

## **On Internal Maps of Mind**

*August 2015; by Feywer Folevado, Temple of the Tree*

The Tree of Life being only one such map of the Mind of Man and his connection to the Unity, other diagrams and personalized maps of internal exploration and design are just as common. Here the creator of such a map must be so careful to avoid falling into delusion of fantasy; creating a false world in itself that loses all touch with objective reality. An internal world must not be retreated into and attempted to be lived or lost within, the metaphor of a 'Castle of Sand' then arrives because the illusion of fantasy will crash around that creator, then succumbing to the reality of which has been so tirelessly built up.

Likewise to the ancient cultures and their notions and descriptions of their respective planes of existence, we have our own 'versions' as well. The Qabalah and the Qliphoth and their message conveys very well these otherworldly places as spheres of awareness and unfolding understanding. However, these diagrams are not maps themselves. They are abstractions of their connections and the way it works. Each experience and pathworking along these diagrams will yield very personal and subjective landscapes, creatures and places, which obviously is a reason - as the tree is built up from the roots - each tree is uniquely itself in the way it has grown, but they all have their roots within the earth and their leaves to the heavens.

*A Man is to his Body as he is to his House.*

*This House has many rooms and passages.*

*This House must be kept clean and light and free.*

*Each House is not the same, each House has a personality.*

'Guided Visualizations' - if they could be called that, are more like stories read aloud, which one follows along with in their minds. They are more like mental exercises than genuine traveling experiences. However this may be, what matters is not the actuality of these 'structures', although they do exist (within the Mind), but rather the message and meaning behind them. A good story has a lesson or a message in the end; likewise, a mental construct-world has its characters, features and aspects that come from the self, and represent certain aspects - and interacting like a psychic drama. Not clashing, but correlating and interacting with each other, as all [properly] functioning systems do.

Exploring and charting the Astral is an interesting experience. Places and features are not always the same and certain things change according to the status of the individual, or things happening in his or her life. He or She may encounter certain beings or places, which are archetypal in nature, however disguised in different forms and clothed in different symbols. Certain experiences on the Astral however are not as they seem. Having an 'archetypal vision' from the astral world can become distorted or confabulated. They also could be illusory to begin with.

The precarious nature of the Astral realm is a reason why certain signs and symbols are used for protection, crashing away illusions, and other such purposes. To ensure that an astral experience is genuine and not merely 'mental masturbation' or a fanciful mental story, it is done in a ritual setting, with the proper preliminary rituals and steps taken. Simply laying down in a room or a couch to project without the proper protective measures (assuming one is in a place where it isn't 'safe') could result in

attack or intrusion, disruption or a problem.

There has been discussion on various Internet forums about 'mapping' these peculiar internal places. The well-sided consensus is that these places cannot be mapped, because a map is an inefficient way for the mind to comprehend physical, three dimensional spaces, albeit a considerably useful tool for the purpose.

Considering the astral's changing and internal nature, no two places investigated upon that realm will be the same. Two different individuals may project to the same location in mind and meet each other at that location in the astral, but the locations themselves and the features may be strikingly different from each other.

The important thing to remember is almost as the 'analogy' of most temples. They had their origins as small shrines, mud huts and other such enclosures that merely acted as the marking barrier where the spirit or force was said to reside. Eventually this got mixed with the notion that the enclosure itself was also sacred, and not just as a way of marking out the *temenos*. Thus, here, what should be remembered, is that the places themselves are not as important as the things they contain; the visions received from the beings within, the experiences charged within them, and so forth.

Similarly, in the Astral, one should not become so caught up with the appearances and forms and fanciful constructs within that world, but rather with what they themselves can do, function as, and provide as a way to further an unfolding understanding; the messages they provide.