

The Mountains

The Three Mountains is the path through which one ascends and moves towards awakening. It is the ego death that is the foundation of the Inner Work (by which one walks on the path of the Three Mountains). By working very hard on eliminating the ego - by using the right techniques and in the right way, and doing it effectively, continuously, every day - one is able to begin the path that leads to awakening and to the Being - the true self; and then finally, at the very end, towards the Being of the Being – the Ain Soph, and afterwards to the Source.

In order to reach the Source one needs to free 100% of consciousness, which is the point when the ego has been fully eliminated, and when the roots and the seeds of the ego are gone.

The First Mountain

The work begins at the beginning of the First Mountain with the first initiation. On the First Mountain, the solar bodies have to be created, and the lunar ones (which are the bodies of inferior and lower type) have to be replaced with their higher version - the solar bodies.

The path begins with the first initiation, related to the physical body. With it one has to raise the Kundalini up through the physical body, and if it is raised fully, the first initiation has been received. Raising this Kundalini is not the destination, nor the goal or the finish line, but rather it is the first step and the beginning.

The second initiation, which belongs to the etheric world and the vital body, follows.

One always have to work very hard on eliminating the ego in order to ascends up the steps of the Mountain. Unless the ego is worked upon very strongly, these steps won't be taken.

By reaching the second initiation and passing the test that corresponds with that initiation, one raises the Kundalini in the vital body, and the vital body divides itself in two sections - the section which is attached and stuck to the physical body, and the freed section that is able to be detached and is separated from the first. The latter is the solar version of the etheric body.

The third initiation requires approximately 16% of consciousness and it requires that the corresponding solar body is created (if it has not already been created in one of the past lives of this cycle of the Wheel of Samsara). If the test is passed, if there is enough consciousness and if the Kundalini is raised, then the third initiation can be passed.

The person can then continue towards the 4th initiation, which requires more consciousness and that the solar mental body is created and the Kundalini raised within it.

The next initiation is the fifth one. It is different from the previous ones. This one requires approximately 30% of consciousness and that the causal body is created. What makes it different is that here is where one chooses one of two paths – the first one is the spiral path

and it leads to Nirvana; it does not reach the end of the First Mountain, but rather it entails a long vacation in the paradise in the higher dimension. The other path is the Direct Path that continues onwards to the sixth initiation.

The big difference between this initiation and the previous ones is that here, if one chooses the direct path, one gets to incarnate a part of their Being, known as Manas (Human Soul). In many ways this is therefore the beginning of a much deeper work where one starts to incarnate and unite with their own Being - the true self.

From this point onwards, each initiation includes an incarnation of a part of the Being. The more parts of the Being are incarnated within, the more one becomes their true self, more whole, and more united with the totality of oneself.

If one chooses the Direct Path, the 6th initiation can be received. In order to receive it, approximately 42% of consciousness is required. Out of that percentage, approximately 39% of it is needed in order for the consciousness to be spacious enough to encompass Buddhi (the next part of the Being that is to be incarnated). The other 3% is to receive the initiation itself.

The solar buddhic body needs to be created and Kundalini raised within it, just like for the previous bodies. If one succeeds and passes the test, Buddhi (or Divine Soul), is incarnated. Manas and Buddhi are the two souls of Atman (the Divine Spirit), that are incarnated on the First Mountain.

Manas, Buddhi and Atman are parts of the Being, ones true self. By incarnating them one becomes more whole and one unites with one total self, and it is through merging and becoming one with ones true self that other qualities of the Being can manifest within oneself, and it is in the Being that higher qualities of divinity are found and where one becomes truly whole and complete. As long as one is without the Being, one can never be truly happy, never be truly content.

After the 6th initiation, the 7th follows. It is here where one incarnates Atman (Divine Spirit). The incarnation of Atman is a big event - it transforms the person a lot. By incarnating Atman, the Being can manifest within and act through the person in a way that it was not capable before. It is at this point that the person becomes a true master. To reach to the 7th initiation, the 7th body, which is the atmic body, needs to be created and Kundalini raised within it, before Atman can be incarnated.

Ascending the Mountain takes a lot of work and it is not something that is done easily. Most who begin and try, fail. It is however very possible, if the right steps, the right work, and the right efforts are put into it. Most people though fail to take the steps that are necessary, when they do not put the right amount of work and effort on the key elements such as dying to the ego and on the creation of the solar bodies. There are many hardships and many tests that have to be overcome and passed in order to ascend the Mountain and reach the end.

The elimination of the ego is the foundation of the entire work. The ego is that which occupies the space of the consciousness. It blocks and encloses the consciousness so that it is inaccessible, trapped, and not available to the person. If the person for instance has 5% of

consciousness, it means that 95% is trapped inside the ego, and it is not until the end of the Third Mountain that the entirety of the ego is gone, and 100% of consciousness is free. So if the person has 5%, a lot of work needs to be put in so that the ego is reduced and eliminated, and the consciousness that is trapped within it is freed and the 5% increases to 6%, 7%, 8% etc. If not enough amount of effort is put into eliminating the ego, the consciousness is not freed and no movement can take place.

