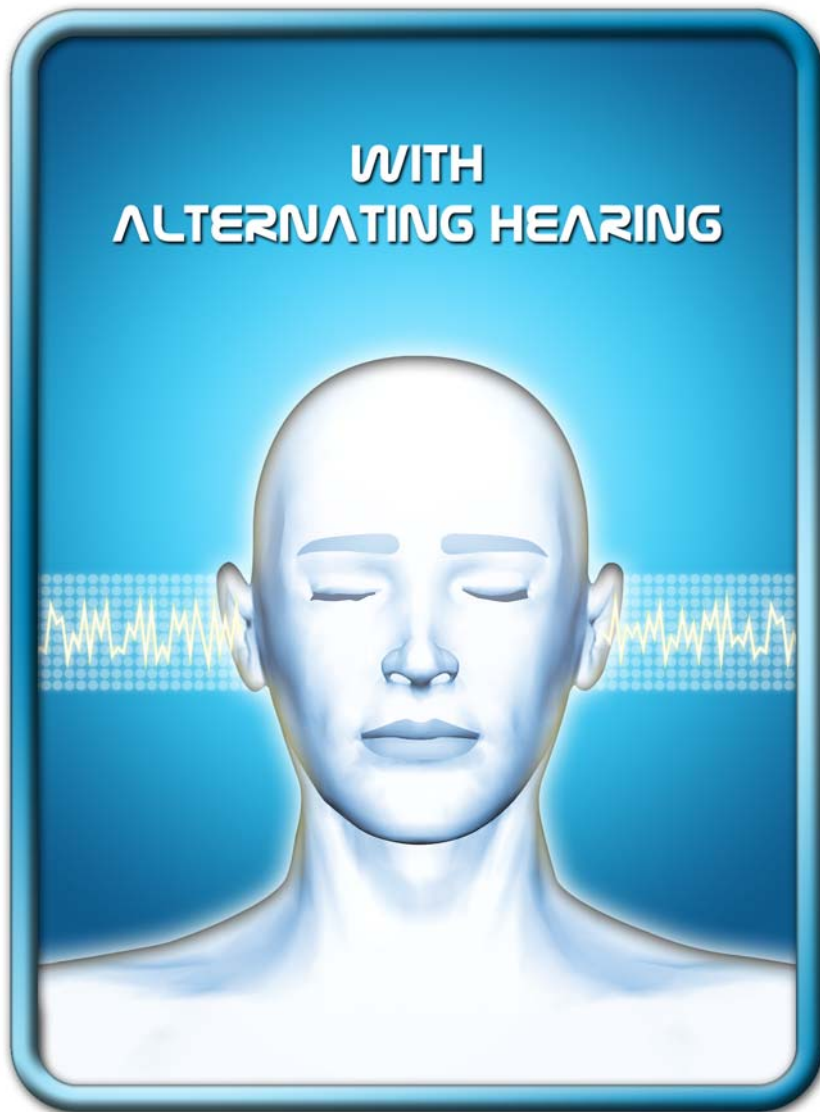


Doctor Francis LEFEBURE

CEREBRAL DEVELOPMENT

WITH
ALTERNATING HEARING



Éditions PHOSPHÉNISME

CEREBRAL DEVELOPEMENT

with alternating hearing



Alternating hearing consists in hearing, in turn in the right and the left ear, on an adjustable regular rhythm, a sound that can be a buzz or a click, or both together; as well as an oral lesson or music. The effects of the Alternophone quickly proved to be impressive. They were verified in various state laboratories, at the C.N.R.S., at the National Institute of Sports, and at the central P.T.T. laboratory.

Alternating hearing can be used mainly in two domains:

Education:

Using the Alternophone for studies and revisions favors a better comprehension. Attention is sustained without fatigue, the quality of intellectual work is improved and it is more organized. That is why this device is used by a lot of students before their exams. All subjects, even the more difficult ones, become more attractive during alternating hearing. It thus develops a greater motivation for study. Memory is greatly enhanced. Ideas are clearer and work is performed faster than usual. Problems of dyslexia and spelling problems disappear with regular practice. Imagination and creativity are stimulated: new ideas are more frequent and of better quality.

Psychic development:

Similarly, associating the Alternophone to initiatory practices makes them more efficient. It becomes easy to access many psychic phenomena, as well as states of relaxation, mind emptiness and a greater optimism. Dreams become more colored, ascensional, prophetic. Alternating hearing provides us with an important guideline for the neurological basis of rhythmic thinking. Indeed, it stimulates interhemispherical connections, mainly the corpus callosum. This organ is located between the hemispheres, like the coachman between the two horses: it is the organ of the higher personality. This explains the tendency towards the examination of consciousness produced by alternophony; the revelation of a personal theme of meditation, progressively building up with every session, around the starting theme, as well as the disclosure of initiatory exercises.

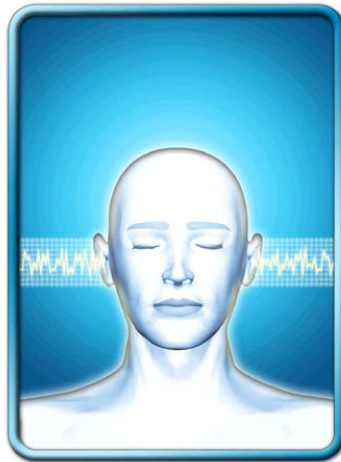
Through this medium, one can possess one of the neurological keys of oriental initiations.



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Doctor Francis LEFEBURE

CEREBRAL DEVELOPMENT WITH ALTERNATING HEARING

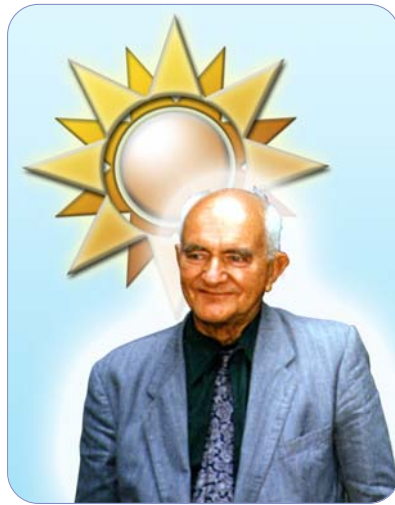


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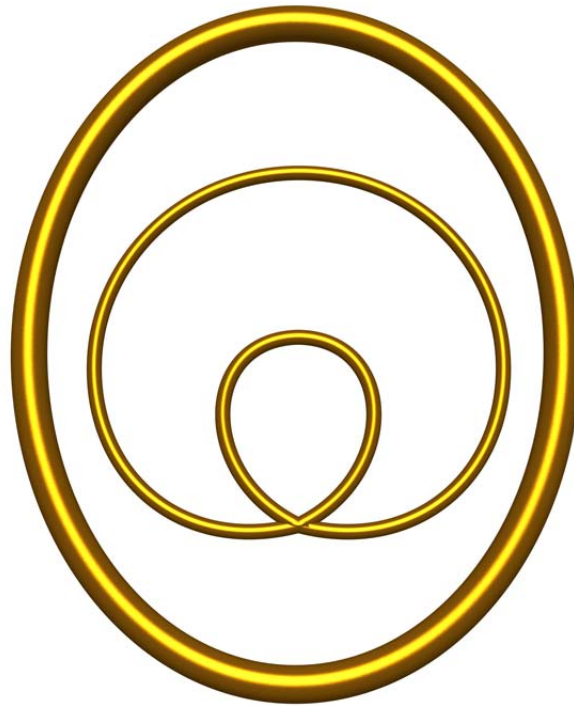
- Former Extern of the Hospitals of Paris, France
- Former Physician at the School Health Services
- **Gold Medal** and prize at the "Lépine" contest, 1963.
- **Gold Medal** Gold Medal at the International Inventors Fair in Brussels, 1964, for the action on the brain of the alternating hearing device.
- **Silver Medal** at the International Inventors Fair, Brussels, 1975, for his method "Phosphenic Mixing Applied to Education".



For more information: : PHOSPHEMISM Publishing
The School of Dr LEFEBURE

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The symbol of PHOSPHENISM

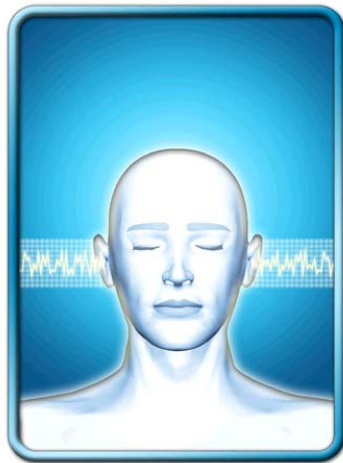
Pascal's snail pattern (in the center of the cosmic egg in occidental esoterism) is the symbol of the analogy between the macrocosm, the mediocosm and the microcosm.

We have chosen this curve as the symbol of Phosphenism because it is a type of spiral. It is thus the symbol of the original force within all, with a vortex structure, whether it is the nebula that gives birth to stellar systems, the spiral of chromatin on the top of the first mitosis of the egg or the whirlpool of the blood in the heart, the center of physical life.

Origin of the word PHOSPHENISM

“Doctor LEFEBURE created the word PHOSPHENISM by a process that is called restrictive neologism in grammar, from the word phosphene, which main root means light and reminds of Phoebus, the sun”.

ACTIVATING THE BRAIN WITH ALTERNATIVE HEARING (ALTERNOPHONIA)



PRACTICING THE ALTERNOPHONE,
A NEURO-SYNCHRONIZER BASED
ON ALTERNATING HEARING IN TURN
IN THE LEFT AND THE RIGHT EAR



FIRST PART

MIXING A THOUGHT WITH A "PHENIC" ELEMENT OF THE ORGANISM

I

THE PHENIC SYSTEM

As this work is based on the study of the phosphenes, we shall start this book by briefly defining and observing them.

The phosphenes are subjective sensations of light, i.e. Sensations of light which are not DIRECTLY produced by the stimulation of the retina by light.

This method uses three main kinds of phosphenes.

1. The post-phosphene:

The post-phosphene is produced by focusing at a light source. In order to do this, the following equipment is necessary:

- A white opaline light bulb, the kind used for photo enlargement is suitable, as it shines light in a uniform way.
- Its power should be 75 watts.
- A shade is should not be used, rather, the use of a good reflector will enlarge the phosphene without creating irregularities. The reflectors used by photographers are best suited for this purpose.
- A long enough lead (about two meters) with a switch or a remote control system will enable the experimenter to turn the light on and off without having to move.
- A blindfold should be used to create the best possible conditions of darkness during the observation of the phosphene. It is better to use an eye



patch that is held by an elastic band as it does not have to be fastened and unfastened all the time. You can simply lift it on your forehead during periods of focusing on the light and put it back on during periods of observation of the phosphene.

- It is better that no other light is lit in the room when practicing, though that is not essential.

Method: You should sit two meters away from the lamp, then focus on it for about thirty seconds. You should not move your eyes in order to produce a phosphene with precise edges. You can blink normally, to avoid drying the conjunctiva. You should then turn the light off and create the best possible conditions of darkness by putting an eye patch over your eyes.

The experimenter will then see colors appearing. For all healthy subjects, and with a little bit of practice, the colors should be the following:

First, a beautiful shiny green, quickly surrounded by a red circle. This circle grows in phases. Sometimes the whole phosphene disappears, but everytime it reforms, the red circle is broader.

After about a minute, the phosphene is entirely red and its diameter has reduced. After another minute and a half, the red hue has been replaced by the color blue. Again, the blue tint has appeared in the periphery first and then spread to the center. The blue phase is harder to perceive as for a lot of people this color is very dark.

In the end, all that is left is a black circle surrounded by a pale cloud that we call the diffuse glow. This cloud is a lot more stable than the previous three-phased nucleus. Its edges are blurred. It grows until it takes over the black spot that has replaced the colored phases, then fades away progressively.

Though it is a consequence of a stimulation of the retina, the diffuse glow is entirely generated by the brain. It is the third phase of the phosphene. It is very transmittable by telepathy and allows one to perceive objects in the dark. It is possible to take pictures of it.

In the early stages of training, the phosphene can often start with a few whitish clouds similar to the diffuse glow, followed by a beautiful yellow tint rather than the usual green. After a few days of practice, the colors will follow the order mentioned previously.



2. The co-phosphene:

Same setup, but instead of focusing at the light for thirty seconds let us look at it for a little more than three minutes. You can blink during that time but you should take care not to move your eyes. This phosphene is quite fragile and can take up to ten seconds to reappear after having been disturbed by a movement of the eyes.

After focusing for about ten or twenty seconds, you can usually see a pale blue tint, often of an irregular ring shape that moves slightly over the periphery of the lamp, sometimes covering it entirely.

After a minute and a half of focusing, little pink spots start to appear, then the whole circle goes pink. This colors are present for another minute and a half.

For a majority of subjects the pink color then disappears and the lamp reverts to its normal aspect. For certain people, there is a brief green or black phase.

3. The visual chaos or residual images:

If you stay in a dark room for more than half an hour, and without necessarily doing a phosphene priorly, you will notice that your field of vision is not uniformly dark. There are pale little clouds, so vague they can hardly be perceived together with more luminous but very brief sparks.

These images make up the visual chaos or residual images, and can be useful to practice certain exercises. The visual chaos is richest during periods of half sleep. Its role in the genesis of dreams was pointed at by Bergson and was confirmed by some of our observations. It is greatly enriched by the daily practice of Phosphenic Mixing which stimulates every aspect of the phosphenic function of the brain.

If we use the word “Phosphenism” to call the complete method, it is because the phosphene is its main element, but we also practice exercises with the equivalent of phosphenes in the other organs of the senses.

4. The physiological acouphene:

Ear doctors study pathological acouphenes: whistles and buzzes in the ear. The physiological acouphene is the buzz that can be heard when you obstruct your ears. The best position to produce it is obtained by placing



books on the edge of a table and by resting your elbows on these books in order to be able to block your ears with your finger while keeping the spine straight. Your ears should be blocked by the index fingers whether straight into the conduits or by pressing on the tragus (the small pointed eminences of cartilage that lay in front of the auditive canal) with your thumbs.

This physiological acouphene resulting from the stimulation of all the auditive cells by the blood flow contains all notes mixed together. It is a “white noise”, a noise that contains all frequencies the same way white light is a mix of all the colors.

