

# IX. Manifestations of the Energy

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*from the book The Inner Look*

*The seventh day.*

1. This energy in motion could become “independent” of the body yet still maintain its unity.
2. This unified energy was really a sort of “double” of the body, corresponding to the coenesthetic representation of one’s own body within the space of representation. The sciences that deal with mental phenomena have not paid sufficient attention to the existence of this space or to the representations that correspond to the internal sensations of the body.
3. The energy duplicated in this way, that is imagined as if “outside” the body or “separated” from its material base, either dissolved as an image or was represented correctly, depending on the internal unity of the one carrying out this work.
4. I was able to confirm that the “exteriorization” of this energy, which represented one’s body as “outside” of one’s body, could be produced even from the lowest levels of the mind. In these cases, a threat to the most basic unity of the living being provoked this response in order to safeguard the one who was in danger. That is why, in the trances of some mediums whose level of consciousness was low and whose internal unity was imperiled, these responses occurred involuntarily and were not recognized as being self-produced, but were attributed to other entities.

*The “ghosts” of certain peoples, like the “spirits” of some fortunetellers, were nothing but the “doubles” (the self-representations) of those who felt themselves possessed. Having lost control of the Force, their mental state was darkened in trance, and they felt controlled by strange beings that at times produced remarkable phenomena. Doubtless this was the case of many who were said to be “possessed.” What was decisive, then, was control of the Force.*

*All this changed completely my conception of both daily life and of life after death. Through these thoughts and experiences I began to lose faith in death, and now I no longer believe in it, just as I no longer believe in the non-meaning of life.*