

Our Friend GITA

My brothers and sisters,

Today I would like to speak to you all about the Third Factor of Gnosis.

Sacrifice

Many students on the path are very happy to do the work of killing their egos (death - first factor) and they are very happy to build their solar bodies (be born - second factor), but they do not engage in the Third factor, and so their progress is incredibly slow.

If we are to move swiftly, we must also work on the 3rd factor, which is to sacrifice ourselves for humanity. We must help others.

This service for others may come in many forms! Please do not think that everyone has to become a missionary and sacrifice everything they have, but for some souls, this may indeed be what the Monad tells them to do.

But what is important here is that whatever we have, we share it with others who need it.

The most precious gift we can give anyone is Gnosis. There is no better gift we may give to another soul than the path that leads them to liberation. So, by us sharing the doctrine, this is working as the third factor.

But also, our great Avatar, Samael Aun Weor, told us

"It is necessary to go through great emotional crisis and intentional suffering if we truly want to atomically disintegrate our psychological defects."

Let us remember that our master told us "Life is a gymnasium" in which we are given exercises in order to grow our consciousness, and if we are to follow the example of our master, we will see that in his life, in order to accelerate his learning, he provoked his own "extra lessons" to overcome his ego. There is one story of him standing in a long line of people waiting at the post office, and when eventually reaching the counter, he would leave and go back to the end of the queue to observe his "ego of impatiens", and therefore kill it. He did this by "voluntarily suffering."

This is also our aim, my friends. We need to use life to provoke in us the death of the ego.

And one great way to do that is, as the master showed us here, "by allowing others to go first" by putting our own wants and needs behind our own desires and wishes. Going to the back of the queue.

Now I would also like to say a few words about Karma.

It is very unfortunate today that the sleeping people of the world who do not see reality at all believe they know what karma is.

They fail utterly in comprehending it due to being asleep and therefore not knowing that "ALL LIFE IS ONE", so they say absurd words like :

"I will not help that person over there, as it must be "their Karma".

They somehow think that they are separate from them and therefore should not help others who, in that moment, they were given the opportunity in the "gymnasium of life" to do, and grow from it.

So not only do they pass up the opportunity to help others, but they also lose that opportunity to grow themselves.

They believe that we exist in a small bubble, that our thoughts and feelings are our own, that whatever we think, feel, and do affects only us, and that we are isolated and alone. They are wrong on all counts, dead wrong. We are not isolated in any fashion, not at all – not physically, not emotionally, not intellectually, not spiritually. There is absolutely zero isolation among us. The sensation of isolation is an illusion that is self-propagated. It is a lie, an illusion produced by the ego. Because we think and feel that we are in our own little shell and can do our own little thing, we indulge in crime, psychologically, spiritually, even physically, and think it will not affect anyone. Everything we think, feel, and do, has a tremendous impact not only on us, but on everything else.

That is why it is said in the internal planes,

"Karma is paid not only for the evil that is done, but for the good that is left undone, despite being able to do it."

So when we are given a chance to help and we don't do it, it is indeed ourselves who gain more karma!

But when you can see with awakened eyes that we are all one, then it is a calculation a child can do, which states "if I help others, I also help myself grow".

Do you see, my friends, why the Third factor is essential, as it is linked to karma. No matter what we do to "help ourselves," if we pass up many opportunities to help others, we do not grow.

But my friends, we must not read this and then go around like "mechanical machines" giving our last drop of blood to anyone. We must always **follow our intuition** above all else. **Our monad knows when and what we must give and when and what we must not.**

For example, it would be inappropriate to give money to someone we know has a drug addiction, knowing full well that they will use it to further harm themselves.

A virtue used incorrectly can be disastrous.

It would be absurd for us to go to work to earn money for our family and then go and give it all away to the world, so we look like saints but leave our own children without food and good parenting. I think you get the point.

We must give what we can **intelligently and with a conscious heart**. We must always meditate so we can see what the solution is in the heart.

We must not "throw pearls before swine."

As much as it is wonderful to want to share gnosis, it would be absurd and cause a lot of pain if we were to start giving the teachings to those who would simply trample all over them.

For example, it would be a bad time to give gnosis in a pub to a drunk person who was betting on horse racing.

There is a time and a place for everything, and we must give gnosis to those who want to know and who show signs of wanting to improve their lives and consciousness.

So it is our duty to help, but **consciously**, and if we see we can help and it does not jeopardise our life, family, and responsibilities and we have the means to do it, we must recognise that opportunity as being given to us in that moment, and if we can, we must take it. And by doing so, our progress in gnosis will be greatly accelerated.

We may have to get our hands a little dirty to help someone. We may even have to go through some intentional sufferings to do it. We may have to go very far out of our way to achieve it. We may have to put our own plans on hold for some time, but by doing so we can use this "gymnasium" to strengthen the soul with dhama and kill the ego simultaneously.

And by doing so, we begin to reveal "our true nature," which is **selfless love**.

