

Self- Remembering

- And Self-Observation
- And non-identification
- Qualities
- Personal Practices

Self-Observation

- ❖ Self-observation is a part of Self-Remembering but is not the same
- ❖ Self-observation practiced for a certain time produces consciousness of inner state and gives a moment of choice as you can see what is going to happen
- ❖ Self-observation clears your mind so you can see things coming in and going out
- ❖ Mechanical reaction is prevented by a conscious act
- ❖ Self-Observation without practicing Self-Remembering is not a good practice
- ❖ Self-Remembering is our supreme task. Identification is the enemy of Self-Remembering. It is clear we have to study our forms of identifying

Self-Observation and Aim

- ❖ If you have Work aim, large or small, this gives meaning to inner life
- ❖ When conscious of your aim, at the point where life is acting on you through incoming impressions...
- ❖ When I remember my aim in the Work within me and at the same time look out at life...

Non-Identification

- ❖ To be identified and in a state of Self-Remembering is impossible. They are incompatible
- ❖ Identification nullifies Self-Remembering
- ❖ Self-Remembering, the 3rd state of consciousness, where help can only reach us, is always given in conjunction with non-identifying
- ❖ Non-identification is striving NOT to be in the two opposite Forces. Self-Remembering is striving to be in Work third force

Self-Remembering Qualities

- ❖ Self-Remembering cannot easily be explained because it is experience, of greater or lesser intensity. One can not explain experience like this.
- ❖ The shock of Self-Remembering can be described/compared with the shock of breathing...
- ❖ Impressions taken in in a state of Self-Remembering become emotional...
- ❖ In the state of Self-Remembering help can reach us...
- ❖ The act of Self-Remembering is to put us in the middle of the swing. Being in the middle is to be in a state of Self-Remembering

Self-Remembering Qualities

- ❖ Self-Remembering is not going against the flood stream of inner & outer things. It is raising oneself – not contending
- ❖ Act of Self-Remembering is a conscious effort made in order to remember oneself. The state of Self-Remembering is the result of the act. The quality of the state depends on the quality of the act – the effort made
- ❖ Self-Remembering immediately means better food for all the cells in the body
- ❖ In every act of Self-Remembering resides one of the great inner meanings of this Work and of all Esotericism

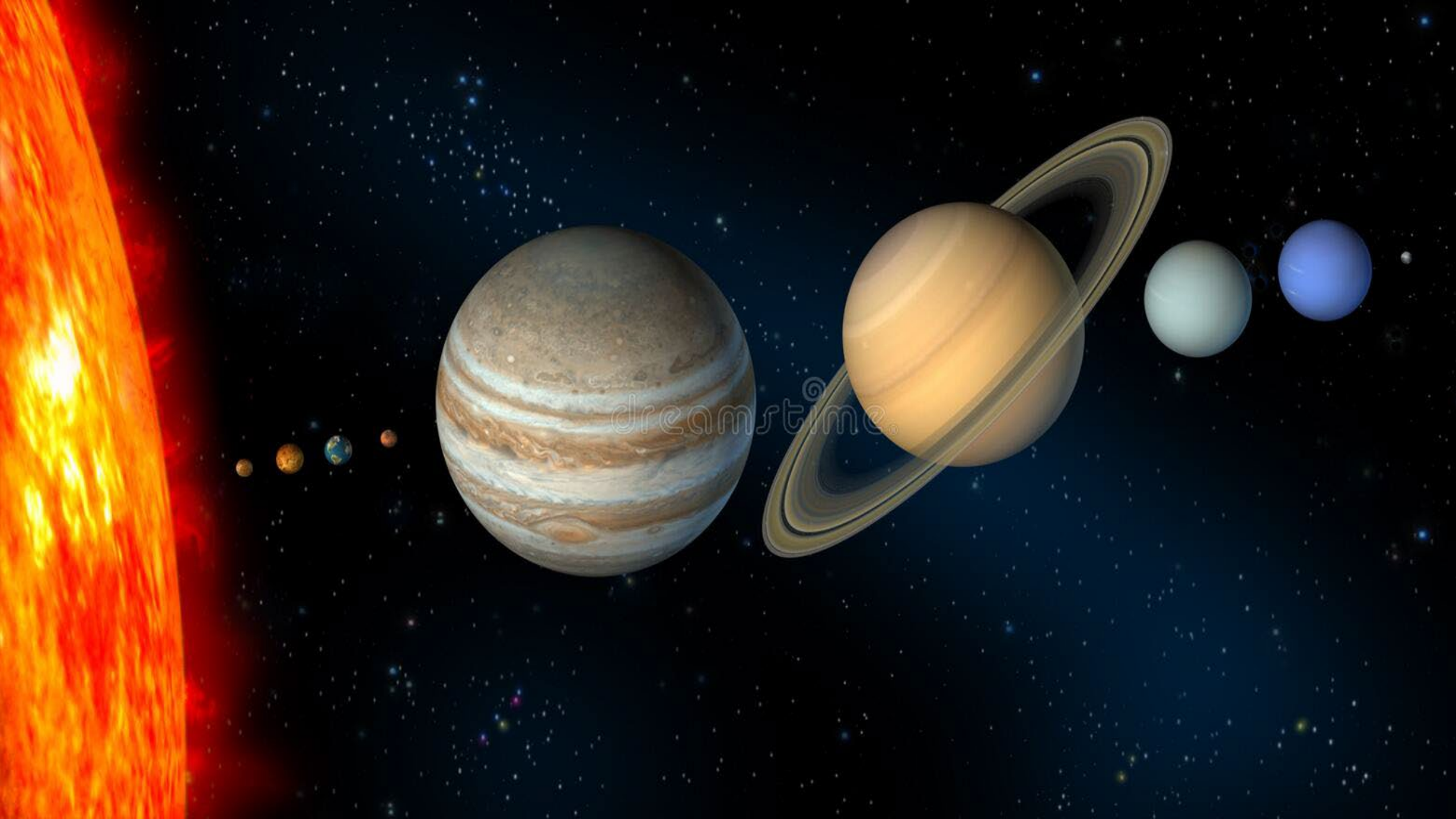
Self Remembering Practices

- ❖ A kind of lifting oneself up from the uproar of things in oneself...
- ❖ Self-Remembering is a non-identifying with oneself for an instant...
- ❖ Where I put my feeling of I
- ❖ Affirmations; Christ's 'I am' scriptures
- ❖ Sense and need of something greater...
- ❖ Work lays the greatest emphasis on Self-Remembering. Self-Remember at least once a day. If not once, 3 times













**DON'T TAKE STUFF SO
SERIOUSLY, REMEMBER...**



YOU ARE HERE

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