September 17 – Influences and Impressions  
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*![A picture containing pizza, food, photo, covered

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**Influences and Impressions**

Definition of Influence:

The capacity or power of persons or things to be a compelling force on or produce effects on the actions, behavior, opinions, etc., of others

**Levels of Influences**

* A influences are generated on the *horizontal* plane of life.
* A influences cancel each other out through their polarities and create nothing new. They keep humanity hypnotized and asleep.
* B and C influences are *vertical*, and come to us from a higher level than life.
* C influences come from the Conscious Circle of Humanity, but such finer energies are not able to be directly received by undeveloped humanity.
* Higher Centers conduct C influences.
* B influences originate as C, but are inevitably altered by life into B so as to be understood (Gospels).
* Other examples of B and C influences: the silence of contemplative prayer, Great Nature, the Eucharist, certain art and music, and the transmission from great spiritual teachers in person or in their writings and talks.

**Impressions**

Definitions:

1. The first and immediate effect of an experience or perception upon the mind; sensation.
2. The effect produced by an agency or *influence*.
3. A notion, remembrance, belief, etc., often of a vague or indistinct nature.
4. A mark, indentation, figure, etc., produced by pressure.

![A close up of a map

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* They are material vibrations that touch our **centers** and combine with their own vibrations, to enhance, refine and increase their frequency.
* The supreme physical impression that *we can give* our whole machine is that of Self-remembering.
* The highest impression is the feeling of Real I. This does not come from outside but is an impression from *inside*.

**Choice**

* Prior to choice is wish/desire for something: what will we spend our attention on?
* Who or what in us makes a choice?
* Choices are often unconscious
* Conscious choice can involve “effort”: effort without resistance. Observe the impulse to choose something that seems to not serve you, accept it and use a Work idea or question such as “will this bring me closer to God?” or “will this serve my Real Aim?”. If I still go with the original impulse, observe UNCRITICALLY all three centers (“If you can’t help it, will it”). Inner taste will help.
* Over time as we do the Work of Self-Observation, making choices that serve us become easier.