

The Ears of the Mirror

The two concentration exercises, the checkerboard and the mirror are designed to allow partial perception of the Archives of Nature. Of course, these exercises are used only for our progress on the Path of initiation. The perception of the Archives is only partial because these methods, at least initially and for a while, give only the Yesod aspect of the Archives of Nature. The perception is completed progressively as the other levels are perceived, that is to say, those of Hod, Netzach, Tiphereth, Geburah and Chesed.

When complete, psychic perception of the Archives of Nature is unitary because at this level the five senses are not separate. Indeed, the overall perception includes sight, hearing, touch, smell, taste and even other elements which, in their earthly interpretation, form a kind of knowledge. Thus, for example, one can find the Lost Word, the occult knowledge of Alchemy or Qabala.

In what follows we will explain a method that expands the visual perception by adding auditory perception.

First, we must practice the following preliminary exercise: in the silence of the oratory, the focus is on one of the two inner ears, for example right ear, then left ear, then right, etc., and we must first feel the focal point of consciousness go from one ear to the other. Then we try to stop this in the middle of the head, between the ears. It is not important if this is not maintained, the important thing is to feel the "stop" in the middle. This exercise must be mastered before performing the work described below.

In our visual perception tests we use candle light, and it is this light that guides our perception. Note that the light of the candle gives no intellectual information. This is necessary because if the mind is not totally at rest the concentration is not sufficient to receive perception from the higher Self.

It is the same for sound, we need to use what physicists call a "White noise". White noise is a sound in which all audible frequencies are present and of equal power. As with candle light, this sound gives no intellectual information. A simple way to have a satisfying white noise for our experience is to take a radio receiver and set it to a point where there is no emission. The "breathing noise" produced is almost a white noise and therefore suits our experience.

Install the oratory as for the mirror exercise and adjust the radio receiver so the sound produced is barely perceptible and not much more.

Resume the mirror exercise by itself, and as soon as the "black" is reached (or better when the first pulses of light appear), close your eyes and try to place the focal point of your awareness between your ears. As the light fades and disappears in the mirror, the sound will weaken and silence reigns. In general, a noise of a different nature is heard and this "Breathing noise or Breath of Peace" has the power to harmonize you, to strengthen you and with it Peace descends on you.

After the disappearance of this sound, progress in the exercise should enable you to hear the Music of the Spheres, and then voices in an unknown language, often in Hebrew if you are a

Qabalist. A name frequently returns: this is your real Name. Strive to note it down. With some training it is possible to go through all the previous phases with your eyes open and hear the Music of the Spheres at the same time as the mirror lights up. In this case, it is possible that the name appears in Hebrew characters in the mirror.

Never and under no circumstances communicate your name to another person, whomever that person may be.

Communicating your Name to another will make them your master on the occult plane. If that person cannot get your name by themselves, whatever you may think, they are neither worthy nor capable of making good use of your Name. However, it is true that if the Invisible gave you someone's name, you can help or cure them through occult means. It is sincerely recommended not to practice in this field until you have acquired Knowledge and Inner Understanding.

Note: If after the Breath of Peace you do not hear the Music of the Spheres but chimes or bells, stop the exercise.

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