The consciousness is the true self - it is where the I is found, the sense of self, the wakefulness - and increasing it makes the basic foundation of the entire work. The person cannot move forward spiritually without increasing and freeing the consciousness. The ego blocks and encloses it, preventing access to it, therefore eliminating the ego is also the foundation of all the work, and if the person is not able to get the death of the ego right, and not able to learn how to properly die to it - reducing it, continuously, steadily, every day, all days – then the ego cannot be reduced effectively enough for the consciousness to be freed and for the ascent up the Mountains to take place.

If the ego is not properly and fully eliminated, the person cannot move forward at all, and the speed and effectiveness of the death of the ego is therefore directly related to the speed and movement forward and upward up the Mountains.

There are other key elements to the climb, of course. Solar bodies need to be created and tests need to be passed. If they are also not done, the ascent will be blocked and the person can get stuck. A certain amount of consciousness is required for various initiations, so if the proper amount of consciousness is not there, the solar bodies do not exist. When test is not passed, the initiation cannot be received, and the person cannot continue forward.

The practice for creation of the solar bodies is called alchemy, and it is taught by Samael Aun Weor, Rabolu and Belsebuub. It is a sexual practice which does not involve orgasm. It involves the union of male and female where the focus is on connection between the couple and love, and not on lust or the ego. It is a sexual practice which is performed without orgasm, it uses the male and female energies in order to create the solar bodies. More can be read about alchemy in the books by previously mentioned authors, such as in the books of Samael Aun Weor.

At the end of the First Mountain, there is the 8th initiation, which is the summary, the completion. It is not related to a solar body; it is the completion of the Mountain, so it is different from the previous seven, which are the actual initiations. As the 8th initiation is received, Atman grows a bit further and the First Mountain can reach its finish point. The First Mountain requires approximately 50% of consciousness in order to be completed.

The Second Mountain

After the First Mountain there are two more. If the person chooses to continue onwards towards the Second Mountain, then descent follows. The Second Mountain has greater rewards and transformations than the previous one, but is also one of the harder Mountains to

complete. It requires a lot of efforts. Each initiation on this Mountain means more of the Being that is incarnated. The three main parts of the Being – Christ, Holy Spirit, and Father - are incarnated here.

The Second Mountain begins with a descent. This means that the energy drops down and there is a gravitational pull downwards, making everything harder. The descent begins at the beginning of the Second Mountain, when the first initiation starts, and is completed when the first initiation has been either failed or passed.

This can be a very hard initiation. If the initiation is passed, the part of the Being known as Christ is incarnated. This is a major part of the Being. It transforms the person and it is the first part of the higher trinity - Christ, Holy Spirit and Father.

The incarnation of the Being is that which truly transforms the person and it is uniting with the Being that is the key point of ascending the Mountains. Incarnating the Being is reuniting with ones true self and returning to where one came from. It is moving from being empty, alone, and in darkness, to becoming whole and returning to the light, and becoming one with divine hierarchies of creation. It is only by incarnating the Being that one becomes a being of light, one of the hierarchical structure consisting of angels and gods.

It is in the Being where one finds all the high qualities, where one finds the true light, true happiness, peace and contentment, and where one goes from being in darkness to being in light. People on Earth are, without knowing it, absent from their true selves. They are abandoned, figuratively speaking, from who they truly are. The Being is where one came from, that which is beyond the illusions, and where one needs to return.

At the beginning of the Second Mountain, if the first initiation is passed, Christ is incarnated.

There are seven initiations on the Second Mountain, just like there are on the first. Each one relates to one of the higher bodies of the seven in total. On the Second Mountain, the higher version of the same Kundalini is raised. The solar bodies go through a transformation that changes them from solar bodies to the so called golden bodies. These new bodies are brighter in their energy compared to the way they were on the First Mountain.

On the 1st initiation, the second version of the serpent (Kundalini), which is the serpent of gold, is raised in the physical body.

On the 2nd initiation, if passed, Kundalini is raised in the vital or etheric body, and Christ grows and enters the etheric body. For each of the seven initiations, Christ grows more, until he is fully developed and fully manifested in the individual in the 7th initiation.

There are tests for ascending the Mountain. The ego needs to be eliminated with a lot of work, and the person has to go through a lot of hardships and struggles. It is not realistic to go through the Mountains without a lot of death, a lot of struggles, hardships, pain, suffering, and sacrifice. A lot has to be put into the work, and the person has to be prepared to sacrifice a lot that might be desired and wanted in the physical world.

The person needs to be prepared to prioritize the spiritual work over everything in the physical world. They should not be in ignorance, however, or sacrificing blindly, but rather understand that the ego clings very strongly to the physical world, and to life, and to everything around.

If you are tested for instance on having to choose between the spiritual work and a new job that you find interesting and appealing, if you choose that job over the spiritual work, then the spiritual work suffers. So by choosing the new job, you might fail. If you prioritize daily events, conversations, fun, entertainment, daily chores over full focus on the ego death, then the ego death is not strong enough. The ego death always needs to be the main and highest priority at all times. The ego is just too large and too massive to be realistically eliminated significantly, which is needed if one wants to make high movements up the Mountains.

