

## **Preparation (protection)**

adapted from [www.manteum.com](http://www.manteum.com)

You are about to undertake a journey into an altered state of consciousness, in an attempt to bridge the gap between this life and the next. In preparation, take a moment to ensure that you are protected from any unwanted attentions that may be sprung upon you from this world or any other. When you sit down, close your eyes and say a few words asking for protection. You can imagine yourself bathed in light, or ask someone you feel close to for help and guidance. A brief preparation will help ensure that your experience inside the psychomanteum is a positive one.

## **Preparation (healing)**

adapted from Guided Meditations, Explorations, and Healings, by Stephen Levine

At the center of the chest, on the sternum, the breastbone, generally between the nipples, is the heart center. This is an energy focal point of considerable tenderness at times, particularly when strong feelings of grief, self-protectiveness, fear or loss are present. This heart area, analogous to Conception 17 in the energy technology of acupuncture, is the grief point as well as the touch point of the heart. Breathing in and tapping the grief point may awaken the touch point. Press gently into the point with the thumb, massaging small circles over the heart.

This preparation makes room in our heart for our pain, for our healing, and can initiate greater access to the heart point. One need not have experienced the death of a loved one in order to find this exploration a useful endeavor.

## **Mirror Gazing Practice**

Based on the methods of Dr. Raymond Moody, adapted from [www.themanteum.com](http://www.themanteum.com)

Sit quietly and close your eyes for a few moments in preparation for gazing practice.

When you're ready, open your eyes and look into the center of the mirror. Because of the mirror angle, you might not see yourself.

This is intentional.

Allow your breathing to slow down as you continue to look into the mirror. Your focus may change between the surface of the mirror to a point on the other side of the mirror.

Your eyes may begin to see a milkiness (when you blink it may go away and reappear).

Continue to gaze, breathing slowly.

After a while, you will almost certainly feel that you are not alone. You may see mist or a cloudy surface.

At this point you are beginning to break down the barrier between worlds.

You may see shapes or faces. With practice and experience, shapes can become so real that they seem solid.

You may sense physical touch or even an embrace.

You may wish to ask for advice from those you meet or may simply wish to resolve an issue with the person, that was not properly resolved prior to losing them. You will know when the experience has ended.

At the end of gazing practice, give thanks to whoever provided you with protection during the session.