

"A man can therefore remain asleep in the great machinery of the Ray of Creation and be simply used by it or he can begin to awaken and realize that there is another possibility that he can follow. For this reason the Work teaches that Man is a self-developing organism and you will now see clearly why he can either serve life as an end in itself or take life as a means to another end" (p. 566).

STATES OF CONSCIOUSNESS

<i>Help Possible Man Awake</i>	}	<i>4th State</i>	Objective Consciousness (where a man can see things as they really are).
<i>LIGHT</i>		<i>3rd State</i>	Self-Consciousness, Awareness of 'I', Self-Remembering.
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<i>No Help Possible Man Asleep</i>	}	<i>2nd State</i>	So-called clear Consciousness or Waking State. Body-active-Man as walking and talking machine, not properly conscious. Man as sleep-walker. Man active to his dreams.
<i>DARKNESS</i>		<i>1st State</i>	Sleep with Dreams. Man dreaming. Body quiescent. Man as passive machine passive to dreams.

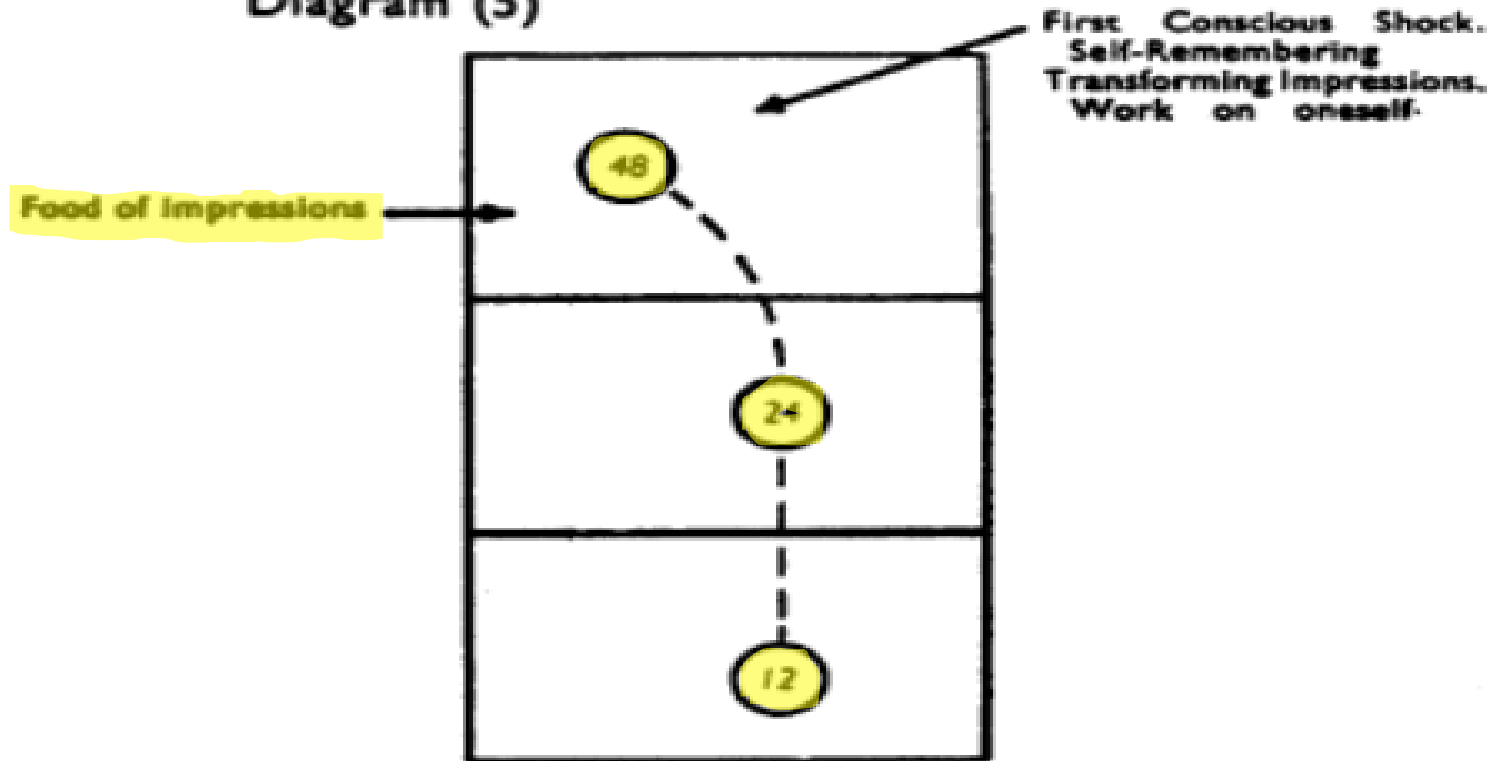
In the context of the Law of Seven, or the Work Octave: "You must remember that Man is created a self-developing organism and that means man only develops by efforts, for all evolution of Man is conscious – that is, by **conscious effort**" (p. 125).

