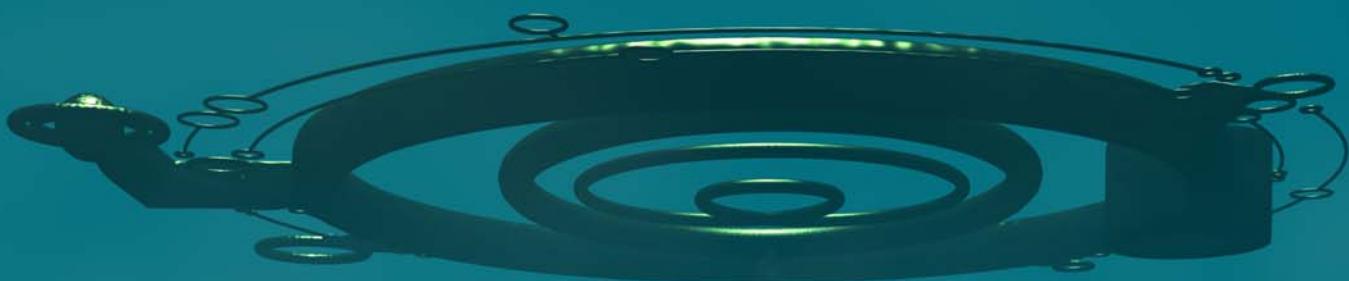


UNIVERSE PHOSPHENIC ENERGY

NEUROSCIENCES & LIGHT



THEMES
THIRD PART

6

Phosphenism and...

OM

UFOS

NLP

QI GONG

RADIESTHESIA

RADIONICS

REIKI

RÉINCARNATION

RELAXATION

BREATHING

SHIATSU

STRESS

SUPERLEARNING

TANTRISM

TELEPATHY

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STRING THEORY
TRANCE
CLAIRVOYANCE
YOGA

Issue
6

PHOSPHENISM Publishing was created to publish the books and discoveries of one of the most enlightened master of the past fifty years.

Daniel STIENNIN

Only one purpose, only one mission :
preserving Dr LEFEBURE's works
for the future generations.

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rd PART
3

SEQUEL

Light, the origin of knowledge, is the key to a fascinating inner experience.

Daniel STIENNIN

Special Issues #4, #5 #6 of *Phosphenic Energy Universe* consists of pages that were created to optimize the referencing of our website phosphenism.com, in order to achieve the best search engine ranking on Google. But these pages generated so much interest that we decided to enrich them and to deliver them in these special issues of *Phosphenic Energy Universe*.

Even in this shortened version, they will comment the links between Phosphenism and many different topics and they will surely be eye-opening for Phosphenists.

These thematic pages do not aim to cover these topics thoroughly and we invite you to help improving them as well as adding new, interesting themes.

Please, feel free to contact us with any suggestion or to send us your articles.

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OM

OM, THE FUNDAMENTAL VIBRATION OF LIFE

OM



and
Phosphenism

The mantra OM or *pranava mantra* is the primordial mantra. Its use is common to various traditions like buddhism, zoroastrianism or celtic druidism though they are very distant in space and time. This fact has been lost in translation.

The mantra OM is a vibration and, in essence, all vibrations are rhythms. It is interesting to develop this notion in the light of the discoveries of a French researcher, Doctor Francis LEFEBURE. Indeed, his discoveries in cerebral physiology can transform our understanding of the phenomena responsible for illumination and initiation in a revolutionary way.

For many years, Dr Lefebure studied the relationship between the rhythms of the phosphenes and religious rites. The phosphenes are all the subjective sensations of light, i.e. those which are not directly caused by light stimulating the retina. They correspond to what ophtalmologists call images of retinal persistence or post-images.

Thanks to the phosphenes, Dr Lefebure detected unknown cerebral rhythms. Indeed, there is a particular relationship between the phosphenes and the rhythms of the brain, between light and rhythms. The phosphenes behave in a rhythmic manner: they pulse, vibrate, alternate or oscillate. Produced by the action of light on the brain, they illustrate the rhythmic functioning of the nervous system. They adapt to the rhythms of thoughts in a subjective fashion, enabling their precise measurement.

Nevertheless, the phosphenes also have a profound and mysterious action on the nervous system. Indeed, if one thinks while observing a phosphenes, it is, on the

contrary, thoughts which are going to be influenced by the natural rhythms of the phosphenes.

Thus, it is the rhythms of the phosphenes that induce the rhythms of prayers, chants, mantras or sacred musics, generating currents of energy in the body that are exteriorized in the form of dances and postures.

To sum up, It Is praying while focusing on a source of light that Is at the origin of all religious rites.

In his book *OM and the mantras*, Dr Lefebure proceeds with a pertinent analysis of the mantra OM, describing many connections between human physiology and the sound of the mantra OM.

The mantra OM was not developed by mere chance, and the morphological analysis of the mantra OM by Dr Lefebure brings much information about the reasons of its development.

Extract from *Om and the mantras*:

MORPHOLOGICAL ANALYSIS OF THE MANTRA OM

We are going to study the pranava mantra, first of all mantras, in its simplest form: O and M. Later on, we will see that it has another aspect that is spelt AUM. Nevertheless, let us note now that the sanskrit letters A and OU are pronounced together as the phoneme [O], and thus, whatever the spelling used, there is no doubt that the true pronunciation is OM. This is what Arthème Gallip (the Zoroastrian master who initiated me) recommended, a fact that has been confirmed many times by the Indians.

We can notice that the vowel [O] is obtained by forming a circle with the lips and by creating the shape of a sphere with the mouth, with the tongue pointing upwards. On the contrary, the phoneme [M] on its own is obtained by completely relaxing all the muscles involved in phonation: it is a hum produced with the mouth closed, the lips relaxed and the soft palate lowered.

The sound produced by the lips forming a circle generates circular waves in the air, i.e. the simplest possible waveforms. This process resembles what happens when a hoop is dropped horizontally in water.

The circular waves, centered on the point of impact, take the form of a sinewave, when observed from the side. The sinewave is the simplest of all possible forms of vibration, complex vibrations being but a combination of sinewaves (as demonstrated by the Fourier series).

We already can notice the oppositions between the phoneme [O] and the phoneme [M] as, when the latter is pronounced, the closed lips push the air into the nasal cavity. The nasal cavity is the most irregular bone cavity of the organism because of the three nasal conchae that contribute to air filtration. Moreover, the frontal and maxillary sinuses constitute oddly shaped sounding boxes.

Consequently, a vibration rising from the vocal cords that follows this course, will produce a maximum of harmonics and overtones, as the vibrations of the bones will be added to the vibrations of the air.

An interesting experience to illustrate the importance of the vibration of the bones produced by the phoneme [M] is to place one's hand delicately on the anterior fontanelle of a baby who is crying. The sound emitted by crying babies is very close to the phoneme [M] or, more precisely to the phoneme [N]. It is produced by bringing the soft palate forwards, forcing even more air into the nose than during the pronunciation of the phoneme [M].

When we will study the value of phonemes as mantras, we will see that air projected higher in such a way makes the frontal sinus vibrate more than the maxillary sinus. The former being smaller, it renders a higher-pitched sound. That is why the phoneme [N] is very close to the phoneme [M], with the difference that it contains more high frequencies.

So, when one places one's hand on the fontanelle of a crying baby, one is surprised by the intensity of the vibrations perceived by the palm of the hand. Later, when the fontanelle is closed, the vibrations of the cerebrospinal fluid underneath are even more powerful, as their energy cannot disperse through the fontanelle any more. The vibrations produced by the sound of the voice are thus locked in the skull, spreading to the whole surface of the cortex. This very simple experiment illustrates very well how chanting

stimulates the surface of the cortex but also how the pertinent choice of a mantra is important. Every phoneme generates different waveforms that will influence the cortex in different, specific ways.

The opposition between the simplicity of the phoneme [O] and the complexity of the phoneme [M] can be illustrated experimentally by analysing these sounds with a cathode-ray oscilloscope.

The principle of the oscilloscope is very simple: a microphone picks up the sounds to analyse ; these sounds generate an electrical current ; the vibrations of this current appear as a curve on a screen. With a proper setting of the apparatus, the curve that appears on the screen is an exact image of the motion of the molecules of air.

The aspect of the curve will vary, depending on the setting of the electrodes. Similarly, the waves of the sea will appear differently on television if a camera is placed above them, in front of them or lateraly.

For a certain setting of the electrodes, the phoneme [O] appears as a circle on the screen of the cathode-ray oscilloscope. The quality of the emission of the sound can thus be monitored, and an almost perfect circle can be obtained by changing the pronunciation. For a perfect circle, the phoneme emitted is typically an [O]. For a different setting of the electrodes, the form that appears on the screen is a sinewave, i.e. the curve of the waves of the sea.

Now, if we analyse the phoneme [M] (the hum produced with the mouth closed) with a cathode-ray oscilloscope, we obtain a very precise square. This is related to what is call squarewave in the field of electronics.

Thus, cathode-ray oscilloscope analysis lead us to represent the sound [OM] geometrically by a circle within a square. We thus obtain a perfect ANALOGIC RESONANCE between the sound and its waveform. Let us also note that this structure matches the basic structure of the mandala (a circle within a square).

Practical exercise with the mantra OM

Do a phosphene, by focusing on the phosphenic lamp for thirty seconds.

Close your eyes.

Chant the mantra OM.

Observe the influence of the mantra on the colors of the phosphene.

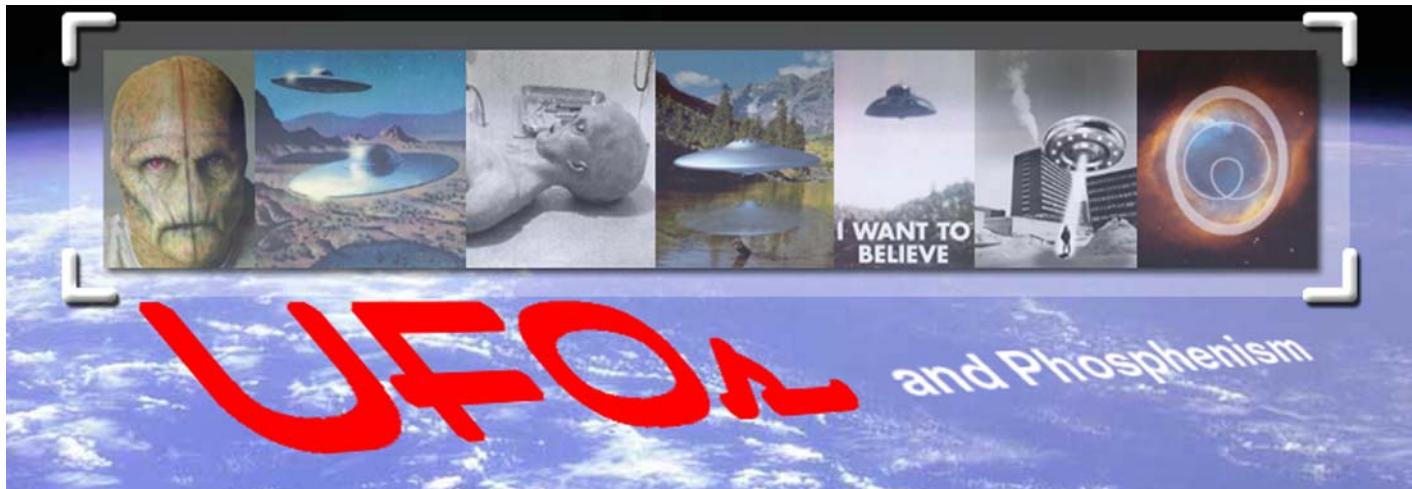
Is the phosphene brighter ?

For more information on the precise way to chant the mantra OM, check Dr Lefebure's book: *OM and the mantras, the natural name of god*.





A PHOTOGRAPH OF A PHOSPHENE, DIFFUSE GLOW OR UFO ?



The UFOs (Unidentified Flying Objects) are phenomena, perceived in the air by witnesses or recorded on various media, but that cannot be identified. It is impossible to assert that these phenomena all have the same origin. There is absolutely no unity in the testimonies as they come from varied sources.

Unexplained observations can come from different sources:

- Wrong interpretations: an object is wrongly identified as an alien vessel. Generally, these objects are: the planet Venus, meteorites, lenticular clouds, airplanes, weather balloons, nightclub lasers, etc.
- Optical illusions: sun dogs or parhelia, heat mirages, etc.
- Hallucinations: the subject perceives, in a pathological manner, an image that does not really exist.
- Fabrications: the subject lies, in a voluntary manner.
- False memories: the subject imagines he/she has seen an object.
- Rare natural phenomena: red sprites, blue jets, ball lightning, etc.
- Mental images: the subject experiences a vision that he/she interprets as a flying object.
- Visitors from another planet.

The two more mysterious causes deserve additional explanation.

1) Visitors from another planet

Though romantic and attractive, this theory is not very plausible. First, the theory of relativity does not allow

travel at speeds higher than the speed of light. It would thus take centuries to travel across the cosmos. Also, it is surprising that no material trace (object or artefact) has ever been left behind by interstellar travellers, though thousands of people maintain that they have been kidnapped by aliens, or that they have seen an alien craft landing.

The generalization of mobile phones equipped with cameras should lead to an upsurge of recorded observations of UFOs. It is not the case. Finally, certain scientists like professor Meesen have analysed the data of military and civilian radars and matched them up with observations of UFOs, particularly those which took place during the "great waves of UFOs" like the one that took place in Belgium in 1990. They have discovered no connections between the observation of UFOs and the unidentified echoes detected by radars.

None of these explanations completely buries the theory of alien visitors, but one must admit that it is rather fantastic.

2) Visions or mental images

Visions or mental images are different from pathological phenomena like hallucinations. They remain mysterious for today's science. The discoveries in cerebral physiology of Doctor Francis Lefebvre, a French physician and scientist, have allowed him to understand scientifically the mechanisms responsible for the production of mental images (hypnagogic visions that appear while one is falling asleep, dreams, mystical visions). His works

are based on the systematic use of the phosphenes. The phosphenes are all the subjective sensations of light, i.e. those which are not directly caused by light stimulating the retina.

Dr Lefebure did a complete study of the solar prodigy that took place in Fatima (Portugal) on October 13th 1917. Among the testimonies, we can quote the perception by many witnesses of a ball of light crossing the sky or the perception of little balls of light that fell from the sky like snow flakes and that disappeared when they reached the ground or when witnesses tried to catch them in their hands.

Dr Lefebure considers that these perceptions are connected to the rhythms of the phosphenes and explains in detail these phenomena in his book: *Phosphenism, a New Explanation of the Origins of Religion*.

"The greatest miracle of the Roman Church was the solar prodigy of Fatima that occurred in front of 70 000 people. For ten minutes, the crowd saw the sun moving in unusual ways. First, it started to tremble, it then darkened. Afterwards, it started to sway in the sky, to rotate, its rays rotating like the spokes of a wheel, then it seemed to fall on the terrorised crowd before going back up in the sky, several times in a row. Many persons experienced visions during these ten minutes. It was raining just before the event. Nevertheless, the mud on the ground and the clothes of the witnesses were dried as if by miracle. A lieutenant took a picture on which appears objects that did not exist physically. A teacher of science, standing on his balcony, said: "I have seen something I cannot explain". The editor of an antireligious newspaper left convinced and wrote several enthusiastic articles.

The phenomena perceived during the great miracle of Fatima match the characteristic rhythms of the phosphenes: the people in the crowd believed they were seeing movements within the sun because they confused the sun with their phosphene. The trembling of the sun is the rhythm of 1/6th of a second. Its darkening is the negative phosphene.

The sways of the sun match the rhythm of two seconds of the phosphene that can often be triggered by simply practicing Phosphenic Mixing, without swaying the head. Under the influence of the exercise of Phosphenic Mixing, the phosphene can sometimes start whirling or it can give the impression it is moving forwards or backwards.

These various movements of the solar phosphene can be produced easily if one focuses slightly next to the sun, rather than directly on the sun, and if one has practiced exercises of lateral head sways of the top of the body, while focusing on the sun.

The crowd perceived these rhythms in an intense manner, because they were multiplied tenfold by telepathic resonance."

The diffuse glow, final phase of the phosphene, presents remarkable properties. It can be photographed and allows the perception in the dark, of physical objects moved across it. It has a major role in the production of visions. The diffuse glow appears as a whitish cloud with an unprecise edge. According to clairvoyants, it is within this cloud that visions or "flashes" of clairvoyance appear. It is also what the children shepherds of Fatima related. The "Lady" appeared in a cloud that looked like white smoke.



Photograph of a phosphene (diffuse glow or UFO ?)

In *The Initiation of Pietro*, Dr Lefebure establishes a connection between phosphenic phenomena and UFOs.