When I began walking the path, far before I found Gnosis, I studied "The Gita."

"The Song of God" In sanskrit.

"Gita is a Sanskrit word that means "song," "singing," "chanted" or "praised in song."

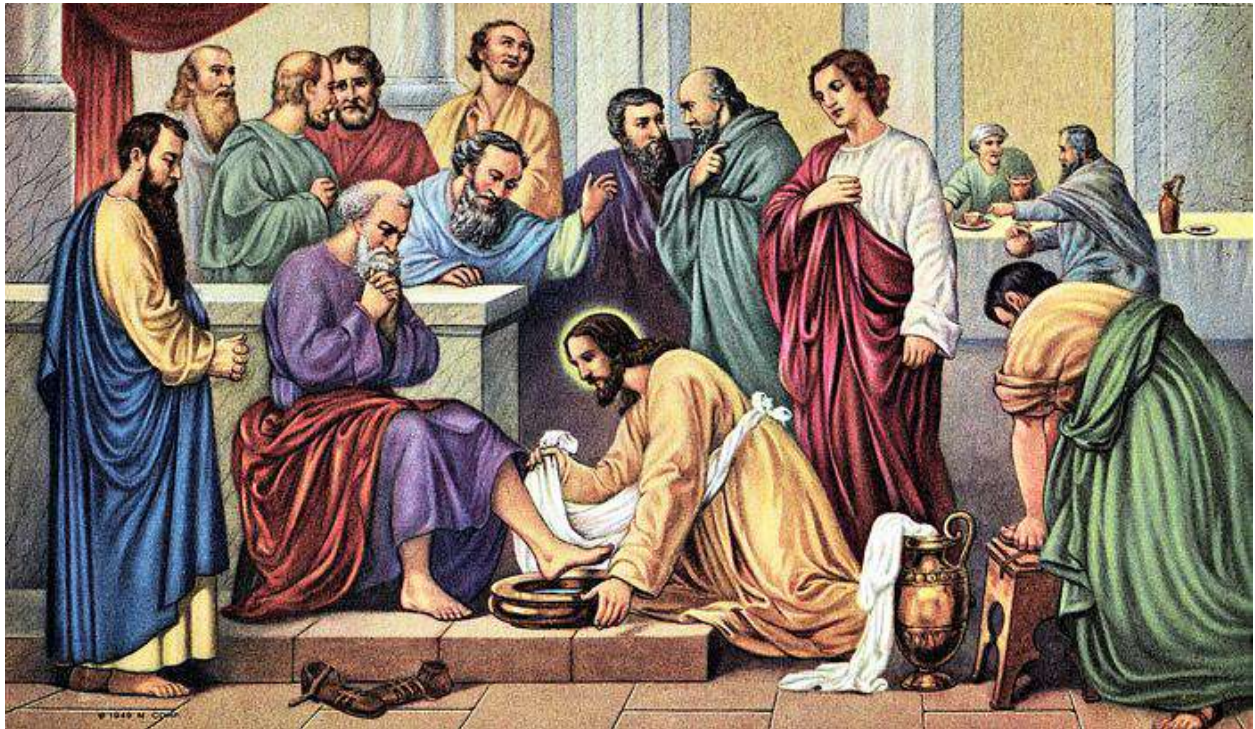
The Bhagavad Gita or "Song of the Lord", is a discourse with Krishna, who symbolises the universal Cosmic Christ, the universal force of love and compassion that incarnated in all the greatest beings of humanity:

In "The Gita" Krishna states

"The world is bound by actions (karma) other than those performed for the sake of sacrifice; do thou, therefore, O son of Kunti, perform action for the sake (for sacrifice) alone, free from attachment!"

In other words, the Gita, itself, in its entirety, is saying simply this: act on behalf of divinity, do not expect anything in return, and then you will be performing the sacrifice and be carried up to the divine.

We see that expressed in the teaching of Jesus.



Jesus in this painting is the lowest. He has lowered himself to washing the dirty feet of his disciples. They did not wear sneakers. They were barefoot in the dirty streets, with manure and all that in the roads. So, he is washing the filthiness from them, their psychological filthiness,

and humbling himself to do it, and not asking for anything, not asking for attention, for thanks, for money. Nothing. He is only giving what they need. Just giving and giving and giving. That is the example that one has to emulate in order for your *yajna*, your sacrifice, to become ***prajna***, ***which is wisdom***.

So, who is "our friend **Gita**," as the title of this essay suggests?

I wish to speak to you about an event that is close to me "personally." Please do not think for a moment that I am directly asking anything from you. My aim here is to give the teachings of gnosis freely. But something has come up in my own "gymnasium," and I'd like to share it with you in the hope that it will inspire you in the third factor of gnosis, but "if" you can also help, that would be fantastic, and we would be extremely grateful.

Let me be transparent here. The following is an account of a personal friend who has been following gnosis for a year and a half. And if you do feel you could help her, then wonderful! But her story, I feel, has much merit for us all to learn from. It has some "divine parallels" that I enjoyed very much upon finding them out.

