

Didactics to dissolve the ego

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*Though we had thousand tongues
to speak and
palate of steel,
we would not reach to enumerate
all our defects completely.*

Virgilio.

PROLOGUE

From his beginning, the intellectual human has dedicated his time to observe the external world, in search of his origin, of his reason of being and of the same object of his existence.

However, this search has been without the smallest doubt a failure. There are theories and beliefs through the time. Nothing of this is tangible. Nothing can be proven of this.

As a result of the above mentioned confusion and bewilderment. ¿Spiritualism? ¿Materialism? What is real? What is certain? Simple process of the mind. The most paradoxical thing is that although the intellectual human has illustrated and documented the external world, for his mind, with the purpose of knowing everything, the only thing certain is that he ignores everything about himself. The human being uses superficial concepts to give a justification to his existence and in it he invests all time of the same existence.

The Greeks taught:

"Know to yourself, and you will know the universe".
The only real form of knowing the universe is the interior knowledge or knowledge of itself, because each being individually is a micro-universe.

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If we know ourselves, we will know the universe for law of correspondence.



The objective of this book is to give the tools to know our inner universe in practice form. We will liberate our Conscience; we will wake up our Conscience by means of the elimination of each one of the psychological defects.

We are marionettes of each defect that is manifested, and worse even, we ignore that we ignore. We are slaves. We are unconscious persons. We make boast of the conscious ones that we are, that we are free, that nobody manipulates us, when truly, all our defects make it.

If we really want to end up taking control of ourselves, really to be humans, to Wake up ourselves, we should begin observing that each one of our defects control us, that they have made it and it will follow it making until we decide impeded it, until we proceed to eliminate them one by one. To achieve it, we should

develop the vigil or observation of the self, in this we can discover in each moment the defect that is acting, why the defect makes it and how the defect makes it, then we can eliminate it with the help of a superior force to the mind, our Interior Mother, the only power able to disintegrate them. It is indispensable to carry out this work in all moment, and in all place, either in the country, in the city, in the work, in the study, in the home etc. it is necessary to practice this teaching to have an experience and to check its reality.

1. THE SELF

1.1 The Self

The physical body is a complete unit to less than to be sick; however the interior life of the human is not a psychological unit. No person is the same one in continuous form, really we don't need to be very wise for see the countless changes and contradictions of each person.

Nobody has a true self, permanent, eternal, etc.
Nobody has in fact, a true Unit of being; unfortunately, we don't have a true individuality.

The Ego, the Self, it is never something singular, unitary. Obviously the Ego is egos. As well as the water is composed of many drops, as well as the flame is composed of many igneous particles, of this way the Ego is composed of many egos.

If we think of each ego like a different person, we can assert in emphatic form the following thing: Inside each person that lives in the world, many people exist. Each one of these egos, each one of these persons fight for the supremacy, it wants to be exclusive, it controls our thoughts, our feelings, our actions, reactions and our words, through the Desire, every time that it can, while other displaces it.

Each psychological defect is incarnated in an ego. Although we had a thousand tongues to speak and palate of steel, we would not reach to enumerate all our defects completely. In the different cultures that have inhabited the planet, the egos have received the names of: psychic attachés, sins, temptations, errors, darkness, red devils of Seth, etc.

LAZINESS

comfortable ego, left ego, unclean ego, slack ego, scruffy ego, negligent ego, tedious ego, lax ego, neglected ego,



unconscious ego, boring ego, without appetite ego, clerk ego, coward ego, confident ego, as, slowed ego, resigned ego, flimsy ego, decayed ego, fearsome ego, unworried ego, pusillanimous ego, sleepyhead ego, shy ego, diffident ego, irresolute ego, unfulfilled ego, bad will ego, distracted ego, silly ego, I rest, idler ego, I wander, useless ego, liar ego, idler ego, vicious ego, evasive ego, optimist ego, pessimist ego, distraction ego, I recreate ego, reserved ego, ragged ego, discouraged ego, disobedient ego. Etc. Etc...

