

The Swing in the Mirror

This exercise assumes that the "black" phase in the previously given exercises (checkerboard and mirror) has been reached. What we propose here can lead to an out-of-body (astral projection) state of a short duration.

The principle involved is that the inertia of the densest part of the astral body is different from the inertia of the physical body.

When the will wants to move the physical body the following phenomenon occurs: the astral body moves, and the shift it produces contrasted with the physical body creates in the nerves and muscles electrical energy. This energy always moves towards bringing the astral body back into the physical body.

Two known examples:

- In an elevator, a rapid start either up or down causes an unpleasant sensation in the solar plexus. In this case, the difference of inertia between the two bodies pushes the astral body out through the solar plexus. This is the place by which it sometimes escapes, especially naturally during sleep.
- Among the whirling dervishes, the astral body (which is the body of habits) will get used to the rotation. Reversing or stopping it at the critical moment causes astral projection.

Method:

- Install the oratory and the mirror as in the previously described exercises.
- Purify the psychic environment using incense, or by doing the banishing ritual of the Little Pentagram (*See Qabala lessons*).
- Sit in front of the mirror on a backless seat.

After the "black" phase, there appears a bleak and grayish character. When this phenomenon occurs, we must begin to sway gently from right to left and left to right, so that the head moves from 10 to 15 cm (4 to 6 inches) on each side.

First, balance between 5 and 10 seconds per swing, then accelerate to a maximum of one second per swing. The correct rate is reached when the gray head of the astral body, visible in the mirror, is at the opposite side of the physical head (physical head left, astral head right).

It is the difference of inertia, combined with a rate of adequate balancing, that achieves phase opposition. From that moment, a shock may temporarily transfer the consciousness in the astral body. Generally just backing the head abruptly by about 20 cm (8 inches) will achieve this result.

The effects are varied:

- Astral Vision of the environment.
- Vision of one's own physical body, the center of vision being transferred outside of the body.
- Receiving information or esoteric teaching.

In general, this projection lasts very little time. Just thinking of going back into the body is enough for everything to go back to physical order.

Often, an electric shock accompanies the return.

Do not use this exercise for something other than for personal evolution. Do not practice more than once a week.

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