5. The osteophene:

Let us sit on a firm seat. Maintain the axis of your body straight, then raise your knees and your hands upwards. As a reaction, you are pushed against the seat and, like a ball bouncing off a wall, you jump up a few centimeters and fall back down again.

If you experience difficulties proceeding like this, you can also raise your posterior up by pushing on your feet. Then, let yourself fall heavily. Because of the elasticity of the intervertebral discs, you will feel, after the fall, a series of oscillations through your spine. A “sui generis” sensation that persists after stopping all movement. It is the equivalent, in the osteo-tendinous system, of the post-phosphene in the visual sensation: a sensation that persists after a strong stimulation.

A co-osteophene, that is more difficult to illustrate than the co-phosphene, probably accompanies osteo-articular sensations during rapid dances.

6 - The cenestophene:

Cenesthesian sensations are the sensations that provide us the consciousness of the existence of our body. Let us lay down and relax as much as possible. Muscular, tendinous, articular and cutaneous sensations persist. They are the residual cenesthesian sensations, those that persist during the absence of the relatively strong sensations that movements produce.

They are the cenesthesian equivalent of the residual images or visual chaos. Consequently, we will be able to apply to these sensations the exercises that have functioned with the visual chaos.



7 - The gustatophene:

We cannot consider that the aftertaste is the equivalent of the phosphene. It seems more related to a residue of food diluted in the saliva. Nevertheless, certain experiments lead us to suppose that there is a gustative equivalent of the phosphene.

8 - Superficial pain:

Let us hit our hand in a moderate manner. Pain appears a few instants later. Its surface grows quickly, then diminishes progressively. It matches exactly the curve of evolution of the phosphene.

One of our students, who was well-trained in the alternation of the double phosphenes, went down into his basement without turning the light on. He accidentally hit his knee rather hard and was very surprised to witness the appearance of his usual phosphene, without any prior lighting, on the side where he hit his knee.

This leads us to believe that the centers that govern the phosphenes and those that govern pain are continuous, and that pain is a phosphene of the sensation of touch and of deep sensitivity, as long as it is not too strong. A light that is too strong is painful too, this shows that one has gone beyond the level of stimulation that one needs to use.

As a summary, there is in the organism what we could call the “phenic system” which represents what Montaigne used to call “the stitching of the body and the soul”.





II

PHOSPHENIC MIXING

Phosphenic Mixing consists in mingling a thought with the phosphene. Because of its great practical use, the lack of expensive equipment involved, its absolute harmlessness, its fast rate of results and the simplicity of learning it, this exercise is the foundation of Phosphenism.

A. THE EFFECTS OF PHOSPHENIC MIXING ON THE INTELLECT.

1. Effects on concentration:

It is essential to choose a thought before focusing on the lamp, as during the presence of the phosphene, the seething mental energy can make this choice more difficult.

On the contrary, the mind will hold a thought better if that thought or theme of concentration has been selected previously.

Let us take a look at a simple example:

A pupil wants to remember the details of a geography map.

He studies his book as usual, then closes it, focuses at the lamp for about thirty seconds, turns it off and places the eyepatch on his eyes.

When the phosphene appears, he starts reviewing the map in his mind's eye in order to remember it, the same way he would when he usually studies. The only difference being the presence of the phosphene.

Using this method does not waste any time: as soon as the lamp is on, the pupil can start memorizing.

He should keep memorizing until at least the end of the pink phase.

Some children like to keep doing the exercise until the white phase or diffuse glow has almost disappeared.

Applying this method does not require an extra effort of the mind. The mind will function exactly the same way it would for studying, reviewing



each detail one after the other. In the case of a map: mountains, rivers, cities, coasts, borders, and then the mind will produce a synthetic image of these details.

Naturally, during the first tries, the effects are difficult to notice, as often, the subject's attention will be focused more on the colors of the phosphene than on the mental image.

When working with young children, it is better to let them play with the colors of the phosphene for a couple of weeks without asking them to associate a thought with it. It is when they start to grow tired of that game that you can ask them to associate a study with the presence of the phosphene. Children should start by vocalizing their study, rather than repeating it in their mind.

You obviously need to do several phosphenes in a row, at least three for a practice of about fifteen minutes (3 X 5 minutes = 15 minutes).

Like with any new activity, it takes time to acquire the reflexes necessary to practice it. Nevertheless, it takes longer to learn how to ride a bike or swim than to learn how to practice Phosphenic Mixing.

Once this preliminary period passed, a greater capacity of concentration on the chosen subject is noticed. The phosphene attracts attention more than any physical object and it isolates from the outside environment. After a few days of practice, the phosphene does not distract attention any more but focuses it on the chosen thought.

After practicing for a quarter of an hour every morning and every evening for a month, you will notice that your concentration is improved, not only during practice but also during the rest of the day, at work or during any other ordinary everyday activity.

2. Using Phosphenic Mixing in school

The main criticism of teachers about school students is their lack of attention. Though often, students are stimulated in a way that goes against the most basic physiological laws of thought, for example: “think only about what you are doing”. But the life of the brain is infinitely more complex. Its activity should be organized around a center, but like a



whirlpool around that center. Otherwise, the brain stagnates. With the help of the phosphenes, it is this very center that is intensified and fixated.

It is easy to see the benefits the method would provide if it was applied in schools:

If, every day, school started and finished with a fifteen minutes practice of Phosphenic Mixing, study would be greatly improved by the extra capacity of concentration of the pupils.

You will quickly notice that an improvement of attention is not the only benefit of this mixing of a previously chosen thought and the phosphene.

3. Action on memory:

Children will remember better a lesson studied with the phosphene. A twelve year old boy wrote us a letter saying that he remembered a lesson learnt a month before as if he had studied it five minutes before.

B. THE EFFECTS OF PHOSPHENIC MIXING ON BEHAVIOR

1. Action on character:

If practiced in a steady manner, the emanation of energy produced by the mixing of thoughts and phosphenes triggers important changes in behavior that the people around the subjects often notice better than the subjects themselves.

2. Increase in initiative:

The influence on the capacity for initiative is very clear: it is one of the most quickly convincing effect of Phosphenic Mixing. Many people have great ideas, but , when comes the time to realize them, people often find good reasons not to act. We have observed that this trait of character shows a paranoid tendency with an important element of opposition to everything in life.



C. THE EFFECTS OF PHOSPHENIC MIXING ON PHYSICAL HEALTH

1. Effects on the eyes:

The effects on eyesight are positive as long as one respects the norms of lighting we provide. The succession of periods of bright light and full darkness stimulate the retina and correct certain eye problems. We have observed cases of improvement of nearsightedness. These alternations also produce maximum contraction and relaxation of the iris sometimes curing it from sticking to the crystalline lens and avoiding surgery.

2. Contra-indication:

The only contra-indication to the practice of Phosphenism is the glaucoma. It is worth checking our book “Phosphenic Mixing Applied to Education” which is the basic reference book on the practice of Phosphenism. In this introduction, we can only sum up and briefly describe the effects of Phosphenic Mixing.





III

CONCENTRATING ON A DETAIL OF THE PHENIC ELEMENT

A - IN THE POST-PHOSPHENE

1. Thought, a catalyst of visions

During the practice of Phosphenic Mixing, we have observed a rare though constant phenomenon.

Sometimes when a thought is placed within the phosphene, it triggers a vision. Thoughts act like a catalyst between the phosphene and certain elements of the brain mass. The same way that a catalyst can be active in very small quantities, a thought placed within the phosphene, however weak, can be active as long as one maintains it during the experiment.

The vision that stems from the experiment is characteristically very clear, very brief and without any obvious connection with the subject's personality.

2. The details of the phosphene

Our attention was attracted by the fact that the phosphene can be a source of visions and with our knowledge of physiology we have understood the mechanisms of the following exercise:

Let us not practice Phosphenic Mixing any more. Let us observe the phosphene and notice that it has irregularities. It often has a grainy texture at least in some parts. Shadows and shapes seem to move through it. Little globes also appear, their edge is made of two concentric circles and they tend to last a while. Very brief and bright sparks appear and disappear after moving a short distance. Their displacement reminds of Wilson's apparatus, a device that detects particules thanks to condensation on their trajectory.

We have noticed an increase in the number of these sparks after an absorbtion of potassium, the most radio-active body.



Sometimes, in the early stages of practice, subjects perceive beehive like structures that last two to three seconds. These do not appear any more after a few days of practice.

Certain persons say that they cannot do the following exercise as they are not used to search for details in their everyday life.

These subjects will need to learn how to discover details on a medium that looks uniform at the first glance, a colored sheet of paper for example.

The experimenter then chooses a detail around the center of the phosphene, for example a little globe. You should focus all your concentration on this globe then, when that detail disappears, you should choose another one in the same region and focus on it until it disappears and so on, until the end of the phosphene.

3. Visions by concentrating on a detail of the phosphene

The subjects will usually notice an increase in activity in the zone where they are observing details. Within this activity, shapes often appear. If this does not happen during the first phosphene, the subjects should keep on trying, doing more phosphenes.

In the beginning, geometrical shapes appear, sometimes in 3 dimensions. Examples: cubes rotating in space or hexagones with rays of light continuing their axes.

Then, after this phase of geometrical images, true visions suddenly appear, clear, brief and without an obvious relation to the person's psyche: the concentration of attention on a detail of the phosphene caused the diffusion of the phosphenic energy in the region of the brain called the cuneus. First, in the outer layers, in the geometrical phosphenes zone, then and suddenly, the diffusion is driven further, in the hypnagogical or half-sleep visions zone. This process is a real psycho-analysis of the superego.

Another curious phenomenon:

Energy sometimes diffuses in another area. This phenomenon happens between the geometrical images phase and the hypnagogic images phase. Moving images appear, recalling a known object.

Many years of observation on numerous subjects have showed us that the similarities that appear almost always evoke a good resolution that the



subject had decided but forgot to fulfill or neglected: from a loaf of bread that one was asked to buy and forgot, to the study of mathematics that one wanted to do at an early age but did not realise because of a lack of motivation or courage.

Concentrating on a detail of the phosphene allows a new kind of psycho-analysis, but instead of being an analysis of the lows of the psyche, like Freudian psycho-analysis, it is an analysis of the best parts of the personality that were priorly lost in a whirlwind of pointless things. This is a new aspect of the relationship between Phosphenism and initiative, as aborted initiatives come back to the mind through the depths of the phosphene.

On a neurological point of view, this demonstrates that even without Phosphenic Mixing, concentrating one's attention on a tiny part of the phosphene provokes the diffusion of the phosphenic energy into a nobler zone, in touch with the heights of the unconscious.

4. Perception of the subtle body

It is useful to keep practicing this experiment for at least an hour, as the more time it is practiced, the clearer and more interesting the visions become.

Let us mention some examples of images that often appear during this experiment: an eye watching you (this can be interpreted as one's own inner vision); flowers which stems seem to come out of the body of the subject. This reminds us of the “lotus flowers” or psychic centers of Hindu yoga, which Western counterpart would be the roses of the “Rosicrutians”.

We know a person that has practiced concentrating on a detail of the phosphene an hour every night for a week. On the last day, he went to bed straight after practice and suddenly felt himself standing up near the bed, facing his body that he saw laying where he had left it.

With the practice of concentrating on a detail of the phosphene, our study goes from the educational aspect to the psycho-analitic or psychic aspect of the phosphene.



B - IN THE OTHER PHENES

1. Heavenly music provoked by concentrating on a detail of the acouphene

Concentrating on a detail of a phenic element can of course be applied to all the other phenes.

You can practice searching for a cluster of notes in the acouphene and concentrating on its details until you hear a single note. This leads to hearing mental sounds, auditive equivalents of the phosphenes. Every time a new cluster of sounds is observed, you should try to recognize a single note or a chord within it and focus all your attention on it.

We met a person who had never studied music. He stated that after fifteen days of practice, he heard heavenly musics and strongly regreted that he could not transcribe them.

2. Creating an out of body experience by concentrating on a detail of the tactuphene

Similar phenomena take place with the sense of touch: we know several cases where persons laid still and practiced concentrating on the smallest possible part of the skin of the extremity of the toe. After practicing this for a few days, they found themselves exteriorized. Out of their body, they experienced themselves standing next to the bed for a brief moment.

3. Prophecy by concentrating on a detail of the visual chaos in half sleep

With this exercise we approach the most mysterious and strange aspects of Phosphenism.

We have seen that the lights that appear in one's field of vision after a moment in the dark is called the visual chaos. There are two types of lights: patches so blurred that they are almost not perceptible, and brighter but shorter sparks.

We believe that people that see a completely black field of vision in the dark have simply not been trained in observing details within a whole.



Let us now do an exercise similar to concentrating on a detail of the post-phosphene, but instead let us focus on a detail of the visual chaos.

This type of detail disappears even faster than the details within the post-phosphene.

In the region where it has disappeared, let us pick up another detail and so on for a duration of five to ten minutes.

Usually, it does not take that long before a glow appears in the region where the exercise is practiced. This glow can be recognized as the third phase of the phosphene or diffuse glow.

This way, we have produced a phosphenic white light that appeared spontaneously and without using the will. Persons who believe this phenomenon happens to them spontaneously are simply unaware that they have always instinctively practiced concentration on the ever fleeting details of the visual chaos.

At this point, the **key concept** to understand is that if you focus your attention on a patch of light that appears, it will blur and disappear quickly. On the other hand, if you search for a detail within this patch, it will become more precise. A movement or stirring will then appear within it, maybe a whirlpool or a tiny lightning bolt.

In the latter case: you should keep chasing the detail, for example by focusing attention on the angle of a lightning bolt, thus focusing on a detail that is almost infinitely small in the dimensions of time and space. And so on, always trying to focus on a smaller detail.

This movement or stirring might suddenly turn into a vision. The images produced this way are always prophetic, and realize themselves in the next few days.

The visual chaos is denser when you fall asleep, and even more when you are partially awake during the night. It is also richer if you practice phosphenic exercises during the day and as you fall asleep, up to the moment when you are so tired that you cannot switch the light on any more. Moreover, half-sleep increases the possibility of appearance of hypnagogical related images, like the images of a dream.

It will be an advantage for the students of Phosphenism to round off their exercises of mixing with exercises of concentration on a detail of the



visual chaos up to the moment when they fall asleep. No more time is needed than for falling asleep normally. A truly magnificent inner cinema can appear, made for example of whirlpool, saw-shaped lines of varied colors, intertwined with characters.

