

Table of contents

Hint on consciousness	13
 PART 1	
Meditation	21
The technique of meditation	24
Post-meditation	28
“REGALIA” of meditation	30
Development of meditation	31
Fundamental requisites for the development of meditation	36
Some methods of meditation	42
The role of the instructor	45
Exercises — experimentations	50
Enhancement of the positive qualities	61
Intermediate stage of meditation	66
On mantras	68
On chakras	71
“MODUS VIVENDI” of meditation	78
Adepts’ attainments through meditation	83

PART 2

Contemplation	103
The technique of contemplation	107
How to be highly receptive to vibratory impressions and cosmic impulses	110
Development of contemplation	114
Symbols	118
The subconscious	121
Man's components of consciousness or invisible aspects	126
Reincarnation	135
Past - Present - Future	145
Contemplator vs. non-contemplator	147
Afterword	149