"More and more people believe that the extraordinary occurrences of Fatima should be imputed to UFOs. There are even priests who maintain that the Virgin Mary used a flying saucer to manifest herself. First of all, it is interesting to note that, whatever the original source of the phenomenon, its connection with human consciousness was the phosphenic substance generated by focusing on the sun.

Also, it is important to note that very disparate phenomena are classed as UFOs. Among these phenomena, there might be several unknown phenomena of different nature.

We do have to acknowledge that there are some similarities between the descriptions of flying saucers and what we know of the phosphenic substance.

For example: "This object, which had a diameter of about 25 to 30 meters, was swaying in the air and, as it was oscillating, it was moving towards us, in complete silence." Policemen who arrived on the scene noticed that "the object that hovered at a distance of roughly 100 meters above them was swaying." Several other witnesses that had not consulted each other saw the object move towards them, "swirling and fluttering about like a leaf that falls slowly from a tree." Finally, the scenery took on a red tint and the white walls of the farm became red.

It is obvious that this description resembles, on a smaller scale, the description of some of the phenomena described by the crowd in Fatima: whirling movements and sways, colored light projected on the ground.

We can thus wonder if some of the phenomena classed as UFOs are not actually clouds of phosphenic substance."

The explanations of Dr Lefebure, applied to UFOs, are closely akin to those of certain authors like Bernard Méheust who talks of *technological fantasy* or C.G. Jung who describes UFOs as *modern myths*. Indeed, visions of flying chariots of fire or white-winged angels are symbols of travel and communication between the material and the spiritual plane (the sky). A modern point of view substitutes spacecrafts to this kind of images, and these visions of flying saucers also are metaphors of travelling between the planes.

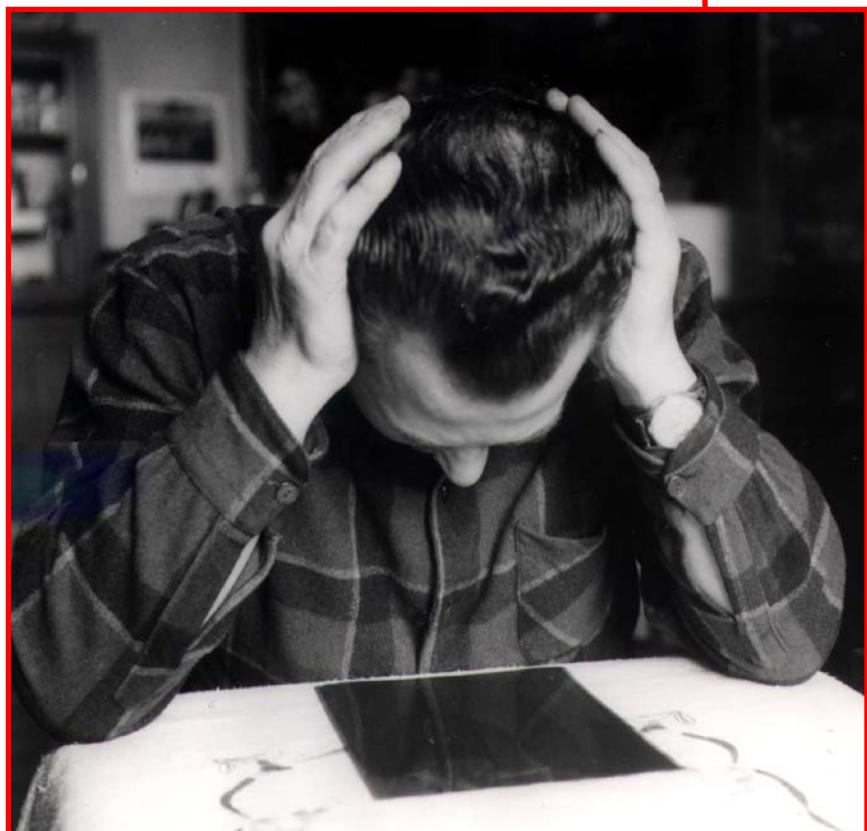
Exercise with the diffuse glow

Do a phosphene by focusing on the phosphenic lamp for 30 seconds.

Put an eye patch on, to create optimal conditions of darkness.

Observe the different colors of the phosphene until it disappears.

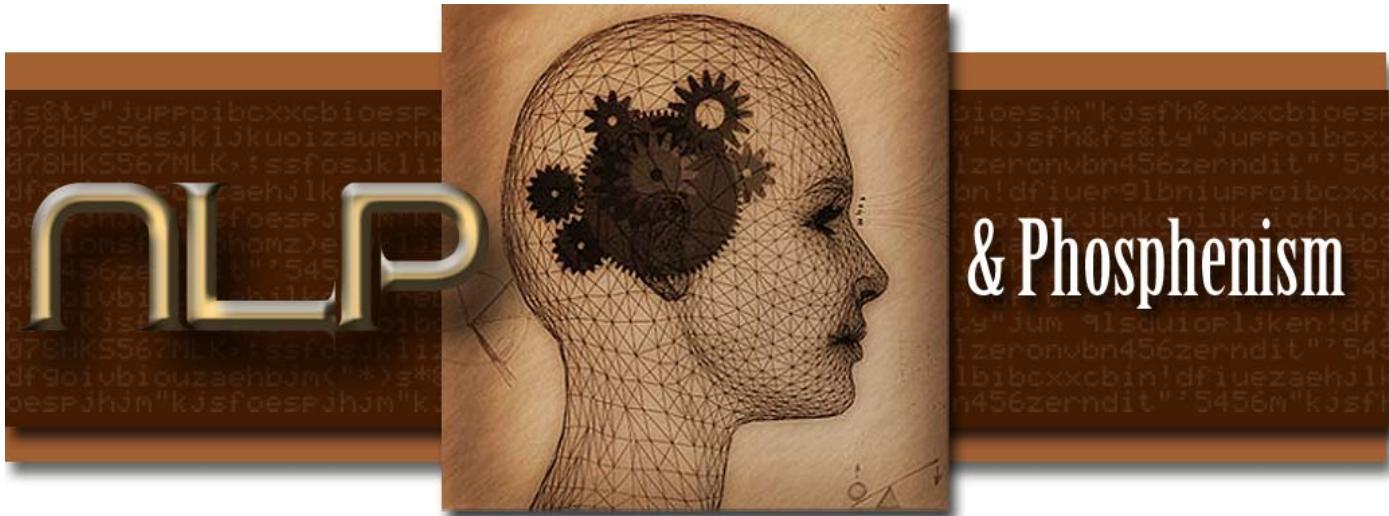
After about 15 minutes, the diffuse glow appears in the form of a whitish cloud. Concentrate your attention on a detail of this cloud. The area of the cloud you focus on will become brighter and sharper. If you stay concentrated on details in the same region of the glow, you will probably be surprised by the appearance of a very sharp though very brief image. This cloud, called diffuse glow by Dr Lefebure, can easily be perceived with your eyes open and can be transmitted by telepathy.



This position will allow you to keep your head fixed while you focus on the sensitive plate.



A NEW TECHNIQUE FOR OVERCOMING DYSLEXIA



Neurolinguistic programming was created in America in the 70s by John Grinder, a professor of linguistics, and Richard Bandler, a mathematics student. NLP presents a set of models that describe human activity and allow to operate deep and lasting changes. Its universality is striking: a sort of user's manual of the brain, it can be applied at work, at school or at home. Very pragmatic, it can help high-level sportspersons to improve their results, parents to educate their children, companies to train their staff in communication, sales, excellency.

Humans base their actions on the representation they have of the world, rather than on its objective properties: "The map is not the territory".

This famous quote by Alfred Korzybski describes the fact that everyone builds a subjective representation of the world and assume that it is reality. Indeed, our five senses can receive millions of informations at the same time when, consciously, we can only process 7 items of information at a time. To compensate, the brain filters sensory messages: it deletes some, distorts others or operates a generalization, all this being dependent on the language we speak, the memories we have, the beliefs and the values we have adopted.

This inner representation that we build at a given moment is responsible for physiological changes, and has an effect on our behavior. The models suggested by NLP can allow us to become aware of this, to modify our representations and the responses that

they trigger. They also help us understanding other people's representations.

The key concept of NLP is modelization. Thanks to which we can install a new behavior, the same way one installs a new software in a computer. Besides, NLP stems from the modelizations of exceptional therapists like Milton Erickson. Bandler and Grinder observed his practices, extracted its essential principles and constructed a permanent model allowing the accurate reproduction of observed behaviors.

In the domain of learning, all that needs to be done is to observe the strategies adopted by outstanding students and modelize them. Student who do not experience spelling problems, for example, have discovered incidentally that it was more efficient to store words as images rather than as sounds. For most of us, recalled images are located on the top left of our field of vision. If the word has been stored in the right place, it is easy to remember it when the time comes.

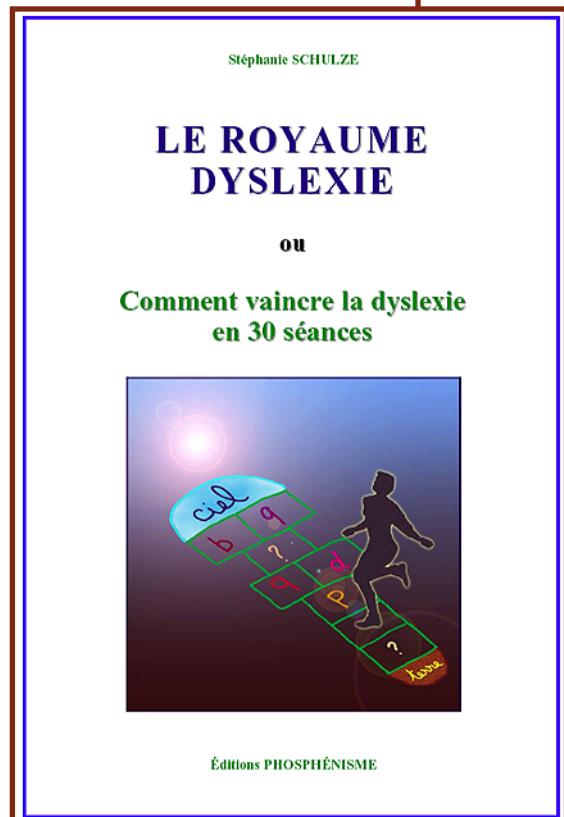
Dr Francis Lefebure, a French researcher, had already found very original solutions to learning difficulties, mainly to spelling problems. As soon as 1963, he published *Phosphenic Mixing Applied to Education*, a book that describes the action of light on mental processes. By focusing shortly on a source of light, a phosphene is obtained, i.e. a luminous sensation that persists for several minutes. Studying during the

presence of the phosphene is more efficient. Indeed, the phosphene channels the attention on the subject of study and favors associations of ideas. Moreover, it stimulates all types of memories. Spelling is the visual translation of a sound. Writing confers a kinesthetic dimension to a word. The presence of the phosphene stimulates these three sensory channels.

EXERCISE: MEMORIZING THE SPELLING OF A WORD

Observe the spelling of a word that you want to memorize.

Do a phosphene by focusing on the phosphenic lamp for thirty seconds.
Close your eyes and/or put on an eye patch.
Project the word and the phosphene to the top left of your field of vision in order to store it in your visual memory.
Write the word several times during the presence of the phosphene.



Book in PDF version,
available for download on
the website (in French)
www.phosphenisme.com

THE KINGDOM OF DYSLEXIA

At last there is an efficient book, serious and useful to overcome dyslexia:

- With a detailed description of the method and its techniques, concretised by exercises that can be applied straight away.
- With more than thirty years of professional experience, here is a high level pedagogical process that is based on studies and research in humanities and neurosciences.
- The three levels presented in the book can also help learning reading and writing, even though one is not affected by dyslexia:
 - the first level prepares the background work...
 - the second levels deals with actual learning...
 - the third level efficiently helps developing a good written expression.

A pedagogical book that is more particularly suited for teachers and language reeducators.

The author: Stephanie Schultze is the founder of the "Neuro-pedagogic Formation Research Unit" and the creator of "Rational Pedagogy with Images".



QIGONG – CHI – KI

**PHOSPHÈNES,
MYOPHÈNE AND INTERNAL ENERGY**



CHI

& PHOSPHENISM

Qigong is an ancient traditional Chinese gymnastics whose purpose is to achieve control of the inner energy called Qi or chi (pronounced tchee). It is based on the following concept: the energy of the universe and the energy of human beings interact and combine themselves. It is possible to stimulate this energy and to make it circulate with movements, breathing and visualizations.

For the Chinese, all diseases are due to a block of the chi. Healing comes when the blocked energy circulates again. Stimulating the chi through the meridians, the search of the balance of the Yin and the Yang are the principles on which Chinese medicine and martial arts are based. Some writers assert that Qigong is the common ancestor of these practices.

Medical Qigong dates back to thousands of years BC. Forbidden in China during the cultural revolution, it became accessible again at the end of the 70s. In 1979, the first National Seminar of Scientific Research on Qigong takes place in Beijing and, the same year, the National Institute of Qigong is founded.

Studies conducted in the Kuangan Men Hospital in Beijing, China have shown the influence of Qigong on curing cancer. Though it cannot be substituted to chemotherapy, the practice of Qigong considerably increases the chances and the rate of recovery.

Though Qigong has unquestionable healing properties, it is its preventive effects that interest us here. By favoring the circulation of energy, Qigong prevents the formation of blocks thus allowing the preservation of health. The following properties are usually attributed to Qigong: more dynamism, flexibility and balance, a feeling of well-being and of calm, an increased power of concentration and a development of self-confidence.

All these effects are also attributed to the practice of Phosphenism, a method of personal development created by Doctor Francis Lefebvre, a French physician and researcher. When two techniques lead to similar results, their combination creates an extra synergy. The practice of Phosphenism makes people more attentive to their inner sensations. It thus favors the awareness of one's body, allowing faster progress. Moreover, thanks to the phosphenes,

concentration on the exercise is improved as well as visualization. Phosphenic energy makes the session of Qigong much more dynamic and results come quickly. On the other hand, the practice of Qigong creates favorable conditions for the practice of Phosphenism.

The phosphenes are all the sensations of light that are not directly produced by light stimulating the retina. A phophene can be produced by focusing on a source of light for a short period of time.

Practicing Qigong with the phosphenes

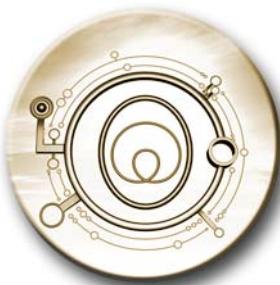
If you practice facing the sun, you can produce phosphenes by focusing on the sun through a piece of fabric for one or two seconds.

Always take your glasses or contacts off when you do phosphenes with the sun. They could have the same effect as a magnifying glass and cause burns on your retina.

You can break your session down in two parts: First, practice the Qigong exercise as usual, but during the presence of the phophene.

Then, practice the exercise again mentally during the presence of the phophene. This way, you will work with the myophene, the equivalent of the phophene that corresponds to muscular activity.





RADIESTHESIA

IMPROVE YOUR SENSITIVITY TO RADIESTHESIA



RADIESTHESIA & PHOSPHENISM

Certain persons are sensitive to the emissions (radiations, waves, pulsations, fields) that emanate from various bodies and objects. This ability is called radiesthesia. It also deals with all the processes that allow the detection of hidden objects, with or without instruments (divining rod, pendulum, etc...). These processes involve concentration, the transformation of a mental reaction into a physical reaction, and an analysis that leads to the object of the search.

The word radiesthesia means: human sensitivity to radiations, to the influences that emanate from all that is. It is a particular way to understand or to perceive things, different from using the five senses. You cannot see an underground stream, nor a person localized thousands of miles away. Radiesthesia can give you precise and exact informations about an underground stream (localization, map of its run, direction of its flow, width, depth, quantity of water flowing, drinkability...), as well as help you locate the position of a person on a map, even from a far distance.

Vibratory radiesthesia deals more precisely with "waves of forms" and is connected to geobiology, the study of cosmo-telluric currents that condition the "power" of locations. The term "wave of form" was created in 1930 by Bélizal and Chaumery. This designation was then dropped.

Vibratory radiesthesia deals with "waves of forms" that come from objects or graphs. According to this theory,

certain objects or certain forms emit positive or negative "waves" (or energies).

The Servranx brothers and radiesthesia:

One cannot discuss radiesthesia without mentioning the Servranx brothers. Jean-Louis-Felix, a.k.a. Felix, and his brother Guillaume-Jean, a.k.a. Willy were Belgian and used to live in Bruxelles. Willy, the eldest, despite his fragile health assisted Felix in all his works.

