



“Know thyself”
The journey to self-knowledge

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Elaine Stur

The Spirits' Book- Question 919

What is the most effective method for guaranteeing *self*-improvement and resisting the attraction of wrongdoing?

"A philosopher of antiquity once said, 'Know *thyself*.'"





ΓΝΩΘΙ·CAYTON

The Spirits' Book- Question 919a

a) We fully admit the wisdom of this saying, but self-knowledge is precisely what is most difficult to achieve. How can we acquire it?

“Do what I *myself* used to do during my life on Earth... It was thus that I arrived at knowing *myself* and in seeing what there was in me that needed to be reformed.

...Have you done good or bad? What have I done?

...What was my aim?

...Am I ashamed of my acts?

The Spirits' Book- Question 919a

Review what you may have done, first against God, second against your neighbor, and lastly, against yourself. The answers to these questions will either settle your conscience, or reveal some wrong that you will have to remedy.”



Who am I?

The Spirits' Book- Question 919a

- We commit many faults that go unnoticed...
- How many times we have failed without even realizing it?
- Ask yourself "yes" or "no" questions

These are personal arguments and by the sum of the responses, we can estimate the sum of good and evil within us.



Our shadows

The Four Major Jungian Archetypes



How to use our shadow in our favor?

So instead of allowing fear to control us, we choose courage;

Instead of pain, we see an opportunity for strength;

Instead of allowing the trauma to define us, we see it as an opportunity for understanding;

Instead of allowing aggression to overcome us, we see an opportunity to find our passion.

...

Pride and selfishness and the root of all evil



How to use our shadow in our favor?

Such a man knows that whatever is wrong in the world is in himself, and if he only learns to deal with his own shadow he has done something real for the world.

He has succeeded in shouldering at least an infinitesimal part of the gigantic, unsolved social problems of our day

...

You see, changing the world begins with knowing yourself!!

What is “Know Thyself”?

We know what is and isn't us.... We don't try to be something that we're not....

We become who we really are!

We know our motivations in the light – and the shadow – as well as the associated struggles and graces.

We come to know ourselves with as much unconditional love and presence that we can, our worthiness never in question, never in doubt.

It's a real power we gift ourselves: to **consciously** engage these patterns of behavior and be able to improve, morally and spiritually.

How to “get better”- Individual Improvement

- Self-knowledge is the key to individual improvement;
- When you are in doubt regarding any of your actions, ask *yourself* what your judgment would be if it were done by another;



How to “get better”- Individual Improvement

- Every night they should settle their moral accounts for the day...Those who can say that the balance is in their favor may sleep peacefully, and await their return to the spirit life without fear.



Divaldo- Joanna de Angelis

Childbirth produces pain, and rewards well-being,
giving rise to life.



Self-discovery is also a birthing process, imposing courage for the event that
releases



Self-love



The experience of love is essential to self-discovery, as only through it the armors of the ego, of primitivism, that still predominant in human nature.

Love expands as a co-creative force, stimulating all the expressions and ways of life.



You are enough!

“Remember that you can know yourself, and with that you know enough. But you cannot know others and everything else. Beware of knowing what lies beyond yourself, or else your presumed knowledge will suffocate the life of those who know themselves. A knower may know himself. That is his limit.”

Carl Gustav Jung



If I could give one advice....

- Know how to be who you are
- The reason you are on Earth
- What is the purpose of your existence



Who am I?

YOU are
AMAZING



Have a great Sunday!