The student of Phosphenism should keep in mind the main key: if one concentrates on the whole mass of light that appears, it will vanish. If one chases a detail, whichever it is, the inner cinema phenomenon will increase and last longer.

4. Influence of the color of medicines on the color of the visual chaos

If the experimenters follow a medical treatment during these experiments with the visual chaos, they will notice something curious: some spontaneous half-sleep phosphenes have the same color as the medicine absorbed, for example, pills containing silver create phosphenes in the shape of silver disks; vitamin “A” creates phosphenes the color of a carrot. This phenomenon only happens in the beginning of the treatment during a period of adaptation of the brain.

5. Phenomena of clairvoyance in children that instinctively use the visual chaos

We have interviewed a number of subjects who claimed they enjoyed a certain degree of clairvoyance. They would have visions, but those were not always necessarily prophetic. Only the cases of the subjects that seemed sincere were recorded.

We have realised that almost all of them had acquired this skill during childhood by practicing the exercise of concentrating on a detail of the visual chaos as a game, in bed before sleep. They played this game instinctively and never were able to understand it clearly: they focused their attention on a tiny light that danced in front of them, their eyes closed in a dark room. This light grew bigger and turned into a vision. They enjoyed this game and repeated it...

If one of those visions happened to be prophetic and realized itself a few days later, and if they had enough curiosity and natural perseverance, their



carrer as a medium was started. At a young age, developing the gift of clairvoyance only takes a small amount of practice, even without using the phosphenes.

It is not the case for those who start at a later age, they need to practice phosphenic exercises regularly in order to produce a psychic phenomenon once in a while.

On several occasions, materialistic students who only came to see us to find help in preparing their exams, came back about a month later, very surprised as Phosphenic Mixing provoked very detailed prophetic dreams that realized themselves a few days later. This phenomenon made them acknowledge the existence of spiritual powers that they had not been aware of before.

6. Perception of the auras after practicing Phosphenic Mixing

Certain children studied Phosphenic Mixing with us. After practicing it to improve their learning ability they were surprised to see, during class, a colored halo around their teachers, flashing for an instant. This halo is not of a physical nor phosphenic nature, it is, as we have seen previously, a manifestation of the diffuse glow.

We have never encountered cases of aura perceptions that have developed spontaneously after teenage. It is good to start practice as early as possible.

Visual chaos is rich in movements and colors when one has gotten used to observe it. It can even be perceived with the eyes open in a dimly lit place. It is important then, not to confuse it with the perception of auras, which is of a different nature.



IV

PHOSPHENIC TELEPATHY

Phosphenes are much easier to transmit telepathically than ordinary thoughts. A generation of american scientists have accumulated statistical data about telepathy, and proved nothing in that domain. But, if Phosphenism is used to practice telepathy, there is no need to wait for another generation of research to find proofs and have an opinion.

1. Transmission of complementary phosphenic colors

The first person that has attracted our attention on that point is our collaborator Raoul Delay from Montevideo (Uruguay), who was checking our results on the alternation of double phosphenes, before they were published. He was operating with a group when we were operating with only one subject at a time.

He realised the following experience:

It is a known fact that when one looks at a colored disk in front of a white wall for about thirty seconds and that the disk is then removed, one can see the complementary color appearing. For example, if the disk is green, one perceives a red patch.

Raoul Delay chose a subject as transmitter, asked him to focus on the disk and then to observe the complementary color. The subject chosen as receiver was wearing an eyepatch and was asked to describe the colors that appeared in his field of vision.

A variety of colored disks were used, and when the receiver described the colors that he perceived, Raoul Delay found out that it was not the original color of the disk that appeared to the receiver, but the complementary color.

Moreover, we find remarkable the fact that Raoul Delay proved that this form of telepathy is dependant on the distance between the transmitter and the receiver:



THE CLOSER THE TRANSMITTER AND THE RECEIVER ARE, THE BETTER THE RESULTS.

We will see later the major importance of that fact. This experiment sheds light on certain traditional experiences described by people dealing in psychic sciences and mental magnetism.

2. Telepathic transmission of the pendular sways of the phosphene

Raoul Delay also showed that if a subject wearing an eyepatch is sitting inside a circle of ten to twelve people, and these people simultaneously project a phosphene on the level of the stomach of that person, he or she will feel a sensation of heat within his or her stomach and the need to sway the upper part of the body from left to right at a rhythm of about two seconds.

The first experiment on the complementary phosphenic colors is already rich in information. It can explain, for example, certain traditional experiences in the circles that deal with psychic sciences and mental magnetism.

3. Phosphenes created by contiguity of colors

In this experiment, a red card is placed near a green card. The subject is asked to focus on the line of separation of the two cards, eyes still (though blinking is allowed). After a short while, the subject can see a redder patch appear on the red side of the line of separation, and a greener one on the other side. These bands fluctuate and follow the principle of alternation of double phosphenes. These bands are actually phosphenes.

Some might say that this process is a simple strengthening through contrast, but the limit between the two phenomena is difficult to draw. This can be demonstrated by a simple experiment.

Let us focus on piece of red cardboard for one minute, then remove it and, in its place, put a piece of green cardboard. The green phosphene that appears after focusing on the red circle, adds to the perception of the physical color green, thereby creating a new light, brighter and more appealing than the colors taken separately: the green of the phosphene and the green of the physical light.



Thus, in the process of strengthening of color “by contrast”, the superposition of a phosphene of a certain color and of the same physical color takes a large part. The shining band at the limit of the boundary line is of the same nature as the one produced by the permutation of pieces of cardboard of complementary colors.

When observing these moving bands, we are in thus in the presence of a phosphene produced by the contiguity of colors. If we do not know these phenomena more, it is because human beings have suppressed them every time they appeared too intensely.

For instance, a certain size of black and white stripes on clothes cannot be used, as looking at them is disturbing. The bands of phosphenes pretty much cover the printed bands, resulting in a general visual disturbance.

4. Telepathy by focusing on a black circle:

We can now understand why it is often advised, for having a telepathic action on another person, to think about the person while focusing on a small black circle on a white background, or vice-versa : in the periphery of the circle a phosphene provoked by the contiguity of colors dances. Consequently, we are practicing Phosphenic Mixing unconsciously...

5. Semi-experimental group telepathy:

The “phosphenic training” that we have mentioned leads to telepathy and not only to “experiences”. Nevertheless, one should not be too demanding, but understand that practicing Phosphenic Mixing quickly increases the chances of unquestionable spontaneous phenomena of telepathy.

This rarely occurs on the first try. Nevertheless, we would like to quote a case that illustrates this form of telepathy well.

At the end of a meal at Mister Sable’s, a violin teacher, four or five persons asked me to demonstrate Phosphenic Mixing, in a casual way.

Consequently, this was a collective session of Mixing. At the end of the first experiment, three persons said that, on top of the thought that they had voluntarily mixed with the phosphene, the clear vision of a scarab had appeared. Surprisingly enough, no one had mentioned this animal during lunch.



One of the three guests then told us that he was a jeweller and that, in the morning, he had worked on a jewel that had the shape of a scarab. For him this was not surprising: the phosphene had favored the production of the eidetic of the scarab.

The same way, if we collect white seashells on a beach, hypnagogic visions of seashells might appear later, as we fall asleep.

But, it is curious that the eidetic that appeared in the phosphene was so easy to transmit by telepathy, as the jeweller himself only experienced the vision during a fraction of a second, with no surprise and without trying to transmit it to the others.

Ce genre d'expérience ne peut être répétée à volonté, de même que l'on ne peut faire traverser le ciel à une étoile filante où et quand on le veut. Mais si l'on connaît les conditions pour lesquelles on a le plus de chances de les observer, il est pratiquement certain que l'on en verra.

This kind of experience cannot be produced at will, the same way one cannot make a shooting star appear in the sky where and when they desire. But, if one knows the conditions under which one has the most chances to observe them, it is almost certain that one will see some.

On the contrary, trained subjects will be able to have an action by phosphenic telepathy at will, under the condition that they persevere during a few weeks or a few months in the following experiment: placing the same person in the phosphene during daily sessions. One simply needs to speak mentally to this person, as if speaking through the phosphene.

6. Telepathic transmission of the alternation of the double phosphenes:

Mister Raymond Roux, from Violay (France), went a step further in 1967. Operating with a subject as an emitter, separated from the receiving subject by a distance of one hundred meters, he managed to transmit the alternation of the double phosphenes by telepathy.

He first provokes the alternation in the emitter by using alternating lights. The receiver does not know what type of phosphene is being transmitted. He wears an eye patch over his eyes and is not subjected to light of any sort. The receiver perceives two alternating phosphenes but, surprisingly enough, they alternate at a very regular rhythm, even more regular than the alternation perceived by the emitter.



Consequently, the telepathic transmission of the phosphenes strengthens and improves their rhythms.

7 - Second method for transmitting the pendular sway of the phosphene by telepathy:

This is a bit more curious. An engineer, member of the Metapsyhic international institute, has realised the following experiment with me: we have focused on the lamp together then, sitting, we turned to face each other, at a distance of roughly one meter. We then switched the lamp off.

The conditions of darkness were such that I could not distinguish his eyes. As we had agreed upon, he swayed his eyes, following the pendular rhythm of two seconds, in turns horizontally, in turns sideways, in turns vertically. Also, he sometimes stopped moving his eyes. I did not know what movements he was performing. We had agreed that if I perceived unusual movements of my phosphene, I would immediately tell him. Surprisingly, though my phosphene is almost always still, it started to oscillate at this rhythm, at times vertically and at times horizontally. My friend then told me that this was due to the changes in the movements of his eyes and that the movements in the phosphene I had described matched the movements of his eyes.

It seems as if his phosphene had dragged mine, the sinusoidal rhythm of two seconds facilitating the transmission between the subjects as it is the fundamental rhythm of resonance of the phosphene, as Raoul Delay had already demonstrated in his group experiment with projection on the epigastrium.

Now, a case of phosphenic telepathy that leads to more mystical phenomena. In the spiritualist society that was presided by Mr Lemoine, a famous mathematician, after one of my conferences, a lady in the audience told me that her interest in spiritism started after the following phenomenon:

As she was gardening, she raised her head, looked at the sun, and, inside the disk, she saw her deceased son and father.

This is not particularly extraordinary, as we know that it is impossible to focus on the sun without producing a phosphene at the same time. Thought, mixed with the phosphene can easily turn into a vision, and this lady, of course, frequently thought about her two deceased relatives.



At that moment, a child was passing on the road nearby. He seemed to be about 7 years old and was accompanied by his mother. The child then pointed his finger at the sun and asked his mother: “Mum, the man up there, is he wicked?”

Whatever your degree of conviction about the possibility of a manifestation of the souls of the dead, in this case, a telepathic transmission through the solar co-phosphene from the gardening woman to the child seems obvious.





1 - First model of Alternophone (1963 Synchronophone) designed and built by Doctor Lefebure.

2/3 - Doctor LEFEBURE, presenting the Synchronophone at an inventors' fair.





*Portable quartz synchronophone.
Microprocessor controlled LCD digital display.*





SECOND PART

ACTIVATING THE BRAIN WITH ALTERNATIVE HEARING (ALTERNOPHONIA)

I

ALTERNATING HEARING

It is natural to try and transpose to hearing all the experiments that we have done with vision. We have already mentioned that concentrating on a detail of the acouphene can be fruitful, as much as concentrating on a detail of the visual chaos.

It is obvious that mixing can be practiced with the acouphene, for example by visualizing a miniature image in one of our acouphenes; or also by asking ourselves a question mentally and by trying to make out an answer in the sounds of the acouphene, thereby developing clairaudience, the same way phosphenic mixing develops clairvoyance.

Over years of practice, in order to respect the laws of balance, you should insist on the visual aspect of mixing during certain periods, and on the auditory aspect during others.

An element shows that mixing in the acouphene is really similar to mixing in the phosphene: the same way children discover and instinctively use phosphenic mixing, we have met several subjects who have told us that when they were children, they had noticed that blocking their ears with their fingers helped them understand and memorize what they were reading. They told us that they did not do this to isolate themselves from external noises, but to hear the buzz thus produced. It is also interesting to note that these persons grew up to have high positions in society.

In the spiritual domain, in FATIMA as well as in LOURDES, auditory phenomena accompanied the visual ones. We have demonstrated that the latter were phosphenic phenomena, and this fact leads us to think that the auditory phenomena are of a acouphenic nature.



There is a certain difference between the observation of the psychic phenomena produced by visual alternating sensory stimulations or auditory ones, the same way the visual chaos is not as intense as the auditory one (the buzz).

This is an important point that needs to be developed, it will greatly help us for the study of the traditional physical exercises with mystical purposes, i.e. exercises that have the purpose of awakening rhythmic thinking.

To do that, we need to go back to the effects of focusing on alternating sources of light.

Indeed, we have seen that double phosphenes obviously alternate when the light is turned off. (Check my book: “Exploring the brain by studying the alternation of double phosphenes”).

If you are particularly attentive, you will notice that the phosphenes are already alternating during the period of focusing.

The study of their rhythm is difficult, as they become invisible when the light is on, like the stars disappear when the sun rises.

Because of that fact, a casual examination will lead to thinking that they seem to follow the rhythm of the lamps, appearing on the opposite side. But a more thorough examination will show that they already follow the subject's rhythm of cerebral alternation, alternating almost always slower than the lamps.

When we transpose this experiment in the domain of hearing, we can notice that post-acouphenes almost do not exist, or cannot be used (they are for example, the whistling noises that we hear after exiting a noisy place, or that certain musicians hear after concerts).

But, this is compensated by cerebral alternations, which become particularly interesting here.

While we are focusing on alternating sources of light, our phosphenes already follow a different rhythm. The same way, various different cerebral alternations will appear during alternative hearing.

Understanding the effects of the swayings of the head (with or without the body) practiced by all the religions that have not evolved too much away from their original source seems even more important to us than the



effects of alternating hearing. Like alternating hearing, these swayings create rhythmic movements in thoughts, but these mental rhythms do not necessarily follow the rhythm of the swayings.

God is a vibration, a mental rhythm. To have it in our consciousness is to have God in ourselves and that is why studying alternative hearing is scientifically approaching God.

