

Gnosis



Lesson One



The great souls of mankind took on the burdens the gods would no longer take on in person. They challenged and tested and verified and reverified the god-seed of wisdom. Entrusted with its care and charged to broadcast it far and wide as the cycles of nature allowed, they formed a global brotherhood of noble souls of rare enduring human qualities. No culture, no civilization has been without their influence. When the cycle was right they reintroduced what had been thought lost, though recorded in myth and legend, by establishing schools which would revive the lost mysteries of antiquity. Such schools were to be found in ancient Greece, Syria, Asia, the Americas, Australia, Europe, and in Africa -- wherever souls became aware, however dimly, of the seed-wisdom within. Like the candle undiminished by lighting others, these schools served to relight within the hearts of mankind the ideals of the brotherhood of all life, the ethical and

moral basis of the universe, and of humanity as part of that universe.

~ Alan Donant

The Antechamber

This is the first lesson of our inside course on Esoteric Knowledge and Modern Gnosis. For each lesson we will suggest a practice and a reflection, because what is going to be taught will be of practical value in your daily life. We recommend that each practice should take at least fifteen days, totalizing two practices in a month.

With a proper guidance you can easily learn the first practical exercise and then studying the lesson at your leisure, meditating, observing and taking notes of your doubts and questions.





Kisa Gautami was a young woman from a wealthy family who was happily married to an important merchant. When her only son was one-year-old, he fell ill and died suddenly. Kisa Gautami was struck with grief; she could not bear the death of her only child. Weeping and groaning, she took her dead baby in her arms and went from house to house begging all the people in the town for news of a way to bring her son back to life.

Of course, nobody could help her but Kisa Gautami would not give up. Finally she came across a Buddhist who advised her to go and see the Buddha himself.

When she carried the dead child to the Buddha and told Him her sad story, He listened with patience and compassion, and then said to her, "Kisa Gautami, there is only one way to solve your problem. Go and find me four or five mustard seeds from any family in which there has never been a death."

Kisa Gautami was filled with hope, and set off straight away to find such a household. But very soon she discovered that every family she visited had experienced the death of one person or another. At last, she understood what the Buddha had wanted her to find out for herself – that suffering is a part of life, and death comes to us all.

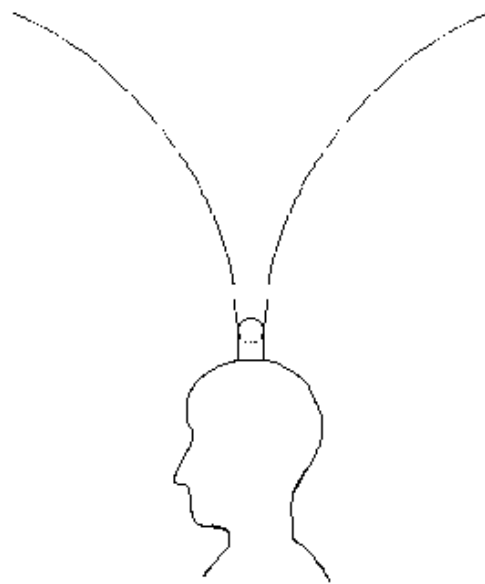
Once Kisa Guatami accepted the fact that death is inevitable, she could stop her grieving. She took the child's body away and later returned to the Buddha to become one of His followers.

Introduction

"Humans prepare for the future all their lives, yet meet the next life totally unprepared."

Our sincere hope is that this course will bring joy, knowledge and wisdom with time, as the lessons are assimilated and shared with others. Each human being is a star, and each star has its own brilliance and ray; the participation in this course and the sharing of the lessons will enrich the experience to other students on the same path as you.

There are many ways we can assume your first reaction to these teachings may be; there will be those that will accept blindly any information given to them, while others will deny anything new, independently of trying to understand or not. Both behaviors present doses of fanaticism, which blinds the "eyes" of consciousness and common sense. These two mental patterns are typical of minds that vibrate toward utopias, fantasies and concepts that are nothing but





vague impressions, hence never being able to be proven realistic.