Conscious Efforts
by
Work on the Side of Knowledge
Work on the Side of Being

First Conscious Shock
Feeding Essence
Help From Higher Centers
Aim

The First Conscious Shock must be given, however, to effect this.
As thus:

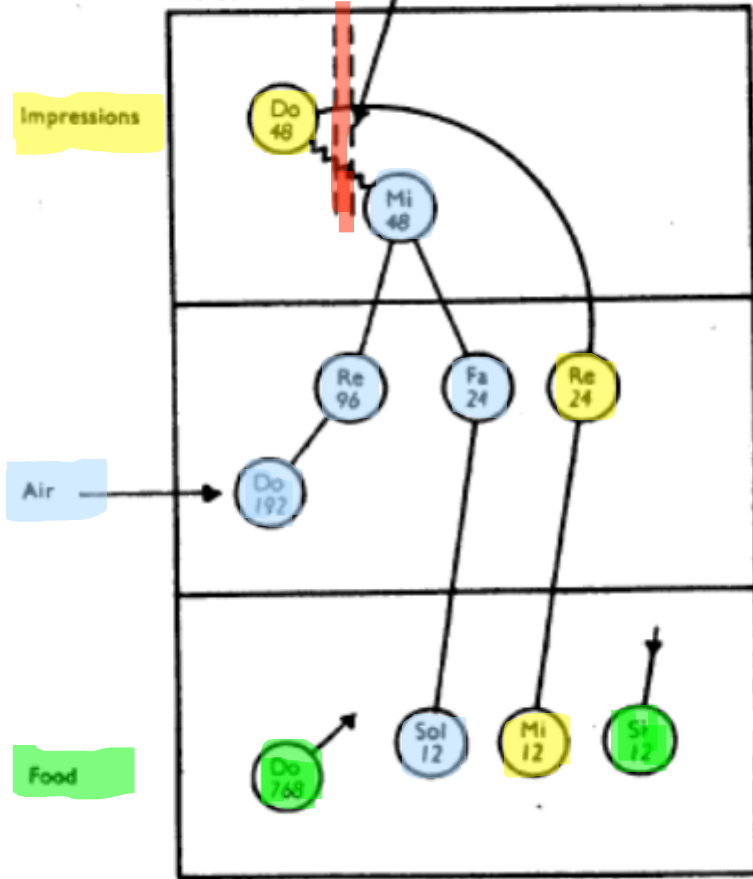
Diagram (5)



When a man *works* on himself he starts the octave going and creates new *energies* in himself. This is when the Work starts in a man as regards the creation of new forces in him. I want you all merely to understand the general idea. All details can be left until later.

