

The Psychoanalysis

The didactic that exists to know, and eliminate the positive and negative values which we carry within, exists, and is called inner Psychoanalysis.

It is necessary to appeal to inner psychoanalysis. When one appeals to inner psychoanalysis to know the defects of a psychological type, a great difficulty surges forth; I want to refer emphatically to the force of countertransference.

One can investigate oneself, one can introvert oneself, but when one attempts it, the difficulty of countertransference surges. But the solution is in transferring our attention inwards with the purpose of exploring oneself, in order to know ourselves and to eliminate the negative values which harm us psychologically in social life, in economics, politics and even in the spiritual aspect.

Unfortunately, I repeat, when one tries to introvert oneself in order to explore oneself and to know oneself, countertransference immediately surges. Countertransference is a force which makes introversion difficult. If countertransference did not exist, introversion would be easier.

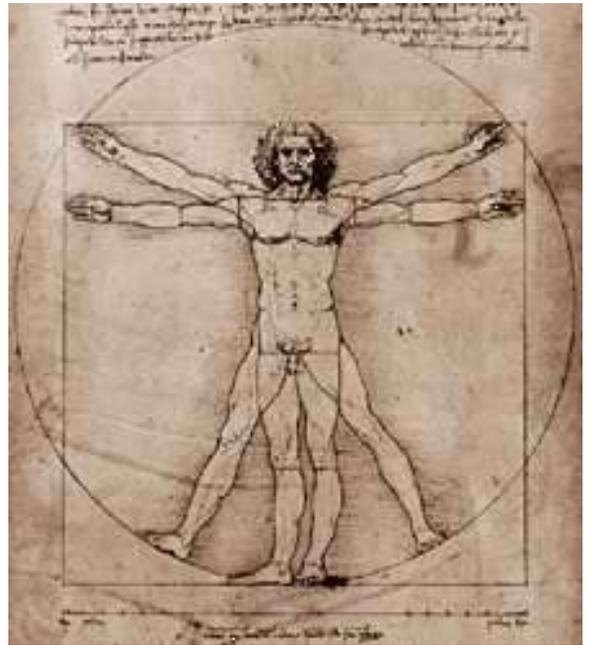
We need inner psychoanalysis; we need intimate self- investigation in order to really know ourselves. "Homo Nosce Te ipsum". Man, know yourself and you will know the Universe and the Gods.

When one knows oneself, one can change. As long as one does not know oneself, any change will result subjective. But before anything else, we need self-analysis. How is the force of countertransference which makes intimate psychoanalysis or self-analysis difficult, overcome? This would only be possible by means of transactional analysis and structural analysis.

When one appeals to structural analysis, one knows those psychological structures which make intimate introspection difficult and impossible; by knowing such structures we comprehend them, and by comprehending them we can then overcome the obstacle.

But we need something else, we also need transactional analysis. Bank, commercial transactions, etc. exist, in the same manner that psychological transactions exist.

The different psychic elements which we carry in our interior are subject to transactions, to exchanges, to struggles, to changes of position, etc. They are not something motionless, they always exist in a state of motion.



When one, by means of transactional analysis, knows the different psychological processes, the different structures, then the difficulty in psychological introspection concludes. Afterwards, the self-exploration of oneself is carried out with full success.

The one who achieves full self-exploration of such and such a defect, whether it is to know anger, or to know covetousness, lust, laziness, gluttony, etc., can carry out formidable psychological progress.



In order to achieve full self-exploration, one will have to first begin by segregating the defect that we want to eliminate from ourselves in order for it to be dissolved afterwards.

A disintegrated defect liberates a percentage of psychic Essence. As we disintegrate each of our false values, in other words, our defects, the psychic Essence which is bottled up within them will be liberated, and finally, the totally liberated Essence will radically transform us. It will be in that precise instant that the eternal values of the Being will be expressed through us. Unquestionably, this would be marvelous not only for ourselves but also for humanity.

When we have managed to disintegrate or dissolve the negative values, we will respect ourselves and others, becoming, we would say, a fountain of kindness for the entire world, a perfect, conscious and marvelous creature.

That mystical self-image of an awakened man will consequently or as a corollary originate the perfect image of a noble citizen. His circumstances will also be beneficial in every sense; he will be a golden link in the great universal chain of life. He will be an example for the entire world, a fountain of joy for many beings, an enlightened one in the most transcendental sense of the word, someone who will enjoy continuous and delightful ecstasy.

Samael Aun Weor. The Revolution of the Dialectic

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Esta práctica se complementa con la de Blue Time que encuentras en el siguiente enlace:

http://samaelgnosis.us/practice/more_practices/blue_time.htm

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<http://samaelgnosis.us> and <http://samaelgnosis.net>