The third category of mind is an independent one. It does not accept nor dismiss any information it receives, instead it analyzes them, investigates and finally submit its research to the light of discernment and the Internal Observer. It is from this rare type of mind that we see examples as great masters, guides, genius and philosophers such as Buddha, Christ Jesus, Hypocrites, Plato, da Vinci, etc.

The first class will be directed to the study of the esoteric significance of the process of death. Its universal and archetypical meaning level us to our common denominator, and its deeper understanding is one of the incredible forces to release the energies of a transcending ego.

What is Death and How it Happens

"Looking into death needn't be frightening or morbid. Why not reflect on death when you are really inspired, relaxed, and comfortable, lying in bed, or on vacation, or listening to music that particularly delights you? Why not reflect on it when you are happy, in good health, confident, and full of well-being? Don't you notice that there are particular moments when you are naturally inspired to introspection? Work with them gently, for these are the moments when you can go through a powerful experience, and your whole worldview can change quickly. These are the moments when former beliefs crumble on their own, and you can find yourself being transformed."

~Sogyal Rinpoche, from 'Glimpse of the Day'

According to Gnostic wisdom, the process of death is a mere transition between states, because its process can also be understood as a birth process to another state of existence or dimension.

Among the different cultures, people have diverse costumes on how they face and cope with death. Some civilizations cry when a baby is born, others rejoice when someone leaves this state of consciousness. There is no doubt that there is an acknowledgement of the reality of suffering inside of Earth School and how its graduation, or death, is only the release of the previous state.



Death is in Tibetan Buddhism is defined as “the separation of the Most Subtle Body & Mind from the more gross aspects of the body and mind”. As this separation is a gradual process, death is not a point in time, as in Western thought, but it describes a period during which this separation occurs.

During the death process, the Tibetan traditions describe a sequence of experiences. What these will be exactly, how long they last, and their exact order depends on the individual person and the cause of death. Generally, they are described as “visions”, which appear when the experience



of the various physical elements dissolve and sense of awareness diminishes.

In common sequential order they are:

1. **Mirage vision:** vision becomes blurred, mirages and dark images appear, and the sense of seeing dissolves.
Earth absorbs into Water: the body becomes weak and powerless, a feeling of sinking or falling.
2. **Smoke vision:** feeling absorbed in smoke, the sense of hearing dissolves. Feelings of being pleasant, unpleasant or neutral cease.
Water absorbs into Fire: the bodily fluids dry up.
3. **Fireflies:** feeling surrounded by sparks or fireflies, the sense of smell dissolves. Memories of friends and enemies fade away.
Fire absorbs into Air: food and drinks are not digested anymore.
4. **Butter-lamp:** appearance of a dying flame, the sense of taste dissolves and the body cannot be moved anymore. No more thoughts of worldly activities or purpose.
Air absorbs into Consciousness: the breath ceases.
Note: At this point, one would become “clinically dead” according to Western science.
5. **White vision:** appearance of a vacuum filled with white light.
6. **Red vision:** appearance of a vacuum filled with red light, like at dawn.
7. **Black vision:** appearance of darkness, and slowly losing consciousness.

8. **Clear light of death:** appearance of an empty vacuum. Few people have a sufficiently trained awareness to experience this clearly.

As this state appears quite similar to the highly evolved state of the clear light mind of an enlightened Buddha, very advanced practitioners are able to remain in this state for weeks by the power of their meditation; clinically dead, but without decay of the body. In Tibet, many stories are told of masters who died in meditation position, and whose body would not decompose or even fall over for weeks.

The function of Theosophists is to open men's hearts and understandings to charity, justice, and generosity, attributes which belong specifically to the human kingdom and are natural to man when he has developed the qualities of a human being.