1. The fundamental rhythm of hearing

The rhythm of alternation with which we obtain most of the effects that we are going to present here is always more or less the same, we thus will only mention the rhythm of alternation for certain particular cases.

This fundamental rhythm is of approximately one second per side. The subjects need to discover by themselves the rhythm that is best suited for them: they can notice that it is the rhythm that brings the best relaxation, helps achieve calm of mind or helps stabilizing thoughts on a given idea.

This rhythm produces a pleasant sensation, specific of alternating left/right stimulations.

Once this rhythm has been chosen, it should not be changed if possible, apart from a slow acceleration that leads to a maximum speed at the end of the session.

Switching rhythms all the time during a session destroys all the effects of the device.

2. Modifications of the visual chaos and current of phosphenes

If the subject stays in the dark during the session of alternating hearing, his or her visual chaos will be enriched, a fact that can be explained as much by the dilation of the capillary blood vessels of the retina, as by a direct stimulation of the nervous system.

A more curious effect is the appearance of a flow of phosphenes going across the field of vision, always in the same direction. This current of phosphenes appears after about ten minutes and lasts several minutes.



We are witnessing here, an example of the transformation of an alternating movement induced in an organ, into a continuous movement in another organ.

Similarly, the alternating movement of the piston of an engine is transformed in the continuous movement of a vehicle.

Nevertheless, this experiment is fundamental for us, because it sheds light on the effects of swayings: we can understand why they sometimes produce the sensation of an ascending flow in the visual and even in the tactile imagination.

It is true that the flow is vertical in this instance, when the current of phosphenes is horizontal.

But the principle is the same: the transformation of an alternating movement, whether sensory or caused by a variation of pressure on the cerebral hemispheres, into a continuous movement, whether phosphenic or in the spontaneous imagination. The famous “surge of Kundalini” of the yoga becomes easier to understand for us: the sensation of tactile and synaesthesian currents.

What we have just said about the current of phosphenes that appears during alternating hearing makes it easier to understand, by an analogy, that the subjects often feel warm or cold currents on their skin or even inside their body, like little electrical currents.

This phenomenon is very well explained by the fact that alternating hearing produces cerebral synchronizations.

3. Therapeutic effects

The alternaphone is not a medical device; it is an educational tool. But, the pushbike neither is a medical device, though it has some medical applications.



II

A BRIEF SUMMARY OF ITS EXPANSION

The first effects of alternating hearing were experimented in the autumn of 1960 in our laboratory of cerebroscopy, 25 avenue des omvrages, Gretz-Armainvillers (Seine-et-Oise), on ourselves for several months and on animals, then on some volunteers. They were then experimented in Paris by the group “Amour et Vie”, 36 rue des Lancry, then applied to the public at the Dynam Institute, 25 rue d'Astorg, at the association “L'Homme et la Connaissance”, 25 rue Bergère, and in various other groups.

Miss Belay was the first head of a state laboratory to verify the alternation of the double phosphenes in our laboratory in Gretz. Then by Doctor Phillipe Encausse, head of sports medical control and by his collaborators. Then by Doctor Jacquet, head of the C.N.R.S. center of the national sport institute in Vincennes, as well as by Professor Dell, at the Henri-Roussel hospital.

Certain effects of alternating hearing have been verified at the Central Laboratory of the P.T.T. in Massy-Palaiseau, under the direction of Mr Chavasse, chief engineer, and with the devoted help of Mr Labesse.

In schools for handicapped children, cases of healing from schizophrenia, but also tachycardia, were observed.

This shows how varied can the effects of alternating hearing be.





III

RHYTHMIC THINKING, THE ORIGINAL COSMIC FORCE

Dancing has always been not only a recreational activity, but also mode of liberation of an instinctive sense of rhythm, a liberation that stimulates various psychological activities. That is why dancing often comes before or accompanies, not only festivals, but also religious or war ceremonies.

Many years ago, we already had wondered what would happen if, instead of a dance of the muscles, we provoked a dance of the organs of the senses. The movements of dancing being fundamentally composed of regular swayings of the body, what would then be the effects of alternating stimulations of the organs of the senses?

This idea stayed with us without fully blooming until we met the Indonesian mage Pak Subuh.

Pak Subuh was the follower of an old Indonesian tradition, and practiced lateral and frontal swayings primarily with the head, in order to acquire and transmit what he calls “the great force of life”, and which seems to us to be mainly a particular power of thoughts, connected to a rhythmic work of the encephalon. (Check “The Subuh Initiation”).

To study the action of swayings on the nervous system, we had the idea to use phosphenes, i.e. the images of persistence of vision (also called post images) that remain in the dark after having focused on a lamp. Indeed, if we focus on a lamp for one minute at the distance of around three meters, and that we turn that lamp off, a phosphene appears after a few seconds.

At that moment, it is possible to verify the following fact, a fact that we have discovered by studying Pak Subuh's practices:

If we slowly sway our head, from left to right, approximately on a rhythm of two seconds (one second to the left, one second to the right), the phosphene seems to sway with our head.

If we sway our head the same way, but as fast as we can from left to right, **the phosphene seems to stay fixed along the axis of the body.**



This fact has been verified at the C.N.R.S. Centre of the National Institute of Sports in Vincennes, under the direction of Doctor Jacquet.

The threshold of dissociation between the movements of the head and the movements of the phosphene varies with different subjects, and in the same subject, varies with the subject's different states. (For example, a slower swaying is produced under the effects of alcohol).

We called “Subud effect”, this dissociation between the movements of the head and the movements of the phosphene, as a reminder of the circumstances of this discovery. It constitutes an unquestionable proof of the powerful action of dances on the central nervous system.

As using a phosphene brought such great results, it was logical to wonder what would happen if we used two phosphenes.

For this exploration, we built a “Cerebroscope”, a device that is essentially made of two lamps that are turned on alternatively on an adjustable regular rhythm. A field of vision separator allows each eye to separately watch each lamp.

In these conditions, two phosphenes appear. By trial and error, we have discovered the following fact: if the lamps are alternatively lit on a rhythm of two seconds per side for one minute, the two phosphenes that are produced do not coexist, **but appear alternatively**. They do not follow the rhythm of the lamps, but **a rhythm that is characteristic of the subject**, six seconds per side on average. The closer the rhythm of stimulation is to two seconds per side, the clearer the phenomenon is. The rhythm of the alternation varies from three seconds per side for children, up to twenty seconds per side for the elderly. An important difference between the two sides always corresponds to an unbalance of the character. Substances that dilate the cerebral blood vessels accelerate this rhythm. It is thus very simple to efficiently monitor the effects on the brain of any medicine, diet or physical exercise. This study has given birth to a new branch of science: “Cerebroscopy”. (Check “Exploring the brain with the study of the oscillations of the double phosphenes”).

Cerebroscopy lead us to an even more important discovery: one evening, after having observed for several hours alternating lights and the alternation of the double phosphenes, I went to bed and felt, in the whole of my body, a pleasant feeling of relaxation that lasted for at least half of



the night. This sensation was similar to the one obtained with the practice of certain exercises of yoga, though more intense. The idea that these two phenomena could be connected imposed itself to my mind. I had possibly discovered one of the neurological keys of oriental initiations. To verify this fact, it was necessary to provoke the alternating stimulation during long periods without causing too much strain. The sense of hearing was more suited to this experiment than the sense of sight, as, it is possible to listen to a sound alternatively in the left and the right ear with headphones, while asleep or half asleep. We have thus built our first alternating hearing device, on which the intensity of the sound was not adjustable.

Though it was very noisy and that usually, a regular noise considerably prevents falling asleep, we had the surprise of waking up in the middle of the night, feeling fresher than ever though the device was still blasting. Moreover, we felt a delicious sensation of relaxation in our limbs, similar to the sensation produced by a small dose of opium. This sensation was more intense on the side of the head where the sound was the most snappy. We tried the same experiment in the same exact conditions, apart from the fact that the sounds were simultaneous rather than alternated. Not only was it impossible for us to fall asleep, but also, we rapidly reached an intolerable level of nervous irritation. This proved that it was the alternation that was provoking beneficial effects. We quickly noticed that it could even produce true spiritual phenomena, and that it could, in a few days, provoke a very positive transformation of the character. Since then, we have tried to make this fabulous phenomena in the reach of everyone. But it did not prove as easy as we thought it would be. Indeed, after building more advanced electronic designs, we were surprised to notice that their beneficial effects were inferior to the ones produced by the first prototype. It took us almost a year to discover that this was due to the fact that, in our first design, the click of the membrane did not start the sound, but ended it. It is a little bit like what happens when the sound of a gong is reversed.

Explaining this fact seems simple: if we want to rock a swing with a snappy push, we will only hurt our hand. But, by progressively pushing and ending with a sudden and maximal effort, we will give it the best possible push. We are here creating a real movement of swing between the hemispheres.

This principle, backed by many facts, led us to the design of the current model of alternophone in which the basic buzz can or cannot be followed by a click at the end of the signal.



IV

THE ALTERNOPHONE

The Alternophone is a device that plays a sound in turn in the right and the left ear.

“ALTERNOPHONE” was the first name we gave to that device, when we first designed it and applied it on patients in our laboratory in Gretz (France). Later, the head of the Dynam Institute did not like the name and asked us to call it Synchronophone when we used it in his institute. That name is justified by the fact that the device provokes cerebral synchronizations. Its downside is that it can lead to confusion regarding epileptoid synchronizations when, as we shall see later in this book, it’s effects are exactly the opposite. That is why we decide to revert to its original name.

Manipulating the device might seem complicated at first, though it is not the case. With a bit of practice, everyone can find the rhythms and the intensity that suits their nature.

The best time to use the device is the morning, just after waking up, especially if you have enough time to go back to sleep with the device on and doze in half-sleep. The evening, while you go to sleep, is also a favorable moment, the state produced by alternating hearing being related to the intermediary stage between sleep and wakefulness. When regular, intense and simultaneous sounds disturb the subject to the point of being insufferable, the same rhythms played alternately, do not disturb sleep and, on the contrary, make it more refreshing. You will be awakened, one, to three hours later by a feeling of saturation. You can then take the device off, fall asleep and enjoy a much better night.

The subject should be in a very silent environment, as sounds heard simultaneously by the two ears disturb the particular cerebral wave produced by alternating hearing, especially if they are regular, like the sound of a clock, for example.

The subject should also be in the warm, so that they can relax easier. It is preferable to use the device lying down or sitting in a good armchair, with



the head well supported. The effects of the first session are improved by the fact that the subject does not know what to expect from the device.

The first sessions should, normally, last for an hour. Generally; the effect can be felt after approximately 30 minutes of use. The effect reaches a peak after roughly 45 minutes and stops suddenly. Consequently, it no use practicing for more than an hour.

For certain subjects, the effect is triggered faster but disappears quicker too. Others will have to wait for an hour before interesting phenomena are triggered.

The duration of the sessions should be set according to the result of the first two or three sessions. However long the session, it should be interrupted if the eyes of the subject start to redden (a rare occurrence), as that is a sign of fatigue that disturbs the beneficial effects of the session.

Do not be surprised if, sometimes, there seems to be no results. Change the setting of the Alternophone slightly.

That is why it is necessary to proceed by trial and error. Dardenne and a group of neurologists of the University of Gand (Belgium) have experimented on thousands of subjects and demonstrated the positive effects of changing the rhythm of alternation by a mere hundredth of a second.

That group of scientists has also discovered that mice under the influence of alternating hearing remain calmer when confronted to danger.

A - THE EFFECTS CONSECUTIVE TO A SESSION

Immediately after a session, the following effects have been noticed:

1. Improvement of the alternation of the double phosphenes:

Cerebroscopic examination has shown that the rhythm of alternation of the double phosphenes is very different before and after a session: alternating hearing causes a diminution of the periods of latency while the rhythm of alternation becomes faster and more regular.



2. Improvement of memory

To study the influence of alternating hearing on memory, we have asked the subjects to memorize lists of numbers and recall it before and after the session. We have noticed an improvement, but only in every other subject.

On the other hand, alternating hearing brings back childhood memories, probably because children function more by alternation of the brain hemispheres, as demonstrated by the fact that they enjoy being rocked or swaying.

The memories recalled are always good and are usually memories of sunny periods. We shall later see how this fact is related to the fact that alternating hearing opens the way for mystical illumination.

Finally, the subject often experiences a sensation of euphoria, a greater clarity of mind and a sensation of lightness in their body for several hours after the session.

B - CONTRA-INDICATIONS

1. Epilepsy and any epileptoid state, even if apparently cured for a long time. It is interesting to note that the rhythms used in alternating hearing are much slower than the rhythms that trigger epilepsy. There is thus nothing to fear for normal or subnormal subjects.

2. Never use the Alternophone during a **streptomycin** treatment, as it sometimes has negative effects on the auditory nerve and could cause a strain of that organ.

C - THE BEST RATE OF USE

You will notice that there is a cycle of approximately an hour during which the effect increases progressively, until the last quarter of an hour when the effect is suddenly interrupted. Similarly, you will notice that after repeated daily sessions of one hour, there seem to be no more effects. Instinctively, you will put away the Alternophone and only resume practice a few days later. You will then notice that the effect is produced again.

Certain subjects use the device an hour a day, every other week, others every other fortnight.



D - CONDUCTING THE SESSION

During the first five minutes, focus your attention on the sound, then abandon yourself to the calm of mind or to the thoughts stemming into your consciousness.

SET THE INTENSITY OF THE SOUND SO THAT IT IS AS LOUD AS POSSIBLE, WHILE REMAINING BEARABLE.

It is very important that the sound should be loud. Failures are often due to the fact that the subject had set the volume of the sound too low.

SET THE RHYTHM OF THE ALTERNATION AT A PLEASANT PACE. If your thoughts start to wander, try to find **the rhythm that empties your mind or focuses it on a single thought.**

THE RHYTHM THAT EMPTIES THE MIND OR FOCUSES IT ON A SINGLE THOUGHT, IS THE THE RHYTHM THAT AWAKENS HIGHER PSYCHIC ABILITIES AND TRIGGERS SUPERIOR EXPERIENCES.

You need to discover that rhythm. That is why certain persons only experience the benefits of the Alternophone after a few days of training.

You will observe that this rhythm is much slower when you are tired. You will also notice that it is advantageous to accelerate this rhythm progressively during the session (up to maximum increase of 0.25 seconds). Nevertheless, do not proceed this way during your very first experiments, as this process requires an experience of the relationship between rhythm and state of mind.

