

Preliminary Statement of the Requirementss for Direct Self-Initiation

If we want to open ourselves to the experience of the sorts of things written of here [in the book *Man, Son of Man*], the sorts of things for which people expect to get proof but whose proof lies only in the self-evidence of personal experience, it is not enough to think and argue. We have to turn ourselves into experimental laboratories, to produce in ourselves the conditions in which certain phenomena are likely to occur:

1. Eat less
2. Sleep less
3. Relax less
4. Read and discuss only subjects related to our inquiry
5. Keep our minds constantly alert and watchful (an indirect reference to Self-remembering)
6. Become more sensitive to both internal and external 'atmospheres'
7. Spend long periods in [silent] meditation
8. Sleep watchfully (an indirect reference to Self-remembering)
9. Read and analyze dreams, visions and fantasies
10. Keep our intention present in our minds throughout our waking hours
11. Deal with our doubts as to whether things we become aware of are real or hallucinations
12. Pay attention to odd facts: hypnotism, thought reading, faith healing, ghosts, precognition
13. Be cautious of exaggerated claims

From Sri Madhava Ashish, *Man, Son of Man* (Wheaton: TPH, 1970) pp. 20-22