My friend is a very talented actress whose main career has been on the stage of theaters. But last year, she took the role of a female character in the Netflix series "Vikings." Her character's name is "**Gita**."

What's interesting about her character is that it's quite different from the other members of her cast; you could say it's her intention to bring more peace, love, harmony, and a higher state of consciousness into the violent world that surrounds her simple heart.

Her name suits the task; she brings light to the darkness. She is Gita.

In real life, she is a student of Gnosis, and last year she undertook a monumental project that everyone warned her not to do, but she followed her Being, ignored everyone, and went to do it regardless.

You can find out everything about this project here.

<https://www.henesischmidt.com/littlebridgefoundation>

[Click Here](#)

We had the pleasure of her company here in our home for a few days, as "Gita" is a friend of my partner who came to visit us during a break in her filming schedule.

When here, I asked about this project she had been organising and witnessed so much light in her, so much vitality for her new family and friends she has made. She has no doubt created "voluntary suffering" for herself. She told me that during it all, there have been so many times of

pain and worry, and she has been learning how to "trust" her Being more than anything else, and overcoming her minds worries.

What she has managed to do in such a short amount of time and against all the odds and opinions of others is monumental and outstanding.

But this year, in her attempts to help this community become totally independent, she is about to release a new campaign.

So my friends, I hope you do not mind. I take this liberty to help her spread the word about it to you. As it is also a duty to help other gnostic colleagues in their functions, because this path can be very bitter and it can feel very lonely, so we must support each other and feel like a "true brotherhood".

Her aim is the following.





**1000 PEOPLE
5 EUROS A MONTH
INDEPENDENT IN A YEAR**



**PATREON
/LITTLEBRIDGEFOUNDATION**





So I think you will all agree that this is a wonderful example with its "divine parallels."

How Gita brings light.

Many of us want to walk the path so we can gain more happiness in life. Many souls search for happiness and do not find it anywhere.

This is the same as so many Gnostic students who search and work hard for many years but do not find the narrow way that leads to light. They work but do not flower inside.

The reasons for both these cases are the same: real happiness comes from helping others in any way we can, and Gnosis flowers when we teach others how to find light in themselves.

So friends, if you can help "Gita" achieve her goal of creating an independent, self-sustaining community with your donations, then please do! It would be a true gift to help our sisters' mission. 5 Euro / \$ a month for just 12 months. Or any other donation you can afford.

But if you can not do that, do not worry, that is not the aim of this text. Its aim is to explore the "third factor of gnosis" so that we can all reflect on it, meditate on it, so we can see what we have in abundance that others may find very useful in their lives. Maybe it is some money, maybe it is our time, maybe it is some old things in the garage we don't use that we can give to a fundraiser or charity shop in our town. Maybe it is helping a busy parent with some babysitting and helping with homework, maybe it is cutting the grass of an elderly neighbor, etc.

And of course, if someone is looking for light and we have Gnosis, it is our duty to share it. Simply sharing the link to our App or to gnostic websites could change someone's life totally and therefore change us also.

In the words of Master Kwen Khan Khu

WE MUST : remember very well the three factors of the revolution of the consciousness and, above all, THE SACRIFICE FOR HUMANITY, because thanks to that it is possible to gain DHARMA in order to be able to perform well the two previous ones - The Mystical Death - and the Second Birth.

But let us remember that, although it is true that we gain ourselves when we help others, this **must not** be the reason why we help, otherwise we help out of selfishness. **We must help without the wish for any result.** We must help with **selfless love** and in this way **our Being descends into us and reveals our true nature.**

Let us read from the Gita what we have discussed here today in a more pure form.

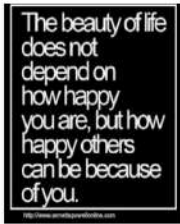
Charity given out of duty, without expectation of return, at the proper time and place, and to a worthy person is considered to be in the mode of goodness

But charity performed with the expectation of some return, or with a desire for fruitive results, or in a grudging mood, is said to be charity in the mode of passion.

And charity performed at an impure place, at an improper time, to unworthy persons, or without proper attention and respect is said to be in the mode of ignorance.

Good luck on the path, my dear brothers and sisters.

Thank you, my friends, for your time.



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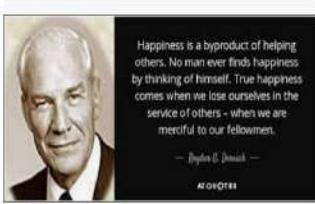
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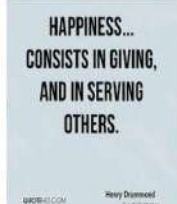
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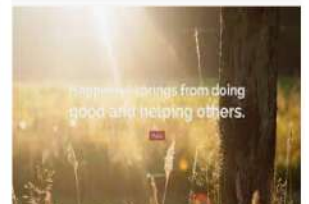
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