Practice voluntary mental exercises towards the end of the session, when your brain is affected by an harmonious neuro-electrical surge produced by the synchronization of cerebral cells.

For example, you can think about:

- 1) A person for whom you feel a certain antipathy.
- 2) A person for whom you feel a certain sympathy.
- 3) A confused problem.



Obviously, it is preferable to do these experiments over the course of three sessions, but they can be conducted during a single session.

During a monitored session, questions should be asked with the utmost gentleness, in order not to plant a suggestion. Do not become discouraged.

Indeed, most subjects claim that “nothing” has happened at the end of the experiment. Later, the subjects discover that this “nothing” is a calm of mind and a sensation of rest like they have never experienced before. Memories come back to their mind. The subjects should talk about these images to produce associations that will bring back even more memories. The monitor should take care not to suggest anything. Write carefully the exact expressions the subjects are using as they are often very characteristic. Advise them to persevere every day on the meditations, the postures, the exercises that may have been revealed during the session.

When using the device with two pairs of headphones, it is beneficial that the two subjects maintain physical contact, by holding hands, for example. Ideally, the subjects should lay down, holding each other by the hand. This exercise can also be practiced sitting next to each other. When one subject hears the sound on one side, the other subject should hear the sound on the other side. During this experiment, currents flowing from one person to the other can often be perceived. The subjects should never cross their arms or their legs as this position will short-circuit the currents of energy. A third person can verify that these sensations are not due to self-suggestion by modifying several times the position of the headphones, without telling the subjects if they are in phase or in opposition. The subjects will tell if they can or cannot feel the currents.

E - THE EFFECTS OF ALERNATING HEARING (Alternophony)

Everyone who tries the Alternophone and experiences its wonderful effects will be tempted to purchase it. The only obstacle is the price of the device. Nevertheless, we believe that its benefits on work and everyday life will soon cover its costs.

Let us now study the main effects of alternating hearing. All the subjects do not, of course, experience all the effects described below after a single session. Individual reactions are very variable, their intensity in particular.



But, though these effects are varied, they are at the same time specific of alternating hearing. At the present time, we hardly encounter any new effects. One or several types of effects predominate, depending on the subject.

We have catalogued them the following manner:

1. The effects that can be observed after a single session.
2. The effects that are consecutive to several sessions.

1 - THE EFFECTS THAT CAN BE OBSERVED AFTER A SINGLE SESSION

a) Relaxation

Most subjects observe that alternating hearing produces a state of relaxation. It produces a deeper state of relaxation than any other method. It is strongly related to the hardness of the click sound of the device. The click sound should be as snappy as possible and louder than the buzzing sound.

b) Mind emptiness

The state of mind emptiness produced by alternating hearing triggers a relaxation of the mind. Its particularity is that it can be produced without any prior training. Many subjects note that it is impossible for them to maintain a thought in their mind during the first part of the session. Generally, this situation changes at the end of the session.

c) Euphoria

The effects of alternating hearing are always a pleasant experience as it creates a particular kind of joy. This state of joy also depends on the properties of the click sound. If a louder click sound is used in one ear and a lower one in the other ear, the half of the body of the subject on the side of the louder click is sometimes filled by a delicious sensation (that somewhat reminds of the effects of opiates). Nevertheless, only alternating sounds produce this state of euphoria. Simultaneous sounds are even more intolerable when the click is snappier.



d) Optimism

Subjects who practice alternating hearing realise that they worrying too much about certain things, that the flaws of the people around them are a lot less important than they imagined. On the contrary, the subjects will discovers some qualities in themselves that they had never noticed before.

e) “Imposed idea”

In the state of emptiness of mind, a particular phenomenon that we have called “imposed idea” often arises. This phenomenon is different from pathological hallucinations, as the subject does no confuse it with the outside world. It is also different from hypnagogic hallucinations (a physiological phenomenon that consists in very brief, very precise visions occuring in a state of half-sleep and that are not related to the psyche of the subject). The visions produced by alternating hearing last sometimes fifteen minutes or more and have a great symbolic value. They seem related to mystical phenomena, as they are often accompanied by a feeling of revelation. The following days, the subjects realise that these “imposed ideas” are a revelation of the theme of meditation that suits their nature: it is pleasant for them to think about that theme and it can become a lifesaver during the more difficult periods of life.

We have nerver encountered the same “imposed idea” in two different subjects. They have nevertheless certain recurrent characteristics: they are bright, rhythmic, they surge suddenly into consciousness in an unexpected manner, accompanied by a very particular sensation that is almost tactile. It is like feeling a substance from a distance.

f) Increase of the amount of hypnagogic hallucinations:

As an example, a subject that experiences two or three hypnagogic hallucinations a year might experience ten during a session practiced while falling asleep.

This is not due to the click waking up the subject during the beginning of a dream, as only certain precise rhythms trigger this inner cinema.

g) Increase of the brightness of mental images

Even the images produced by an act of will in a state of wakefulness are often brighter.



h) Modification of the perception of time

Generally, the subject is slightly apprehensive before the first session. Spending one hour listening to a monotonous sound might seem utterly boring at first. Nevertheless, many subjects are surprised that one hour can pass so quickly.

i) Modification of the sense of space

This effect is often experienced in a state of half-sleep. The subjects have a sharper sensation of the “hollowness” of the space that surrounds them. Concentrating on this “hollowness” gives the impression of touching a substance at a distance.

This effect might seem strange, but it can be explained by the action of alternating hearing on the semi-circular conduits of the inner ear, the main seat of the perception of space.

These are the most commonly experienced effects of alternating hearing. There are more, though they are less common. Nevertheless, many subjects do experience them. We have catalogued them in an approximate order of frequency.

j) Transformation of the sound of the device into words

Sometimes, the subject does not hear the sound of the device any more, but perceives words instead. Certain bilateral rhythmic sounds, like the sound of a train, trigger an association of idea with a word, in a small proportion of subjects. Though this phenomenon is relatively rare and not very intense. The process that takes place during alternating hearing is more of a transformation than an association. It has an almost hallucinatory quality in normal subjects. Only their intellect allows them to recall that it was just a sound rather than a genuinely spoken word. Psychoanalysis of these words is, of course, rather informative.

k) Using alternating hearing for auto-suggestion

There is an intermediary stage between the classic phenomena of the train mentioned above and the auditory hallucination that sometimes replaces alternating hearing: it is extraordinarily easy to practice associating one to four words to the alternating sounds of the device. Repetition can be



maintained without any effort, it is even very pleasant. Practicing this experience under the influence of alternating hearing or under the influence of binaural sounds leads to completely different results.

In the first case, a desire to continue the exercise is generated, in the latter case, the effort becomes so tedious that the subject quickly gives up. Consequently, alternating hearing could be combined very beneficially with self-suggestion.

Words should be repeated on every alternation. Longer words need to be broken down so that the same words (or syllables) always correspond to the same side.

l) Modification of the visual chaos

The visual chaos (physiological sensations of light perceived in the dark: i.e. the pale lights you perceive in your field of vision when you close your eyes in the dark) becomes brighter. This is a sign of the diffusion of the auditory stimulation to the visual zones of the brain. A horizontal, shining band often appears within the visual chaos. It seems to be the seat of a unilateral, rather than alternating, movement. This movement makes it look like a streaming river. It usually appears roughly twenty minutes after the beginning of the session.

m) Auditory alternation

When we experimented with the Cerebroscope, we discovered a phenomenon that we called “negative hallucinations”. A similar phenomenon also occurs sometimes under the influence of alternating hearing: when the alternation is set on one second, the subject hears the sounds in the same ear during approximately twenty seconds, then in the other ear for an equal duration. This strange phenomenon lasts a few minutes.

n) Alternation of complementary thoughts

A similar phenomenon seems to affect thoughts, expressing itself in the form of a greater interest for the history of religions.

An opposite concept corresponds to most human concepts, both concepts forming a pair: for instance birth/death, past/future...

Experimenting with alternating hearing has showed that if in such pairs,



a concept corresponds more to one of the hemisphere and the opposite concept more to the other hemisphere, the increase of polarization of the hemispheres provokes an emphasis of the polarization of the opposed concepts. Alternating hearing thus produces an accentuated duality of thinking. This duality can remind of the philosophy of certain religions, the Zoroastrian religion in particular.

o) Visions

Sometimes, hypnagogic hallucinations spring up in the emptiness of mind created by alternating hearing. These hallucinations are actually visions. Of course, their relation to mystical phenomena is obvious.

But, this result is not surprising as Doctor Shurley has proved that a subject simply needs to undergo sensory isolation for a few hours to present hallucinations or visions. In the case of alternating hearing, it is an isolation of thoughts, or emptiness of mind, that favors visions.

p) Sensation of a current

The subjects often have the sensation that currents, whether warm or cool, run through their body, sometimes resulting in slight shivers. This phenomenon is probably due to the increase of the polarization of the hemispheres, that generates neuro-electrical currents in the whole body, currents of a much higher tension than usual.

q) Detection of sick organs

During the session, a particular sensation sometimes attracts the attention of the subject on an organ. Medical examination then reveals that this organ is suffering from an sickness unbeknownst to the subject. This can be explained by the currents we have just described. These currents are slightly conscious. **A sick organ can modify their symmetry, or even focus them, thereby attracting the attention of the subject.**

r) Momentary relief of various disorders and sometimes of acute pains

1) Certain migraines disappear immediately under the influence of alternating hearing. Certain subjects, on the contrary, exceptionally present a congestion of the conjunctiva accompanied by a slight migraine from



the very beginning of the experiment. Other subjects can experience a similar congestion towards the end of the session. The experiment should be interrupted as soon as the congestion starts, as it wastes the beneficial effects of the session.

2) Certain subjects suffering from a poor eyesight sometimes present a sudden improvement after but a few seconds of alternating hearing. This is not surprising as we know that alternating hearing has sometimes a powerful action on ocular blood flow. This beneficial effect constitutes a very useful therapeutic indication and we would advise the subject to use a capillary vasodilator regularly.

3) Certain circulatory disorders and asthma accesses are immediately stopped by alternating hearing. A similar effect can be noticed on coughing fits resulting from acute bronchitis (though the disorders reappear after the session).

4) Relief from certain acute insomnia.

s) Public presentations

Attempting public presentations of the Alternophone can lead to very random results. Normally, the hour long session should take place in a quiet environment, in order to maximize the chances of convincing results in a single session.

The presentations I conducted, whether at the Lépine contest in 1963 or at the Brussels International Inventors Fair in 1964 have allowed me to develop a technique that produces results in at least two persons out of three, in the middle of a crowd. This kind of experiments are spectacular.

For a public presentation, do not pick elderly persons. Indeed, it seems that their interhemispheric connections, being less vascular than the other parts of their brain, suffer more from the effects of age. Elderly persons sometimes need several weeks of practice to experience the benefits of alternating hearing.

On the other hand, do not turn down skeptics, neither the people who wish to ridicule the method. They are as sensitive as any other human being, and the effect on the audience is even more appealing. If someone turns down the Alternophone because they believe they “already think too much” and do not wish to think even more, place them under the influence



of alternating hearing anyway. The state of emptiness of mind is usually triggered very quickly in restless subjects, bringing them a relaxation and a self-control that they cannot achieve by themselves.

They become “super attentive”. There is always a person who wants to know what the child is listening to and how it can improve his/her attention ... You can explain that it is the device improves attention. The effect on the public is excellent.

Good results can also be obtained with teenagers. Offer to help them engrave in their memory a lesson they are experiencing problems memorizing, a formula of mathematics, for example. Ask the subject to listen to a rhythm. Set the Alternophone with the click only, at a rhythm of one second per side. Make sure that the subject breathes normally and is not too tense. Ask them to listen to the sound with attention, without any other effort of concentration. Then, slowly accelerate the rhythm of alternation (up to a maximum of 1/6th of a second, a value of 0.166 on the device). Ask the subject to let you know when they are experiencing a pleasant rhythm. Watch their face. Often, at a particular rhythm, the subjects start to relax and, sometimes, a euphoric smile shines on their face. The subject will sometimes spontaneously let you know that a particular rhythm is pleasant. Stay on this rhythm for a while then, resume accelerating the pace. This operation can be conducted two or three times.

The click sound, played on its own at a fast rhythm, provides a neurologic stimulation that seems to strongly increase the sensitivity of the brain to the action of alternating hearing. It also greatly reduces the latency time necessary to obtain a result for the following experiments.

Once you have obtained the neurological stimulation, set the device at a rhythm of approximately one second per side. Try to find an approaching rhythm that suits the experimenter, then ask them to repeat the formula they want to memorize, letting the thought harmonize itself with the rhythm of the Alternophone. Generally, after three to four minutes, the subject notices that their thoughts flow with a greater fluidity than usual, that their clarity is increased and that it seems to be engraved much deeper in their memory.



2 - THE EFFECTS THAT CAN BE OBSERVED AFTER SEVERAL CONSECUTIVE SESSIONS.

After a few sessions, the subject learns how to use the device better. The subject will quickly understand what rhythms can focus their mind and provoke phenomena.

The intensity of the effects vary greatly from one session to another. Often, the first session is very convincing, and the following ones somewhat less. Then, the effects manifest themselves again. The subjects learn to apply Alternophony to various circumstances of life. For example, they can use it before they fall asleep to improve the quality of sleep. Others leave the device on their desk and use it for a few seconds every time they have a decision to take, as the essential elements of a problem appear with much more clarity under the influence of alternating hearing.

One of the most important effects produced by several consecutive sessions is the **ENRICHMENT OF THE THEME OF MEDITATION**: the “imposed ideas” that sprang up during the first session come back, but this time they are associated to new concepts, solidly related to the central concept and completing it.

This is the process that takes place in all creative minds: Newton, Einstein or Goethe always reverted to the same them of meditation, completing it with new elements. This evolution of creative thinking is opposed to didactic thinking, thought he latter is essential for succeeding in exams, forcing us to learn much unconnected information from books. On the contrary, a few consecutive sessions of alternating hearing can prove that it stimulates the **CREATIVE MECANISMS OF THE MIND**.

