

Mind in silence.

Before falling asleep (always at your own particular hour), lie down, face up, on your bed. Relax all of the muscles in your body and make your mind blank. You must not think of absolutely anything for thirty minutes. This practice should be done six days out of the week.

The Master.

Samael Aun Weor. Aztec Christic Magic

Note: In later books, Master Samael corrected the term: "mind in silence" instead of "blank mind".

By all means, it becomes luminous to deeply comprehend that when this tempest in the ocean of the mind ceases and the struggle between the opposites finishes, the Essence escapes and submerges itself within that which is the Reality. What is very difficult, laborious, arduous and strenuous is the achieving of the absolute mental silence in all and each one of the 49 subconscious departments of the mind.



To reach, to obtain quietude and silence in the mere superficial intellectual level, or in some subconscious departments of the mind is not enough, because the ESSENCE continues bottled up within the submerged infra-conscious and unconscious dualism. A BLANK MIND is something extremely superficial, hollow and intellectual. What we need is SERENE REFLECTION if what we truly want is to achieve the quietude and ABSOLUTE SILENCE OF THE MIND.

The Chinese word 'MO' signifies silence or serenity, and the word 'CHAO' signifies to reflect or to observe. Consequently, 'MO CHAO' can be translated as SERENE REFLECTION or SERENE OBSERVATION.

However, it is clear to comprehend that in PURE GNOSTICISM; the terms SERENITY and REFLECTION have much more profound meanings and therefore should be comprehended within special connotations.

The sense of serenity transcends that which is normally understood as calmness or tranquility. It implies a superlative state which is beyond reasoning, desires, contradictions and words. It signifies a situation which is beyond mundane noise. The sense of reflection in itself is beyond what is always understood as contemplation of a problem or idea. Here this word does not imply mental activity or contemplative thought, but rather a type of OBJECTIVE CONSCIOUSNESS, clear and reflective, always illuminated within its own experience.

Therefore, SERENE signifies the SERENITY of NO-THOUGHT, and REFLECTION signifies intense and clear CONSCIOUSNESS. SERENE REFLECTION is the CLEAR CONSCIOUSNESS within the tranquility of NOT-THINKING. When the PERFECT SERENITY reigns, the true profound ILLUMINATION is achieved.

Samael Aun Weor. Magic Runes.

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