



SEARCHING WITHIN

A Nine Week Course

WEEK 8 EXERCISE

Retrospection

By Beelzebub

This is a technique to look back over the egos that have appeared during the day and to see how they have caused you to act. It basically involves a retrospective exercise, just like the one to remember dreams, except that instead of remembering dreams when you wake up in the morning, at the end of the day you look back over what has happened during the day.

This will allow you to get more information about your different inner states in detached way.

Without thorough training in the sense of self observation, the days usually go by without one being aware of certain inner states (egos) and harmful actions that may have been present.

It is useful therefore to look back over the day to see what has happened, just as you look back over the nights dreams. Sometimes in reflection like this you can look upon a scene in a detached way and see an inner state (ego) or a mistake that has been made, when at the time you were caught up in the inner state and there was no awareness, or you justified its manifestation or a wrong action. If you have been aware of what has been happening inside during many moments of the day as they happened however, you will be able to see much more about the particular inner state when you look back over it in this retrospective exercise.

Examples of some of the things you could look for could include how you react to different situations as they arise in daily life, whether you can see any strong emotions, or whether you can spot if there are any feelings of negativity behind any of your actions.

Begin the process of self-discovery by looking into your different reactions, emotional outbursts, anger, fear, hatred of others, dishonesty, negativity, etc; observe as many as you can as you look back over them throughout each day for this week.

It is also possible to see the repetition of actions caused by inner states and to see the same state manifesting again and again, particularly if this exercise is done each day.

The Technique

To do the exercise, sit or lie comfortably towards the end of the day (but not at the very end if you are already carrying out techniques to astral project, because it should not conflict with or take time from astral projection) and look back upon what has happened during that day as if you were watching a movie, in a detached way, without getting involved in the scenes that pass by.

Start at the beginning or at the end of the day and work your way through, or start from the present time and work your way back, whichever you find most comfortable with. This exercise also helps to strengthen the dream recall exercise.

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