Teachings from the Mystery School The Maitreya Discourses Chapter 13: "The Gift of Self-Knowledge" Given by Lord Maitreya on June 30, 1988

Dictation Summary

In this dictation, Lord Maitreya speaks of self-knowledge as "the greatest treasure, the only treasure that can be retained." (p. 178) He also calls us to be his vessel, stating, "through you I would shorten the distance between my heart of hearts and the heart of an unenlightened humanity." (p. 178) Throughout the chapter, he offers many keys for how we can be the vessel of Maitreya on earth, including giving us a gift of a portion of his fire. He also calls us to come and find him in the etheric octave and gives us instruction on how we can do this. As with other chapters, you may find it helpful to listen to the audio recording of this dictation before studying the chapter.

Core Concept

A core concept in this chapter is that Lord Maitreya desires for us to be his vessel in embodiment. He says, "I desire you to be myself," and offers instruction and keys for how we can fulfill this desire. (p. 178) Meeting this desire serves several purposes, which he also discusses throughout the chapter.

Group Discussion Questions

 Maitreya speaks of self-knowledge as "the greatest gift of mercy, the most merciful gift of all" and "the greatest treasure, the only treasure that can be retained." (p. 179) What is true self-knowledge? (See p. 179) What are some ways we can pursue this precious gift? In addition to what Maitreya teaches about self-knowledge in this chapter, what have we learned in other chapters about attaining the gift of self-knowledge? 2. Early in the chapter, Maitreya says,

Prepared, then, are ye by the ascended masters, by the Divine Mother, by the messengers. Now, then, through you I would shorten the distance between my heart of hearts and the heart of an unenlightened humanity.

Beloved ones, one tender smile is surely worth a thousand frames of the face of Maitreya. The loving, overflowing, pure heart's giving—does this not convey the Maitreya beyond the veil? I desire you to be myself, not in pomposity or pride (now self-styled initiators of lesser mortals), nay, but to remember that by the grace of the one who has sent me you yourself you might be my vessel.

You say, then, "But you have not yet appeared to us, Maitreya. How can we be thyself appearing to others?"

Yet I have so many times appeared to you.

(p. 178)

Given all we have studied in *The Maitreya Discourses*, reflect as a group on the deeper meaning of this passage. Below are some guiding questions to get you started.

a. How might we recognize the presence of Maitreya in daily life? What are some of the ways that Maitreya could appear to us?

b. In this passage, Maitreya tells us that he wants us to be him, i.e. his "vessel." What does this mean? What could it look like in everyday life? What are some things we can do to make ourselves a fitting vessel for the master?

c. What, if anything, does this passage tell us about what it means to be a part of Maitreya's Mystery School?

Personal Reflection Exercises

1. In this chapter, Maitreya speaks about the importance of gratitude, kindness and sensitivity to life. He says:

Yet, beloved, you shall surely know the Buddha in the way when you expand the golden pink glow-ray of the heart, becoming thereby tender, sensitive, loving in a beautiful sound of love—love as appreciation for the soul, for the spirit, for the vastness of potential and being, but above all as appreciation for the God flame.

In gratitude for the God flame that is your threefold flame, serve to set life free. Kindness always comes forth from gratitude. Selfishness emits from the state of the ingrate who receives again and again and demands more, and demands more again, as though life and hierarchy and Mother should supply all wants and needs.

Blessed ones, to forget to be grateful for the gift of the flame of life means that you can be capable of riding roughshod over another's tenderest moments and feelings in this insensitivity.

"The Keeper's Daily Prayer" is given to you by the blessed ones, by beloved Nada, that you might neglect not profoundest gratitude, daily memory that you are and shall be eternally yourself because the flame of life as divine spark beats, beats, beloved, and leaps, burns and blazes within you. All else may fade but the flame burns on, and out of the flame is heard the Call, the call of the soul: "Come Home to the heart of Maitreya."

(pp. 180-181)

Spend the next week in self-observation of your kindness, gratitude and sensitivity to life. It may help to consider how much kindness and gratitude you feel in your own heart toward various parts of life, as well as how people respond to your words and actions. Use the following table to record your observations and insights throughout the week. At the end of the week, answer the questions below the table.

DAY	SUMMARY OF OBSERVATIONS	REALIZATIONS
Day 1		
Date:		
	How I feel:	
	How people respond to may	
	How people respond to me:	

DAY	SUMMARY OF OBSERVATIONS	REALIZATIONS
Day 2		
Date:	How I feel:	
	How Treel:	
	How people respond to me:	
Day 3		
Date:	How I feel:	
	How people respond to me:	
Day 4 Date:		
Date.	How I feel:	
	How poorly respond to may	
	How people respond to me:	
D: 5		
Day 5 Date:		
Dutei	How I feel:	
	How people respond to me:	

DAY	SUMMARY OF OBSERVATIONS	REALIZATIONS
Day 6		
Date:		
	How I feel:	
	How people respond to me:	
	now people respond to me.	
Day 7		
Date:		
	How I feel:	
	How people respond to me:	

Now that you have spent a week in self-observation, reflect on what you have learned about yourself. Use the questions below to assist you in your reflection work and to determine some next steps based on your realizations.

a. How would I summarize my observations and realizations over the past week?

b. Are there areas of my life where I feel a greater or lesser sense of kindness, gratitude and sensitivity to life?

c. What, if anything, have I learned about my sensitivity to life based on how others respond to my words and actions?

d. How satisfied am I with my realizations? What, if anything, would I like to change?

e. Based on what I have learned from this chapter and my own self-observations, what action(s) would I like to take to increase my levels of kindness, gratitude and sensitivity to life?

2. In this chapter, Maitreya says,

I would woo you to the courts of Maitreya. Come and find me, beloved. I shall not tell you where I hold court to deliver my mystery teachings in the etheric octave, for I desire those who have the magnet of my heart to find me as one would find a treasure without a map—only by lodestone attracted to lodestone.

(p. 179)

Reflect on Lord Maitreya's call to find him in the etheric octave and what it means for you personally. You may wish to journal about this in the space below.