Using two pairs of headphones: The Alternophone has been designed so that it can be used with two pairs of headphones. Indeed, the synchronization of two brains with alternating hearing allows many interesting experiments with a great social and scientific scope. It is possible to conduct experiments of telepathy under the influence of the Alternophone set with two pairs of headphones. One of the subjects thinks about a number between zero and nine, during ten seconds. For the next fifteen seconds, the other subject writes down the number that seemed the most vivid in his/her mind during the ten previous seconds. A third person provides a discrete signal to mark the periods of ten and fifteen seconds.



You will observe that the proportion of correct answers is increased by the influence of the Alternophone set with two pairs of headphones.

Alternating hearing with two pairs of headphones also favors the harmonization of the personalities of the subjects, bon accord and reconciliation. It intensifies the feelings of affection.

F - DOMESTIC USE OF THE ALTERNOPHONE

After a few months of use, the device produces a profound transformation of the atmosphere of a family.

Depending on their character and their predisposition to the effects of alternating hearing, the different members of a family use the device more or less. It is never necessary to impose its use as the rest, comfort and the various advantages it provides motivate all its members.

Certain children, for example, use it for fifteen minutes every day before doing their homework, as they notice that it makes work much less tedious. Generally, after a few weeks or months of use, most subjects notice a great improvement of their spirit of decision.

Others observe that texts of science or philosophy that usually seem difficult, become much easier to understand.

Moreover, the state of serene exaltation produced by the device tends to make the subject want to share the experience. Neighbours often take advantage of the offer. Once in a while, the device triggers a full recovery, whether from a disorder of the character, like anger, or from a physical disability. The reputation of the device then spreads to the whole neighbourhood.

The Alternophone has a great social and domestic use and can only imagine what would happen if it was used in a whole country or the whole world.

G - ORDER OF DEVELOPMENT OF THE EFFECTS AND PERIODS OF USE

It has been very surprising to note that the effects do not occur randomly but take place at particular moments of the session.

In a broad outline, relaxation occurs after ten minutes of use, the modification of the phosphenes after twenty. Half an hour after the start of the session, the effects on feelings and mysticism start to be



experienced. At the end of the third quarter of an hour of use, it is the action on comprehension that is experienced. Then, the effects cease suddenly.

A similar pattern emerges in series of sessions, particularly the sudden suspension of the effects. Consequently, it is favorable to alternate periods of use and periods of rest at a rate of **eight to fifteen days each**.

H - EXPERIMENTS CONDUCTED IN THE P.T.T. LABORATORY

1. Action on the relaxation of the ear

The experiments conducted in the Central Laboratory of the P.T.T. in Massy-Palaiseau (France) have demonstrated the following facts: the rhythm of one second per side cancels ear fatigue totally. Ears fatigue is monitored by measuring the minimum volume necessary to hear sounds.

2. Action on the comprehension of words

If a conversation is heard in an alternating manner, **at a rhythm of ten seconds per side**, an increase of the comprehension of the words can be noticed. This increase is at its maximum after three quarter of an hour of use. We have noticed that this period corresponds to the effects of the device on feelings, when relaxation occurs earlier.

This increase of the comprehension of the words of a conversation is of six percent, on average. But it is much more important when the words belong to sentences rather than when they are isolated or when meaningless sounds are used.

This demonstrates that alternating hearing has an action on higher understanding.



V

RELATIONS BETWEEN ALTERNATING HEARING AND RELIGIOUS THINKING

Though the effects of alternating hearing might seem disparate, we have strived to find out what they had in common. We can note the relationship between alternating stimulations and the various modes of operation of religious thinking. Its influence on the improvement of social relations follows the same direction as the teachings of Christ. We shall come back to this point at the end of this book by analysing the influence of Alternophony on religious thinking.

RELIGIOUS THINKING AND THE ALTERNATION OF THE HEMISPHERES

We believe that it is useful to regroup and complete the illustrations of the relationship between the effects of alternating hearing and mystical or religious thinking.

1. Manifestation of the central theme of the superego

Alternophony acts like a filter that would select the best thoughts of the subject. The filtering effect is accompanied by an increase of the intensity of the selected thoughts.

Psychoanalysis brings back obscure lower thoughts to consciousness. Cinema transports the mind outside of the social framework and lets the audience experience the film as if they were its main character. Alcohol puts people out of phase with the social context, by producing a state of irritability or excessive cheerfulness. On the contrary, alternating hearing puts people back in phase with the social framework, by bringing to consciousness the consequences of one's actions, thoughts that were suppressed by personal tendencies and external suggestions.

2. A tendency towards the examination of the self

This tendency manifest itself in various ways. It sometimes has a social form: the subjects analyse their actions as if they were someone else.



Thus, they perceive their wrongs with more objectivity and can understand other people's psychology better.

Sometimes, especially in half-sleep, this tendency takes the shape of a hypnagogic hallucination or a vision in which the subjects see themselves in a symbolic form. The French writer Musset described his vision of a "stranger dressed in black and who looked like my twin brother".

The tendency towards the examination of the self is, of course, related to the examination of consciousness and confession.

3. The revelation of the best position for prayer

The increase of lateral polarization of the body triggers a reaction of the hands of the subjects that reminds of the position of Christian prayer or the posture of yoga. This effect also affects subjects who are not familiar with these postures. This sheds a new light on certain religious rites.

4. The revelation of initiatory exercises

For a few minutes after the session, many subjects feel an urge to perform yoga-style breathing: slowly and deeply. Generally, this effect takes place after a week of practice. We have mentioned it because of its relation with the previous effect.

The modification of feelings produced by alternating hearing goes in the same direction as the guidelines of the Gospels and lead to an improvement of social relationships.

5. The occult action of the liberated force

One of the more peculiar proofs of the relationship between the action of alternating hearing and the action of mystical forces is that it follows precisely this phrase of the Gospels: "The son of man will come back like a thief", i.e. the subjects often do not immediately notice that they are having experiences of a transcendental nature. To the question: "What did you feel?", they usually answer: "Nothing or almost nothing, I simply felt relaxed with my mind empty".

Then, if you ask them how clear their impressions were and to compare this clarity with their usual life, they will realize that they have experienced a unique moment. Usually, this is when the memories of what took place during the session of alternating hearing come back to their



mind. As days pass, the “imposed ideas” that sprang up during the session acquire more clarity and importance. They become a kind of beacon for the subjects.

6. Relief after a death

A patient I treated for a physical ailment made this curious comment: “During the session, I imagined that I was going to the grave of my recently deceased husband. I felt less grief and more affection.”

This result shows that, once more, alternating hearing has a similar action as spiritual forces. Separation becomes much less painful.

7. The modification of the unity of the Self in a mystical sense

Certain connections between Alternophony, Cerebroscopy, psychiatry and mysticism have led us to consider that the perception of the unity of the Self can evolve in two opposite directions: a psychiatric direction or a mystical direction. These two opposed directions have been confused until Alternophony shed light on the subject. Indeed, the psychiatric evolution is due to a diminution of the connections between the hemispheres. On the contrary, mystical evolution is provoked by a stimulation of these connections.

We have reached this conclusion thanks to the following observations:

Some patients suffering from mental illness present a Self that is split in two parts. For instance, a patient complained that, since he experienced a violent trauma in the neck, he felt a permanent “presence” without hallucination, difficult to define, but always located on his left.

In this case and in many other ones, a very important diminution of the alternation of the double phosphenes is observed. When the alternation is re-established through various techniques, a momentary diminution of the disorders follows.

Thus, in mental illnesses, the perception of the Self, in the psychiatric sense, is characterized by a split.

This is opposed to the mystical position. Whether it consists in the Buddhist interpretation that human being must reach the Nirvana, i.e. a fusion with the universal consciousness; the israelite concept: “Abraham and I are one”, a fusion of the Self with all the Selves that belong to the same genetic branch; or the words of Christ: “The Father and I are one”,



the communion with the spirit that has created the world; in all these cases, our small individual Self grows until it melds with other, external Selves.

One of the most baffling effects of alternating hearing is the sudden, intense feeling that the subject is but a tiny cell in a massive organism. This idea takes various forms for different subjects. For example, one will understand that their successes and their achievements have only been possible thanks to the accumulated works of all the members of the human race. These feelings are experienced profoundly by the subjects.

Thus, disorders that consist in the fractionation of the Self are associated to a weakening of the connections between the hemispheres. On the contrary, the rhythmic and methodical stimulation of these connections produces an extension of the Self, that spreads until it incorporates other human beings. At all times; this extension of the Self has appeared as an essential, if not principal, element of mystical life.





VI

USING THE ALTERNOPHONE

The Alternophone can be used beneficially in the following circumstances:

1. Sleep

When the device is used while falling asleep, the subject is woken up approximately one hour later by a feeling of saturation. The device should then be put aside and sleep will benefit from this rhythmic stimulation. This method has solved many cases of insomnia, sometimes due to serious causes: Parkinson disease, Down's syndrome ... Certain subjects observe that they feel more rested by using the device for twenty minutes than by a whole night of sleep.

2. Work

If the device is used for a few moments during work, for example to help making a decision, the essential elements of the problem are perceived much clearer. In case of a diminution of attention due to fatigue, the device sets the mind in the right direction. An effect on the clarity of thoughts and the spirit of decision is felt.

3. Moodswings and bad temper

The device tends to transform negative thoughts into positive ones (though hatred might be intensified at first, before being reversed).

4. Vocational guidance

The true desires of the subjects, sheltered from all outside influences will be projected with force into the center of their consciousness, allowing a better knowledge of themselves.

5. Learning music

Practicing with the Alternophone will greatly help the children who do not have a good enough sense of rhythm. Neither professors nor pupils like to work with the metronome as its click sound, heard simultaneously in both ears is irritating. But, the same sound heard alternatively, on the contrary has a calming, almost enchanting action that engraves the sense of rhythm deeply in the consciousness of children.



6. Telephone

A conversation on the telephone heard through the device, has a calming and resting effect. The same conversation heard through one ear only will be tiring.

7. Sensory dance

Synchrophony helps settling the turbulence of youth. Often, young people adopt extrentric dances which purpose is to produce a state of euphoria through the stimulation of the alternation of the hemispheres.

8. Developing clairvoyance

A professor of philosophy, who had never experienced any hallucinations, had his first vision during his first session with the Alternophone and could verify that very day that it consisted in a phenomenon of clairvoyance that had disclosed to him where he would find a piece of information relevant to his research. We have encountered many similar cases. Thus, alternating hearing puts phenomena that, until now, rarely occurred spontaneously or that required a mysterious initiation within the grasp of the masses.

9. Preparing exams

This is probably a major application for the future. Students can use the device to clear their head every time excessive work has led them to a state of fatigue. Moreover, they will observe that if they use the device while studying, they can concentrate for a much longer time.

10. Exaltation of the artistic sense

Though the sound of the Alternophone is not musical, practicing with it develops the sensitivity to music, painting, beauty and nature.





VII

TRANSVERSE SYNCHRONIZATION

At first glance, it seems unlikely that alternating hearing can have such varied and beneficial effects. Nevertheless, a simple and realistic explanation can be provided, the future will prove or disprove it. This explanation is based on the “accesses of hyperconsciousness” provoked by alternating hearing, and on the general improvement of cerebral functioning that is consecutive to its regular use.

Indeed, each of our brain cells is the seat of an electrical pulse that can be detected with micro-electrodes. Usually, these oscillations are not synchronous (i.e. they are not simultaneously at their peak).

Let us consider the extremities of the nervous cells located on the surface of the brain. As their oscillations are not simultaneous, the surface of the brain is a mosaic of positive and negative poles that approximately balance each other. The superficial neuro-electrical tension is very low as confirmed by the electro-encephalogram.

We know that “accesses of cerebral synchronizations” exist: more or less large groups of nervous cells start to pulse simultaneously. All the positive poles are located on the same side at the same time.

The electro-encephalogram then detects “electric storms” on the surface of the brain. This is expressed in the patient by fits of epilepsy or related phenomena. Even anger, or the slightest irritation, belong to the same type of phenomena. These phenomena are all characterized by nervous synchronizations, as proven by the fact that several groups of muscles tense themselves simultaneously. In all the phenomena of this type, a more or less broad zone of the surface of the brain has the same polarity at the same time; the corresponding limbs, muscles and sensory organs, having the opposite polarity.

The oscillation thus takes place in the longitudinal axis of the patient. We can thus call this pathological mode of synchronization: longitudinal synchronization. In human beings, the longitudinal axis of the body is vertical (ranging from the head to the feet).



Such accesses of longitudinal synchronization can be triggered experimentally. Intermittent simultaneous lights, for example, can provoke, at certain frequencies, fits of convulsion in mice, as well as in susceptible human beings.

If, instead of producing simultaneous sensory stimulations, we produce alternating ones, from left to right, we are also going to create synchronizations between certain groups of neurons. But then, the hemispheres will have opposed polarities, rather than the same. **Thus, the oscillation will take place between the left and the right hemisphere instead of between the surface of the brain and muscles. THE SYNCHRONIZATION WILL THUS BE TRANSVERSE RATHER THAN VERTICAL.**

Moreover, it is obvious that at certain particular alternating rhythms, a resonance will be produced with the rate of the oscillations of the brain, increasing the chances of a powerful action. But, obviously, **DURING TRANSVERSE SYNCHRONIZATION, THE NEURO-ELECTRIC SURGE RESULTING FROM THIS SYNCHRONIZATION REMAINS IN THE ORGAN OF CONSCIOUSNESS WHERE IT CAN BE USED FOR ALL DESIRABLE ENDS.**

Here, an “access of relaxation” takes the place of a fit of convulsion, as the energy, instead of being projected towards the muscles, is concentrated in the brain. This energy of synchronization is formed on the auditory transverse. But from there, it diffuses itself to other regions of the brain. The proof of this diffusion during alternating hearing is provided by the intensification of the visual chaos that often occurs half an hour after the beginning of the experiment. When these rockets of force penetrate the various zones of the brain, they provoke an access of hyperfunctioning, and consequently of hyperconsciousness, as the brain is the organ of consciousness.

Combination of the out of phase oscillations

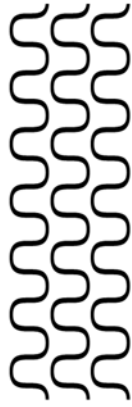
Fast, small and irregular waves

Synchronous oscillations

Accentuated, regular waves.