~H. P. Blavatsky

The energies that overshadow the human being upon their transition from one state to another are called *The Ray of Death*. This particular ray is the one in charge of reducing the biomass of energy of a human body -existence, to a molecular quintessential energy, facilitating the process of “transubstantiation”.

The Ray of Death is extremely powerful and of high vibration and frequency. It is so intense that it can destroy the individual human connection with the physical body. The intensity of this energy can be felt by someone around a dying person. Many profess to feel an instant mysterious feeling,



a coldness or dizziness. This is the energy of our Divine Mother Death.

Many of those who have experienced death have reported to see the Angel of Death as a skeleton person, with spectral appearance. The Angel of Death usually dresses as his function requires just as a monk uses his habits, and a police man uses his uniform. There is nothing really terrifying about its appearance, and usually this impression tends to scare those that are not completely awake yet. When not in their line of duty, these gracious beings have their normal appearance as beautiful and radiant beings, with childlike beauty and innocence.

After the release of the soul from the bonds of the physical body, the Angel of Death blesses the released soul and content, it continues on its path of liberation for others, as this is its divine mission of love.

What happens to the consciousness of the dead immediately after the disconnection?

The Tibetan book of the dead states:

“You were fainted for three days and a half. As soon as you recover from this, you will have the remembrance of what occurred, but at this moment, Samsara (the universe of phenomena) will be in complete revolution.”

The entrance into the world of the electrons and molecules are a definite challenge to the consciousness of the human being.

The Tibetan book of the Dead affirms that all human beings fall in the moment of death and this faint stage usually lasts for 3 to 3 ½ days. Max Heidele and Rudolf Steiner, along with many others authors,

affirm that these three days are the days when the Ego is called to witness the “projection” of his life, in a retrospective manner. They also point out that the registry of all these experiences is imprinted on our vital body.

This idea may be correct, but it is not necessarily complete. During these days, the consciousness is released by a phenomenal electronic discharge. This may be the consciousness of the deceased replaying all the situations of their lives; visiting all the places where they lived and people with whom they had relationships. This is the reason some people affirmed they received a note from a loved one that just passed away. They inevitably relive each situation, emulating the sorrows and happiness they felt before, step by step; from old age to childhood. We call this process the Retrospective of Death. All of these happen while the consciousness is still inside of the physical body. A very similar process also realizes itself inside of the tetra-dimensional plane of existence, or the fourth dimension.

The next process occurs at the fifth dimension. In this process, the consciousness experiences the positive and negative effects of his actions being balanced on the cosmic scale. This is not a judgmental process but a process of adjustment. It is in fact a very powerful and intense soul experience.

Before the period of these three sacred days, the Angel of Death cuts the Sutrama, or the Silver Cord which connects the physical body and the internal, or extra-physical ones.



The recently deceased personality enters into a lunar type of consciousness, many tending to be in a hypnotic state, a fascination for the negative projection of their own consciousness.

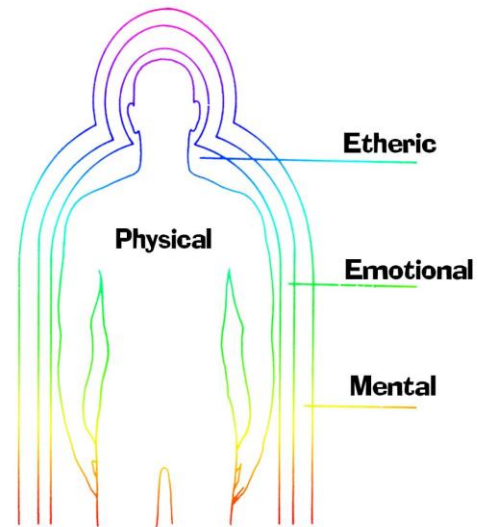
The Silver Cord is known among esoteric schools as the spiritual correspondence of the umbilical cord. Once this connection is cut, so too is cut all the possibilities for control of the consciousness over the physical body.