The third initiation of the Second Mountain, just like the one on the First Mountain, relates to the astral body. The golden Kundalini is raised in the astral body and Christ enters it. This is also the first heaven that is conquered. From this point onwards, heavenly states are also acquired and achieved with initiations. The astral world is the first heaven that is conquered.

The fourth initiation of the Second Mountain relates to the mental body. Christ enters it, Kundalini is raised in it.

Fifth relates to the causal body. Christ enters it.

Sixth initiation relates to the buddhic body. Christ enters it and the person also incarnates Holy Spirit. At this point the person has incarnated two of the three major parts of the trinity of the Being.

Seventh initiation follows, which is where Christ enters the atmic body again and has grown to reach full maturity. The Holy Spirit also grows more, and the person incarnates Father. This initiation relates to the atmic body, in which golden Kundalini is raised. At this point the person has incarnated all the parts of the Being: Atman – Buddhi - Manas on the First Mountain, and Christ - Holy Spirit – Father on the Second Mountain.

The summary of the Second Mountain is Resurrection, which is a big event and which is the completion of the Second Mountain. In order to complete the Second Mountain, approximately 80% of consciousness is needed, and by finishing it one becomes free to leave the galaxy and to move into another one if one so chooses.

By finishing the First Mountain, one is free of planet Earth and the Wheel of Samsara, which means to be free of the cycle of birth and death; free of reincarnation. It means that the person does not have to incarnate again on the planet Earth for the period of remaining Cosmic Day.

By finishing the Second Mountain, the person has become a resurrected master, which is a big event. At this point the person has all the parts of the Being within, including the Father.

The Third Mountain

After having finished the Second Mountain, there is a third one. Just like the rewards and transformations of the Second Mountain are greater than those of the First Mountain, the rewards and transformations of the Third Mountain are likewise greater than those of the Second Mountain.

On the Third Mountain the entirety of the Being is incarnated. The full maturity of the Holy Spirit and Father is acquired and the Being of the Being (the Ain Soph) is reached and finally at the summit of the Mountain the person enters the Source.

The Third Mountain also has a descent at the beginning, like the previous Mountain. The golden bodies go through a change where the modification of them results in increased brightness, and they are now called the bodies of light. The structure of this Mountain is the same as the previous two. The third level of Kundalini ascends upwards through each of the seven bodies.

If the 1st initiation is reached and passed, both the Father and the Holy Spirit grow within and the person incarnate Yew - an aspect or part of the Ain Soph. The latter is the Being of the Being: the creator of the Father. The 1st initiation, like in the previous two Mountains, relates to the physical body.

The 2nd initiation relates to the etheric or vital body. The Father and the Holy Spirit grow once more, and Yew grows and increases as well. The person also goes through the merge within of Christ, resulting in Christ being permanently in the consciousness, rather than just incarnated. This is the first of the three merges that happens on the Third Mountain.

On the 3rd initiation, which relates to the astral body, the third level of Kundalini is raised in the astral body and it is now called the astral body of light. Holy Spirit and the Father grow and mature once more, as does Yew.

On the 4th initiation the mental body goes through a similar change, and is now the mental body of light, having the third Kundalini raised within it. Holy Spirit has reached full maturity, and the Father increases, as does Yew, again. This is also the initiation where the final heaven is acquired and conquered, which is the heaven of the Empyrean.

The 5th initiation, which relates to the causal body, has the third level of Kundalini raised. The final entrance of the Father happens here. This is the point where the totality of the Being is fully matured and grown within. Even the Father, which is the highest part of the Being, has reached the full maturity, and is fully established within.

Yew increases once again and the person goes through the second merge, which is merging of Christ into Holy Spirit; merging permanently in the consciousness. This is also the point where the person incarnates Ain Soph - the Being of the Being; the creator of the Father.

On the 6th initiation, which is related to the buddhic body, the third level of Kundalini is raised within it. Ain Soph grows and increases within. Yew matures further.

On the 7th initiation, which relates to the atmic body, Yew grows within and reaches full maturity; Ain Soph grows and matures; and atmic body is now the atmic body of light. At the end of the Third Mountain the person has to eliminate the entirety of the ego, even the seed of the ego has to be removed and eliminated.

On the 7th initiation the third mergence occurs. At this point Christ, which has previously merged with Holy Spirit, now merges into the Father, and they merge into consciousness permanently.

Having eliminated 100% of the ego and finishing the Third Mountain, the person is able to take the next step, which is to enter into the Source. It requires that the totality of the ego is gone and that the consciousness is 100% free, in order to be able to continue onwards and become absorbed by the Source. If this point is reached, freedom from the Creation itself has been attained.

It takes a lot to finish all Three Mountains, and unless the work is very strong and the steps taken in the right way, a lot of sacrifices made, and a lot of hardships overcome, it is not realistic to reach far into the Mountains.

Vishnu

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