The Servranx brothers, fascinated by radiesthesia, released a journal, specialized in that field: *La Radiesthésie pour Tous* or L.R.P.T. This journal, lauched in january 1946, was published until october 1967. Within its columns, one could find consultations, information on meetings and conferences, as well as many books and files:

- Beginning in radiesthesia.
- Reading people's character with the pendulum.
- A quick method of personal magnetism.
- Radiesthesia applied to business.
- Practical lessons of radiesthesia.
- The EXDOCIN files: EX-periences, DOC-umentation, IN-structions for radiesthesia, monthly files, published from june 1957 to september 1966. The Servanx brothers employed the most famous radiesthesists to constitute groups of research. The EXDOCIN files are a compilation of this research, compiled and edited by the two brothers.

Among the subjects studied: astrological medicine, graphology, self-magnetism, commercial applications of radiesthesia, luck and its techniques, designing artificial medicines, influencing people, the great pyramid and its influences, the keys to magic, increasing one's sensitivity to radiesthesia, healing words...

People's interest in the EXDOCINs has continuously increased for the last 40 years. These files are clear, comprehensive, easy to read and to apply. The practical exercises have obviously been thoroughly tested by the Servranx brothers. These files contain very valuable information, unmatched by the secret initiations of certain very hermetic groups.

Tireless bachelors, the Servranx brothers devoted all their time to radiesthesia. Felix, the youngest brother, died on octobre 30th 1966. His brother, a paraplegic, died on november 13th 1967.

The instruments of measurement used in radiesthesia.

There are several measuring tools used in radiesthesia. The results are the same, regardless of the instrument used. The choice of a pendulum or a rod depends on the feeling between the user and the tool.

To quote only the best known pendulums: the egyptian pendulum, the Thoth pendulum, the Mermet pendulum, the universal pendulum, the rock crystal pendulum, the chakra pendulum. There are tens of designs on the market.

The most commonly used method of measurement is the Bovis scale. It is usually graduated from 0 to 18 000 units. The value of 6 500 is considered neutral for an average person. But, if your vibratory level is 8 500, objects or places with a value of 6 500 will not be suitable for you.

Like any other scale, it gives a numeric value of a vibratory level. One can thus find out the vibratory level of an apple, a ring, an organ, a person, a room in a house...

There is also several types of rods, from the simple branch of a tree, to sophisticated rods equipped with amplifiers of detection.

The Hartmann rod, is another simple instrument suited for beginners. On the other hand, the Lécher antenna, is a complicated instrument for advanced users.

The applications of radiesthesia are limitless: Medical radiesthesia, divination, locating missing persons or objects, professional choices, business... The only limits are the limits of the user.

Radiesthesia and Phosphenism: testimony by a professional radiesthesist

"I have practiced radiesthesia for many years, I mainly use the Thoth pendulum, but also other instruments specific of this discipline. With this type of pendulum, I work a lot in emission.

I have noticed that doing a phosphene before using my pendulum increases its efficiency in a remarkable way. When I use it in emission, it starts rotating much more and much faster than without the phosphene. The emission is much more intense and the pendulum's efficiency is increased tenfold. The presence of the phosphene helps, increases and quickens the creation of a contact with the object of the emission.

The phosphene quickly becomes an essential aspect of radiesthesia, indivisible from the use of the pendulum, bringing a spectacular increase in results.

When I teach beginners, there always are persons who experience difficulties in getting the pendulum to rotate, when other persons experience no difficulties whatsoever. To help people overcome this problem, I used to lay my hands on their shoulders. This was usually enough to get the pendulum rotating. Instead, I now use a phosphene.

The student and myself both do a phosphene ; I stand behind them and project my phosphene on their neck, while visualizing the rotating pendulum. It quickly starts rotating.

I advise all the persons who are beginners in radiesthesia to practice Phosphenism. It is a token of success, bringing faster results.

For more experienced persons, the practice of Phosphenism will sharpen their sensitivity and the quality of their results.

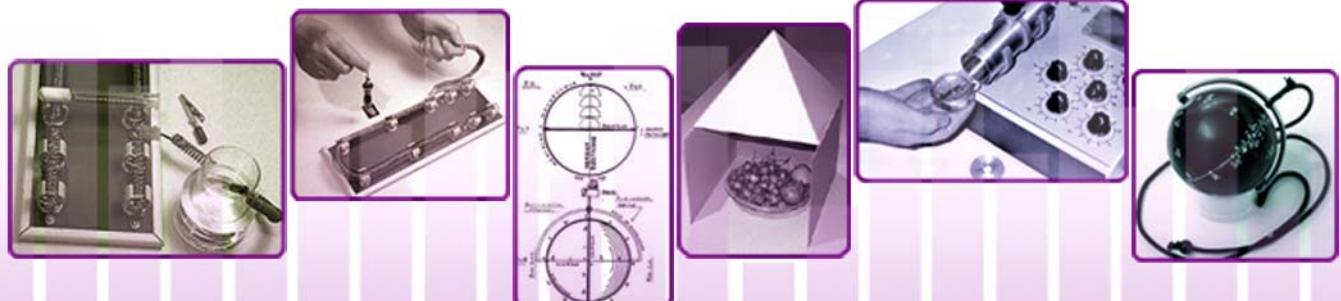
The phosphene is an undisputable plus, increasing the efficiency of radiesthesia, whatever its domain of application."

Written by: Alain Richard



RADIONICS

A RHYTHMO-PHOSPHENIC TECHNIQUE TO IMPROVE YOUR ENERGETIC POTENTIAL



RADIONICS and Phosphenism

The term radionics was developed in 1949 in America. It refers to devices that are used for having an action at a distance.

Its basic principles are identical to the basic principles of radiesthesia: its purpose is to control the waves of forms or emissions, in a traditional fashion based on analogy.

In the beginning, radionics was used to diagnose diseases, with a tactile detector, a device that is claimed to be more efficient than a pendulum. In the beginning, radionics was related to radiesthesia. Then, the radionics techniques were used in emission, influencing plants animals and, of course, human beings.

Today, radionics develops sophisticated machines functioning on energy. Nevertheless, it still uses the knowledge developed for radiesthesia and the art of manipulating two-dimensional and three-dimensional forms.

The devices used for radionics

The oldest and most famous instrument is the pyramid. The knowledge the Egyptians had regarding this technique, at the time of the pharaohs, is still shrouded in mystery. Everyone has heard of the mummifying effect of a pyramid on meat.

Similarly, many persons who practice radiesthesia use the same razor blade for more than a year, without any loss of efficiency. After use, they are kept within a small cardboard pyramid.

The dodecahedron is also used in radionics. Many authors have designed radionics dials and plates adapted for different situations. The Servranx brothers also designed machines for radionics: the Audyne, the tele REC...

Doctor Francis Lefebure, a French physician and researcher, has designed a revolutionary method of cerebral development: Phosphenism. Practicing this method increases personal energy in a significant way. Radionics devices have analysed the effects of phosphenic exercises on people. The results are clearcut: practicing Phosphenism considerably increases the energy potential of the individual.



REIKI

PHOSPHENISM: AMPLIFYING THE POWER OF REIKI



REIKI & PHOSPHENISM

Reiki and Phosphenism can be combined efficiently. The following testimony demonstrates this fact. Phosphenism is a method of development of personal energy designed by Doctor Francis Lefebvre, a French physician and researcher. This method is based on the systematic use of the phosphenes. The phosphenes are all the subjective sensations of light, i.e. those which are not directly generated by light stimulating the retina. They correspond to what ophthalmologists call images of retinal persistency or post-images.

The object of Phosphenism is to transform the energy of light into mental energy. It seems rather obvious that an increase of personal energy will improve the practice of reiki or any other type of healing method.

We have chosen to publish the following testimony, written by an Usui and Karuna reiki master, because it shows the interest of the combination of reiki and Phosphenism.

"When I close my eyes to practice healing, I sometimes see a dot of light appear, no bigger than a distant star. This did not use to happen before I started practicing Phosphenism. By a mental effort, I can make this dot of light rotate through the patient's energy channel, into the earth, then back through the patient's energy channel, into space. I do not control the speed of the dot of light. With certain persons, this process is more difficult to produce though everyone feels relaxed during this exercise.

My patients then relate: "I felt as if I was outside my body"; " I felt as if I was travelling far away."

Let me precise that I do not use suggestion during or after healing and that these testimonies were spontaneous. One person told me that he felt his energy unlock and that his hands started warming up intensely. After the session, I told him to try laying his hands on someone he knew. A week later, he came back to see me, very pleased with his experiments.

His wife had pinched her finger in a caliper and he had managed to soothe her pain.

Since I have been practicing Phosphenism, I have been able to notice that my healing is more efficient. It is as if the phosphenes amplify the power of reiki. I attended a seminar of Phosphenism because I was seeking a technique that would make me evolve positively. I can now testify that Phosphenism does strengthen me, but also guides me and increases the effects of my healing. I hope this testimony will inspire practitioners of reiki of all levels to try Phosphenism and to combine both techniques, as they wonderfully complement each

other. I humbly relate my story, as this combination imposed itself to me during my sessions of healing, and sharing our experiences seems to me the only way to help us all move forwards.

Written by: G. RIPPE. Maître Reiki



Projection of the phosphene in the hand.



REINCARNATION

LEFEBURE AND VASCO DE GAMA: THE DESCRIPTION OF AN EXPERIENCE



REINCarnation & PHOSPHISM

In *Initiatory Experiences* Vol 3, Dr Lefebure, a French physician and researcher, sheds a new light on reincarnation, the belief of the survival of the soul after death.

This belief, expressed by the building of tombs and the creation of funerary rites goes back at least to the neanderthal era (80 000 BC). In one form or another, funerary rites have been practiced by all cultures at all times, a proof of the universality of the belief in the other-world.

In the West, the Celtic druids, Pythagoras and also Plato acknowledged the doctrine of reincarnation.

The Egyptian Book of the Dead, the Essenean and Kabalist texts of the Judaic tradition, all mention reincarnation. It was also the belief of the followers of Gnosis.

One of the main thinkers of the early Christian Church, Origen (185-254), believed that the soul travels through various worlds and that unlike the earthly stage, the other universes do not imply incarnation.

The Cathars or Albigenses of the 13th century were inspired by Origen's notion of reincarnation.

In the Muslim religion, the notion of the reincarnation of the soul is not explicitly taught, but it is mentioned in the esoteric teachings (secret teachings).

For example, the great Iranian Sufi master Bahram Elahi mentions the reincarnation of the soul in his book *The Way to Perfection*. According to him, humans have 50 000 years to attain illumination and, within this time limit, they have to follow a cycle of lives, deaths and births.

The Indian universities study reincarnation as an actual fact. Some very young children can give extremely precise details about a previous incarnation. According to the *Baghavad-Gîtâ*, "The incarnated soul discards its old bodies and puts on new ones, like a person who exchanges an old garment for a new one."

The soul thus moves on from incarnation to incarnation: "Because death is certain for the one who is born and birth is certain for the one who is dead".

Mahatma Gandhi, a short time before his death, presided over a commission that studied the case of a young girl and that concluded that her case of reincarnation was authentic.

Reincarnation is one of the major concepts of Buddhism.

Though the expression "reincarnation" is used in several translations, the term that is most often used

by Buddhism is "rebirth". This implies a continuity – death does not mean that the conditioning ceases. From one incarnation to the other, suffering endures as long as the individual has not escaped from Samsāra, the cycle of reincarnations.



However this "rebirth" is interpreted, Buddhism sees its only purpose as a means to end suffering.

Today, the Western idea of reincarnation is an evolution of the ancient oriental concept.

At the end of the 19th century, the belief in reincarnation appeared in the West thanks to the discovery of the principal books of ancient oriental religions. It spread through esoteric groups, like Ms Blavatsky's Theosophy or Allan Kardec's spiritualist circles.

It is only from the 20th century that scientists have started to express interest in the subject.

In *Initiatory Experiences* Vol 3, Dr Francis Lefebure describes the search that led him to consider that he was the reincarnation of Vasco de Gama. Under the influence of initiatory techniques that a Zoroastrian, Artheme Galip, had taught him, he experienced reccurent reveries in which he saw himself as a cabin boy on a ship.

"The content of one of my reveries was particularly haunting: I was a captain and a mutiny failed because of the denunciation of a cabin boy. There was a lot of violence, a lot of blood spilt on the sea. And the impression of "déjà vu" increased as I practiced the exercises Galip had taught me. (...)

Thus, three or four years after my initiation, a kind of intuitive certainty insidiously slipped into my thoughts: I had been a sailor in my previous life. Such an assumption can be questioned by reason, but not by feelings. The phenomenon was strange but absolutely not disturbing as it took place at a time when I succeeded in many exams. To me, this seems to show the difference between initiatory phenomena, however imperfect, and the pathological phenomena with which they might have a few accidental common points.

These reveries lasted for several years but, at the same time, a very opposed reaction took place within me, on an intellectual level. I did not argue with the principle of this imaginary intuition that fitted within the framework of my metaphysical ideas ; I simply agreed it was plausible but not certain; I knew too much the many "Napoleons" that crowded asylums to avoid venturing on this slippery slope (Note of the translator: Napoleon is a typical character impersonated by the demented patients who believe they are a famous person from the past. The list could include Cesar, Elvis Presley, Joan of Arc, Abraham Lincoln and more...). It is important to note that these demented

patients actually believe they are the particular entity with whom they confuse their personality. Believing that one "has been" a particular person is different, on a psychological as well as a metaphysical level. Nevertheless, I was cautiously forbidding myself from reading any book about nautical history to avoid an influence that could lead me to believing I was a famous character. Indeed, for every famous sailor, thousands of others remain unknown; the probability of marking history seemed minute."

It is only 14 years later, once this necessary period of caution was over, that the reccuring reverie led Dr Lefebure to study the life of Vasco de Gama. His surprise was immense when he recognised intimately certain extremely violent episodes of the life of the famous sailor. Establishing a connection with the failed initiation he went through at the age of 18, Dr Lefebure considered a karmic relationship with Vasco de Gama's crimes. Indeed, the exercises taught by Galip were wrong, thus creating a paradox between the beneficial effects of the master's laying of hands and the harmful effects of the exercises he provided.

This is what Dr Lefebure says about this:

"A mutiny denounced by a cabin boy

After doubling the Cape of Good Hope, the officers organized a mutiny attempt ; denounced by a cabin boy, it was aborted. This passage of Vasco de Gama's story reminded me of an identical reverie that had been awoken by my failed initiation and that, for a long time, had almost obsesessed me. Nevertheless, I considered this indication as rather vague, as this kind of incident had certainly occurred many times throughout history. (...)

The crimes in India, the boarding and the burning the Merri

Vasco had left with a heart full of vengeance, the Portuguese merchants of the trading post that he had founded had been murdered.

When it approached the coast of India, the Portuguese fleet encountered a ship that was sailing from Calicut to Mecca, unarmed, full of pilgrims travelling with the riches they were going to offer to their religion. Sadly, Vasco was governed by his lust for vengeance: attacking unarmed pilgrims did not seem shameful to him. He judged that the deed would be relevant politically, though all his officers disagreed. Consequently, this can be considered a genuine personal crime. Vasco had the boat boarded and inspected. The recalcitrants were thrown overboard and the ship was set on fire. The Merri burned all night. Gama ordered soldiers on rowboats to catch those who tried to swim to the shore and to stab them with swords. The sea was covered in red blood ! Gama contemplated this scene from the bridge. All historians concur in qualifying this massacre as a shameful stain of blood on the history of Portugal. As odd as it seems though, it is when I read the

description of this crime that I recognized that it was mine ; this triggered something within me. Reading about the attack of the Merri and the pointless bloodbath that ensued, enrooted within my feelings the idea that I was related to Vasco de Gama, even though I still doubt it on an intellectual level.

Reading the historian Olsen's account of the attack of the Merri produced a feeling that is difficult to define. It is as if both ends of infinity joined within me, a sensation I had been waiting for for a long time; it was as if my life had gone full circle, as if I had circumnavigated time.

I did not feel any indignation nor disgust for this crime, no fear of consequences for my present incarnation, but an immense feeling of relaxation, of relief: at last I knew why I encountered so many hurdles during my life, so many conflicts, so much lonely suffering during my mystical training and the reason for the failure of my initiation at the age of 18. It was as if I had cut open the abscess that poisoned the eternal being within myself, I experienced a sensation of relief, of liberation. It is this feeling that convinced me, even though, on an intellectual level, I had to recognize that I had no proof whatsoever. A strange kind of inner examination had led me to the following conclusion:

"I AM VASCO DE GAMA AND I PAYED FOR MY CRIMES THROUGH AN INITIATORY TRAGEDY". The crimes committed in India had generated the misunderstanding between Galip and myself, regarding the exercise of ocular convergence. This idea became a catalyst for the long gestation of desires, prayers, reveries and research that was my life, following me from day to day and often guiding me."

Jean Charon's book *I Have Lived for 15 Billion Years* sheds a new light on Dr Lefebure's subjective experience.