When we read the fantastic stories of resurrections in the Bible, we realized that they were only made possible because the connection between the higher realms of the being and the physical body were still intact. In the case of Lazarus, the master Jesus was able to perceive the existence of the Silver Cord and proceed with the “healing” of Lazarus. Master Christ Jesus, being a member of the Great White Fraternity, would never have disobeyed any of the Divine Laws.

Suggestions for the Practice of Lesson One

At the end of every lesson, there will be small exercises, designed to facilitate the assimilation and channeling of information stored in your consciousness. We ask that to have the effects maximized, the seeker must practice them for at least 15 days, and hence you will be receiving a new lesson twice a month.

Most of the exercises were designed to awaken the skill of self-reflection and the activation of our super-consciousness. Both of these elements are either still dormant or



The Bodies

in latent stages in most human minds, and need nourishment and exercise to be trained properly.

Exercise Number 1

1. Choose pleasant environment to perform this exercise; preferable somewhere calm, warm and comfortable. If you prefer to lie down, be very careful to do not fall asleep and lose your awareness of the exercise.
2. Relax all of your body, including all the points of tension and stress. Start from your head and work progressively down to your feet.
3. Now imagine that you are outside of your body and you are observing yourself from outside. See with your mind's eyes your own body lying in bed. Do not question it, just imagine, visualize, and observe.
4. Now analyze the feeling that is raised from the observation and contemplation of your own body.



Repeat to yourself: “I am not just this physical body”.

5. Take some deep breaths and now visualize your vital body, also known as the etheric body¹ floating above your physical one. Your vital body² has hues of blue. Now, feel and affirm: “I am not just the vital body”.
6. Take a series of three deep breaths and now bring your consciousness back to your mind and analyze your psychological profile; your habits, costumes, identity, family name,

¹ The ethereal grid (also referred to as the ethereal web) is what allows for the channeling and direction of Life-Essence that creates and sustains the physical body through the propagation of the physical universe. The physical body is thus an indirect reflection of this grid, the ethereal body. The physical body consists of the four elements: earth, water, fire and air, whilst the ethereal body consists only of pure ether – a subtle form of “physical material” vibrating just slightly higher than what can usually be seen. Only heightened awareness can detect the presence of ether and actually see it with the physical eyes.

² The etheric body is a three-dimensional cube of seemingly infinite “size”, though outside of this world it transcends space, and so talking in terms of “size” is meaningless. The emotional (or astral) body is the embodiment of the glamour that is one’s emotions as the Spiritual Kingdoms. The mental body is but the appreciation by the brain of Mind. Both the astral and mental bodies are formless, and so it is misleading to even call them bodies in the first place. In fact, for consistencies sake, one should rather call all bodies “aspects” – the physical aspect, the ethereal aspect, the emotional (or astral) aspect and the mental aspect.

gender, diplomas, professional identification, social conditioning, and when you finish done this analyses, affirm: “I am not just a personality”.

7. Observe and reflect about your everyday actions, your routine, your virtues, manias and defects; By now, you will notice that there is an element that permeates your entire being, but is not readily “observable”. The element that is proceeding with the analysis, and is not itself analyzable; is beyond the physical body, the ethereal body and beyond the personality. Ask yourself which part of you is that?
8. Now, you have reached a stage of deep meditation, from where reflections and inspiration will start to flow. Affirm: “I AM what I AM, I AM the being, I AM the being, I AM.
9. Make a point to repeat this simple exercise for 15 consecutive days. The ideal method is to practice it, following the same scheduled hour and same place. This may seem a simple exercise, but you will soon feel changes in the way your psyche and consciousness bloom because of it.
10. Such as in every spiritual exercise, we firmly recommend the acquisition and keeping of a spiritual journal, to take note of your experiences, sensations, feeling, impressions and inspirations. Pay even more attention to your dreams and projections, as they will be crucial tools in this journey of self-awareness.