

The Tables of Chartres – A mind and brain training

Hemispheric balance as a key to inner Unity

The Tables of Chartres are the colored geometrical figures on the third page. They are two rows of tables, each consisting of a circle, a square and a rectangle. One looks at the tables like a stereogram, in which two images merge into a single image by superimposing each other. The superposition is achieved by squinting slightly inward. Actually, the left eye looks at the right row of tables and the right eye at the left row. This way of looking also became known in the 90s with the publication of the book "Magic Eye". There it was about computer-generated images, which create a three-dimensional effect when being viewed in the above way. This effect is also created with the much older Tables of Chartres. If one superimposes the two rows of tables in the right way, a virtual, third row is appearing in the middle, which seems to float. This middle row now becomes an anchor for the meditator's eyes and mind.

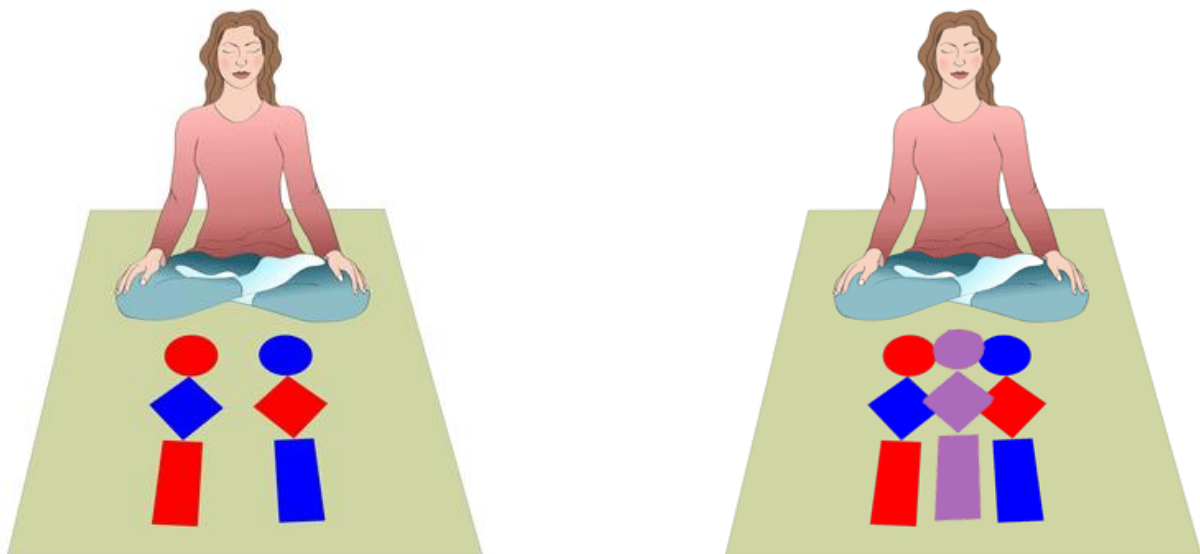
For practicing, the third page can be used as a colored print. The distance to the tables should be chosen in such a way that all three figures are in the field of vision at the same time. If you use the following page in A4 format, then 1.5 meters would be optimal. However, you can also print out the page smaller in order to shorten the distance. A little experimentation is also welcome here.

In order for our brain to truly achieve inner "quietness of signal", all nearby electrical and electronic devices should be deactivated. In particular, the smartphone and WiFi because they are pulsing within the frequency range of our brain waves and thus can massively disturb the synthesis of the endogen consciousness molecule DMT within the pineal gland. Also, no artificial light source should be used because its color range is very limited. The most intensive results with the tables are achieved in daylight. Under no circumstances should one meditate in front of a computer monitor. *I would strongly recommend this behavior for all types of meditation due to the mentioned mind-inhibiting effect of artificial electromagnetic fields.*

There are no guidelines for the positioning of the tables. The French gypsies, who were able to preserve this Christian Gnostic tradition through the inquisition into our time, performed it, as the following illustration shows, with tables lying on the floor, either sitting or standing. However, they can also be pinned vertically on a wall or placed on a music stand. If you prefer to meditate while lying down, you can also fix them to the ceiling. However, in this case, make sure that the atlas vertebra is not exposed to any pressure by the cushion, since the cross-eye technique, via the eye muscles, also causes a readjustment of this vertebra.

At the beginning, lots of people have difficulties with the cross-eye technique. It is difficult for them to find and fixate the middle, virtual row of the tables. However, this should not discourage at all and is quite normal. It may take some practice to get the eyes to rest relaxed on the middle row and is part of the process. Here is a trick that can be helpful in this process: To adjust the eyes properly, one can first fix the forefinger of the outstretched hand between oneself and the tables and vary the distance of the forefinger between the eyes and the tables until the double images of the two rows of tables, that have now appeared, are superimposed in the background in such a way, that three rows appear. As soon as the middle row appears, it can be focused and the finger can be slowly removed from the field of view without changing the position of the eyes.

Typically, for beginners, the colors of the middle row alternate between red and blue. This indicates hemispheric activity since the visual centers are split between both hemispheres of the brain. In this stage, the brain is still trying to decide in which of the two colors the middle row should be seen. After some time, however, it stabilizes at purple as the color mixture and thus gives an indication that both hemispheres of the brain have started to cooperate and that hemispheric dominances are balanced.



The left image shows the tables seen in the conventional way. The right illustration shows the additional middle row that appears when viewed in the cross-eyed way.

Informations / Links

For those who are more interested in the Tables of Chartres (history, tradition, psychology), [Georg Pennington's book "Die Tafeln von Chartres"](#), published by Patmos Verlag, is a wonderful practical guide which I highly recommend (so far only available in German).

- [The Tables of Chartres - Chapter 1. of the book \(translated into English\)](#)
- [Materials and historical background on the Tables of Chartres \(George Pennington\)](#)
- [The "inner observer" as a holistic experience of consciousness \(hemispherical synchronization\)](#)

The Tables of Chartres

The following page shows the tables and can be printed out for own meditation experiences.