Synchronized oscillations



SUM



Regular accentuated waves

Combination of the
out-of-sync oscillations



SUM



Frequent, irregular waves of small amplitude



This explanation shows that the subjects should, at first, abandon themselves to the alternating rhythm of the sound, trying to avoid using their brain in the usual manner. This would destroy the synchronizations that are starting to take place. Towards the end of the session, the subjects will have acquired more energy, that they will be able to focus on an idea. This idea needs to be chosen in advanced, before the session. The will of the subject will direct the energy of the transverse synchronization that was produced during the passive phase. Focusing the mind, for example on a problem to solve, will project the neuro-electrical surge that has been created during the period of abandon to the alternating sound, into the cerebral mechanism responsible for finding the solution. This is what certain scientists use the device regularly to improve their intellectual work. Similarly, the device can help solving many little worries of everyday life.

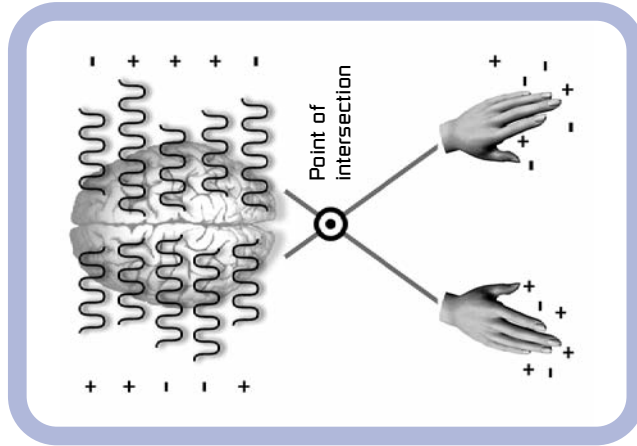
The explanation of some of the other effects of Alternophony has more to do with philosophy. Like, for example, its clear influence on the increase of the amount and the intensity of pairs of polarized ideas (“future / past”, for instance). Many signs lead to suppose that in such a pair, one of the thoughts is related to one of the hemispheres and vice versa. Thus, the increase of polarization of the hemispheres is reflected on the polarization of thoughts.

The influence of alternating hearing on morality can seem even more mysterious. Nevertheless, it is possible to consider morality as a rhythm of the character. A honest person gives as much as he/she receives. As life is made of perpetual exchanges, such a person follows a periodic flux and reflux, a rhythm. The same is true for gratitude, which is simply a more spontaneous form of honesty. Similarly, in the sexual domain, moral relationships respect the symmetry of the genders, in the broad sense of the term. (Check « Homologies »).

Besides, the experiments of cerebroscopy as well as the experiences of alternating hearing tend to prove that one of the hemispheres is more related to the image we have of ourselves, when the other hemisphere is related to the image we have of other, principally the image we have of our sexual counterpart.

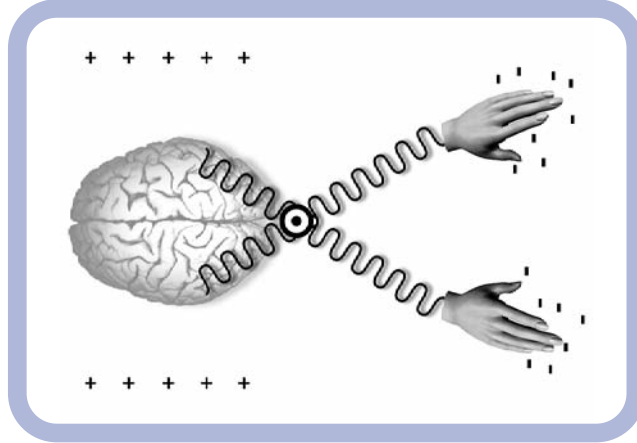


CEREBRAL HEMISPHERES



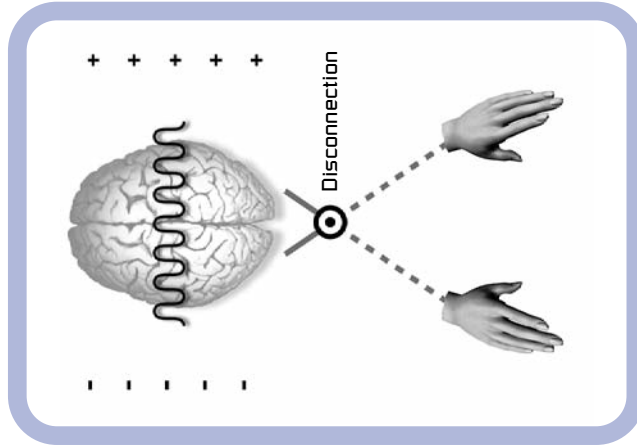
NORMAL FUNCTIONING

The oscillations of the nervous cells are out of phase : Their sum is very weak. Average polarities are spread in a homogenous manner.



EPILEPTOID FUNCTIONING

Synchronous oscillations of the same polarity on the two hemispheres ; their energy is consumed in the hands.



INITIATORY FUNCTIONING

Synchronous oscillations : the two hemispheres have opposed polarities ; the energy is accumulated in the brain, triggering a state of hyperconsciousness.



Thus, creating a better harmony of the two hemispheres with alternating stimulations often re-establishes sexual balance.

These explanations seem like a realistic way for today's science to justify the action of alternating hearing. Its effects sometimes seem miraculous. Maybe this is due to the fact that many occurrences that have been considered miraculous until now were actually provoked by an alternating work of the cerebral hemispheres, whether spontaneous, whether under the influence of various empirical techniques like head sways.

We believe that the power liberated by alternating hearing will transform the world. Indeed, it seems to affect the neurological location of religious feelings: the same way the ascending frontal convolution is the seat of motricity or the anterior frontals, the seat of attention ; it seems that the interhemispherical connections are the seat of religious feelings. Maybe it is because the cerebral hemispheres, being perfectly symmetrical, are the organs of emission of the perfect sine wave, which, like God, is universal.





VIII

CONDUCTING AN HOUR LONG SESSION

If possible, the first sessions should last an hour. The effects peak approximately towards the end of the first 45 minutes of use. Once you are familiar with alternating hearing, it will only take a brief moment to recreate the state produced by the technique. Thus, you will only need to use the Alternophone every now and then, for a few seconds, to take decisions, weight a choice, refresh attention or solve a problem. In the beginning of every sessions, you should **passively** abandon yourself to listening to the sound and observing its effects.

RESEARCH BY TRIAL AND ERROR

1 - Finding a pleasant volume and pitch for the sounds.

START WITH THE RHYTHM OF APPROXIMATELY ONE SECOND PER SIDE.

2 - Finding the rhythms that help focusing thoughts on a single idea. Your thoughts might start to wander off in many directions. Nevertheless, you will be surprised to find out that, if you experiment with different rhythms by trial and error, you will be able to find a rhythm that helps you focus your thoughts on a single idea.

3 - The effects vary slightly with the pitch of the sound: the very low-pitched buzzing sound acts as a painkiller and prepares for sleeping.

4 - The click at the end of the signal strengthens its effects. It has a clear action of the intensity of visual mental images.

BREAK DOWN THE SESSION INTO FOUR PARTS

1st Phase: Duration FIVE MINUTES

Focus your attention intensely on the alternating sound by an effort of will. Thus, the brain gets used to alternating hearing.



2nd Phase: Duration TWENTY MINUTES

Abandon yourself passively to the flow of thoughts produced by alternating hearing. Maintain your attention on the sound, but without any great effort of will. During this phase of abandon, you will be able to observe accesses of **relaxation**, the intense projection of **the best part of yourself** into the center of your consciousness, sometimes **internal sways**, a certain **euphoria**, and sometimes even **visions**, especially in a state of half-sleep.

During this phase, progressively accelerate the rhythm (up to a maximum increment of 0.25 seconds), but never jump from one rhythm to another quickly and randomly. That would disrupt the effects completely.

3rd Phase: Duration FIFTEEN MINUTES

Practice a few mental experiments in order to use the energy of synchronization accumulated in your brain:

A - Think about a problem that you cannot solve. The solution will sometimes appear.

B - Think about a person that you dislike: you will become more understanding.

C - Repeat a short sentence mentally. Make every word coincide with the alternation. Thoughts become sharper, attention is sustained, repetition is easy to maintain and this effort is relaxing rather than being tiring. You will have produced quality work while regenerating your nervous strength, rather than expending it.

4th Phase:

Again abandon yourself passively to the alternating sound. You will observe that the effects cease brutally during the final quarter of an hour.



IX

UTILISATIONS DIVERSES

A - PSYCHIC DEVELOPMENT

1 - LATERAL OSCILLATIONS OF TWO SECONDS OF THE POINT OF CONCENTRATION.

(Check « The Initiation of Pietro » and « The Yoga of Two Seconds » by Dr Lefebure.)

USE THE CLICK ONLY.

Produce a mentalpoint of concentration by visualizing, for example, whether a spark or a white dot, whether on the top of your head, whether inside it. Confer it a movemnt back and forth, from one temple to the other, following the rhythm of the alternation of the Alternophone set at the rhythm of approximately one second per side. It is beneficial to **ACCENTUATE ITS EFFECT BY SWAYING YOUR HEAD SLIGHTLY FROM LEFT TO RIGHT**, of course following the rhythm of the movement of the point of concentration and the sound of the Alternophone. You can also follow the alternation with movements of your eyes. Then, accelerate the rhythm of the Alternophone. Make your point of concentration move less and less, until it simply **ROTATES ON ITSELF**.

Outside the sessions, repeat frequently this oscillation of two seconds of the point of concentration, without any physical exercise or, sometimes, accompanied by an almost imperceptible lateral head sway.

The oscillation of two seconds of thoughts will tend to produce and maintain itself more and more spontaneously, as it follows a very deep cosmic rhythm. It places you back in the state of attention, intelligence and sociability created by the Alternophone, but brings infinitely more on a subtle plane, as **this oscillation is the key to all mystical powers.** The Alternophone has provided a “push” that has set your cerebral rhythms in motion.



2 - SELF-SUGGESTION or short prayer

Break down a phrase in groups of two, four, six or eight words or syllables of more or less equal length.

Repeat each group on each alternation. After a few moments, thoughts acquire an exceptional impulse, clarity and intensity. It leaves a long-lasting trace in memory and in the character.

Some people prefer to repeat the word when the sound is one side and to rest when the sound is on the other side, then switch between the two after a few minutes.

After a few days of practice, the repetition of thoughts can be quickened so that the brain work faster and faster.

To get rid of a drinking or smoking habit, simply think about it under the influence of the Alternophone until the habit disappears without any inner conflict (use the click sound only).

3 - ASCENDING, COLORED, PROPHETIC DREAMS

Use the Alternophone set at a very slow rhythm of alternating hearing (15 to 20 seconds per side), associated to the **MANTRATRON** set on a rhythm of 1/6th of a second, for an hour before you go to sleep: you will experience the effects after a few days of practice.

You will thus hear approximately fifty clicks per side. To plug the Mantratron into the Alternophone, use the minijack cord provided and plug one end in the output of the Mantratron and the other end in the external input of the Alternophone.

The contra-indications mentioned above: **epilepsy** or any epileptoid state, **even** if they seem to have been cured for a long time, are **particularly relevant** to this experiment.

4 - USING THE BUZZING SOUND IN THE BACKGROUND

If the buzzing sound and the click are switched off, a slight background noise remains, that can only be perceived at the moment of the alternations. It can be used to monitor the duration of rhythmic mental exercises that need to be performed in silence, as it is short and discreet



and will not disturb practice. The alternation is very precise, an essential element for obtaining the synchronization of neurons by mental means. Certain students use it while they study, for one or two hours a day. Others prefer to use it for fifteen minutes before a session of study, and for fifteen minutes after studying, in order to relax. Nevertheless, most students use it while they work.

B - USING THE ALTERNOPHONE TO IMPROVE WORK AT SCHOOL

1 - READING AND STUDYING A TEXT

To read under the influence of the Alternophone, switch the click sound off. The rhythm of the buzzing sound should be slower than when used without an associated activity (a rhythm of approximately 2 seconds per side is suited). The volume of the buzzing sound should not be too high, the pitch medium or low.

After approximately ten minutes, you will realize that your attention is likely to be dissipated and that the text seems more attractive, even if it deals with a subject that usually seems tedious. It is easy to understand how useful the device can be for preparing certain exams.

2 - WRITING

Use a **slightly faster rhythm** than the one you use for practicing without an associated activity (a rhythm of one second per side is suited). Certain persons like to use the Alternophone **for approximately ten minutes** before studying, to be in top condition. Then, they take it off to read or write, and put it back on at the end of their session of work to relax.

3 - TRYING TO REMEMBER SOMETHING

Use a **similar rhythm**, at a reasonably loud volume (a rhythm of one second per side is suited). Try to remember the text you want to learn by heart. Certain people read a short part of the text for a certain time, then put the headphone on and try to recall it for the same duration.

4 - LEARNING FOREIGN LANGUAGES

If you want to prepare an written exam of translation, repeat a word mentally while the sound is on one side, its translation when the sound is on the other side. At the same time, visualize the corresponding image. **Foreign words should always correspond to the same side.**



If this study's purpose is preparing a trip to a foreign country, only repeat mentally the words of the foreign language, forming short sentences that follow the rhythm of the alternation.

5 - MATHEMATICS

A - For studying the tables of multiplication: always repeat the terms mentally, **on the same side and the result always on the other side**. For instance: 4 x 2 when the sound is on the right, then 8 when the sound is on the left; continue reciting like this several times in a row. The mechanism of the rocking movement being activated, certain children sometimes repeat the tables of multiplication during states of half-sleep.

B - Use the Alternophone **before studying or trying to comprehend a mathematical concept**. The capacity of understanding is greatly improved.

6 - STIMULATING THE IMAGINATION

If you want to draft an essay, **alternate** periods during which you will first ponder the subject under the influence of the Alternophone for approximately five minutes, then abandon yourself to the sound of the alternation for the same duration. You will experience more associations of ideas and the composition will be richer in ideas.

7 - ALTERNATING HEARING WITH AN EXTERNAL SOURCE

The Alternophone can be combined to an external sound source, allowing the possibility to associate a word with each alternation. For example, to learn the tables of multiplication, you should hear the terms in one ear and the result in the other. You will thus use the natural tendency towards specialization of the cerebral hemispheres to the maximum of its possibilities.

