

Doubt and Experience

The important problem of metaphysical doubt bothers many people who seek a reason to the why and how of our existence on Earth. This doubt, and lack of tangible proof of the existence of the Being of the metaphysical world, is one of the necessities of evolution. If the Being has placed a veil between Him and the man of manifested creation, it is so that man can, in the dense world, evolve with total free will. Freely, that is to say, without any higher constraint.

Doubt and, conversely, certainty occurs to varying degrees among people. Faith and motivation for research are the results of an intuitive certainty, albeit unconscious. It is clear that all those who advance on an initiatory path are looking for a higher degree of certainty. They are looking for some conscious facts that would strengthen them in this process.

Several types of experience can meet this need for evidence, even to a “light” yet still interesting degree. In a self-demonstration of the hidden powers of man, for example, one’s will having a direct effect on nature. Concentration is the driving force in this kind of phenomenon, so the following exercises are recommended.

The checkerboard

Fixing a single object through the eyes allows access to an adequate level of concentration. An object that would indicate the correct level has been reached is the object to be selected. This object exists, it is a checkerboard or chessboard.

Place the checkerboard three feet in front of you horizontally or vertically. Fix your gaze on the center. To start, it is better to have a fairly dim light. It is useless to persist beyond 5 or 10 minutes, but useful to practice this exercise every day. When the proper concentration level is reached, the squares of the checkerboard disappear and it takes a uniform color, usually gray-black.

This is the first phase of training in concentration. It is necessary to control it, in other words, that the gray color be maintained. Thereafter you may reach this state faster, in one to two minutes for example. This control is necessary before proceeding to the next step because the physical-psychic link is an important principle to follow. Success breeds success by causing an inner certainty, and failure results in failure by causing inner doubt. Therefore we must move in small steps to reduce possibility of failure.

The cloud

The contemplation here is on a pure blue sky and preferably two to three hours after sunrise or before sunset. The correct concentration makes the blue sky seem to darken, taking a blue-black or lead-blue hue.

The next step is the crucial step, and requires favorable weather conditions. Three favorable weather conditions are required. A fairly clear sky, little to no wind, and a group of small clouds, preferably not too high on the horizon. We choose one of the clouds. We focus on it, and when the sky takes on a leaden color around this cloud, we cease the concentration. About half a minute later, we look at all the clouds without focus and find that the chosen cloud begins to dissociate; on its edges. The vapor will disappear gradually, separating from the cloud but taking on the form of spiral arms (rather similar to the Andromeda nebula for example). The action on the other clouds should be as little as possible, they should not change.

After success with this exercise, we take the next step that requires different weather conditions. It takes a fairly extensive cloud surface and little wind. An overcast sky may work, but in this case, if there are several layers of clouds, the experience is very difficult. Here, the concentration will result in a different outcome: the cloud will be "pierced", "holed" to uncover a blue sky area.

This result achieved, the demonstration of the action of thought on the physical is made. It is then imperative to cease the experience because no one has the right to violate Nature. If the principle of respect for nature is fully applied, you will notice successful collaboration from Nature whenever it is necessary on our Path. These experiences must be personal and not be used for demonstration to others if we do not want our progress on the Path to stop. ("You shall not demonstrate the doctrine through miracles").

The success of these exercises will demonstrate to those who practice them that their thoughts can act on Nature. This success will give them courage and enthusiasm to climb the stairs that sooner or later will ensure the link between the physical conscious and spiritual unconscious* providing a high level of certainty hardly debatable.

* Note: This term encompasses the idea that spiritual awareness remains unconscious for a long time because of the broken link between physical and spiritual.

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