The basic principle of Jean Charon's complex relativity theory is the following: the electron, an elementary particle of matter, could be constituted of two parts imbricated intimately into each other. The first one is physical, it belongs to the real world we know and it is well understood by physicists. The second one, psychic, belongs to a world that neighbours ours and is unknown to physicists.

The electron evolving in that space has the following properties:

- * Complete memory.
- * The ability to reason.
- * The ability to communicate with the other electrons.
- * The ability to act.

Human beings, constituted of billions of electrons, have one that is more elevated spiritually, it is the electron "I". It is different from the others. A hierarchy is established in relation to this electron. There is the electron that manages a cell (the worker), the electron

that manages several cells (the foreman), the electron that manages a function of the organism (the executive) like the liver, the spleen, etc.

What happens when we are in touch with our electron "I" ? When it has an opportunity, it receives our questions. If it can answer them, it does. If the question is related to a period of history that the electron "I" has not experienced, it questions the memory of its "colleagues". It then translates it into information and sends it to us.

When an organism dies, its electrons, liberated, are assembled again in new structures that can associate electrons coming from different sources and periods. Reincarnation does not obey the simplistic concept of transfer of soul from one body to another. The electrons are the guardians of memory. Each electron that has been part of a structure can keep the memory of this structure.

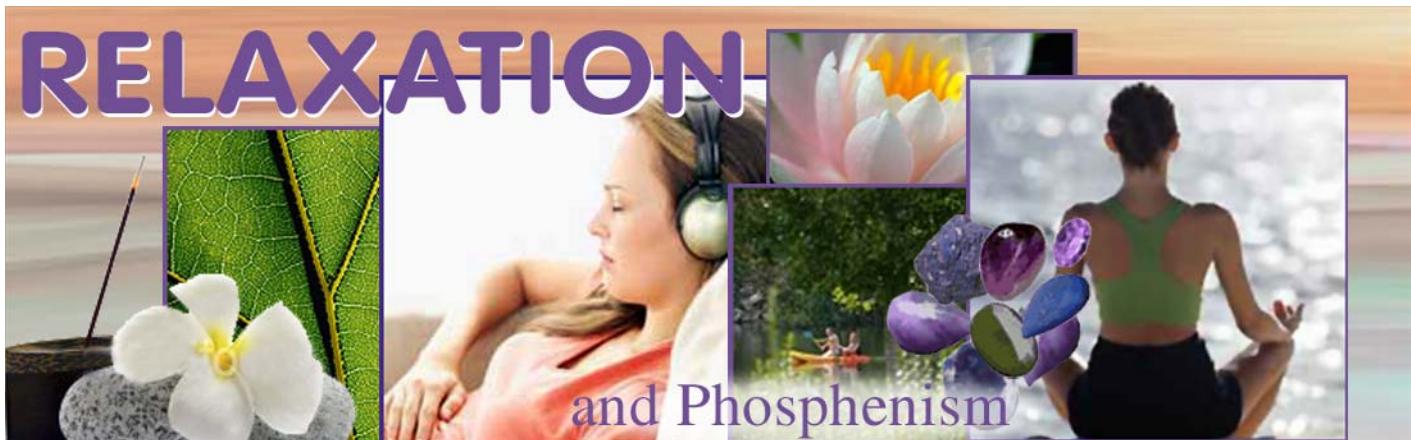
We also exchange electrons by breathing. We absorb some when we inhale, and release some when we exhale. Let us suppose that a medium is sitting in a room, next to an Egyptian mummy. The latter keeps releasing electrons, slowly but surely. It becomes easier to understand how can a medium obtain information from a different period of time.

Certain sentences take on a new meaning. When Jesus said: "I am within you", what could be truer ? Those who lived near Jesus absorbed some of Jesus' electrons through breathing. Who knows, maybe you have an electron that belonged to Jesus within you ?



RELAXATION

ALTERNOPHONY OR DOING PHOSPHENES BY CONTIGUITY OF COLORS



Since the 1960s, medical research has demonstrated the strong connection between stress and physical and emotional health. Meditation was one of the first techniques which influence on stress was measured. In the 1970s, relaxation techniques became best sellers. In 1975, *The Relaxation Response*, a book by Herbert Benson and Miriam Klipper of Harvard university, popularized the practice of relaxation in the United States.

The interest in relaxation grew in the 1980s, as demonstrated by an article published in the *New York Times* in 1986. The number of people practicing relaxation increased a lot. Conventional medicine adopted the concept of relaxation and physicians started to recommend the use of relaxation techniques to their patients. Relaxation techniques belong to the realm of alternative medicine and six alternative therapies out of ten are based on relaxation.

Relaxation can be used for many different reasons, among which:

- Controlling anger.
- Reducing anxiety.
- Cardiac health.
- Depression.
- General health.
- Headaches, migraine.
- Hypertension.
- Stimulating the immune system.
- Insomnia.
- Relieving pain.
- Relieving stress.

Among the various techniques, there is:

- Biofeedback.
- Breathing exercises.
- Homeopathy.
- Laughing and humour.
- Music.
- Massages.
- Meditation.
- Prayer.
- Reflexology.
- Self-hypnosis.
- Visualizations.
- Yoga.

There are many techniques available, and it can be difficult to choose one.

Nevertheless, there is a simple relaxation technique, much more efficient than the previous quoted ones, as well as much more economical. Moreover, this technique does not rely on a practitioner. You can use it at home, anytime you want.

This technique was developed by a French physician, Doctor Francis Lefebure. Indeed, Dr Lefebure discovered a way to measure the action on the brain of relaxation techniques, and to evaluate, in a scientifically objective way, the quality of the techniques available. It is by using the phosphenes in a systematic way that Dr Lefebure managed to analyse the impact of relaxation techniques on the brain, and to develop his own method.

The phosphenes are all the sensations of light that are not directly produced by light stimulating the retina.

The phosphenes can be produced by focusing shortly on a source of light.

Simply doing a phosphene is relaxing, anglers are a good example. Indeed, they spend many hours contemplating their float, and thus producing phosphenes thanks to the reflection of the sun or the bright sky on water. Many anglers assert that this activity relaxes them more than any other. One can notice that the simple presence of the phosphene brings a state of calm of mind. It is thus relaxing.

In the 1950s, scientists discovered the positive action of light on the production of hormones. Today, it is commonly used for treating patients suffering from chronic depression. Light has a major influence on the production of melatonin, the hormone that regulates sleep.

During his research, Dr Lefebure discovered the educational properties of the phosphenes, and designed an educational method called Phosphenic Mixing.

This simple technique is very easy to practice, as it consists in thinking during the presence of a phosphene. Thus, to the relaxing properties of the phosphenes, one can kill two birds with one stone and charge themselves with energy while relaxing. Phosphenic Mixing has a positive action on attention, concentration, memory, the spirit of initiative, creativity and intelligence as a whole (by increasing associations of ideas).



Thanks to the phosphenes, Dr Lefebure discovered certain unknown cerebral rhythms. This discovery on the rhythmic functioning of the brain allowed him to design a cerebral stimulation device that won an award at the Lépine International Inventors' Contest: the Alternophone.

The Alternophone can be used for relaxation, but also for activating the brain or treating insomnia. Based on alternating hearing (hearing a sound alternatively in the left and the right ear, on a precise rhythm), Alternophony is a surprisingly efficient relaxation technique, creating an obvious sensation of well-being after a single session. After roughly a month of practice, at a rate of 15 to 60 minutes a day, this sensation of well-being persists between the sessions. Certain cases of depression or suicidal tendencies have been corrected permanently. The device is also very useful for treating insomnia. Some of the sounds of the Alternophone have been recorded on the Synchrophony CD, a simple and affordable way to try the method.

ALTERNOPHONE

A portable Synchrophone. Digital display by LCD, controlled by a microchip. An alternating hearing device, with adjustable rhythm and tone.

Preparing exams, improving memory. Enriching the theme of meditation.

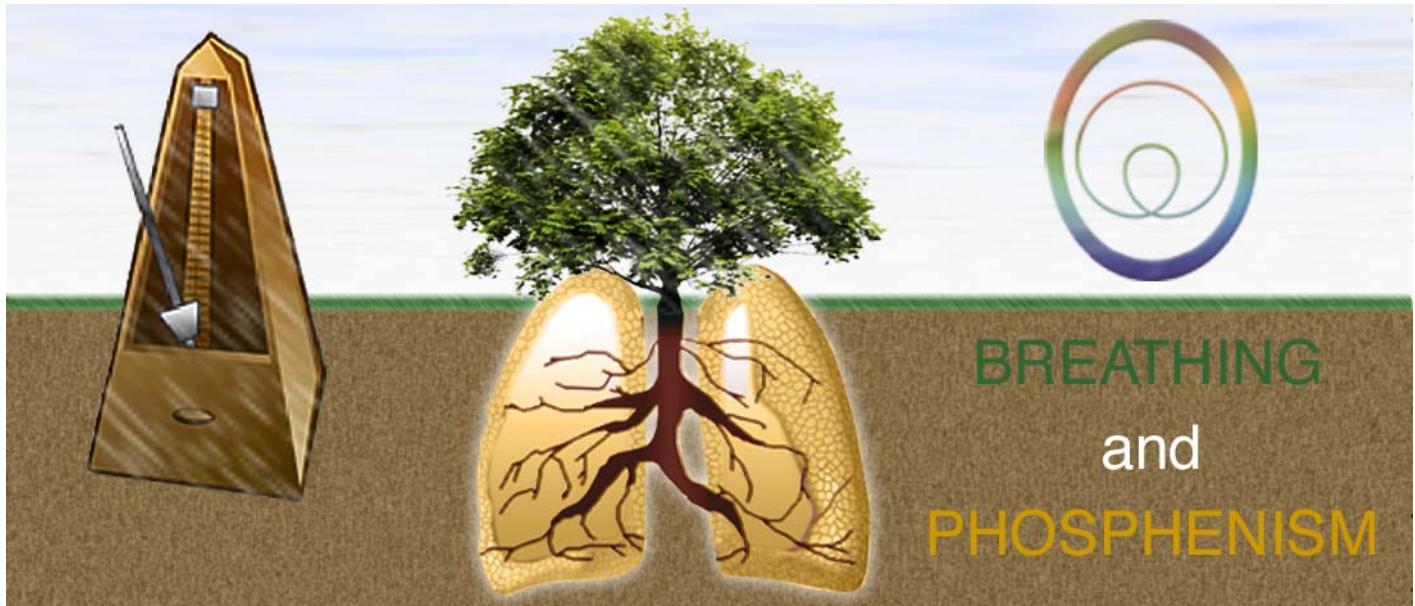
Allows to practice all the exercises of rhythmic thinking with a maximum of efficiency through the introduction of extra energy within the brain, facilitating neurological connections.

Check Doctor Lefebure's book "Cerebral Development with Alternating Hearing"



BREATHING TECHNIQUES

RHYTHMIC BREATHING



There is no living without breathing ! Breathing is one of the most important of our vital functions. It is through breathing that the blood and the brain are oxygenated. We can consciously control our breathing.

A full, relaxed breathing is very beneficial for the body and the mind. Breathing can slow the rhythm of the heart, improve the oxygen levels in the blood, increase exchanges between cells. On a mental level, it calms the mind, helps controlling emotions, increases concentration.

Breathing techniques go back thousands of years ago. One of the eight principles of Patanjali's yoga is pranayama, from the sanskrit *prâna* "breath" and *yama* "mastery". The exercises of pranayama send extra energy into the brain bringing an ever increasing mental self-control.

We would like to analyse the effects rhythmic breathing in the light of the discoveries in cerebral physiology of Doctor Francis Lefebure, a French physician and researcher. Thanks to the systematic use of the phosphenes, Dr Lefebure designed a protocol of exploration of the brain: cerebroscopy, which allowed him to measure precisely the action of breathing exercises on the brain, and to create a scientifically improved yoga: Phosphenism.

The phosphenes are all the sensations of light which are not directly produced by light stimulating the

retina. They can be produced by focusing shortly on sources of light.

Dr Lefebure has demonstrated that the phosphenes is a reversal of the sense of sight towards the inner part of the individual. Similarly, the acouphene is a reversal of the sense of audition. Actually, there is an inner equivalent of every physical sense, forming together a second sensory system: the phasic system. Mixing thoughts with a phene is the basic exercise of Phosphenism and probably constitutes the true meaning of Prayahara or reversal of sensory activity towards the inside. There is also a phene related to breathing, it is called "pneumophene", and it can be stimulated by maintaining a slight "thirst for air" or lack of air in the lungs.

In his 1966 book, *Rhythmic Breathing and Mental Concentration*, Dr Lefebure shows how breathing is related to our environment. The rhythm of our breathing is always changing, according to our environment: slow and regular when we sleep, it accelerates under the influence of emotions and, in some cases, it can even stop completely under the stressful influence of bad news. Dr Lefebure notices that "of all our vegetative vital functions, breathing is the only one that we can consciously control". Consequently, breathing establishes a connection between our psyche and the outside environment.

Insisting on the importance of rhythm, he demonstrates that rhythms amplify thoughts: "rhythmic breathing is the physiological state that is most favorable to certain mental activities". By synchronizing the rhythm of thinking and the rhythm of breathing, we can transform physical energy into psychic energy.

As a physician, Dr Lefebvre's first interest was the effects of this psychic energy on illnesses. He describes a case of recovery from multiple sclerosis thanks to this method. But quickly, he started to show interest in the initiatory effects of rhythmic breathing. When it is associated to a thought, the phosphene powers it with a remarkable intensity, so does rhythmic breathing which fills thoughts with prâna, giving them an amazing density. Thanks to cerebroscopy and synchrophony, Dr Lefebvre discovered the importance of the rhythm of two seconds and the role it plays in the awakening of higher abilities: intellectual, moral, psychic and spiritual.

An exercise of rhythmic breathing: square breathing

Set your metronome on 60 BPM, i.e. one beat per second.

Do a phosphene.

Breathe in for 6 seconds.

Maintain the air in your lungs for 6 seconds. (Retention with lungs full).

Breathe out for 6 seconds.

Maintain your lungs empty for 6 seconds (Retention with lungs empty).

Continue this cycle until the phosphene disappears (roughly three minutes).

Do another phosphene and start the cycle again.

Visualize a dot of light rotating in your lungs during the phases of retention.

This value of 6 seconds is only a guideline, other values can be used, depending on the capacity of one's lungs. It is the precise regularity of the phases that is important.

Circular breathing

Similar to square breathing, circular breathing does not, however, contain phases of retention. It is a kind of square breathing which angles would have been rounded off.

Set your metronome on 60 BPM, i.e. one beat per second.

Do a phosphene.

Breathe in for 4 seconds, starting by breathing very little and progressively increasing the flow of air.

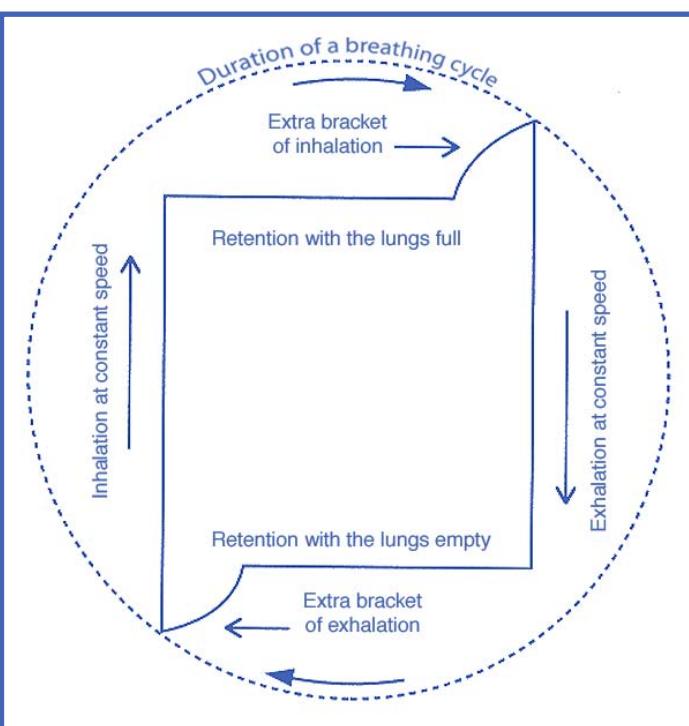
Keep breathing in for 4 more seconds but, this time, progressively reduce the flow of air until you barely breathe in.

Breathe out for 4 seconds, starting by breathing very little and progressively increasing the flow of air that comes out of your lungs.

Keep breathing out for 4 more seconds but, this time, progressively reduce the flow of air until you barely breathe out.

