Empower
Your True Self
To Thine Own Self Be True
chicago gnosis

Our Focus

1

Identify, define, and elaborate on the role of energy in the spiritual work.

2

Analyze, describe, and convey how various types of energy can empower our spirituality.

3

Distinguish between proper and improper uses of energy, how action can augment virtue and conquer vice.

4

Provide practices for the balanced cultivation of energy in the contexts of a specific psychological work.

Enthusiasm

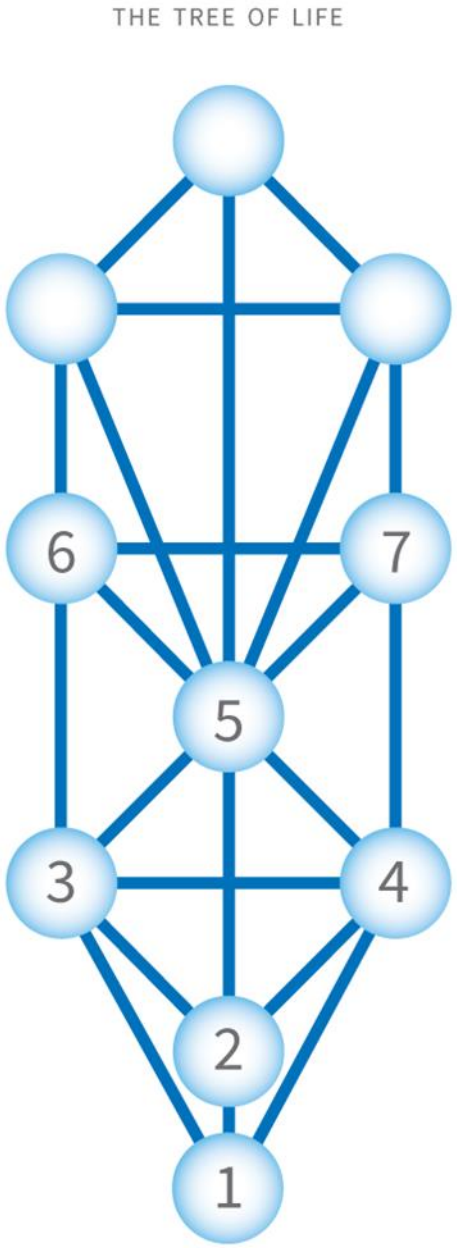
- Mid 16th century, via late Latin *enthusiasmus*, “inspiration, frenzy”
- From Greek *enthousiasmos*, from *enthousiazein*, “be inspired or possessed by a god” (based on *theos*, “god.”)

—Oxford Language Dictionary

Having patience I should develop enthusiasm;
For awakening will dwell only in those who exert themselves.
Just as there is no movement without wind,
So merit does not occur without enthusiasm.

—Shantideva, *Way of the Bodhisattva*, 7:1

Levels of Energy



7: Spiritual Energy

6: Conscious Energy

5: Volitional Energy

4: Mental Energy

3: Emotional Energy

2: Vital Energy

1: Physical Energy

Energy Empowers All Forms of Action

Wherever we direct attention, we expend creative energy.

—Samael Aun Weor

Who or What is Using Our Energies?

How Do We Waste Our Creative Energies?

- Fantasy
- Lust
- Desire
- Repression
- Identification

How Do We Master Our Creative Energies?

- Conservation
- Sublimation
- Transmutation
- Ethics
- Virtue

Creative Energy Empowers Our Spiritual Senses

For each step that we walk in the development of the chakras, we must also walk a thousand steps in sanctity.

—Samael Aun Weor, *Kabbalah of the Mayan Mysteries*

How Do We Empower Our True Self?

