

Inner Contacts

Through "Inner Contact ", the physical self of Earth makes a conscious connection with one of the levels of his inner worlds, those of his "Permanent Self."

There are different levels of inner contact, and different methods to access them.

If true initiation is the only way to give a good level of expertise in this area, we must admit that it is not readily available.

So we still have the option of turning to different methods, which at the beginning of their practice, give a possibility of momentary contacts.

The descent of energies (*see the Qabala or General Esotericism Lessons*) is one of these methods, causing densification of dreams even up to astral projection. But as long as we do not know how to "guide" our dreams, we have no choice about the nature of the contact. In particular, if we want a quick contact, we cannot choose its time.

Sophrology and trance, which attracts more than one, offer the choice of the time but not always the nature of the contact, although there is already the possibility of direct contact on a desired subject.

There is a technique that meets these three requirements - timing, choice of the nature of the contact, and choice of its orientation – it is the isolation tank. The principle is simple: remove all sensory perceptions to allow the inside to express itself.

In the box, the candidate has no sound nor light; his body floats on salt water at a temperature that removes feeling hot or cold. This well-conducted technique yields results. Like the previous mentioned methods, except for the descent of energy, it has the disadvantage of depending on other participants.

We propose below a solution similar to that of the box, but without risk and that can be performed alone. It requires a quiet and dark room which temperature will prevent feeling hot or cold. The important thing is to remove all the sensory perceptions. If necessary, take beforehand a very light snack or a glass of water, so as to eliminate any sensation of hunger or thirst. For the same reason, this method is practiced lying down, and we shall remove any discomfort caused by fabrics. If it is easy to undress, it is more difficult to find the layer of blankets that will give minimum tactile sensation.

Once you are in the proper setting and lying down, practice one or two minutes of square breathing, and strive to mental vacuity. Very soon, with practice, you will get to the "second state" that soon will require only a few seconds of preparation. NOTE: you must be absolutely alone in the room because the transition from one state of consciousness to another is like a truth serum: speech is uncontrolled so important very personal revelations can then be made. We have already said elsewhere, it is helpful to have a recording device at hand.

Over time, as with rituals, conditioning yourself becomes superfluous and a symbolic gesture is enough. For example, here, the very simple action of sitting on the bed.

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