During circular breathing, visualize a dot of light rotating inside your lungs or around your head, or

around your body. The dot of light can follow the rhythm of breathing (one full circle in 16 seconds). Maintain this breathing cycle until the phosphene has disappeared (approximately three minutes). Do another phosphene and start the cycle again. The value of 4 seconds is only a guideline, other values can be used, depending on the capacity of your lungs. Nevertheless, we advise you to start practicing with these values as increasing the length of the phases is not the purpose of this exercise. The purpose of this exercise is to breathe with a slight lack of air.



Check the book: THE PNEUMOPHENE or the breathing technique that opens the gates of the otherworld, followed by Phosphenism and rhythmic thinking.



MASSAGE & SHIATSU

RHYTHMIC MASSAGE



SHIATSU & PHOSPHENISM

Massaging techniques date back to Ancient times; they were used mainly as a therapeutic system, as certified by Hippocrates, in circumstances that are probably quite close to what they are today. Massages and the use of thermal water constitute one of the most universal forms of therapy.

Though oriental methods are quite different from the occidental ones in spirit, their practical applications show that are actually quite similar.

Every period of time has its fashion, its style, but the foundations are the same. Every season, new methods are designed and it is quite common to see practitioners who mix freely various techniques: californian massage, do-in, shiatsu...

Nevertheless, there is no philosophical system that governs the art of massaging in the West.

Shiatsu and do-in refer to the Tao, a metaphysical system based on the dialectic of the yin and the yang, creative principles stemming from a unique principle, that manifests themselves through what acupuncturists call the meridians. The meridians form a kind of network of energy composed of two opposed energies, which imbalance would be the cause of all diseases.

The object of this kind of therapy, through the medium of various methods like plants or physical stimulation of the energy networks (acupuncture needles, pressing with the fingers, etc.) is to re-establish the balance of energy within the individual.

The primal massage.

(By Jean Tan-Ham)

-Massage is an instinctive practice among mammals. Human beings are born blind. They discover the world with their sense of touch, then smell, and finally with their sense of audition.

Among mammals, many mothers are unable to recognize their young with their sense of sight: it is their sense of smell that serves as the main bond of recognition.

But, licking also plays an important part in the communication between the mother and her young. Thus, for the young mammal, the feeling of not being abandoned is connected to a form of body massage: a hot and humid contact, rhythmic, and associated to the reassuring smell of the mother.

Massage is thus a way to counter anguish and stress and, at the same time, a way to re-establish a bond of communication between individuals belonging to the same group.

Massages offer two main advantages:

- Providing an outside help: it is the masseur who gives rhythm to the exercise and has the responsibility for its performance, thus liberating the mind of the patient.
- Providing an external stimulus that does not require movement: the patient is motionless and can thus concentrate on the sensations produced by the massage.

Phosphenism, a method of personal development designed by Dr Lefebure, helps understanding the

mode of operation of most techniques of relaxation and meditation. We will study the massaging techniques in the light of these discoveries.

The phosphenes are all the subjective sensations of light, i.e. those which are not directly produced by light stimulating the retina.

1 - Brush, pressure or squashing

Should a good massage consist in a simple brush on the skin (californian massage) or, on the contrary, should one strongly massage the muscle (sports massage) or even firmly squash the tissues (shiatsu) ?

A whole range of pressures of the hand can be found in the various techniques.

We believe the pressure of the hand should be as close as possible as the licking performed by mammal mothers ; halfway between the sports massage and the californian massage. The term "firm brush" seems to express the idea best. The muscle should feel slightly compressed (something matching the pressure of the tongue and the snout of a Saint Bernard or a sheep...).

Gentle brush can be used during a phase of preparation to warm up the skin and relax the persons who might be apprehensive. Strong pressures can be used at the end of the session if one wishes to achieve a certain intensity, but one needs to be careful.

Strong pressures are likely to have an interesting anti-stress effect, if they are performed well. Nevertheless, this requires a certain tact. It is interesting to note that some oriental masseurs do not hesitate to literally "step" on their patients, i.e. massage with their feet and their full bodyweight. This seems slightly exaggerated though it provides a relevant "primal" sensation.

In a simpler fashion, one can try alternating pressures of the palm of the hand, more or less firm, depending on the part of the body treated. In this case, one should not perform a "glissé" movement, but rather alternated pressures reminding the movements of the paws of a kitten. This technique belongs to a phase of relaxation and preparation.

In an initiatory framework, strong pressures can be used. The contrasting effect will lead to a state of tension that is extremely close to a state of trance, the climax of the session. In opposition to what one might think, relaxation is not the best way to reach a state of "illumination". On the contrary, the violent mobilization of the energy of the muscles is the best way to prepare it.

Let us also precise that it is the variation from relaxation to tension that is efficient. There should thus be an alternation of periods of tension and relaxation. Simply note that relaxation is a means rather than an end.

Conclusion: the main part of the massage session should be constituted of average pressures, brushes

being only used in the phase of preparation. Squashing should be used only during a final phase and only for an initiatory purpose.

2 - Fast or slow rhythm

According to the works of Dr Lefebure, the rhythm of massage should, on average, be of one alternation left hand / right hand per second. The rhythm should match the rhythm of licking of dogs or cats.

One should simply let themselves be carried by their intuition, a feat that is not so difficult to perform as massaging is such a natural need.

Nevertheless, there is a main point to respect, even more important than the precision of the rhythm: never interrupting the rhythm.

More precisely, the contact between the masseur and their patient should not be interrupted. This point is raised by certain books and is certainly instinctively practiced by many masseurs, but it is not necessarily obvious to everyone.

Without a doubt, if the masseur interrupts the contact of their hands with the body of their patient, for example to coat their hands with oil or to increase the heating, or simply to pass from the left leg to the right leg, this produces an unpleasant feeling for the patient.

This sensation can be explained by the fact that abandoning one's mother (interrupting physical contact) creates anguish.

Consequently, the masseur should strive to maintain "contact" during the whole session. A session of massage is a sort of journey performed together, from A to B. If the bridge between the masseur and their patient is severed, it will be difficult to reach the goal of this journey.

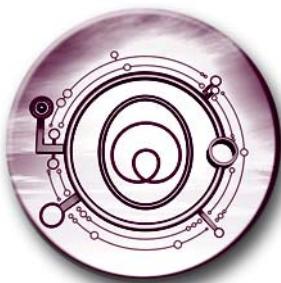
3 - Mode of operation:

Do a phosphene with the phosphenic lamp, then project your phosphene on the part of the body that you are going to massage. This process will deepen the effects of the massage.

Then,

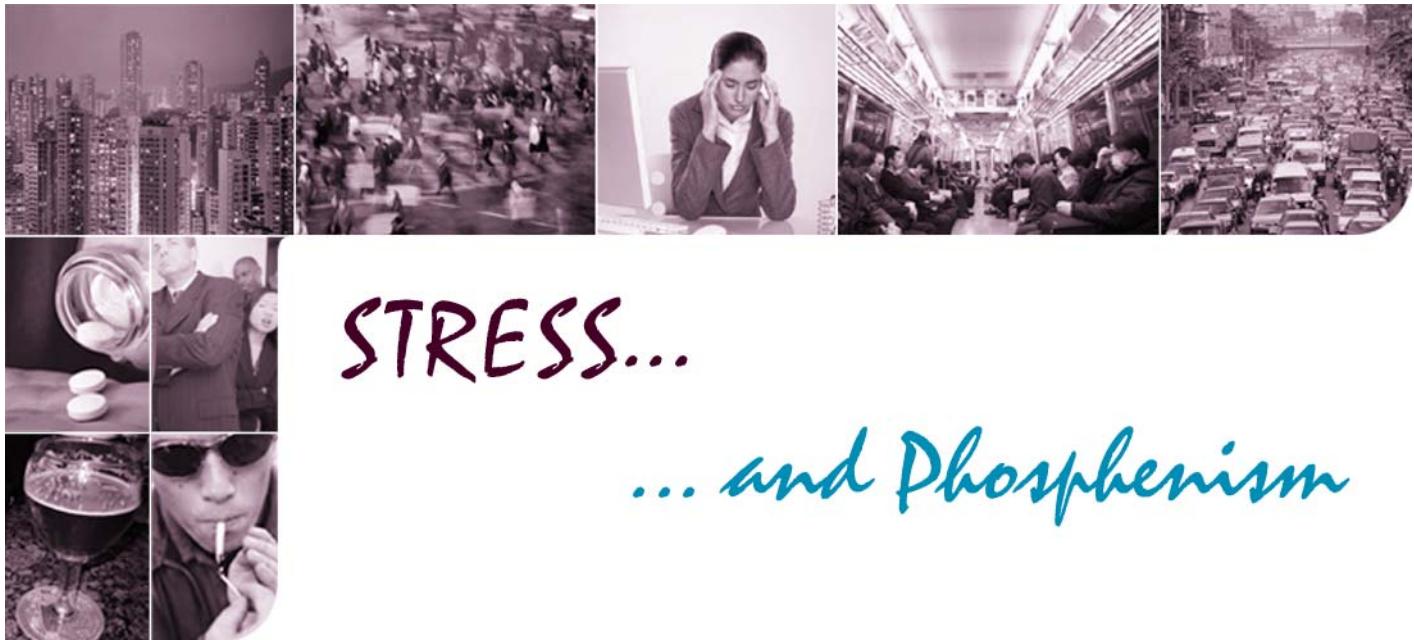
First phase: - The patient lays on their belly: back, right leg, left leg. Left part of the back, right part of the back.
Second phase: - The patient lays on their back: right leg, left leg, right part of the chest, left part of the chest.
Then move behind the head of the patient, massage both sides at the same time, with a very light movement, from the shoulders to the chin (5 to 10 times), then from the chin to the top of the head. Brush a single time the eyelids with your index fingers.

This is a basic way to proceed, it should be progressively combined with a phase of preparation then, after a certain period of training, with a final phase meant to work with "initiatory" perceptions.



STRESS

THE DIFFÉRENT TYPES OF STRESS: THE ACTION OF THE PHOSPHENE



STRESS...

... and Phosphene

Stress is everywhere. Modern science has proved that it generates diseases. In a way, it is the scourge of our times.

We would like to present a revolutionary method of dealing with stress, designed by French physician and researcher Dr Francis Lefebvre. His discoveries in cerebral physiology have enabled him to create several techniques and devices that are particularly efficient for managing stress. After a brief presentation of the fundamental factors that govern the development of stress, we will review several techniques for relieving it.

We believe there are three levels of stress:

- Stress related to the social environment.
- Stress related to the cultural environment.
- Stress related to what we could call the cosmic environment.

1) The stress of survival

Confronted to its natural environment, the animal has to permanently struggle, spend energy, mobilize all its resources to ensure its survival: gathering food, avoiding predators...

In general, mammals are equipped with two mechanisms for adapting to the stress of survival: the first one allows them to optimize all their means of defence in order to face aggression or to adapt in a relevant manner to the environment. The second mechanism allows the mammals to give up life without suffering.

Confronted with danger, the organism triggers reflexes that will help adapting to the situation: the endocrine glands start secreting hormones that prepare the organism to function in a state of urgency.

When the animal is attacked by a predator, there is a moment when it abandons all defenses. The animal goes into a state close to hypnosis so that it does not suffer.

Lethal stress can produce a state of anesthesia where energy leaves the body. Certain authors have explored stress as a means to produce states of trance.

Today, the struggle for life is transposed to business, employment... These situations have become a transposition of the stress of survival though they are mixed with a form of social stress.

2) Social stress

Human beings are sociable creatures and they find comfort in being part of a community. On the other hand, the fear of exclusion can generate a considerable amount of stress.

In the past, banishment was just one step lower than death in the scale of punishment.

Today, there is a new pernicious form of exclusion: unemployment. In a society that is governed by the principle of profit and the worship of productivity, unemployment is often experienced as a violent form of social stress, as individuals feel like they are not part of society any more.

Nevertheless, the main source of social stress seems to be the hierarchic bonds in the community. The frustrations related to the relationship between the dominating and the dominated generate the production of specific chemical substances that constitute a conditioning factor of social relations.

Relationships of hierarchy produce two kinds of stress: the dynamic stress that drives the young to challenge the domination of the old, and the debilitating stress that affects the individuals who cannot escape their situation.

3) Metaphysical stress

The same way they need to find their place in society, human beings need to situate themselves in time and space, confronted by the infinity that surrounds them. Human beings who cannot identify themselves as agents of the cosmic processes are disoriented and suffer from a feeling of isolation.

The Christian legacy that governs Western society is marked by the belief in the apocalypse and the return of the messiah. Consequently, modern human beings are permanently unsatisfied and are always searching for an illusionary progress. Never knowing if this event will take place and the culpability experienced because this event does not happen generate a great amount of stress.

4) The techniques of stress management

These techniques are based on the systematic use of the phosphenes. The phosphenes are all the subjective sensations of light, i.e. those which are not directly produced by light stimulating the retina. They correspond to what ophthalmologists call images of retinal persistency or after images. They can be produced by focusing on sources of light for short periods of time.

a) Relaxation

Simply doing a phosphene is already relaxing. Anglers are a good example of this. Indeed, they spend long hours focusing on the float, and thus doing phosphenes with the reflection of the sun or the bright sky on water. Many anglers relate that this activity relaxes them in a way that cannot be found elsewhere.

In the 1950s, scientists discovered the positive action of light on the production of hormones. Today, it is commonly used for treating patients suffering from chronic depression. Light has a major influence on the production of melatonin, the hormone that regulates sleep.

But, why limit yourself to the phototherapeutic action of light when you can benefit from many other positive effects. Indeed, Phosphenic Mixing (an exercise consisting in mingling a thought with a phosphene) is a powerful stimulant of intellectual activity. Practicing Phosphenic Mixing regularly improves attention, concentration, memory, as well as the spirit of initiative and creativity.

b) Alternating hearing

A principle based on hearing a sound in turn in the right and the left ear, alternating hearing balances the exchanges between the cerebral hemispheres. One of its main effects on personality is to "center" the individual. A "centered" person is less affected by stress and control their emotions better. Thus, practicing with the Alternophone helps the individual to avoid being subjected to the situations of everyday life.

c) The lateral head sway

The effects of this exercise are similar to those of the Alternophone. In fact, it is a different manner to obtain a similar result.

d) The hammock

A third variation of the same principle, the hammock exercise helps regulating cerebral alternation in a simple and fun way. The exercise can be practiced the following way:

- - Do a phosphene.
- - Laying on the hammock, give yourself a good push so that you start swaying. Even better, ask somebody to give you a push.
- - Focus your attention on the sensation of swaying.
- - You can visualize currents of energy that pass through your body as you sway.
- - Keep concentrating like this until the amplitude of the sways has become very small.
- - You will be surprised by the sensation produced by the smaller sways.
- - When you deem it necessary, push yourself again and start the exercise back at the beginning.
- - You can also do a new phosphene approximately every 5 minutes.

This kind of exercise can be practiced in a rocking-chair, but, in this case, it is an antero-posterior sway that is produced. Its effects are slightly different from the effects of the lateral head sway. The antero-posterior sway tends to transform dreams into concrete action. It is more adapted to practicing in the morning.



SUPERLEARNING

STREAMING PHOSPHENIC MIXING



SUPERLEARNING AND PHOSPHENISM



Modern discoveries on the functioning of the brain have deeply changed our understanding of the learning process. Georgi Lozanov, a Bulgarian psychiatrist and educator, is the father of suggestology, the science of suggestion. His research quickly led him out of the traditional framework of medicine, his main interests were the domain of sports and the domain of education. But it is his method for learning foreign languages that made him famous. Using relaxation, suggestion and music, he creates an optimal environment for the student and can attain himself extremely positive results: learning times are divided by two or three, long term memory is improved, all this in an atmosphere of total relaxation.

In the end of the 1970s, two Americans, Sheila Ostander and Lynn Schroeder, introduce suggestology in the United States with their best-seller *Superlearning*. The idea that one can learn much faster and in much better conditions than what is usually admitted is very attractive. Later, many other researchers express interest in this method and a set of theories is developed.

The basic postulates are the following:

Suggestology not only stimulates intelligence and creativity, but it can also help neutralizing psychological blocks.

Learning is produced by conscious and subconscious processes.

Learning must be pleasant, implying relaxation and a variety of approaches.

Later, the various schools of suggestology stressed the importance of the complementarity of the left and the right brain, as well as the holistic dimension of apprenticeship and the quality of the environment. NLP contributed to this by demonstrating that every individual functions in a different way and that education should take that diversity into account.

In 1963, at the same period Lozanov discovered suggestology, a French physician and scientist, Doctor Francis Lefebvre, published *Phosphenic Mixing Applied to Education*, a book that demonstrates the influence of light on mental processes. By focusing on a source of light for approximately thirty seconds (for example, the phosphenic lamp he designed), one can produce a phosphene, i.e. a subjective sensation of light that persists for several minutes. This operation in itself is relaxing. Also, learning during the presence of the phosphene is much more efficient. Indeed, the phosphene channels the attention of the student on the subject of study and favors associations of ideas.

