

Mystical Psychology

I. Introduction.

- A. A condition of massive neurosis manifest in the world today.
- B. It is evident that something is needed to bring about a normal kind of life.
- C. The ideal of a purely material success has failed to produce a really satisfactory life in America.
- D. Material success inadequate to satisfy the more intimate problems of adjustment in life.
 - 1. In particular does it fail to prepare the consciousness for the transition called death.

1. No quotation from any source, however creditable, may be employed by any individual as authoritative or decisive unless the individual has himself verified the truth of the quotation.
2. Even though the individual has verified such a quotation it is decisive only for himself, unless he can demonstrate its validity to other individuals.
3. Although no quotation is by itself decisive or authoritative yet if it is taken from a source of high creditability a strong presumption favoring its truth is established.
4. However, any statement having only a presumption, however strong, in its support should be accepted only tentatively.
5. As most of our knowledge is less than authoritative and decisive it is necessary to act much of the time upon merely tentative knowledge.
6. When acting upon tentative knowledge the attitude should always be one of being prepared to unlearn what one has learned.

1. Between cultured man and animal man there is a profound conflict which is fraught with disruptive and painful possibilities.
2. To resolve this conflict some mode of life and valuation must be evolved which will render to each aspect that which is its proper due, without being extended to an improper indulgence of inferior tendencies.
1. The notion of a psychological reality occupies a place intermediate between the realities conceived as physical and metaphysical.
2. We may think of Consciousness as a stream upon which various objects are floating. These objects are the thoughts. It is useless to ~~force~~ try to forcibly try to stop the passing of the objects or thoughts. But the self-identity may be maintained with the stream and abstracted from the objects. Then the individual finds himself grounded in the eternal stream of Life and Consciousness without interfering with the coming and going of thoughts.
3. During periods that consciousness is abstracted and self-identity established in the stream there is a slowing down of both the physical breath and the thought breath, but this happens spontaneously without strained effort.
4. Life and Consciousness may be regarded as the same thing viewed from different angles.
5. As we are a Western people we must use the methods that belong to us. In general it is impossible to graft Eastern Yoga upon the western mind without producing inferior results.
6. It is necessary to learn the art of doing nothing; that is, of just letting the psychic states happen. For the Western attitude of conscious willing this is very difficult and therefore a superior achievement.