Diagram of Extra Hydrogens created by First Conscious Shock

Place of application of
First Conscious Shock

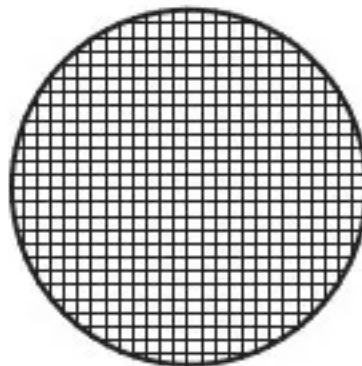


The Hydrogens made from the Food Octave are omitted save Si 12

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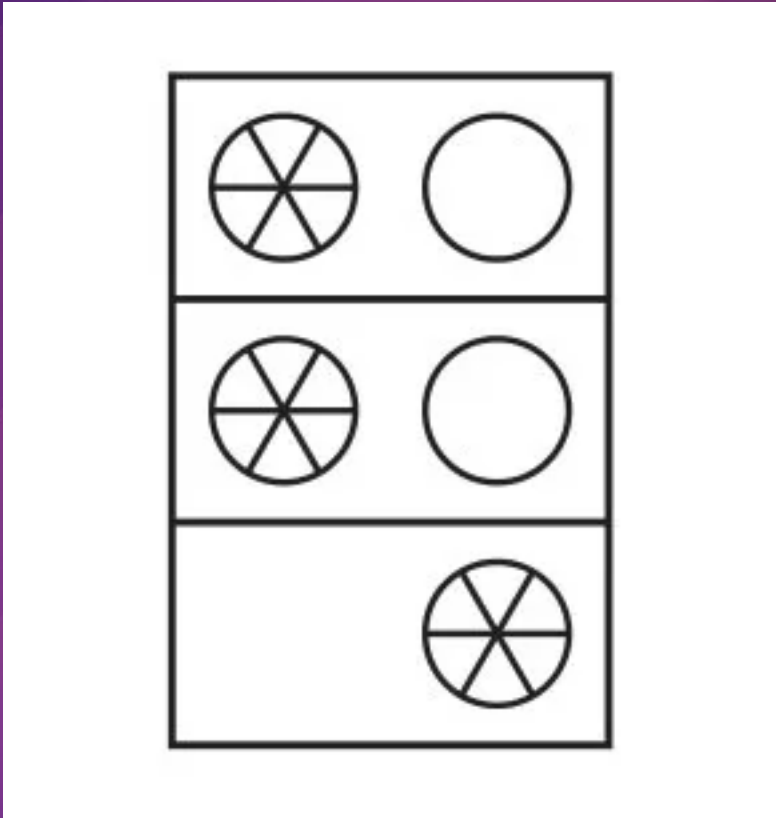


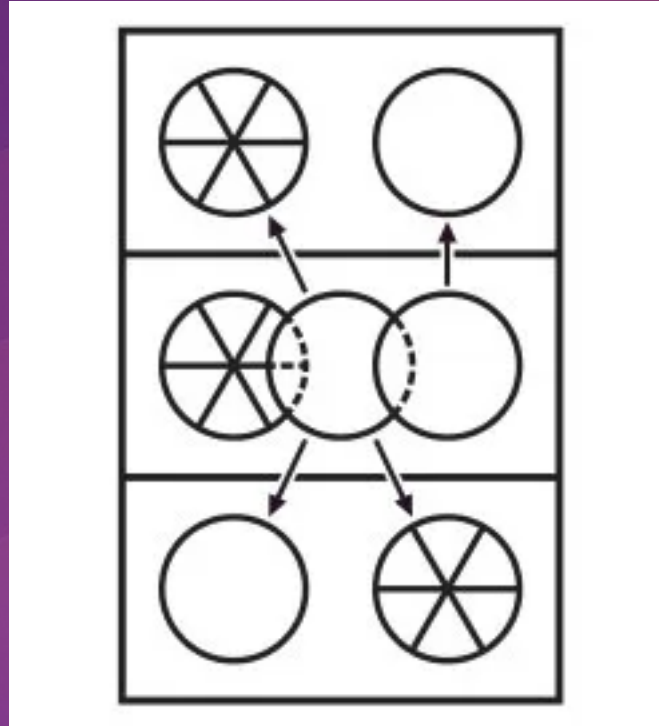
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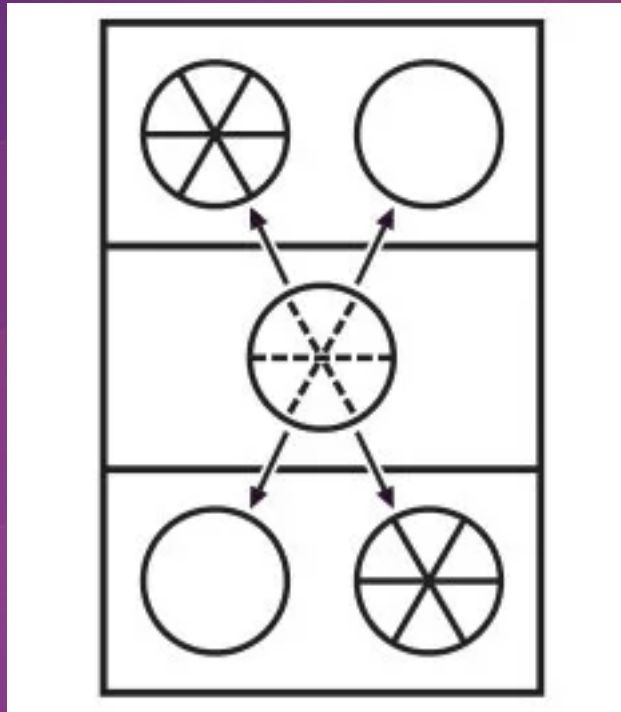


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Boris Mouravieff, *Gnosis 1*

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