USURY



loan shark ego, wealthy ego, speculator ego, cheater ego, thief ego, better ego (casinos, raffles, careers, bingos, chance, lotteries, etc.), contestant ego, swindler ego, rich ego, cheat ego, wasteful ego, miserable ego, proprietor ego, moneylender ego, greedy ego, selfish ego, pirate ego, ego of

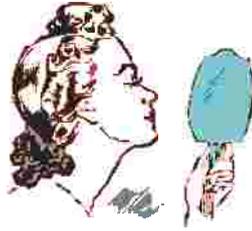
the credit, ego of the power, ego of the success, I

kidnap, millionaire ego, I discount, monopoly ego, merchant ego, I get paid, opportunist ego, powerful ego, robber ego, charitable ego, I yearn, ownership ego, ego of the plastic money (credit cards), possession ego, tip ego, generous ego, I invite, fortunate ego, fan ego, corrupt ego, .Etc. Etc. Etc.....

LUST

Morbid ego, vulgar ego, pleasure ego, lewd ego, I risk loving, prostitution ego, I adulterate, exhibitionist ego, stump ego, striptease ego, seductive ego, lover ego, erotic ego, sex shop ego, friend ego, boyfriend ego, I paw, caress ego, I kiss, coquettish ego, provocative ego, platonic love ego, mistaken sexual ego, pornography (x magazine, x movies, internet, etc.) pursuing sexual ego, sadistic ego, violator ego, masochist ego, onlooker ego, obscene ego, hot lines ego, green jokes ego, words of double sense ego, party ego, bisexual ego, nudist ego, zoophile ego, pedophilic ego, necrophilia ego, gerontophilic ego, incest ego, pimp ego, selector ego, homosexual ego, lesbian ego, ego of the bars, alcoholic ego, drug addict ego, smoker ego, I dance sensual, heavy music ego, ego of the tattoos, ego of the piercing. Etc. Etc....





PRIDE

Conceited ego, ego of the fashion, flattering ego, scandalous ego, model ego, champion ego, ego of the suits, famous ego, leader ego, ego of the manners, professional ego (Lawyer,

Policeman, Engineer, Graduate, Executive, etc.), social rebellious ego, egotism ego, wise ego, ego of the appearance, perfectionist ego, exhibitionist ego, petulant ego, boastful ego, arrogant ego, important ego, I take the responsibility, consideration of self, ego of rooms of beauty, ego of plastic surgery, liposuction ego, collector ego, ego of genealogical tree, ego of horses in passing, ego of animals of race, ego of the cars, technological ego. Etc. Etc. Etc....

ANGER

Superb ego, irritated ego, impatient ego, violent ego, I offend, I hurt, bad genius ego, aggressive ego, I hit, rude ego, bad face ego, kicks ego, ego of the war, scream ego, arrogant



ego, I allege, I threaten, enemy ego, I hate, I blaspheme, resentful ego, vengeful ego, armed ego, terrorist ego, rebellious ego, I renounce, homicidal

ego, I murder, confused ego, I curse, I gesticulate.
Etc. Etc. Etc.....

GREED

glutton ego, insatiable ego,
drinker ego, wasteful ego,
noctambulant ego, I want
more, goodies ego, quick
food ego, tragic ego,
comedian ego, choked ego, I food quick, anorexic
ego, sceptical ego, fanatic ego, cheerful ego, sad
ego, miserable ego, tyrant ego, submissive ego,
optimist ego, pessimist ego, I justify, I condemn, I
doubt, I believe, built up hopes ego, disappointed
ego, confident ego, distrustful ego, nice ego,
unfriendly ego, repressed ego, free ego, friend ego,
enemy ego, hyperactive ego, inactive ego, boring
ego, fascinated ego, , tender ego, aggressive ego.
Etc. Etc. Etc...



ENVY



It is the suffering for the desire of
something that we do not possess
I envy Juan's luck, I envy Natalia's
beauty, I envy the social position of Bill
Gates, I envy John's car, I envy
Einstein's knowledge, etc. I
calumniate, I criticize, I judge, I
compete, I imitate, I copy, I admire,
traitor ego, jealous ego. Etc. Etc. Etc.

When we really want to know to ourselves, we should see ourselves and to try to know the different egos that are in our interior. If some of our readers don't still understand this Doctrine of many egos, the reason is the fault of practice in the observation of self. The Ego, the Self although continues beyond the sepulcher, however it has a principle and an end.

The Being or the Conscience don't have principle, The Being won't have end. The Being is what is, what has always been and what will always be.