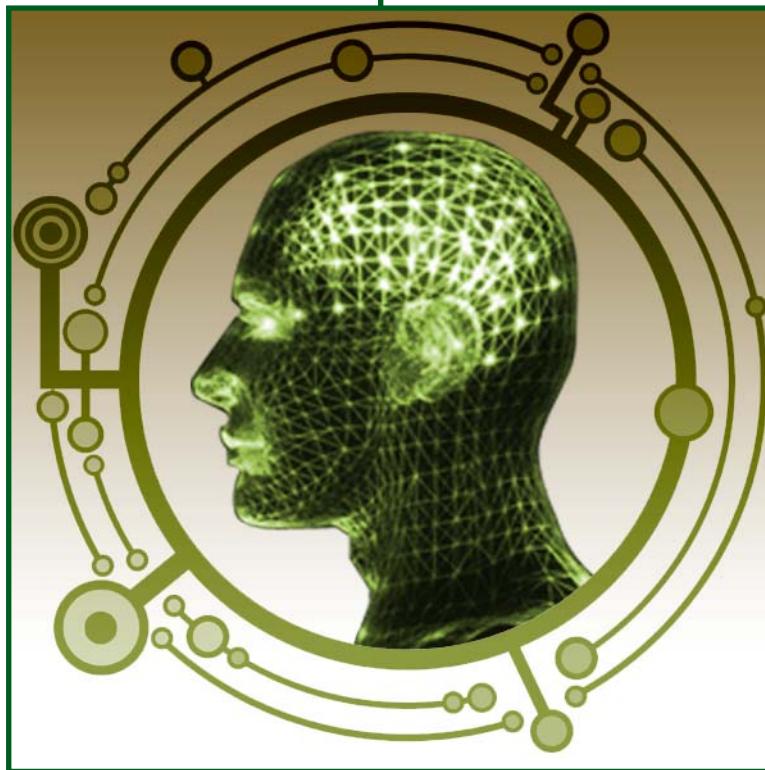
PRACTICAL EXERCISE

You need to write a text. While you are focusing on the phosphenic lamp, concentrate on an image that sums up the subject of your text. As soon as you switch the lamp off, ideas start flowing. When the phosphene disappears, after roughly three minutes, choose the best idea and keep concentrating on it during a second phosphene. During the presence of the phosphene, other ideas will appear, richer and in greater numbers. Pick the most important theme and concentrate on it during a third phosphene; more new ideas will come

to your mind, more and more structured and interesting. There are no limits to this exercise. Your reflection will keep improving.

Superlearning techniques are greatly amplified when they are associated to Phosphenic Mixing. Moreover, Phosphenic Mixing creates a positive mood, stimulates

creativity, and eliminates blocks; it connects the conscious and the subconscious; it is a pleasant process, as it brings relaxation and mental stimulation. Phosphenic Mixing has a positive effect on sleep, mood and sociability.





TANTRISM

GYRASCOPY: THE CENTRIFUGATION OF THOUGHTS



There are two main branches of tantra: physical tantra and mental tantra.

Only mental tantra is initiatory, it consists in transforming sexual energy into mental energy.

Various traditional techniques produce this result. For example, Indian yogis visualize a goddess (or Shakti) dancing in rotation on one of their chakras (women can of course use a male image). Through concentrating like this on goddesses, they end up making love to them in the astral plane in ecstatic experiences during the night.

This principle of transformation of erotic thoughts into energy can also be found with European nuns who, through concentrating on Jesus Christ, end up having sexual experiences with his image in the astral plane. The most famous example is Saint Theresa of Avila and her highly erotic ecstasies.

An efficient way to practice this type of exercise consists in mixing an erotic thought or a fantasy with a phosphene. The phosphenes are all the subjective sensations of light, i.e. those which are not directly produced by light stimulating the retina. They can be produced by short periods of focusing on sources of light.

An exercise of Phosphenism

Do a phosphene.

Visualize a dot of light whirling between the mental image of a fantasy and yourself.

Repeat this exercise several days in a row.

You will experience making love in the astral plane.

The connection between sexual energy and spiritual energy appears clearly in this pertinent comment by Doctor Lefebure:

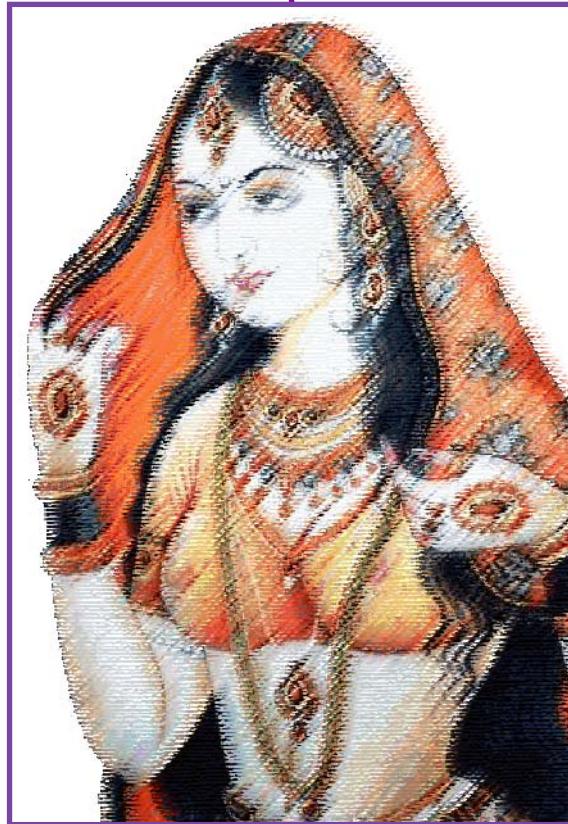
"An astronaut that would travel towards the sun will first see its light above him. After passing the point where the gravity of the earth and the gravity of the sun cancel each other, he will perceive the light of the sun coming from below him. Similarly, in the beginning of spiritual elevation, sexual forces seem to be opposite to spiritual light but, after a certain level of elevation, the mystic realizes that it thanks to these sexual forces (transmuted through exercises of rhythmo-phosphenism) that he/she reaches the greatest illumination." Extract from *From the Praying Wheel to the Spiritual Dynamo*.

The principle of using phosphenes to transform the energy of light into mental energy was discovered by a French physician and scientist, Doctor Francis Lefebure. Thanks to the phosphenes, he designed several cerebral activation devices. One of these devices can be combined with the practice of tantra: the Gyroscope.

Indeed, tantra can lead to sexual deviance. Practicing with the Gyroscope purifies thoughts and helps avoiding these problems.

The effects of the Gyroscope can be compared to the effects of a centrifuge. For example, when blood is centrifuged, the heavier elements are pushed towards the periphery by the centrifugal force. As a reaction, the lighter elements (pure water in this case) are concentrated around the central axis of rotation.

The effect of the Gyroscope on consciousness is the same: the heavier thoughts will be swept out of the consciousness of the individual, producing a genuine purification of thoughts, a token of sanity.





TELEPATHY

THE PHOSPHENES ARE VERY EASY TO TRANSMIT BY TELEPATHY



TELEPATHY and PHOSPHENISM

Whether it is science or science fiction, people have always been fascinated by telepathy and a lot has been written about it. Researchers such as Professor Rhine have accumulated a lot of statistics which have never proved anything. Therefore, telepathy remains confined to marginal research in fringe parapsychological centres.

Nevertheless, the discoveries in cerebral physiology of Doctor Francis Lefebure, a French physician and researcher, allow a better understanding of these phenomena and the mechanisms which produce them. His discoveries are based on the systematic use of the phosphenes. The phosphenes are all the subjective sensations of light, i.e. those which are not directly caused by light stimulating the cells of the retina. The phosphenes illustrate the rhythmic functions of the brain and demonstrate the existence of cerebral rhythms, which can be developed and maintained by practicing rhythmic thinking exercises. Rhythm structures thoughts, improving attention, memory, organisational skills and creativity. During their research, Dr Lefebure and his collaborators realized that the phosphenes and rhythmic thinking are easy to transmit by telepathy.

Experimenting with the telepathic transmission of the phosphenes

"In ordinary conditions of experimentation, the telepathic transmissibility of the phosphenes is very important, much more than ordinary thoughts. If one focuses on a red spot on a white wall for about 30 seconds, and then either looks away or covers it up, one sees a green spot appear. This spot is a phosphene and green is the complementary colour of red."

Mr Delay, experimenting with discs of various colours that a transmitting subject (the transmitter) focused on, noticed that another subject sitting nearby and wearing an eye patch (the receiver), perceived a phosphene. This phenomenon did not occur while the transmitter was focusing on the disc, but while he was perceiving the complementary colour. The phosphene perceived by the receiver was of the same colour as the phosphene perceived by the transmitter, rather than of the original colour of the disc.

It is during this experiment that Mr Delay noticed that the transmission of the phosphenes does not follow the laws that are usually accepted for telepathy. The telepathic transmission of the phosphenes actually depends on both the distance between the transmitter and the receiver and their relative position. The nearer the receiver is from the transmitter, the better the transmission is. The telepathic transmission of the phosphenes is also improved if the two subjects are facing each other.

It is possible to induce particular rhythms to the phosphenes. For example, if two lamps are placed so that each eye of the subject only sees one lamp, and that these lamps are lit alternatively at a rhythm of two seconds, the two phosphenes produced do not coexist but alternate at a rhythm that is characteristic of the subject.

On average, this rhythm is of eight seconds per side and the alternation of the phosphenes lasts roughly three minutes.

It is interesting to note that the regularity of this rhythm conveys much information on the condition of the brain and on the influence that drugs or diet can have on it.

But, it is even more interesting to note that during these experiments of telepathy, the alternation of the double phosphenes was provoked in a subject who was located in a different room and who did not know what kind of phosphene was being transmitted. The receiver clearly perceived two phosphenes, alternating at the same rhythm as the two phosphenes perceived by the transmitter. (Experiment carried out by Mr Raoul Violay) .

Even though you might not want to get involved in such complex experiments, you can observe that if you do a phosphene, it is quite easy to transmit it to another person located near you and who has not focused on the light. Moreover, now that you are aware of how easy it is to transmit phosphenes by telepathy, you will notice in everyday life, spontaneous cases that might otherwise have gone unnoticed."

Extract from Phosphenism, a new explanation of the origins of religion

The definition of phosphenic telepathy, or initiatory telepathy, is different from the definition of telepathy that is usually accepted. Dr Lefebure's research demonstrated that rhythmic thinking, when it has been developed by practice, is easy to transmit to other people. Thus, the term "phosphenic telepathy" means "transmission of rhythmic thinking".

Rhythmic thinking, induced in other people, will produce a movement in their thoughts which is not necessarily equivalent to the transmitted movement. The perception of this movement can take place in a variety of ways: either by images (for example the image of downhill skiing, of ascending in a hot air balloon, of the movement of a clock pendulum, etc.), synaesthesia sensations (the sensation of being on a boat), or by both forms of perception simultaneously.

Experiment of phosphenic telepathy

For this experiment, you will need a transmitting and a receiving subject (which we will refer to as "the transmitter" and "the receiver"). The transmitter can place him/herself behind the receiver or they can face each other. The transmitter does a phosphene, projects it on the receiver and induces a rhythmic thought in the form of a moving dot of light. In the beginning of the experiment, the transmitter can make the spot move in a lateral pendular motion. The best rhythm to use is the rhythm of two seconds: one second to the right, one second to the left. In order to follow a very precise rhythm, a metronome can be used. The receiver should keep his/her eyes shut and remain attentive to the sensations and images that might appear, especially the ones of a rhythmic nature.

Induced rhythmic thinking has a profound action and can help unlocking certain psychic abilities. This explains why certain highly spiritual persons can trigger powerful spiritual phenomena in others, thanks to these techniques. This is the true meaning of Initiation: the triggering of energies that will help the expression and the realization of the abilities people truly have within themselves.

The implications of phosphenic telepathy are actually very profound, as it creates a relationship that involves deep feelings. This form of telepathy is much richer than the simple transmission of figures and shapes. What is involved here is a more complete understanding of another individual through the feelings one receives. This goes beyond the superficial language that we express ourselves with and which limitations do not allow us to describe certain of our feelings. Phosphenic telepathy might even be the "lost common language" mentioned in some legends: the famous story of the Tower of Babel in the Old Testament, for example.



TEMPLARS AND CATHEDRALS

CONTEMPLATING PHOSPHENES

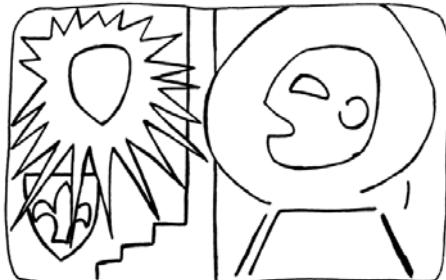


Templars, Cathedrals & **PHOSPHENISM**

There are a number of connections between the Templars, the Cathars and Phosphenism that appear clearly in certain documents, certain traditions and even in the architecture of the time. We will refer to several of these sources in the course of this study.

The Cathars (or Albigenses) used to pray while focusing on the sun. They stated that Jesus Christ had taught such a practice. The castle of Montségur, their sanctuary, was built as a solar temple, an architectural fact that can still be observed today. Indeed, on the summer solstice, the 21st of June, sunlight goes through two thin slits in one of the walls, producing two parallel rays of light that the local legends call "the parallels of Montségur". These two slits look like embrasures for firing arrows, but their location cannot serve this purpose. This particularity of the castle of Montségur shows how important the sun was to the Cathars.

Mgr Truchemotte, the bishop of the church of Bordeaux, published a photograph of a graffiti found in the dungeon where the head of the Templars, Jacques de Molay, was imprisoned.



Graffiti found in the dungeon of Coudray, attributed to Jacques de Molay.

This graffiti can be interpreted as a Templar focusing on the sun or contemplating a phosphene. During excavations in Jerusalem, the Templars found a secret they kept preciously and about which much has been written. Could this secret be related to the phosphenic techniques ?

The following document, extracted from Jean-Claude Flornoy's website: <http://letarot.com/Maitre-Jacques> relates the social turmoil that was the consequence of the elimination of the order of the Temple. An exercise for developing energy (rhythmic walking) is also described, and we will analyse it in the light of the discoveries of Dr Lefebure.

"The tragic execution of the dignitaries of the Temple on March 18th 1314, lead to two consequences that King Philippe le Bel had certainly not considered. First, the Temple was an immense and sprawling organization, specialized in banking and equipped with a major maritime fleet. Its true treasure was its trading posts and its accountants, spread all over the Mediterranean basin and in all the cities of Europe. Its bills of exchange served as checks. Its navy connected the medieval world and maintained order.

The Republic of Venice later assumed this role as, for two centuries, the pride of a king caused France to lapse into war and misery. The second catastrophic consequence was the departure of almost all the companions towards various destinations: Italy, Portugal, the Middle-East... On that fateful afternoon, the masters of the brotherhoods of companions understood that they would be the next to burn at the stake. Consequently, they started the "Great Strike of the Cathars". Within three weeks, all the work on the cathedrals was abandoned and almost all the

crews left for exile. These constructions were only resumed much later by the Church, and with great difficulty. The floorplans and the forms of the buildings were correct, but the science of the energies had been lost. Building a sacred place of worship can only be achieved by understanding the underground forces stemming from the deepest of the earth.

These forces were known and respected under the name of wouivre or wivern. A sacred site is always a location that, in its natural state, is tremendously geopathogen. It is often the intersection of underground streams that makes it dangerous for living beings. It functions according to a simple electrical process. When there is an important charge underground, the micro-electric balance of the surface will occur through the attraction of an equivalent force from the magnetosphere. The forces gushing from the earth are opposed to the forces descending from the cosmos. When you are standing in a geopathogen location, your feet are positioned on the point of micro-electric balance, but your head is not. These forces literally drain you of your energy, that is sucked and digested by the earth. The builders of sacred places have always used these points for their constructions. The more dangerous, the more interesting they were, as the force gushing from the earth was significant. The clairvoyant master builders could visualize the earth's aura and would build according to it.

This force can be broken down into three layers. The first, closest to the ground, was used by the builders of megaliths for their dolmens. The second, of medium size, was used in churches of roman style. The third and largest, corresponds to the gothic style. Stones were used as micro-batteries to build a cage for this aura while letting the forces coming from the cosmos flow on the outside, thus liberating the wouivre that filled the inside of the building. Crypts are always of roman style and actually are modernizations of the dolmens. The builders of sacred places felt that they were installing "machines". They used to call their works athanors, or machines destined to transmute people. The bishops of the time were the enchantors of these machines and conducted immense collective trances. On the summer solstice, in the city of Chartres, locals practiced a trance.

