

The Mirror

The "passage through the mirror" is often quoted in the mystic or occult literature, as well as in tales and legends. The illustration is made nicely in "Beauty and the Beast". However, in all texts speaking about this "passage" we find no practical advice to try the experiment, and no explanation on the real nature of it, or of the possibilities it opens. We are therefore going to examine the necessary conditions and the adequate process for the success of this experiment.

The mirror: it must be tall enough that the torso is visible up to the height of the heart. If we want to operate for two, the mirror's width must be sufficient so that both people seated side by side can see.

The room: the room where we operate has to be such that perception of the senses is maximally reduced: no noise, no light causing interference, no uncomfortable clothing, no uncomfortable seating. Very important: the temperature of the room necessarily should be very slightly warm, and we must have no sensation of cold. Lighting can be given either by two candles, one on each side of the mirror but not visible in it, or by a gradually adjustable electric light.

Two important conditions concerning this lighting are:

- No visible brilliant point in the mirror.
- The light's intensity must allow one to see oneself correctly in the mirror, but not more.

Position: sit according to the Egyptian hieratic pose, that is: calves at right angle to the thighs which are slightly moved apart so that knees and feet do not touch; hands flat on the thighs, without spreading out the fingers.

If we are operating for two, it should necessarily be a man and a woman. She will sit to the left, on the side of the heart of the man. In no manner should the bodies touch for the first experiments.

Procedure:

1st phase:

- Concentrate on the mind.
- Practice the square breath, which means inhale for 4 seconds, hold the breath for 4 seconds; exhale for 4 seconds, hold the breath for 4 seconds. Close your eyes to practice this breath for one or two minutes.

2nd phase:

Open the eyes and gaze at the base of the nose in the mirror.

Three possibilities can appear:

- 1** - Nothing happens.
- 2** - A sensation of cold in feet, legs or hands takes hold of you.
- 3** - The mirror, through a series of concentric pulsations beginning at its edges, becomes black.

Possibility **1**:- begin again 5 - 6 times. If the failure persists, move on in the process as described further down (**a, b, c, d, e**).

Possibility **2**:- Close the eyes to suspend the experiment, otherwise risk a psychically traumatizing meeting, although without real risk, with the "Guardian of the Threshold".

Possibility **3** -: the first stage of the process is acquired, which means the mirror became dark. If alone, try to check one's pulse either by listening to your heart, or by looking with the hand on the wrist of the other arm.

If operating for two and both reached the "black", the left hand of the man looks for the pulse on the wrist of the right hand of the woman.

We begin again the experience and as soon as the "black" is reached, we concentrate on the heart with the will to slow it down.

Little by little the heart rhythm slows and a peaceful feeling comes over you. If you are two, this phenomenon is the same: generally, the hearts synchronize and beat in accord.

It is important to attain the first result because after some repetitions of the exercise, one can act at will on the heart rhythm. Therefore one can slow the heart down before falling asleep and more importantly master it in case of violent feelings, which may be necessary in the further stages of the process.

In this experience, what is at stake is the center Sephira Yesod, Sephira of the Moon. Also, in case possibility 1 or 2 persists, consider the following solutions:

a) Do the experiment every Monday, preferably in the third hour after sunset.

b) If we practice Qabalah, perform the descent of Mezla by stopping at Yesod.

c) If we practice Alchemy, prepare an elixir of Veronica or of mouse-ear, or better yet a drop of oil of silver, and take on Monday mornings.

d) If we are neither qabalist nor alchemist: prepare for Monday an infusion of Veronica to take within the hour after sunrise.

e) If we operate for two, we may try, but with much caution, to cross our looks: the woman fixing her gaze on the base of the man's nose, while he does the reverse, always in the mirror.

If the "black" is reached without the sensation of cold, the experience can be pursued but here we reach a crucial point. The slightest lack of concentration, the slightest incident prevents continuation of the experience.

Let us suppose that the process continues. A small light is going to appear in the exact place where the "black" became complete. With the same pulsing rhythm as for the appearance of the "black", the mirror is going to clear up. It is necessary to notice these drives, sort of concentric waves, are synchronous with the heart's rhythm. The operator then sees in the mirror a thing or figure different from him.