3% of our Conscience is free, while 97% remaining is caught inside each one of the egos. These egos constitute in their group to The Self.

Any ego liberates certain percentage of Conscience when is disintegrated. To bigger quantity of disintegrated egos bigger it is the percentage of our Conscience.

The Ego continues after the death, and it returns to this valley of tears to repeat events, to satisfy passions and to pay the consequences of our bad works (karma). Our present life is the cause of our future life; our future life will have for our cause current life, with all its errors and miseries. To continue is to postpone the error and the pain; we should die from instant in instant for not continuing: We must better **BE** than continuing.

The Ego is the origin of the error and of its consequence that is the pain and the suffering; while exists the Self, it will exist the pain and the error. To be born is pain, to die is pain, to live is pain, pain in the childhood, the adolescence, the youth, the maturity, the age; everything in this world is pain. When we stop existing in all the levels of the mind, the pain disappears.

We will stop to exist, if we dissolve the Self.

1.2 The psycho-somatic illnesses

One of the humanity's bigger problems is the psycho-somatic illnesses, due to the terrible damage that they take place in the health.

The term psycho-somatic comes from the words: **psyche** (soul, energy, interior) and **soma** (body, material, external).

This illnesses are a group of physical or external alterations originated in our interior; All the psychological defects or egos are reflected in our body, affecting all their organs and functions, in other words, the ego makes sick the body; As the real origin of these illnesses is ignored, people look for solution by means of the medicine (traditional, natural, bio-energetic, acupuncture, etc.) and the formulation or drugs consumption. We can eliminate their symptoms and effects through of the total elimination of the infrahuman elements or egos.

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These illnesses alter the normal operation of the organism and systems: nervous, digestive, breathing, circulatory, endocrine, urinal, sexual, bony and muscular; causing in them, all types of disorder and ailments.

The fear contracts the breathing musculature, especially the solar plexus, forming a muscular armor that restricts the free flow of the air, this blocks the breathing and it reduces the entrance of oxygen in the lungs. The cells cannot make the metabolism without oxygen, this causes a series of physical illnesses, as bronchitis, asthma, problems in the menstruation, constipation, hiatus hernia, flatulence, bad digestion, migraines and cardiovascular dysfunctions, fatigue, state hypotonic and depressive state, cysts in the ovaries and womb cancer, of colon and of stomach, among others. The tension and the edginess desensitize the glands that produce the gastric juices, this causes ulcerate stomach.

The concern causes tension in the muscles of the neck, closing the arteries, that which impedes the circulation of the blood to the brain; this reaction produces headache and fainting.

The anger is a reaction or impulsive external manifestation that is originated inside the person, for multiple causes, among those that are: the frustration, the consideration of self, the pride (wounded pride),

the hate, etc. This psychological defect generates us ulcerate stomach, high arterial tension, headaches, eruptions in the skin, decrease of the appetite, insomnia, premature age, also, causes the destruction of families, loss of good employments, rejection of family and friendships, and in extreme cases, the anger bears us to the homicide.

Other psycho-somatic illnesses are: migraines, arthritis, inflammation of the skin, allergies, coronary problems, sinusitis, complications of vision, of audition, conjunctivitis, common cold, ulcerate, aggressiveness, anxiety, anguishes, stress, nuisances of column, headache etc.

The sexual disorder favors the transmission and the infection of incurable illnesses as the AIDS and the hepatitis B, also the venereal illnesses (syphilis, herpes, gonorrhoea, pyorrhoea etc.) known by the humanity.

Some egos (as the alcohol, consumption of tobacco, and drugs addiction) attack in direct form the organism, introducing it toxic substances (cocaine, heroin, nicotine, tar, THC, opium, LSD, alcohol, etc.) The organism cannot assimilate them. Due to this, they produce: hypertension, cirrhosis, lung cancer, contraction of arteries, lost quick of salts minerals, fatigue, tires, amnesia, destruction of neurons, blindness etc.

It is demonstrated that the psychological defects (egos) are the cause of the physical death and the bad relationships with our physical body, with other people, and with what is more important: the Real one, the True one, the Objective one, the Eternal one, THE BEING.

If we want to eliminate the real origin of the illnesses, of the age and the death, we should disintegrate the Self in all their manifestations.

