

## COURSE SYNTHESIS NO. 23

### THE ONLY SOURCE OF ENERGY FOR THE DEVELOPMENT OF WHAT IS HIGHER IN OURSELVES : CONSCIOUSNESS

On an inner path of evolution, it is essential to practice real self-observation, meditation, and self-remembering, which are the only means of consciously taking in our third food, impressions. Without this conscious and voluntary work, the octave of impressions, as we have seen, does not continue on to its conclusion, and there is no energy available for our evolution. Moreover, when we do this work, we continually experience life anew, and it is of course the very nature of life to be new at every moment

Life can only exist in a place that is alive, and if we are not conscious of our impressions, they fall upon our formatory apparatus, the part of the intellectual center that is far from being alive.

In order to evolve, our impressions must be transformed. When the impressions we receive are of poor quality, we cannot digest them, or we digest them poorly, and in this way we intoxicate ourselves and run the risk of sooner or later falling ill. Indeed, we can get sick from an excess of negative impressions, and sometimes even from a lack of positive impressions such as love and affection. Think of the people, for example, whom you love and who live far away, and from whom you haven't received any news for a long time, and how this is enough to make you upset or lose your appetite.

The best remedy for unpleasant impressions is non-identification; when someone is unpleasant to us, if we simply remark his attitude without becoming negative ourselves, we are no longer disturbed by him. But if we allow these impressions to enter a negative place in us, we are naturally going to suffer.

The other person is not responsible for the place where the impression enters in us, he is not responsible for the way in which we take things. Outer events are simply what they are, they are not negative in themselves; we are the ones who react negatively when we become identified, when we allow the impression to enter a negative place in ourselves – our vanity, pride, self-pity, and so on.

Observation permits us to perceive the moment we start to become negative, the moment we are about to react. When we place ourselves under the influence of a principle of the Way at this moment, after we have practiced doing this for a certain amount of time, we are one day no longer influenced negatively – because when we place ourselves in the Work, we give ourselves the first conscious shock, and this produces energy for our evolution. The result is that the impressions enter a beautiful place in ourselves, that is to say, they enter us in a new way that is not colored by our past.

We have seen that each center requires an energy that is appropriate to itself, but it does not receive this energy directly, since the energy in question must first undergo a transformation; a piece of chocolate, for example, must first be transformed before it can provide you with energy to think, it does not enter your brain as a piece of chocolate.

The intellectual center needs H 48, the emotional center a somewhat more subtle energy, H 24, the moving and instinctive centers also H 24, and the sexual center H 12.

As for solid food H 768, we saw that if all goes well, our food is transformed into more and more subtle hydrogens which permit the different centers to function; this is the case for ordinary man.

The same is true for the air we breathe; some of the energy is used for our thoughts, and some of the energy joins to our impressions.

Man on the Path tries to add consciousness to the impressions that enter him, that is to say, he adds to them another energy. This first conscious shock occurs when we are present to ourselves, when we meditate, remember ourselves, or remember a principle of the path when we are confronted with a difficult situation. Thanks to this shock, evolved man extracts an additional energy (H 24 and H 12) from the air he breathes and the impressions he receives, and their respective octaves are able to continue.

When we are present here and now, this creates additional energies that are then at our disposal – precisely speaking, we have three times as much energy as when we are not present. Three times as much energy H 24 is available for our emotional life, movements, instinctive life, and health. Three times as much energy H 12 is available for our sexual center, which redistributes this vitality to all the other centers. We thus have three times as much creativity, which can be used for procreation or in the artistic or intellectual domains.

Furthermore, we have also seen that this energy permits us to create another center which we have called the higher emotional center. This is the center of our highest feelings, such as joy, kindness, friendship, love, affection, and hope. And it is certainly better to wake up in the morning with these kinds of feelings than with sadness, fear, or anxiety.

With the development of our higher centers, supersensible perceptions become possible, which can include, for example, the perception of the aura, chakras, energies, or spiritual entities. But it is not sufficient to simply possess these higher centers, we need to nourish them with energy, permitting them in this way to grow and develop; and this is done by the practice of self-observation, self-remembering, and meditation. Unless we make these efforts of presence, our higher centers can only atrophy.

The only way we have of nourishing our higher centers is by being attentive to ourselves, by practicing self-remembering. The “remembering” here of course refers to something higher, the higher Self, and not to something lower; we need to *observe* what is lower, and *remember* our higher I. The same process occurs during meditation.