The operator has crossed, at least perfunctorily, the first "Threshold" and what is perceived in the Memories of Nature at the level of Yesod. But it is the Sephira Tiphereth, the heart, which authorizes the passage.

When the whole process is mastered, it is enough to saturate the brain, the organ of Yesod, with a subject chosen before the experiment. Then, one of the aspects of the chosen subject will appear in the mirror, stemming from the Memoirs of Nature.

You should not wonder about the pale aspect of numerous images because it is their character and their lunar aspect which appears.

Advice for success:

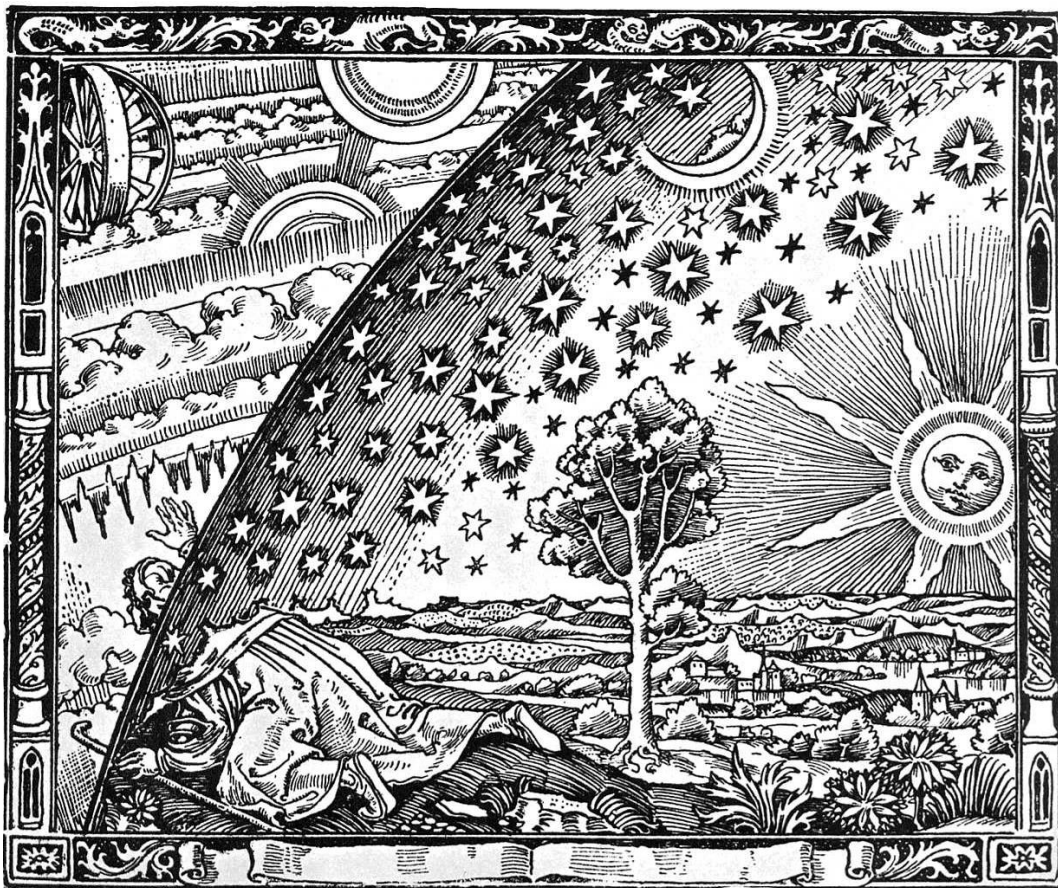
If total failure persists, install a symbol of the moon over the mirror (the color of silver), or the rising moon).

If cold persists, continue the first phase and stop as soon as the cold appears. This first part allows the cleaning of Yesod, thus to avoid a traumatizing meeting of the "Guardian".

If, what we wish for you, you have success, do not behave with triumphalism, but with modesty, discretion, and no use against ethics.

NOTE: this article assumes that the exercise of the checkerboard (cf. "The Doubt and the Experiment") was successfully made.

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“Man crosses the sky and explores the spheres”

(Wood etching from a 16th century unknown author)