"The Death kills the death by an entire eternity"

1.3 The Details

The details are the multiple manifestations of our psychological defects (egos), across the time;

Each ego takes possession of the human machine, controlling their functions: thoughts, feelings, words, actions, and creations, through the Desire.

Every time that a detail takes control, this detail steals and it unbalances our energy, this detail goes feeding and strengthening of it. The egos originate all kinds of illnesses when they energetically draining us, arriving to the fatigue, age and the death.

To arrive to the big thing we need to begin with the small thing: first we need to dissolve the defects

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(egos), removing all their tiny manifestations or details. After we can fight with them directly; it is necessary to begin with the small thing to arrive to the big thing...

Examples

To eliminate the ego of the alcohol that is the big thing, we should look for their details that could be the following ones: I take a beer to calm the thirst, I take a swig for the happy birthday, I Share some cups in gathering with my friends, I intoxicate myself because my favorite team lost, or because a somebody leave me, or because maybe a relative died, etc. etc. etc.

To eliminate the conceited ego that is the big thing, we should look for their details that could be the following ones: I look at myself frequent in the mirrors or reflection of the glasses, I like the fashion, I think that the liposuction improves my social level and it elevates my esteem, I take care of my gestures and social customs, I use accessories to adorn my body, I worry about to be uncombed, I look for that the people admire my body, my clothes, holding or my forms of expression, etc. etc. etc.

The details are expressed permanently during all days; they originate in us fascination, hypnotism, altering and sleeping our Conscience; therefore, it is necessary to begin to eliminate them from now on, here and now. If we yearn to Wake up and to increase

the percentage of Conscience, we should use the **death in march**.

2. THE DEATH IN MARCH

The death in march is the tool to dissolve the Ego of instant in instant.

With this tool we can discover and eliminate its different manifestations (details), liberating the caught Conscience.

In the death in march is necessary to apply actively, the observation of self, the Transformation of Impressions and the Elimination.

With the observation of self we discover the Ego, of instant in instant, in each one of our functions.

With the transformation of impressions, the external information is processed. This information enters to our interior through the 5 physical senses:
See, hearing, tact, olfaction and taste.

And with the elimination, we disintegrate the ego totally, liberating the percentage of Conscience from it.

2.1 The observation of self

To discover in action the multiple elements of the Self (details), it is necessary the sense of the observation of self. This sense allows us to observe of instant in instant the functions of our human machine: to think, to feel, to make (to speak, to act, to omit), to want and to create. These are permanently controlled by the Self. When we observe ourselves, we discover in action each one of the details. These details produce the sleep in our Conscience.

In the observation of self exists a psychological unfolding. There are two aspects in this unfolding: the observer and the observed one. Who is the observer? Who is the observed one? The observer is the Conscience and the observed one is the Self.

If this division didn't take place, it is obvious that we would never advance to the inner knowledge. The dynamic attention really comes from the observant side, while the thoughts, the emotions, desires, words, works and omissions, belong to the observed side.

The sense of the observation of self is atrophied in the humanity, but with the continuous practice, it is developed progressively.

The Critic

The practical life is a wonderful school; in the relationships we can discover those egos that we load in our interior.

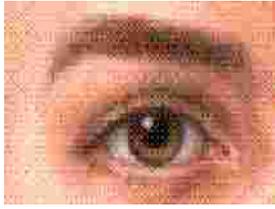
We need to know ourselves before being able to know to the other ones. It is urgent to learn how to see the other people's point of view. If we put on in the place of the other ones, we discover that the psychological defects that we see in other, we have them very big in our interior.

The mechanical dislike toward another person that we know for first time indicates that we don't know how to put on in the neighbor's place that we don't love the neighbor that we have the too sleeping Conscience.

Do we see very unfriendly certain person? , why do I motivate it? , Does he drink alcohol, perhaps? Sure. Are we sure of not loading in our interior the ego of the intoxication? Better it would be that when we were seeing a drunkard making horseplay, we said: 'I am this person, I am making that horseplay! '.Etc. Etc. Etc.

