

Dreams - Astral Travel

Travel in the Spirit - Inner Contact - Initiation

All of these terms are ways one's consciousness can function differently than the usual mode. But while this normal mode always has the same level, the other modes have different levels which are a function of the inner world where experiences or contacts occur.

All these experiences belong to the realm of duality. Consequently, there are six levels outside our current state of consciousness. All are within us, but our internal walls built during the involution hide these levels from us.

Dreams, astral travel, travel in spirit and inner contact are only windows opening in walls. Initiation – when it is authentic - is a partial or total destruction of the wall.

Dreams

These are the most common and simplest of the inner contacts. But it has two drawbacks: first, it often seems incoherent, irrational, and unreachable to interpretation from our intellect; secondly, in most cases, we know neither how to cause it nor how to guide it.

In a sense, the dream is more useful for our Becoming than astral travel. If in its usual level it does not give the same degree of certainty on the possibility of operation of consciousness without the body, it allows a communication. It is a delicate communication to understand but it comes from the highest and most powerful levels of our being which seek to help us in achieving our Becoming.

If we develop our ability to dream, the dreams will become more and more conscious and understandable. This process gradually leads to a real Initiation, that is to say the rupture of one or more of our walls that separate our inner worlds from each other. Archetypes exist in each of these worlds; hence, we can cause dreams and refine them by studying and internalizing them.

Among the easily accessible archetypes are the gods of Greek and Roman mythology. The following table gives the equivalences between the names of the Greek god and the Roman god, the names of the planet, the Sephirah and the day of the week.

Greek Name	Roman Name	Planet	Sephirah	Day
Cronos	Saturn	Saturn	Binah	Saturday
Zeus	Jupiter	Jupiter	Chesed	Thursday
Ares	Mars	Mars	Geburah	Tuesday
Phoebus	Apollo	Sun	Tiphereth	Sunday
Aphrodite	Venus	Venus	Netzach	Friday
Hermes	Mercure	Mercury	Hod	Wednesday
Artemis	Diane	Moon	Yesod	Monday
Demeter	Ceres	Earth	Malkuth	

This table can be used in two ways.

First, you must acquire a book on mythology. On the evening of the day of the planet, read and study the chapters about the corresponding god. Indeed, this character is the symbol, the image of the characteristics of the world corresponding to it. Gradually, this impregnation should lead to dreams of your inner world's Sephirothic level symbolized by this god. We think it is good to start with Monday.

The other way to use the table is to make a reverse use. So, after having noted the symbols of a dream, look them up in the mythological texts. That way you can locate your level of inner work and therefore direct your effort on the Sephira affected.

Note that in the case of archetypes proposed, Demeter - Ceres can be studied any day of the week. These symbols being here the fruits of the earth, the study of these "gods" can help the awakening of a level but generally through dreams about the Earth element. Work on Demeter - Ceres can also lead to an astral experience.

Astral Travel

It can occur spontaneously or be provoked. Consciousness is externalized and it is possible, then, to see one's lifeless body and find that most faculties of consciousness work. This experience gives certainty of survival out of the body and its effect on the person who experiences this is irreversible. The person learns that conscious life extends beyond the physical body and, for that person, the anguish of the unknown of death disappears and all religious dogmas crumble at the same time.

In general, these early experiences are at the Yesod-Malkuth limit. Therefore perspectives are not very different from those we see in everyday life.

Astral travel in the higher worlds gives access to a greater knowledge difficult to express in the language of the earth.

Skrying or Traveling in the Spirit Vision

In this experience there is no externalization of our consciousness which works normally, but there is awakening of the astral vision. With a little practice, you can choose the place of the scene and animate it over time. This image is perceived as being before the eyes but is, in reality, located in the back of the head. You can see that there is "travel in spirit" by waving a hand in front of your eyes. This does not erase the image. In fact, instead of moving the consciousness to go see what is elsewhere, it brings this "elsewhere" in front of the eyes. The advantage of this method is that no risks of travel incident is involved.

Inner Contact

In general, contacts happen in two very specific areas. Either they occur to give an opinion, or advice about our everyday life or our initiatory work, or the inner contacts - then it is the most useful - are perceived as aspects of the "School of Night". In other words our Inner Master directly teaches the knowledge necessary for our initiatory path.

Initiation

In each of the inner worlds the energy has four main aspects referred to as elements: Fire, Air, Water, and Earth. In each invisible world, as in the visible world where we are, these aspects of energy are consistent with the density of matter, the consciousness of man, etc., which in turn makes a conscious "life" possible in each of these worlds.

The initiatory processes mostly awaken in one world these elements one after the other and during this work dreams of "high density" occur. The symbolism in these dreams helps us to gauge our progress in our work. When an element begins to awaken, the images always have a dark appearance, then the light increases with the awakening of the element. Light then weakens or disappears with the awakening of the next element. For each element the standard symbols are:

- Awakening of Earth: dreams of tunnels, spelunking, and life in caves.
- Awakening of Water: life in small islands with lush vegetation.
- Awakening of Air: flight over large landscapes.
- Awakening of Fire: influx of Universal Love.

If work is continued, the cycle begins in a higher world and space-time is "lighter" with the rise of consciousness. The awakening of the four elements in a world through an initiatory path gives consciousness the mythological attributes of the "god" of the world awakened.

For the purpose of the text these different modes of "travel" were treated successively. But it is not unusual that such trips occur simultaneously. If each of you has not taken all these "means of transport", you have at least experienced the dream, be it at its usual level. If, as we have repeatedly said, dreams are noted and cataloged, if before falling asleep, you meditated on each of them at the same moon phase as the day when the dream occurred, it is certain that you are creating the best launching pad to visit your inner Worlds. This is also the final goal of astral travel, travel in the spirit vision, inner contact and Initiation.

Jean DUBUIS