The doors were opened at dawn and, one at a time, the population entered, walking in a line, swaying and marching to the rhythm of music. A stomp to the left, a stomp to the right, they slowly advanced towards the labyrinth and, after exiting from it, they kept swaying and stomping while crowding under the vaulting. All day long, stomp, stomp, the swaying continued, ever amplifying and, when the night came, the doors were closed in order to let the cathedral vibrate fully. Then, after a signal from the bishop, the crowd suddenly stopped and, during a magically silent moment, all these thousands of people reached a state of trance and unity with the divine. This is what Philippe le Bel destroyed when he burnt the Templars at the stake. He widely opened the door to a religious dictatorship: the dark times of the Inquisition started. Platonic immanence gave way to Aristotelian transcendence.

Saint Augustine was defeated by Saint Thomas Aquinas. No more could human beings unite with the divine by themselves, they needed divine "grace" that, of course, only the priests and their rituals could induce. The Templars had protected the fraternities of builders, whatever their obedience. Their disappearance left the builders alone in their struggle against their merciless enemies. The sacred thus deserted the Christian atlantic Occident.

Professionals of such skill were rare. The companion builders were welcome, wherever they went. Venice was the richest, dominating power of the Mediterranean, they settled there. In Northern Italy, where the accountants of the Temple gave birth to the great families of Lombardian bankers, the companions engineered the Renaissance. But, their integration caused the loss of their idiosyncrasies, as they became secular. Overseas, in the Middle-East, and in more particularly in Cilicia, they managed to keep their soul and maintain their ancestral culture. The science of the "pilgrimage of the soul", that had been the backbone of their spirituality for countless time, survived, and they managed to pass it on to us in the tarot."

The exercise described above consists in marking a sway by stomping alternatively with the left and the right foot. Dr Lefebure's research in cerebral physiology can help us decypher this seemingly odd practice. First, any alternating walk or dance creates synchronizations between the brain hemispheres through the alternating use of opposed groups of muscles. This practice is related to the exercise of lateral head sway developed by Dr Lefebure. Also, stomping strongly with the feet stimulates what Dr Lefebure calls osteophene or phene of the elastic properties of the skeleton.

Repetitive dancing also stimulates the myophene or phene related to muscular activity. After practicing, while falling asleep in bed, the participants would feel this myophene as the memory of the sensations their muscles gave them during the dance.

This trance practiced in Chartres is a physiological exercise intended to produce very specific effects, even though it belongs to an empirical tradition that does not try to explain this process scientifically.

Thus, it is possible to improve this exercise thanks to the discoveries of Dr Lefebure, and to practice this kind of rhythmic walk in a forest, for example.

Exercise of rhythmic walking:

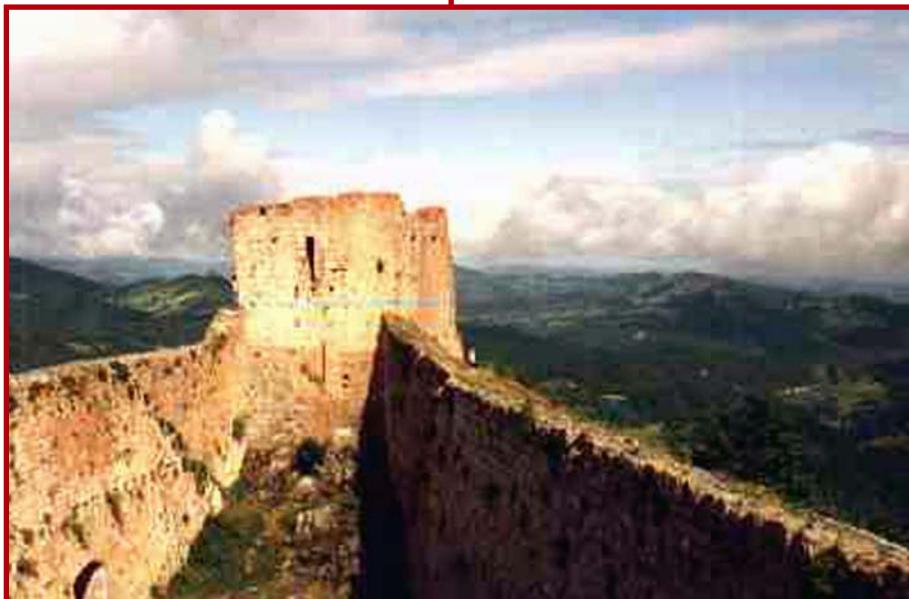
- Set the Mantratron on a rhythm of one beat per second or on a rhythm of six beats per second.

If you do not own a Mantratron, you can use a metronome or you can download audio files in Mp3 format for free on the website of Phosphenism.

- Do a phosphene (ATTENTION !: if you do a phosphene with the sun, focusing should not last more than two

seconds and should be done through a piece of fabric or through the canopy of the forest, without glasses or contacts, as they could provoke severe burns of the retina).

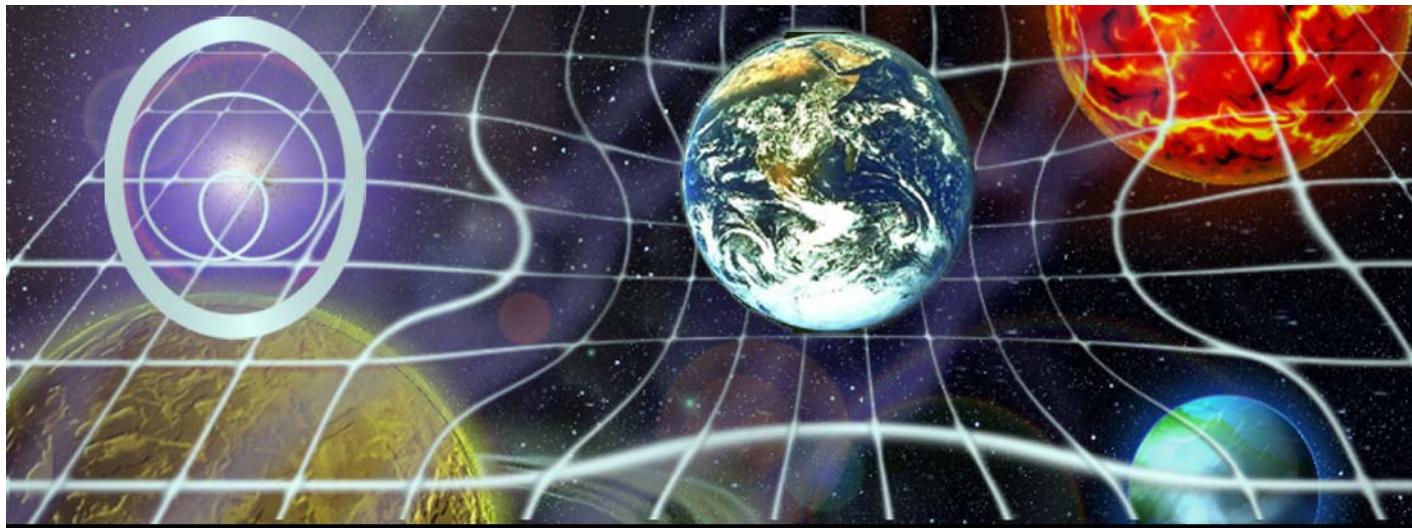
- Walk following the rhythm of the Mantratron: count one step every second. Similarly, if you use a rhythm of six beats per second: you will count 1,2,3,4,5,6, 1,2,3,4,5,6, stomping with your foot on every 1. (right, 2,3,4,5,6, left, 2,3,4,5,6, etc.) .
- Do a new phosphene every fifteen minutes or so, if you practice with the sun. Or every five minutes or so, if you practice with Dr Lefebure's phosphenic lamp. During the next few nights, you might enjoy a fantastic experience of lucid dreaming.





THE STRING THEORY

ASTRAL PROJECTION AND PHOSPHENISM: A PRIVILEGED CONNECTION WITH THE COSMOS: THE UPPER ASTRAL



THE STRING THEORY AND PHOSPHENISM

To familiarize yourself with this revolutionary theory, the best material available is *The Elegant Universe*, a three-part documentary directed by David Hickman in 2003.

The first part is titled *Einstein's Dream*. It relates the quest of the inventor of general Relativity for a unique theory that would include all the laws of the universe. Convinced that he was searching for something essential, he devoted his life to the search for this scientific Grail, keeping a notebook at all times for writing down equations, in case he found the ones that confirmed his Unified Field Theory. Meanwhile, quantum mechanics were being developed though Einstein showed absolutely no interest in them (hence the famous quote: *God does not play dice*). In fact, the theory of the infinitely large and the theory of the infinitely small turned out to be perfectly incompatible. Though Einstein was alone in his quest, this first episode shows that the legacy he left for the future generations was his dream of finding an all-encompassing theory.

The second episode, *The String Theory*, fits in this approach. Its underlying idea is that the whole universe is made of a single ingredient: tiny strings that vibrate in a multitude of different ways, the universe being a gigantic *cosmic symphony*. This theory reconciles the two previous ones, the theory of the microcosm and the theory of the macrocosm.

As for the third episode, *Welcome to the 11th Dimension*, it invites the audience to radically change their conception of space. Brian Greene's humour, his skills as a frontman, drag us into a most exciting experience. The boldest animations capture our attention as the concepts studied drift away definitively from our everyday lives. Here our universe becomes a slice of bread ! The other slices of the loaf are parallel universes. And, of course, there are hundreds of such loaves. Enough to make your head spin ! Especially when Brian Greene brings up the pathways that lay between these universes. And what if the Big Bang did not mark the beginning of our universe?

An amazing scientific epic, the history of the discovery of the string theory, from its inception to the unification of its five different versions by Edward Witten, will certainly fascinate you, especially if you practice Phosphenism.

But let us go back to the scientific presuppositions of this theory situated at the far end of science. The universe is composed of "string-like, tiny, oscillating strands of energy". If an atom was enlarged to the size of our solar system, these strings would be the size of a tree. The strings of a cello can vibrate at different frequencies and thus produce various notes. Similarly, it is the different modes of vibration of the

strings that confer particular characteristics to particules, i.e. their mass and their charge.

There lays the elegance of this theory, but also its weak point. Indeed, can we really speak of theory when faced by one that is impossible to disprove? There are no experiments nor observations that are in the position of doing so. Strings cannot be observed. Does the string "theory" belong to the domain of physics? Or does it belong to the domain of philosophy?

Let us now briefly describe Phosphenism, in order to demonstrate that it goes in the same direction as this "theory".

In 1959, Francis Lefebure, a French doctor and researcher, had the idea to check the efficiency of the initiatory exercises that had been taught to him, by using the phosphenes. The phosphenes are all the subjective sensations of light, i.e. those which are not directly caused by light stimulating the retina. This is how he discovered the importance of the rhythm of two seconds. He realized that when he swayed his head laterally at this pace, the phosphene followed the movements of his head. On the contrary, when he swayed his head faster or slower, the phosphene remained fixed. Building from this discovery, he studied what would happen with two phosphenes and developed the award-winning Cerebroscope. This device allowed him to monitor cerebral rhythms in a new, revolutionary way.

Three years later, he decided to experiment with thinking about a precise subject during the presence of the phosphene. This is how he discovered the foundation of what would become his method: Phosphenic Mixing. Phosphenes and thoughts interact dynamically, allowing the development of memory, intelligence and creativity.

Phosphene, rhythm and thought, these are the fundamental ingredients of Dr Lefebure's "scientifically improved yoga".

The idea that the universe is constituted of tiny vibrating strings is particularly attractive to the Phosphenists, as they consider that rhythm is a primary component. Also, the fact that these minuscule "ingredients" that compose the universe can resonate together to perform a cosmic symphony, can seduce the minds who are trying to achieve resonance with themselves and the universe they live in.

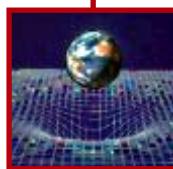
Dr Lefebure, and those who walked in his steps, have developed a privileged relationship with the cosmos. Indeed, Dr Lefebure used to meditate in the direction of the constellation of Sagittarius to establish a relationship with *spirits, guides, electrons* of a high energy level.

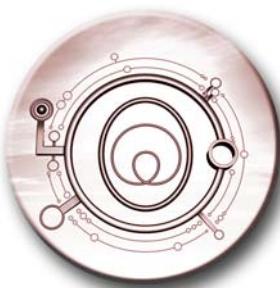
Some veteran Phosphenists are unwary travellers who wander back and forth across the cosmos (the universe lays within us...).

"(...) one night, I find myself in a scenery that I know very well, as it is a place where I spent a part of my childhood and all my summer holidays: my cousin's farm in the Brittany region of France. There, in the middle of a field, stands a massive tree. I move towards it and, slowly, I enter it, as if I wanted to be at one with this tree and with nature itself. Then, I feel propelled up into the sky. I am rising. I am moving away from the earth and it is becoming smaller and smaller. Above me, I perceive the infinity of space. Suddenly, I am freefalling at a tremendous speed. I have just crossed the spiritual equivalent of the line of equal gravity, i.e. the line where the attraction of the earth is cancelled by the attraction of the sun. I have just entered the "high astral". I keep travelling, and find myself in the cosmic plane. There, a grand sight is presented to me.

Myriads of stars shine in the distance (...) I contemplate this subjective universe."

Extract from: *Preparation for Astral Projection or The Exploration of the Subjective World*, by Daniel Stienon.





TRANCE

INDUCING RHYTHMS IN PHOSPHENISM



From the latin word transire - "to cross", the word trance is connected to the notions of threshold or channel. From the 5th century, the word trance is used to signify the passage from life to death, but it is in the 14th century that it acquires the meaning of "a particular psycho-physiological state". The word is then used more and more to signify the passage through different states of consciousness and, today, it is particularly linked to shamanism.

It is also interesting to note that the word trance is commonly used in the vocabulary of rave parties, to define a particular style of techno music but also to represent the various states of consciousness produced by the combination of music and the consumption of psychedelic drugs. Though it is based on dangerous excesses, the culture of rave parties seems to be a kind of neo-shamanism or resurgence of an ancient instinct of transcendence.

The states of trance are often interpreted as states of religious ecstasy; several operating modes can produce these states: prayer, religious rites, meditation, breathing exercises, yoga, certain physical exercises, tantra, music, dancing, fasting.

These different techniques are related to the cultures that developed them and are all part of various traditions. Thus, experiences of ecstatic states of consciousness are interpreted within the context of these cultures and traditions.

Shamanism is probably the oldest tradition to have practiced trance. Indeed, shamanism is the first religion and dates back to the dawn of humankind. Shamans systematically use music and more particularly rhythms to produce states of trance. Dances are often a major part of these rituals. But, this type of mechanisms can also be found in many

subsequent traditions which practice trance. The Sufis, for example, use dancing and music to achieve contact with the sacred. The animist traditions of Africa or Voodoo also practice trance induced by dancing and music. The Eastern practice of reciting mantras is also based on the notion of rhythm, a notion that is much more important than the actual meaning of the words that compose the mantras.

The production of states of trance seems to follow certain universal modes of operation.

Dr Lefebure's discoveries bring out a new comprehension of these phenomena. Understanding the physiological mechanisms that produce states of trance has permitted Dr Lefebure to draw several essential conclusions and to go beyond the empiricism of primitive cultures.

It is thanks to the systematic use of the phosphenes that Dr Lefebure has been able to study the cerebral mechanisms that are responsible for the production of states of trance. The phosphenes are all the subjective sensations of light, i.e. those which are not directly produced by light stimulating the retina. They correspond to what ophthalmologists call "images of retinal persistence" or "after images". The phosphenes follow their own particular rhythms. Thus, producing a phosphenes by focusing on a source of light also induces these characteristic rhythms in the subject's thoughts.

In *Phosphenism: The Scientific Explanation of the Origins of Religion*, Dr Lefebure describes the connections between light and the techniques used for producing states of trance, the latter being inspired by the former.

"The study of the rhythms of the phosphenes is of major importance for understanding their relationship with religious rites. If one thinks during the presence

of a phosphene, one's thoughts tend to follow the natural rhythms of the phosphenes, though one has, on the contrary, the subjective feeling that it is the phosphene that is adapting itself to the rhythms of thought processes

Focusing on the sun is the basis of all religious rites. The rhythm of the solar co-phosphene actually induces the rhythm of prayer, generating currents of energy within the body that are exteriorized by way of dances and postures."

States of trance are thus provoked by the induction of a rhythm in thoughts.

The techniques based on breathing or prayer also use rhythms. Their practice can be sensibly improved by using regular and repetitive rhythms. Dr Lefebure designed a scientifically improved yoga: Phosphenism. This set of techniques systematically uses focusing on sources of light and inducing rhythms in thoughts. Its results do not need to be proved but experienced.

An Exercise of Rhythmic Thinking

Choose a repetitive music (traditional shamanic music, Gnawa music from Morocco, Ju-ju music from Nigeria, deep techno/trance, etc.)