2.2 Transformation of Impressions

The human being receives 3 classes of foods: meals, air and impressions. These provide us energy. Of these foods the most important are the impressions, because we receive them of instant in instant. The impressions are received through the senses of external perception, and they are of 5 types:



View: the impressions enter to our interior through the sense of the view: when we read a book, a barrier, a warning, we see magazine, we look at a parade, and we see television, cinema, images, colors, objects, places, people, symbols, figures. Etc. Etc. Etc.....

Tact: the impressions enter to our interior through the sense of the tact: when somebody gives us a kiss, when we dance, when somebody sustains our hand, when we feel forms, textures, humidity, temperature, hardness, and softness. Etc. Etc. Etc.....



Taste: the impressions enter to our interior through the sense of the taste. To tasting a meal, when ingesting liquor, or when we taste different flavors: sweet, salted, acids, bitter, insipid, etc.

Hearing: the impressions enter to our interior through the sense of the hearing: when we listen music (classic, sentimental, dancing, etc.), when somebody propose us something, when there are varied sounds, conversations, noise, voices Etc. Etc. Etc....



Olfaction: the impressions enter to our interior through the sense of the olfaction: when we feel the scent to hot bread, aromas, natural or chemical aromas, perfume, foods. Etc. Etc. Etc.....

Regrettably we don't receive transformed impressions from the exterior, because the transformer element doesn't exist; In consequence, they fall under the process of the Self. The Ego produces reactions of mechanical type before the different events and circumstances of the life.

Also the impressions create new egos or psychological defects. The Conscience is the transformer element that takes charge of digesting the impressions by means of the observation of self, obtaining of them wisdom and understanding. All impression without transforming produces the reaction of an ego. This ego puts in activity a function of the

human machine, and this ego is linked with other one.

For example, the aroma of the recently bread, this is a smell impression. This aroma produces the reaction of an ego. This ego wants to eat bread; it is linked with other one that wants to save money, other looks for its budget, and this ego with other ego that wants to take a detail for a dear being.

2.4 Elimination

The mind can justify or to condemn an ego, also this can speculate or to put it a name, but the mind doesn't have the capacity to eliminate it.

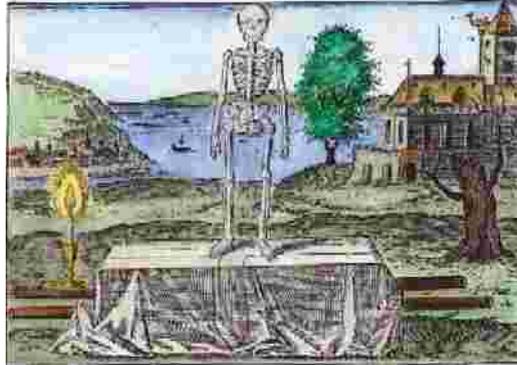
The Conscience is the manifestation of God inside each Being:

God is our Father as wisdom; God is our Mother as love (Isis, Virgin Maria, Kundalini, Tonantzin, Stella Maris, Cybele, etc.). Naturally each person possesses in the interior Father and Mother.



She is a part of the free Conscience, with the function of disintegrating each one of our egos totally. After we have to observe previously the defect or the ego in our interior, we will proceed to invoke to this force Superior, requesting her that She eliminates the ego manifested in certain instant:

"Mother, eliminate this defect"



Along the day many egos will manifest; In the morning there will be one that will tell us that we continue sleeping, in the afternoon another will want to discuss with somebody for any reason, in the night another will prefer to refer in another person's unjust form, other one will want to the couple of the neighbor, other one will take us to smoke, another will want to drink alcohol, etc.

This process is called **Death in march**, and it consists

in to be watching of second in second what I am thinking, what I am feeling, what I am wanting, what I am saying and what I am making, and in an immediate way I will request to my Interior Mother that eliminates the defect that I have discovered, and this way, I go rescuing little by little all the **Conscience**, that is caught in the Ego.

It is indispensable to keep in mind the following thin

Every time that a certain defect is manifested in us, without reasoning of any class and in immediate form, we should appeal our Interior Mother and beg the elimination of that defect that causes us damage and it consumes our energy; this way, we go subtracting food to the ego, and little by little until to be eliminated. Our Interior Mother's destructive electric power doesn't have comparison with the negative power of the Ego, since SHE is much quicker, as the ray that reduces to cosmic dust cloud any defect that previously we have discovered.

