

## Help and the Invisible

The easiest solution to solve the problems of life or the difficulties of the Initiatory Path is to reach the point where "self-help" is sufficient and effective. This may seem obvious but it seemed good to stress the point because too many fail in this area simply for lack of method. Besides the methods, say technical, to reach that point of self-help, there is a mindset to cultivate without which any attempt is bound to fail, even powerful aid from others.

A first point to consider, and perhaps the most important is that we do not give orders to the Invisible; we wait for his advice, his revelation. Indeed, it is not possible to give orders to the Inner Master since by its very structure it is the only one with the complete reading of our case. On the other hand what is possible in this area is to give orders to the entities applying the laws of the universe, but this is possible only after a long and careful study of the Qabalah. Moreover, rituals or techniques that achieve these principles can only be applied if one has total control of these processes of Qabalah and, moreover, if one has the required Wisdom or Initiation needed to choose solutions. Otherwise, the use of these practices, or even just attempted use, can lead to a psychic or even physical suicide.

A second obstacle, of another order, is the confusion between perseverance and obstinacy. In many areas, perseverance which is the continuity in thought in the project is necessary because, in many cases, difficulties are resolved one after another. By contrast, stubbornness, which is to repeat attempts on the same difficulty an exaggerated number of times is a tactical error. Indeed, when a defined point in our lives, in our path, resists several tests at a solution, you have to change your mind, consider applying other principles.

The Invisible will not help us nor allow us to be helped as long as we are not of good will. Stubbornness is stupidity and is the opposite of good will.

Other conditions are to be met, materially as well as psychologically and mentally, to get help by the Invisible on your own.

First and foremost, you must try to resolve the problem on the material plane, or at least try everything in your power in this area. "Help yourself, the Invisible will help you". Then, you must strive to have an attitude of good will, not weakness nor stiffness.

Another advantage, not the least, is the respect of silence. You must not talk, not write about what your problems are, so as not to fix them in writing or to crystallize them by the verb. You need to look into them in the "inner silence" for the true understanding of things is done in the absence of the words of the Earth.

Training to have direct inner contact becomes an easy practice but **after a long period of patience and work.**

When then you "feel the problem in inner silence," without effort, maybe just with a few mental images, you must adopt the following technique:

- Place yourself in a dark room
- Place yourself in a quiet place
- Place yourself in a room where the temperature is moderate.

In summary, you must have a minimum of sensory perceptions.

It is good at the beginning of the training to focus on all parts of the body, starting from the feet, with the thought of removing the sensory perception of the body. When this step is successful, you "feel" like a "magnetic state" throughout your body.

Facing the difficulties to be solved, you should make a **neutral mental review** and think that the solution "will be". Above all, do not seek to influence the nature of the solution. We do not give orders to the Invisible. At this time, the secret of inner contact with the Invisible is in a phase of intense but brief transition to a state in which the mind is fully vacuous. The Self no longer thinks that it does not think.

The day the contact is achieved - at that time the feeling, the revelation are indisputable - you must choose a code word, eg, "I said," or "done" or "everything is good ", etc. Gradually, after a few years of this practice, the mere thought of the subject to be addressed and the simple code word becomes sufficient to establish contact if the above conditions have been sufficiently worked on.

Do not get discouraged, even if the result is long to obtain. Indeed, repetition of this practice prepares for eventual success and is already causing a positive state of self-help, even if it does not induce states of consciousness as described above.

When this self-help step has been obtained, you will be able to know how to help others.

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