

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

1. 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?

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 me:	