But it is indispensable to call her in the precise instant in that the defect is manifested, either verbally or mentally, and pray to Her with our own words:

"Mother, eliminate this defect"

She is called DIVINE MOTHER, and we have to beg to Her, the elimination of the ego of our interior. The Ego is manifested in disadvantage in front of the

electric power of Kundalini (Divine Mother), She is quicker 300.000 times that any ego or defect.

3. SEXOLOGY

The Sex is the center of gravity of all the human activities. Around the sex all the social aspects of the life rotate: in a dance, in a party, in a bar etc.



Always the sex has been studied by the wise persons with momentous purposes.

The science has discovered that the sexual hormones enrich the sanguine torrent, in a same way that those generated in the different endocrine glands; these hormones form small micro-laboratories; these hormones eliminate illnesses.

Unfortunately, the pornography has degenerate the sex to merely sensual activities.

There are 3 classes of sexuality:

Supra-sex

Normal sex

Infra-sex

The Infra-sex is the sphere where we find the lust without control, like adulteries, lesbianism, homosexuality, masturbation, oral sex, anal sex, zoophile, orgies, violation, pornography, lasciviousness (mental lust), prostitution, and other psycho-sexual bad habits.

In this sphere the human being degenerates psychologically (they create new egos or defects) and physically (they atrophy and they disable the areas of the brain).

The Normal Sex is the sexual activity to the reproduction of the species (sons), living according to the interests of the Nature.

The Supra-sex is the way of the transformation and of the regeneration; it is given between man and woman, with bonds of love, fidelity and chastity.

In the world there are many ideologies, beliefs and each one is free of believing, but the only force with authority to transform us is the Sexual Creative Energy. This energy created us; this energy put us on the mat of the existence.

In the Supra-sex, there is never loss of this energy. It is transmuted (it is transformed) during the sexual union, to create the Being's existential bodies:

Causal body (6th dimension)
Mental body (5th+ dimension)
Astral body (5th dimension)
Vital body (4th dimension)
Physical body (3rd dimension)

These bodies allow us to have real manifestation in the superior dimensions of the Universe.

In the supra-sexuality physical vitality is obtained, we put on in activity the different areas of the brain, capacities and extraordinary abilities are received...

It is necessary to have 3 things in the supra-sex:

1. **LOVE**: The momentous yearning, without animal enjoyment.

2. **CHASTITY**: Not to spill the Sexual Creative Energy, that is to say, not to **FORNICATE**, during the sexual practice and under any circumstance.

3. **FIDELITY**: In thoughts and in works, that is to say, not to **ADULTERATE**, conserving a stable and only couple, and also not to arrive to any type of infra-sexual practice.

"We will never achieve the supra-sex, if we don't value and we don't conserve our interior wealth:

The Sexual Creative Energy.

**This energy is the raw material to arrive to
THE BENG'S INTIMATE REALIZATION"**

- The death in march guarantees us to purify and to save our Sexual Creative Energy, in this way we can balance the human machine. -

4. THE ASTRAL UNFOLDING

Our Conscience sleeps in the course of the daily life and when our physical body rests, due to this, we never can see the reality of the phenomena in the Universe. In this state, we ignore the place where we are.

In the process of the dream, our Conscience receives a series of experiences outside of the physical body, for such a reason we appear in different or distant places, we see unknown people or dead, strange situations, prodigious beings, etc... However we never observe this phenomenon with the intention of discovering its origin and its explanation.

The astral unfolding is for us the dream, and it consists on the separation of the physical body and of the astral body.

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While the physical body rests in 3rd dimension our astral body goes out, to serve us as vehicle in 5th dimension, the Eternity; where the weight, neither the time, neither the distance doesn't exist.

The astral body allows us to move to big speeds and it qualifies us to investigate the Universe, to know the mysteries of the life and of the death, to enter in contact with our Interior Mother, the angels, Divine Hierarchies, etc. we can investigate our previous existences (retrospect), we can know our planet, to speak with the teachers of the white fraternity, and to make confirmations, etc.