7: Spiritual Energy

6: Conscious Energy

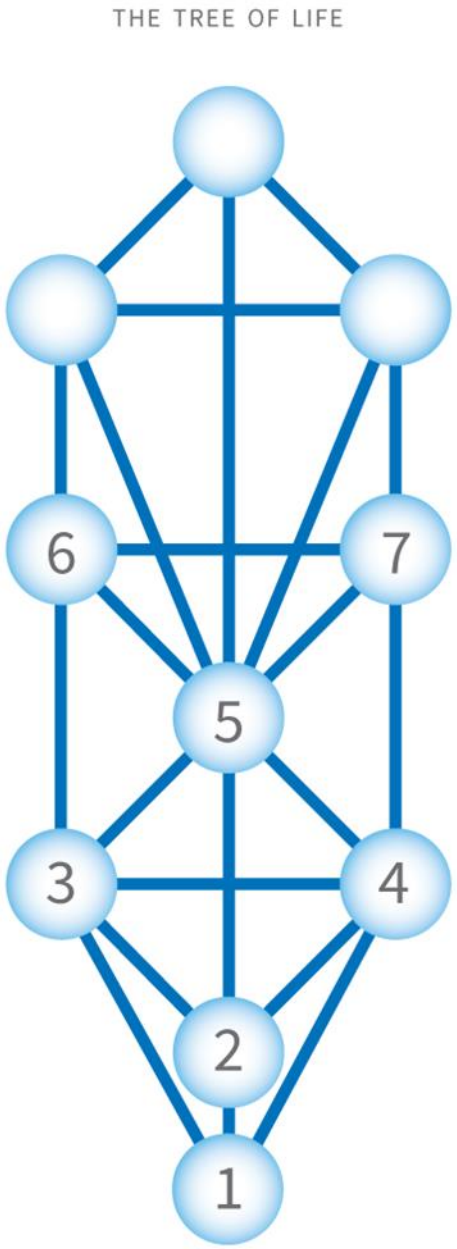
5: Volitional Energy

4: Mental Energy

3: Emotional Energy

2: Vital Energy

1: Physical Energy



No matter how much we might increase our strictly mechanical energy, we will never awaken consciousness.

No matter how much we might increase the vital forces within our own organism, we will never awaken consciousness.

Many psychological processes take place within us without any intervention from the consciousness.

However great the disciplines of the mind might be, mental energy can never achieve the awakening of the diverse functions of the consciousness.

Even if our willpower is multiplied infinitely, it can never bring about the awakening of the consciousness.

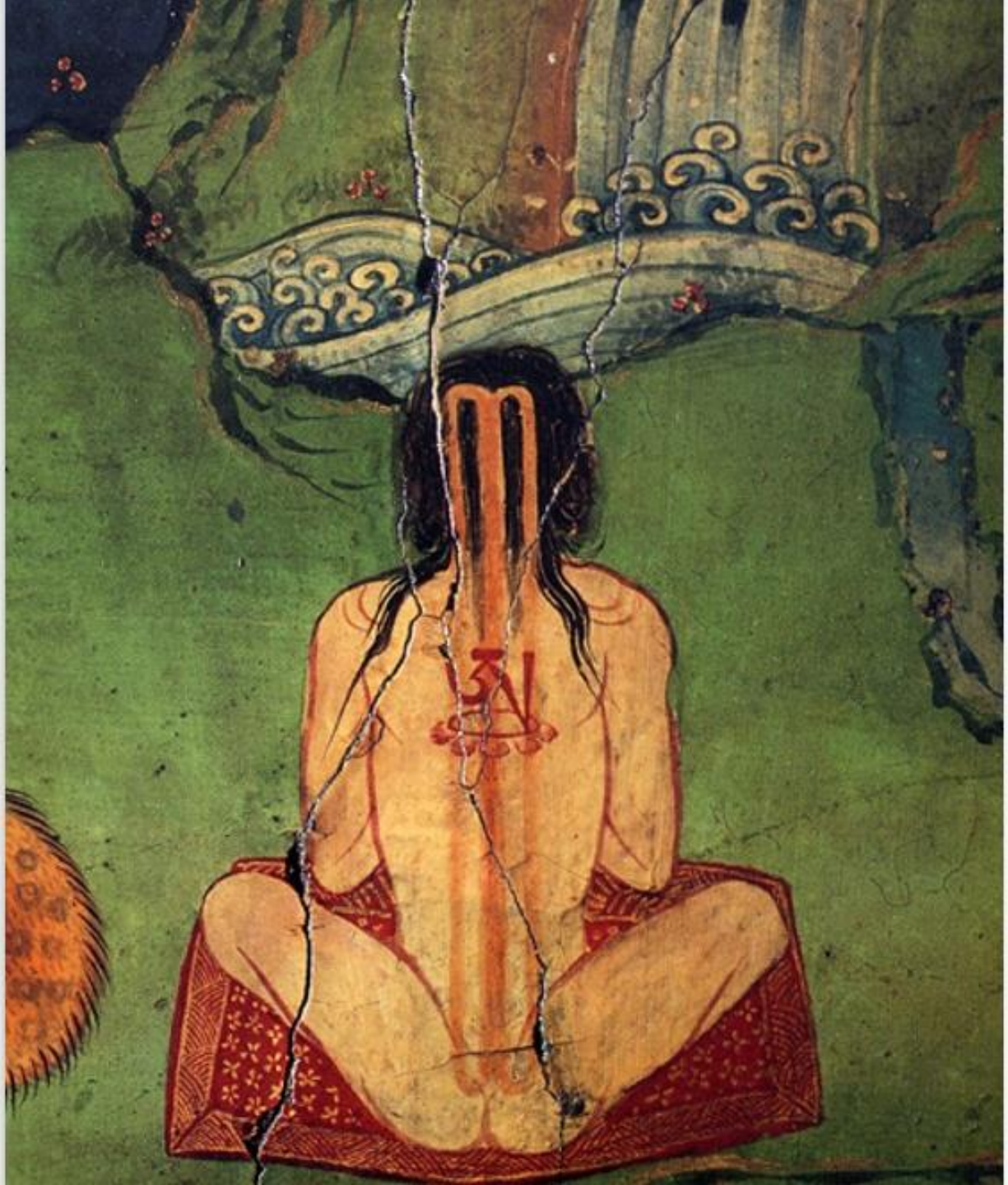
All these types of energy are graded into different levels and dimensions, which have nothing to do with the consciousness.

