



THREE CONSCIOUSNESS TECHNIQUES FOR ADVANCED SPIRITUAL PRACTICES



MANTRAM, BRAIN MOTOR AND THE CRICKET

Three techniques to facilitate the entering into Meditational and Spiritual work states

These techniques could and should be developed during a period of time of at least one week each. They develop your empathic characteristics and the ability to respond to spiritual work in a conscious way. For those performing distant healing, or energetic

supporting and resonance work, these skills are invaluable.

THE MANTRAM

A mantram or mantra is a magical sound. This magical sound seed is in reality a cosmic vibration. They mostly are derived of ancient languages, called the language of Light from the golden age of humanity, before the fall of Lemuria. In the beginning was the verb, but the sounds and vibrations crystallized inside our bodies and our psyche in a deeper way we can even imagine.

We are ourselves in different dimensions, not only in our physical bodies, but in our



vital, astral, mental, Causal, buddhic and athmic¹

There are specific sounds that when practiced are able to develop our abilities to concentrate and to activate our energetic centers, our chakras. Most of us do not retain or have a perfect astral body, therefore we need to rebuild it, perfecting it through various spiritual practices. The unperfected astral body is known in metaphysics as our lunar body.

¹ Atman means 'self' in Sanskrit and is a concept of importance in Hinduism, Buddhism, Sikhism and Jainism. ¹

When we chant a mantra, we induce the vibration of a specific part of our bodies, releasing not only tensions, but blockages and etheric debris that were stored there. As a result of this act of concentration is that we experience the clearing of our astral body in a very conscious way. This practice facilitates the practices of astral traveling and will allow you to see your body from outside when you are sleeping. When this happens, you should program within yourself while in that stage to ask the god inside of you to lead you to your source of life, our Solar Logos. When you approach this Great Master, known by many as Christ Jesus, ask him to guide you, to teach you the path through inspiration and to show us our limitations, lessons and karmic debt. The results of this practice will not take long to show in your conscious and awakened mind, because soon you will be able to know you are being assisted by teachers and guides that will help you through the temple of the Akashic Records. With time, you will learn everything about yourself as many elements will be clear to you, once your conscious awareness expands. It is important to keep asking the God in you to continue to provide you with blessings and assistance all along this way.

THE PRACTICE

Lay down in a comfortable position, in a fashion where you can sleep without moving. Make a mental petition to the Divine in you to assist you in developing this practice. Relax ever single part of your body. Imagine a blue light coming forth from the temple of your heart spreading itself throughout your body, reaching down to the tips of your toes. Now imagine and guide this light reaching up all over your body filling every space in between organs, and chakras, and intercellular space. Continue



to expand this energy until it reaches all your hair. Breathe normally during this exercise. Try to maintain this vibratory ray in your Auric field until you fall asleep.

Mentally chant this mantra: RUSTI

Doing it this way:

rrrrrrrrrrrrrrrruuuuuuuuuuusssssssssssssssss
stiiiiiiiiiiiiii

Allow yourself to fall asleep while you continue to vibrate this seed sound. Decree an auto-pilot to your subconscious mind, so the vibration will continue even after you fall asleep.

This practice will allow your consciousness to be alert even while you are completely asleep. You will find that your body is very light, or the opposite, very heavy. The results may initially vary according to the different individuals. Continue to chant mentally the seed sound until you are consciously outside your body, naturally.

Some individuals are able to experience the success of this new developed skill at the first time they perform, but the norm is that you will experience achievement after a few practices.

For many different spiritual works and tasks the seeker is require to master the skill of getting out of the physical body.

BRAIN MOTOR TECHNIQUE

Lie down in a comfortable position and follow the same practice that was described in the former exercise, such as the blue Light, the petition to the inner Divine Source in you and expand the Light throughout your entire body. Breathe normally, without moving your body, try to be completely still while you practice this technique. Let the body relax in a way that you may feel falling asleep.

As you practice the still technique, in itself



a very valuable asana, start paying attention to different sounds that you will start to hear from your internal realms, the inner world. With time, you will hear a little faint sound of motor, just like a tuned little bird. This is the sound of the volunteer activation of your pineal gland.

Concentrate only in this sound, and you will feel that it plays itself like waves, sometimes more distant, sometimes closer to you. As long as you do not question, but concentrate on its vibration, it will intensify. This is a simpler way to get out of your body while you are sleeping.



THE CRICKET TECHNIQUE

Many ancient cultures value the Cricket as a symbol of eternity, good luck and connection with the primal vibration of the universe.

In ancient Rome, during the time of the Caesars, crickets were sold in golden cages at a very high price. Magicians of ancient Rome bought crickets in order to employ them in practical magic.

Many of us, countless times can hear the sounds of “Cricket” when we are in complete silence. This is when we are receiving a “natural attunement” through our surroundings. We actually have to be in silence and still while we are receiving this attunement, otherwise, it will not necessarily “stick” to our vibrational system.

In the story of Pinocchio, the Cricket was figuratively identified as the external consciousness, in charge to change the wooden boy into a real boy. He personified the “still small voice”. As symbolic as it is, the sound of the Cricket is at the same time a spiritual transmission of the Divine consciousness, which activates many times our Pineal and Pituitary glands, and our key to connect to the bigger universe inside of ourselves.

Every seeker must learn how to hear the “still voice”. The seeker can perform marvelous wonders and prodigies with this mystical sound.

If the seeker wants to hear this mystical sound his concentration must be perfect. To begin with, the student will hear many sounds; yet, if he concentrates intensively on the sound of the Cricket, eventually he will hear this sound and will attain victory. We inevitably attain illumination with this mystical sound.

In its final synthesis, this mystical sound comes from a tranquil heart. The origin of this remote, mystical sound must be searched for within the Divine Mother. The seeker must pray constantly, beseeching his Divine Mother to give him the ability to hear the great mystical sound.

Lie down in a comfortable position, again in a way that you cannot move much while you sleep. Make the petition to the Divinity in you to assist protect and open your paths in the inner realms, and voluntarily start to relax your body. Imagine the soft blue Light coming out of your heart chakra and expand it through your body the same way it was described in previous exercises. Breathe normally without putting any strain in your lungs as you want to create a perfect environment for your physical body to sleep.

If the student does not have this wonderful cricket when practicing this exercise, then he must pronounce the letter “S.” This letter must be pronounced like a fine and delicate whistle, like this: sssssssssssssssss (lips open and the upper and lower teeth together). Behind this fine sound dwells the “still voice” that permits us to instantaneously project ourselves within the Astral Body. Concentrate on your internal silence. Gradually you will start hearing the sound of a Cricket at the distance. As you

keep your mind open to the sound, do not allow any thoughts to take over your attention. If this happens, bring your attention to the simple sound, and let the thoughts go gently. Try to keep a state where your mind has no thoughts attached to it. Allow the sound to in tune your system and allow your consciousness to detach from your physical body, this way the

conscious leaving of the physical body will be much easier!

The Cricket Technique is excerpted from the Yellow Book by Samael Aun Weor.