Now we will teach you the practice of the conscious astral unfolding:

1. Appropriate place: bedroom or piece for the practices.
2. Petition of attendance to the Father and Mother (the will of Them should be made).
3. Objective: to notice a purpose or a goal, to investigate in the astral plane.
4. Relaxation: to relax all the nerves, muscles, tendons etc., of the physical body also quiet our mind and emotion.
5. Mantram process:
A mantram is a magic word that puts in vibration the astral body, allowing us to leave the physical body consciously, and to return to it with full will. Each mantram should be vocalized in soft form, lengthening its sound verbally 3 0 5 times, and then we have to repeat mentally in continuous form.

. Mantram Pharaoh: it is pronounced in the following way

FFFFFFFFFFFFFFFFFAAAAAAAAAAAAAAAAAAAAA
RRRRRRRRRRRRRRRAAAAAAAAAAAAAAAAAAAAA
OOOOOOOOOOOONNNNNNNNNNNNNNNNNNNNN

. Mantram Laras: it is pronounced in the following way

LLLLLLLLLLLLLLLLLLLLAAAAAAAAAAAAAAAAAAAAAAAAAAAA
RRRRRRRRRRRRRRRAAAAAAAAAAAAAAAAAAAAAAAAAAAAA
SSSSSSSSSSSSSSSSSSSSSSSS (as a whistle)

When we present some of the symptoms:

Sensation of floating, sensation of turns, corporal vibration, heaviness, dreaming images ..., we should get up smoothly, and to jump in immediate form with the desire of floating.

7. Confirmation: If when jumping, we float, obviously, we are in astral body, and we have unfolded ourselves. But if when jumping we fall heavily on the floor, we will be in physical body, and we should repeat the process from the step 3, until that the unfolding takes place.

8. Experience: When we see ourselves floating, we should request to our Divine Mother in immediate form that She transports us to the place that we notice as objective, or with the being that we can tell, and She will transport us to the speed of the thought.

Another form to wake up our Conscience in the fifth dimension or astral plane:

Every time that we are in the street, in the work, in the study, walking, in the supermarket, when crossing the street, etc, we should stop and we have to ask ourselves, ¿What dimension is this?, at the same time

we have to give a jump with the intention of floating; if we fall heavily it is because we continue in the physical plane, if we are floating it is because we are in the astral plane.

So soon we realize that we are floating, we should request to our Divine Mother for that She transports us to the place that we want to go.

We should constantly practice the Astral Unfolding, since it is the most important tool to investigate.

- The Death in march (at the moment in moment) is another form of waking up our Conscience in the superior dimensions. -

FINAL CONCLUSION

As conclusion, the Death in march is the fundamental base of the whole interior work.

Next a practical example is exposed to understand the work of the death in march.

A boy is invited to a party:

An ego is happy for the invitation.

An ego thinks in the gift.

An ego thinks constantly in the party.

An ego thinks in the excuse to be absent.

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Other ego wants to prevent and it takes preservatives.
An ego wants to take friends.
An ego imagines the liquor that the friends will give
the party.
Other ego thinks in the food of the party.
Other ego plans to take a bottle of liquor.
Other ego wants to smoke.
An ego thinks of inviting their friends.
Other ego tells: nobody forgets the women.
An ego thinks in the friends to invite.
An ego says: the women are accessible.
Other ego says: in the party more women will arrive.
An ego wants to conquer in the party.
An ego tells him that he shines in the dance.
Other ego suggests him the music to dance.
An ego wants to know other girls.
An ego wants to caress when dancing.
The ego of the jokes gets ready.
An ego wants to shine new clothes.
Other ego wants to be very nice in the party.
An ego selects the woman to dance.
An ego of the manners wants to be exhibited.
Other ego wants to observe the horseplay of their
friends.
The ego waits the precise moment to flirt.
An ego likes the age women.
Other ego looks for the young girls.
The indiscreet ego doesn't lack in the parties.
The alcoholic ego acts.
An ego looks the bodies, it doesn't rest.

An ego wants to intoxicate the friend's couple.
An ego wants sex.
An alcoholic ego turns strong.
A petulant ego is shown.
An ego doesn't like that they take him the contrary
one.
A messy ego is exhibited.
Other ego cannot control the words.
An ego cannot sustain in balance.
An ego tells him: go for the house. Etc.

That day passes and he remembers the bad example
in that party, and the unpleasant of the hangover.

To each one of the details, we are gone requesting
death, in the same instant:

"MOTHER, ELIMINATE THIS EGO"

End.