Consciousness can only be awakened through conscious work and upright efforts. —Samael Aun Weor, *The Great Rebellion*

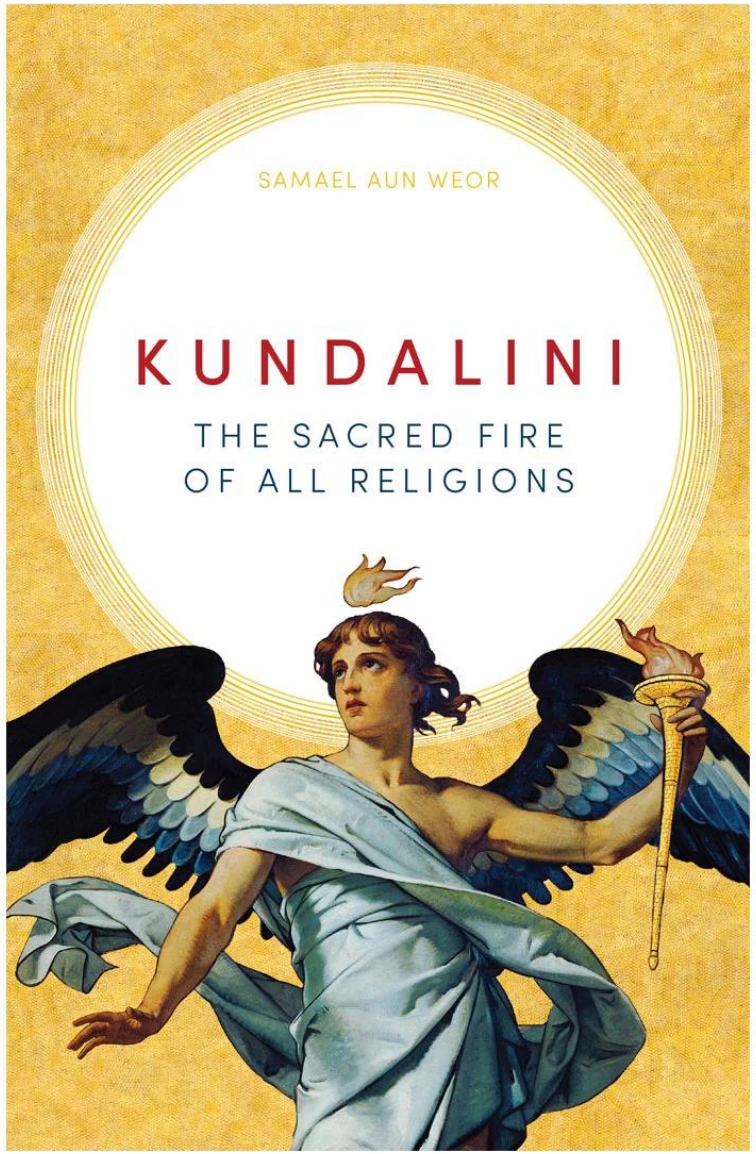
Get Spiritual Energy
from Nature

Seven Sacred Runes

GLORIAN



Ham-Sah Pranayama



Resource