

Mirror without Mirror

The concentration exercises given in this portal have two main objectives: to help with the internal development, and to some extent to experimentally allow control over this development. Success, even if only with one experiment, shows the path is correct and gives strength and courage for the remainder of the Path.

If in the simple exercise The Mirror, the black phase has not been reached, the exercise suggested below cannot be undertaken.

The exercise may be done in two different ways:

- Seated: with the spine upright, the energies circulate vertically and are active, or
- Lying down: with spine is horizontal, the energy flow horizontally and are passive.

Seated exercise

-Warning, during this exercise, it is possible that you switch to a "second state". In this case, control of the physical body ceases. Therefore it is necessary to sit comfortably, and without lighting candles.

- First, adjust the room's lighting so you can get complete darkness at the right time. It is important that no objects or reflections are directly distinguishable, except for a white paper disc, about 3 inches in diameter, placed in front of you at eye level and 6 to 9 feet away.

- Sit in a chair with armrests to avoid the risk of sideways fall. You can sit on a bed but in the middle for the same reason.

- Light the room normally, and saturate your mind with a symbolic image. For example, focus on a drawing of a pyramid, a tree, the Tree of Life, etc. After a few minutes of concentration on this image, turn off the light to darkness.

- Fix your gaze on the little white disk that must gradually disappear (like the reflection in The Mirror exercise).

Generally, you will feel like you have a "black sphere", three to six feet in diameter in front of you. As in The Mirror exercise, a glimmer appears but at that moment it appears like a tear which will then reveal a landscape, or symbol. This symbol is not necessarily linked to the concentration symbol you began the exercise with. Often this landscape or symbol is revealed behind tears in the black sphere. Such tears may appear like unrolling ancient scrolls, akin to the way depicted in antique pictures.

This is *the first phase*, and in the beginning it is advisable to stop here.

Results will only come slowly because the inner transformation should not be forced. We should therefore practice this exercise once or twice a week at most. We know that the athlete who over

trains risks a physical breakdown which will eventually delay him. It is the same here, only the physical breakdown is replaced with a psychic trauma.

The landscape or perceived symbol is actually the perception of the "thought-form" we created in the astral by the concentration. The picture is internal. The proof is that if you move your hand slowly in front of your eyes, the image will not disappear. However, you should not close your eyes because the symbolism is powerful. Closing your eyes would, by its symbolism, make the astral image disappear.

With patience you will come to *the second phase*, where you can make mental images appear at will in the antique looking picture in front of you.

If you then have a practical problem, strive to recreate the scene as it seems as at the time of this experience, and this in the most objective way possible.

Then, from experience, you create a mental code by focusing on the fact that this code will animate the scene. This code, which shall include the symbol "I" can be: "I said" or "I say" or "I want", etc., each has to find what suits him. If the code is correctly set, when the scene is visible, gently say the code when the scene comes alive. If you are perfectly neutral from the mental point of view, the scene will unfold according to the astral and physical situation of the subject examined during the experience. This topic presents the facts as they take place if no one intervenes. Subsequent intervention could change the course of events.

In our opinion, between the appearance of the first image (*second phase*) and control of the process of "reading" the future, it takes a year on the basis of one or two exercises a week.

This exercise is close to what the Golden Dawn called scrying or traveling in the vision of the mind.

Exercise lying down

No equipment necessary, and it is best to be lying on the floor. If in bed, be far away from the edges.

Be passive; eyes may be open or closed. You must try to form the "black sphere" above yourself and mentally let it come down on you. This produces a state of conscious sleep and waking dream. Warning: during the few seconds of the transition from wakefulness to that of waking dream, there is a state of non-body control. So the body speaks incoherently for the layman or will answer the questions it is asked.

Daydreaming has the distinction of being directed and can be oriented on a topic of your choice. We believe it best not to animate the dream to meet the passivity symbol used in this exercise. So we get what we need and this can, with patience, drive to the Inner School of Night.

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