

**abc23. Meditation for Inducing Altered States of Consciousness**

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**Meditation for Inducing Altered States of Consciousness**

Meditation has several phases or states to enter through. One can meditate inwardly or outwardly. Meditation may induce a heightened state of all the senses. We are talking silent meditation not the aural kind where a mantra is sounded usually a vowel of some kind that you feel an affinity to. That sounding off meditation is called Transcendental Meditation and there is research showing it has positive effects on the body.

Meditating on a candle flame silently for hours will take one to a point where no other thought is in the mind except you and the candle. In this state you are still aware that you are you and the candle is the candle. It's a you are here and it is there kind of thing. That is an early phase.

Continuing on with the meditation takes one to the place where the distinction between you and the candle blurs. You meld with the candle and become one with it. That is another phase. That is about all you really need to know about this at this time.