Do a phosphene by focusing on the phosphenic lamp for thirty seconds.

Sing the rhythm mentally.

Follow the rhythm with a soft sway of the body.

Do a fresh phosphene every 5 minutes.

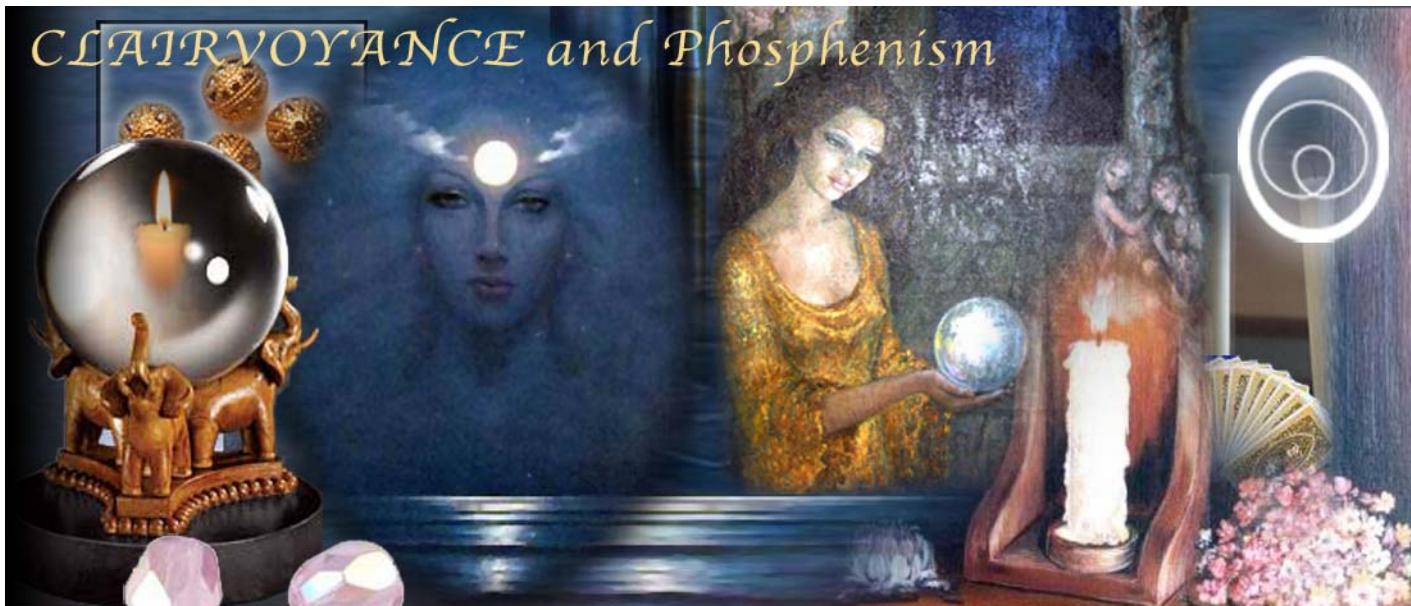
At the end of the exercise (15 to 45 minutes), observe your state of consciousness.





CLAIRVOYANCE

POLARIZED LIGHT: THE ESSENTIAL PRINCIPLE FOR DEVELOPING CLAIRVOYANCE ABILITIES.



Clairvoyance is the ability to perceive information through visual subjective perceptions. Clairvoyance takes place in a flash, through the appearance of very brief mental images which interpretation is obvious rather symbolic.

Clairvoyance is different from divinatory sciences. The latter consist in an intellectual interpretation of signs obtained through various media (cards, star charts, etc.).

Since the beginning of humankind, people have aimed to foresee the future, to determine the most auspicious moment for undertaking an action, etc. Clairvoyance has been practiced in all the domains of human activity.

Sometimes, clairvoyance became an institution. It was the case with many civilizations of the ancient world, for example in Delphi, where the people used to consult the Oracle and its priestesses, the Pythia, who obtained visions by focusing on a fire.

Clairvoyants generally use a medium to produce visions: a crystal ball, fire, a bowl full of water, torches, etc. The common characteristic of these media is that they all are related to light. Again, clairvoyance differs from the divinatory sciences because of the nature of the media used.

Dr Francis Lefebure, a French physician and researcher, made many discoveries in cerebral physiology. These discoveries explain the mechanisms of clairvoyance. His research was based on the systematic use of the phosphenes. The phosphenes are all the subjective sensations of light, i.e. those which are not directly provoked by light stimulating the retina. Phosphenes can be obtained by focusing on sources of light for short periods of time.

Dr Lefebure defined a certain number of parameters that come into play in phenomena of clairvoyance. The production of phosphenes using sources of light is systematic. For this purpose, clairvoyants use varied supports. Placing a candle near a crystal ball, for example, creates lighting conditions suitable for clairvoyance. The use of a fire, the moon or of the reflection of the sun on water produce the same kind of effects.

Polarized light, i.e. light reflected by a surface, is particularly conductive, as Dr Lefebure demonstrated. The light of the moon, the reflection of the sun on water or the reflection of a candle on a crystal ball belong to this category.

In *Phosphenism: The Scientific Explanation of the Origins of Religion*, Dr Lefebure analyses the circumstances in which certain clairvoyants developed their gift.

Pentier, the fisherman from Berck

"It was a man called "le père Pentier" by the population of Berck (Pas-de-Calais, France). His gift of clairvoyance was quite famous in the area, and we were able to verify that his reputation was deserved. He talked very little, but everything he foresaw happened. He was retired, but he used to be a fisherman.

According to a custom of the time, he always used to pray while he was working and he attributed his gift of clairvoyance to the fact that he prayed to Saint-Côme and Saint-Damien. He believed that these saints were particularly powerful because they came from primitive Christianity. But, as with other cases that we had the chance to study, and though he actually was a clairvoyant, we believe that he was mistaken on the cause of his gift, though this assumption might seem surprising. Indeed, the two syllables "Côme" and "Dam" hammered out his litanies : we believe that it is thanks to them that he practiced rhythmic thinking. Also, he told us that in the beginning, his clairvoyance only took place when he focused on water.

It is only much later that we understood why : he mixed his litanies to the two saints with the phosphenes produced by the reflection of the sun on water, and it is only after a long maturation of his brain by this exercise that his clairvoyance could persist in the absence of phosphenes.

Let us also quote the case of Mrs. Spique, who since the age of six has been subject to real bouts of clairvoyance ; for example, while she was talking about something completely different, she used to see a white ball that started whirling. Inside this ball, as it became transparent, appeared visions that she described. On one occurrence, she gave us many details about a character that coincided exactly with our father, who had been deceased for a long time and about whom we had never talked to her. The precision of the details was amazing, as she described the major part of our relationship with our father.

When she was a child, she used to scare the people around her by announcing deaths or accidents that took place soon afterwards.

She told us that when she used to live in Algiers (Algeria) between the age of three and six, she had such a degree of rachitis of the lower limbs that she was disabled, and could absolutely not walk. During this period, in order to fortify her, she was taken to the beach with a doll and, as she would get bored quickly by this toy, she used to spend hours looking at the reflection of the sun on water as a game.

It is interesting to note that this habit not only seems to have developed her clairvoyance, but also seems to have had a favorable action on her character as she developed a great generosity."

The poetess Minou Drouet

"Everyone in France knows the child prodigy Minou Drouet whose poems amazed the world, when she was only 12 years old. She was so famous for a while that, sometimes when she visited provincial towns, crowds would gather as if she was a head of state.

All her biographies agree to say that while she was in an orphanage, she seemed slightly retarded. Her foster mother took her to a house that was located near the ocean and, instead of sending her to school, let her do as she pleased. We have learned, from her mother, that she used to look at the reflection of the sun on water for hours, every day, and that at the same time, she swayed softly her head from left to right. After a few years of this solitary game, the people around her realized that she had become a genius.

The process that took place here seems obvious to us and will be confirmed by another case that we will quote later. When she focused on the reflection of the sun on water, she mixed her child reveries with the phosphenes produced by the movements of this reflection.

Moreover, as we have seen previously, swaying on a pendular rhythm of two seconds is a natural rhythm of the phosphenes. Thanks to this watery mirror, Phosphenism carried her along into this rhythm, as the pendular motion of the phosphenes and the movements of the waves are of a similar nature : sinusoidal.

Experimenting with hearing a sound alternatively in and the right and the left ear, thanks to a device called "Alternophone", has showed that these alternating stimulations are very beneficial for the functioning of the brain. They develop a stronger attention, sharpen artistic sensitivity, but also make thoughts surge in a polarized form, a process that favors the creation of verses. As does Phosphenic Mixing, this alternating hearing process simultaneously increases the quality and the quantity of ideas.

The action of Mixing and the action of alternating hearing thus belong to the same category of phenomena, and have led us to the discovery a previously unknown function of the brain that we have called "rhythmo-phosphenic function".

Minou was guided by her instincts towards the phosphenes produced by the reflection of the sun on the moving waves. The latent rhythmic power of the phosphenes manifests itself as soon as it has a chance : Minou instinctively started swaying her head, another practice which has the ability to develop a more vivid intelligence by its effects on the higher abilities of the brain."

Exercise : contemplating the reflection of the sun on water

Find a suitable stretch of water. A simple basin will suffice.
Place yourself in a way that allows you contemplate the reflection of the sun on the water.
Wear a cap, so that the sun does not shine directly on your eyes.

Focus on the reflection. You will see various forms appear : arrows, triangles, crosses, snakes of fire... These perceptions are your cerebral rhythms that are activated by light and the rhythm of the ripples. After approximately three minutes, close your eyes and observe the colors. With a little bit of practice, you might perceive visions of characters or sceneries in the reflection of the sun.



THE DEVELOPMENT OF CLAIRVOYANCE: COURSE AND PRACTICAL EXERCISES ON 6 CDs

A FORMATION IN CLAIRVOYANCE

What is clairvoyance and how can it be developed ? Is it true that certain persons have the ability to perceive, beyond time and space, events that have or will actually occur ?

Doctor LEFEBURE's research has proved that this phenomenon actually exists, but that it is nevertheless quite rare. The persons who have this gift claim that it has developed unconsciously, as they never have tried to do so. On the contrary, the persons who try to develop this gift do not obtain results. This shows that there is a missing key to the understanding of the nature of clairvoyance and to its use.

This key would allow the understanding and design of the foundation of a genuine conscious and methodical development of clairvoyance phenomena. Moreover, it is interesting to note that the persons who have the gift of clairvoyance usually attribute the development of this ability to elements that actually have nothing to do with clairvoyance. Without the necessary knowledge, they have not been able to analyse the circumstances and the conditions of this development.

As he interviewed clairvoyants, Doctor LEFEBURE noticed that certain elements came back in a systematic manner.

This course on audio CD provides you with a study, starting with the basic experiments, which purpose is to lead you to the most advanced clairvoyance phenomena.

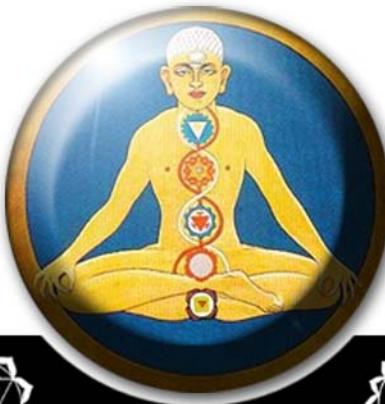
22 lessons and more than 56 practical exercises.



YOGA

PHOSPHENISM: THE PRINCIPLE OF MENTAL YOGA

YOGA



&
PHOSPHENISM



From the sanskrit yuj (union) which gave the english word "yoke", yoga appeared at least 5 000 years ago in northwestern India, as testified by ancient coins representing a yogi sitting in the lotus position.

Written between the 2nd and the 3rd century AD by Patanjali, the Yoga Sutras constitute the basic reference manual of yoga. The Yoga Sutras specify the eight precepts that govern the practice of yoga:

- Yama (the moral code for interactions with other people).
- Niyama (the moral code for the self).
- Asana (posture).
- Pranayama (controlling breathing and thus the prana or vital energy).
- Pratyahara (the reversal of sensory activities towards the inside).
- Dharana (the concentration of attention on an object).
- Dhyana (meditation, the contemplation of the true nature of reality).
- Samadhi (liberation, the hyper conscious state of illumination).

Patanjali's ancient yoga (also called Raja Yoga) is opposed to the more recent yoga of Swatmarama (or Hatha Yoga), developed during the 15th century AD. Their opposition is mainly due to the fact that Hatha Yoga concentrates on the purification of the body, leading to the purification of the soul. In the case of

Raja Yoga, the process is reversed: it is the work of the mind that produces the energy that generates the postures. We can thus say that Raja Yoga is a yoga of the mind, when Hatha Yoga is a yoga of the body.

Consequently, we will focus our study on Raja Yoga, the mental form of yoga. We will study this form of yoga in the light of the discoveries in cerebral physiology of Doctor Francis Lefebure, a French physician and scientist who, thanks to the systematic use of the phosphenes, designed a protocol of exploration of the brain: cerebroscopy. The phosphenes are all the subjective sensations of light, i.e. those which are not directly produced by light stimulating the retina. They can be produced by focusing on a source of light for a short period of time. Cerebroscopy allowed Dr Lefebure to measure precisely the effect of the exercises of yoga on the brain and to establish laws of cerebral physiology applied to initiation, thus creating a scientifically improved yoga: Phosphenism.

Dr Lefebure demonstrated that the phosphenes is a reversal of the sense of sight towards the inside, the same way the acouphene is a reversal of the sense of audition towards the inside. In fact, to each physical sense corresponds an inner sense, forming together a second sensory system: the phenic system. Mixing a thought with a phene is the basic exercise of Phosphenism. We believe this constitutes the true

meaning of Pratyahara or reversal of sensory activity towards the inside. There is also a phene related to breathing, the pneumophene, that can be stimulated by maintaining a slight "thirst for air".

Rhythmic breathing exercises

Dr Lefebure's first innovation in the domain of breathing exercises or Pranayama, is the use of a precise rhythm (provided by music or a metronome).

Square breathing:

Set your metronome on 60 BPM, i.e. one beat per second.

Do a phosphene.

Breathe in for 6 seconds.

Maintain the air in your lungs for 6 seconds. (Retention with lungs full)

Breathe out for 6 seconds.

Maintain your lungs empty for 6 seconds. (Retention with lungs empty)

Continue this cycle until the phosphene disappears (roughly three minutes).

Do another phosphene and start the cycle again.

Visualize a dot of light rotating in your lungs during the phases of retention.

This value of 6 seconds is only a guideline, other values can be used, depending on the capacity of one's lungs. It is the precise regularity of the phases that is important.

Circular breathing:

Similar to square breathing, circular breathing does not, however, contain phases of retention. It is a kind

of square breathing which angles would have been rounded off.

Set your metronome on 60 BPM, i.e. one beat per second.

Do a phosphene.

Breathe in for 4 seconds, starting by breathing very little and progressively increasing the flow of air.

Keep breathing in for 4 more seconds but, this time, progressively reduce the flow of air until you barely breathe in.

Breathe out for 4 seconds, starting by breathing very little and progressively increasing the flow of air that comes out of your lungs.

Keep breathing out for 4 more seconds but, this time, progressively reduce the flow of air until you barely breathe out.

During circular breathing, visualize a dot of light rotating inside your lungs or around your head, or around your body. The dot of light can follow the rhythm of breathing (one full circle in 16 seconds).

Maintain this breathing cycle until the phosphene has disappeared (approximately three minutes).

Do another phosphene and start the cycle again.

The value of 4 seconds is only a guideline, other values can be used, depending on the capacity of your lungs. Nevertheless, we advise you to start practicing with these values as increasing the length of the phases is not the purpose of this exercise. The purpose of this exercise is to breathe with a slight lack of air.



THE YOGA OF TWO SECONDS

A practical manual describing the traditional zoroastrian exercises presented in "The Initiation of Pietro". Practicing them regularly is the key to the awakening of supranormal psychic abilities as well as wonderful phenomena like states of illumination, prophetic visions and phenomena of premonition and clairvoyance.

This technique is the perfectioning, based on physiological foundations, of ancient empirical methods which had sometimes grand but fickle results.

Generally, as soon as the individual starts practicing, a deep, genuine contact with the true occult force is experienced. This technique is the only one that can produce such results so fast.

TRAININGS

FLOW CHART

BASIC TRAINING

CEREBRAL DEVELOPMENT AND ACTIVATION

How to transform the energy of light into mental energy. Using the phosphenes for developing memory, intelligence and creativity

Individual Development through the Application of Phosphenism in everyday life.
Get a positive effect on your destiny.

TEACHER TRAINING

Becoming a teacher

ADVANCED TRAINING

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Practical workshop : Fast access to very advanced phenomena

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