nature, and according to his handling of these reactions will be his karma, even in the present life. When he has harmonised these reactions, he has worked out his karma.

He knows, therefore that although he cannot determine the conditions under which his life must be lived, he can determine his reaction to those conditions. It is this fact which he bears constantly in mind in all his dealings. It is this realisation which enables him to raise his head above a sea of troubles and view them from the standpoint of cosmic law and spiritual principles. Although he cannot command the conditions to which he awakens from the sleep of birth, he is nevertheless the master of his fate, for he can manipulate those conditions in such a way that they shall bear him whithersoever he will, just as a ship can tack against a head-wind; and the worse the conditions and the stronger the wind, the swifter his progress.

—Dion Fortune, *The Training and Work of an Initiate*