The best reproduction of speech or music is obtained by setting the rhythm of alternation at approximately a twelfth of a second (0,083 on the device). The volume of the sound can be adjusted on the sound source. You will notice that your attention to the words heard in turn in the left and the right ear, is much superior to what it would be normally

Tests performed at the Central Laboratory of the P.T.T. have showed that the understanding of difficult sentences is increased by 6% when they are heard through alternating hearing set at the rhythm of six seconds per side, the effect being at its peak around the end of the third quarter of an hour.



8 - HYPNOPEDY (learning during sleep)

The process is the same as above, but you will need to set your sound source on repeat or loop. The effects of hypnopedy will be increased.

9 - STUDYING MUSIC

Using the Alternophone for a few weeks, even though it plays monotonous sounds, helps developing a greater artistic sensitivity to music, and the music you like will seem even more pleasant.

If you place the headphones on your mastoids (the temples on the side of your forehead) rather than on your ears, with only the click playing, the Alternophone is transformed into a metronome with a variable volume that does not prevent hearing musical instruments, and that is less disturbing than any ordinary metronome because its click is alternating rather than simultaneous. Like all alternating phenomena, it greatly stimulates the sense of rhythm.

C - EVERYDAY LIFE

1 - TAKING DECISIONS

Use the Alternophone during a few seconds, when you hesitate between several decisions. The reasons for a choice appear more clearly. This is very useful for professional orientation, for example.

2 - INCREASING THE CLARITY OF VISUAL MENTAL IMAGES

Use the click only, starting at a rhythm of one second, then slowly accelerate the rhythm of the alternation, until you reach its maximum. The progressive acceleration of the rhythm increases the energy of the brain. It produces moments when your visual mental images become very intense.

3 - THE STIMULATION OF EMOTIONS

Use the click only, at a very fast rhythm (approximately 1/6th of a second, 0.166 on the device). It helps combating discouragement and depression, and can even lead to an harmonious exaltation that favors creative capacities.



4 - IMPROVING SLEEP

If possible, go to sleep with the device on. You will be awakened approximately an hour later, by a feeling of saturation. You should then take the headphones off and switch the device off. Sleep will be greatly improved. When you wake up, your mind will be clearer, your feelings sharper and more refined. Use the low or very low buzzing sound.

If you cannot fall asleep with the device on (an unlikely event as alternating sounds are relaxing), practice the first sessions an hour before you go to sleep and progressively diminish the gap.

The Alternophone prevents insomnia due to psychological causes (worries, anxiety ...). The low sound prepares for sleep efficiently.

D - MOMENTARY RELIEF OF VARIOUS AILMENTS

1 - **INSOMNIA** (See 4 above).

2 - **CERTAIN MIGRAINES, ASTHMA FITS, COUGHING FITS**, sont immédiatement calmées (mais reprennent en général lors de l'interruption de la séance).

3 - **CERTAIN TROUBLES OF EYESIGHT**, due to a defect of retinian blood flow are improved uring the session. This can be useful for diagnostics.

4 - **TO CALM RESTLESS CHILDREN**, use the buzzing sound associated to the click, at a rhythm of **one second and a half per side**.

5 - **COMBATING TRAVEL SICKNESS**

Use the buzzing sound and the click at a relatively fast rhythm (slightly less than a second per side); **use the maximum possible volume**.

6 - **EMOTIONAL DISTRESS**

You will observe that emotional distress as well as grief due to the death of a loved one are greatly improved by thinking about the person that is the object of the distress, under the influence of the Alternophone: use the **loud click together with the buzz**, at a rhythm of approximately **one**



second and a half per side. A sort of subtle and refined love is generating, chasing away gloomy thoughts.

E - ALTERNATING HEARING THROUGH SPEAKERS

Connecting the device to an amplifier connected two speakers, you will obtain a similar effect. Though the sound is heard simultaneously by the two ears, its position in space alternates.

A deep and pleasant state of relaxation is produced. This effect is quite similar to the effect obtained with headphones, though it is somewhat less intense. The attention of the audience is complete, the technique can thus be a very useful tool for education. Moreover a strange, almost magical atmosphere is created, potentially attracting crowds to a powerful form of spirituality that results from the comprehension of the physiological foundation of the technique.





X

A FEW TYPICAL EXAMPLES OF THE INFLUENCE OF ALTERNATING HEARING

A - THE ACTION OF ALTERNATING HEARING ON RABBITS

Certain animal species, like cats, do not seem to be sensitive to the action of alternating hearing. On the contrary, other species, like rabbits, react in a very clear manner.

Here is an experiment that we have conducted on a rabbit living semi-free in a large space.

Under the influence of the Alternophone, we have noticed the following effects:

1 - Harnessing of attention

The rabbit seems almost enchanted by the effects, from the first moments of the experiment. It does not move any more and is not scared by shouts and loud noises.

As soon as the sound is turned off, the rabbit runs away.

2 - Inhibition of the instincts

The rabbit does not eat grass nor the bread that is offered, when usually, it does eat the food offered to it.

3 - Relaxation

The rabbit spontaneously adopts a strange posture that we have never encountered in a rabbit: it lays down, its belly on the ground, its limbs are extended, its head flat on the ground.

4 - Modification of the affectivity

If the snout of the rabbit is stroked with a finger, the rabbit presses its head against the finger, demanding to be stroked. This reaction stops when the alternating sound is stopped. This manifestation is strange but informative, as it shows the action of alternating hearing on affectivity.



5 - Transformation of lateral oscillations in antero-posterior oscillations

The rabbit starts trembling. This is a slow and wide antero-posterior trembling, almost an oscillation going from the tail to the snout.

This is an very interesting fact. It suggests certain comparisons: for instance, television aerials have a maximum of efficiency when the transmitter and the receiver are perpendicular. In the magical practices of various cultures, perpendicular head sways, antero-posterior and lateral, are alternated. It seems that these traditions try to produce successive alternations of the interhemispherical connections and of the antero-posterior strips. Our experiment with rabbits seems to demonstrate that the stimulation of one of these alternations tend to trigger the other alternation. Indeed, the aural stimulation is transverse, when the trembling is antero-posterior.

B - ACTION ON A PERSON AFFECTED BY DOWN'S SYNDROME

M. N ..., age 12, is deeply affected by Down's syndrome, with a very unstanble motricity. He has accesses of unmotivated laughter, he stutters, and is affected by insomnia that can only be treated with sleeping pills. His mother does not expect him to listen to the headphones for more than a few moments.

Much to her surprise, the child remains perfectly calm for the whole one-hour session of alternating hearing. His face present an expression of happiness, though he does not laugh. Later during the day, he is calmer.

Impressed by the result, his mother purchases an Alternophone. One month later, her child can go to sleep without sleeping pills, he does not laugh for no reason, he does not stutter any more. Her life is greatly improved by this change.

C - THE DOMESTIC ALTERNOPHONE

Madame G. nous écrit:

- "I have obtained a psychological improvement, even though my son's health worries me. I feel calmer, more balanced."
"Thanks to the Alternophone, I have also found the solution to many material problems."



- “My husband enjoys more clarity of mind when taking decisions for his business, even though he works a lot.”
- “Our son, affected by a nervous breakdown consecutive to the sciences of violence he has witnessed in Algeria, has obtained a real improvement: after a session, he experiences a great relaxation, more balance and has a better memory.

We have seen Ms G. again a few months after we received her letter. She told us that her son was completely cured.”

- One of her neighbours was often prone to fits of rage. This problem disappeared within a few months of daily sessions.

Let us also mention the case of our son Daniel Lefebure who was very weak in mathematics and became exceptionally good after a few sessions.

As a summary, the discovery of alternating hearing can produce a small revolution in a family and even in a neighborhood. One can only imagine what would happen if it was used worldwide.

D - THE EFFECTS ON THE CHARACTER

Sister M. came in consultation at the behest of her congregation, for troubles of the character. She told us herself that she is confrontational and aggressive.

During the session, she feels the head sway in her mind, in a pleasant manner. Afterwards, she tells us that she has perceived herself with more hindsight: “I see things more objectively”, she says. When we ask her what kind of things, she answers: “These incidents because of which I have been sent to you, I perceive them more impartially.”

She also notices a deeper than usual state of relaxation. This observation illustrates the natural tendency to introspection that is produced by alternating hearing and, at the same time, the relation between introspection and the improvement of morality. The subjects perceive their past actions as if they belonged to someone else and thus understand their relationship with the people around them better. This experience illustrates the analogy between certain effects of alternating hearing and the effects of the examination of consciousness. This is another clue to the



relation between the effects of alternating hearing and mystical phenomena.

Let us also quote the case of another subject who claims, after having used the Alternophone for several months, that he has started to perceive clouds of light around certain persons, i.e. what the spiritualist schools call “the aura”.

E - DEVELOPING CLAIRVOYANCE

Ms L., professor of philosophy in a French high school abroad, had never experienced hallucinations, visions, or phenomena of clairvoyance.

During the first session, an “imposed idea” sprang up, in the form of a genuine vision of the location of an piece of information she needed for writing a book. Intrigued, she went to that location on that very afternoon and found the information.

F - REVELATION OF THE PERSONAL THEME OF MEDITATION

Mr H., a law student, has observed the following facts:

First session - A calm and resting effect. Concentration spontaneously focuses on the center of the head. He describes a mellowing effect on affectivity.

The alternating sound immerses him in a special state of consciousness that is different from the usual flow of life. It produces a sort of pleasant bewitchment.

Second session - He chooses a faster rhythm for this sessions. He feels a kind of freshness that fills his body. He feels the necessity to join his hands together and his feet together (in an intimate way so that the arch of his feet are in contact).

This need can be explained by the increase of polarization of the hemispheres, that is translated into an increase of the polarization of the limbs, thereby creating a certain attraction. This is indeed a spontaneous impulse. The contact of the arch of the feet is a strange position that completes the contact of the palm of the hands in the classic position of prayer.



Mr H. notes that, again, concentration is improved. The “imposed idea” of a sun springs up.

The following days, he notices that this mental image comes back to his mind easily, though it is not disturbing. On the contrary, it helps him, as his best thoughts gather around it.

Third session - The mental image of the same internal sun imposes itself, but it is enriched by a second sun, located in the center of his head; two lines, tangent to the suns, meet between his eyes.

Quatrième séance - The same image springs up; but this time it sways spontaneously following the rhythm of the sound, around the point where the two tangents meet. The subject understands the symbolical meaning of these images: one can only delve into the spirit of others by using the sun of the mind.

By studying the succession of these four sessions, we can witness **the development of a theme of meditation**. This mechanism is identical to the creative activity of the mind. It is characteristic of the most evolved brains. Goethe (who's Faust starts with the following words: “Come back to me, images of my youth”), Newton, Einstein, and all the great minds function the same way: a central theme of meditation is ceaselessly perfected. This mode of activity is strongly opposed to the behavior that is required to succeed in exams.

Thus, alternating hearing might be the technique that will allow the transformation of apparently average minds into geniuses.

G - EFFECTS OBTAINED IF THE RE-EDUCATION CENTER OF CAROLLES (France)

Head; Ms Dumerle.

Ms Dumerle and her brother, Mr Taupin, who have dedicated their life to unstable and retarded children, have gained much benefit from using the Alternophone, and have observed the following facts:

- The rhythm of four seconds per side used for half an hour provokes an apparently normal state of sleep, that lasts around twenty minutes. It is possible to wake the children up though, as with natural sleep.



The state of sleep can be obtained at 5 PM, even though the children have had a nap until 3 PM and slept for an entire night before, thus demonstrating that this effect is produced by the device.

After these twenty minutes of sleep, the children have a relaxed and happy facial expression.

- A schizophrenic child, who did not build any contact with his fellow pupils, spontaneously starts conversation and seeks to play with his schoolmates, after a few sessions of alternating hearing.

- Children with a fast and irregular heartbeat present a diminution and a regularization of the pace of their hearts. For instance, from 116 at the beginning of the session, heartbeat drops to 90 at the end. After a few weeks of practice, the result persists between the sessions.

- La stimulation d'un enfant apathique par des rythmes rapides a été également notée: cet enfant ne faisait aucun exercice physique spontanément. Après dix jours d'alternophonie, il va s'amuser au trapèze et monte à la corde lisse.

- The stimulation of apathetic children with fast rhythms has also been experimented on children who did not spontaneously practice any physical exercise. After using the Alternophone for ten days, these children played with the gymnastics apparatus of the school.

- Finally, Ms Dumerle has witnessed the extremely favorable action on instability.

After a few months of practice in a group, the action on sociability is obvious.

H - AUTRES EXEMPLES

Ms Filder, from Nice (France), has also obtained excellent results in remedial classes, particularly an improvement of work and of the character.

Let us also mention the case of a student who believes the Alternophone has allowed him to pass his final high school exams. He now studies elementary mathematics and frequently uses the Alternophone: while he is working, his thoughts are more easily focused, when the complexity



and size of the curriculum provokes a sensation of cerebral fatigue, the device produces a very pleasant state of rest.

Let us also mention that the device has been tested with kindergarden children. Even very young children can handle the experiment perfectly well and feel relaxed.





XI

ALTERNATING HEARING IN A LARGE VENUE

Preliminary experiments of collective applications have been conducted in a concert hall in Paris (France). By collective application, we mean that two speakers located on the left and the right of the audience, play alternating music. Obviously, the effect is less intense than when headphones are used, and only one ear is stimulated at a time.

Because of the relation between cerebral alternations and affectivity, it was particularly suited to conduct this experiment in a famous concert hall where, during so many years, sexual emotions have been successfully transmuted into artistic impulses. Alternating hearing, as we have seen, acts in a similar fashion as evolution. Sexual force is at the origin of all beings. Consequently, it is the closest element to the original creative force, God himself. Nevertheless, one needs to learn how to draw illimited spiritual forces in the pol of complex energies that is sexuality. From time immemorial, art has strived to achieve this.

Modern initiatory techniques like the Alternophone are even deeper and more powerful, genuine “initiatory machines”. The experiment that we conducted in the concert hall was of a great interest, not only on an artistic level but also on a scientific and even mystical one. It should help demonstrating that building bridges between extreme poles, sexuality and mysticism, allows the develoment of a superior form of love.

Finally, let us precise that more intense effects are obtained on an empty stomach. And that, moreover, it is beneficial to take B1 and especially B6 vitamins for 15 days before practicing a series of sessions of alternating hearing.





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carries on the research and the diffusion
of the works of Doctor Francis LEFEBURE,
that were started on August 7th, 1945.

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