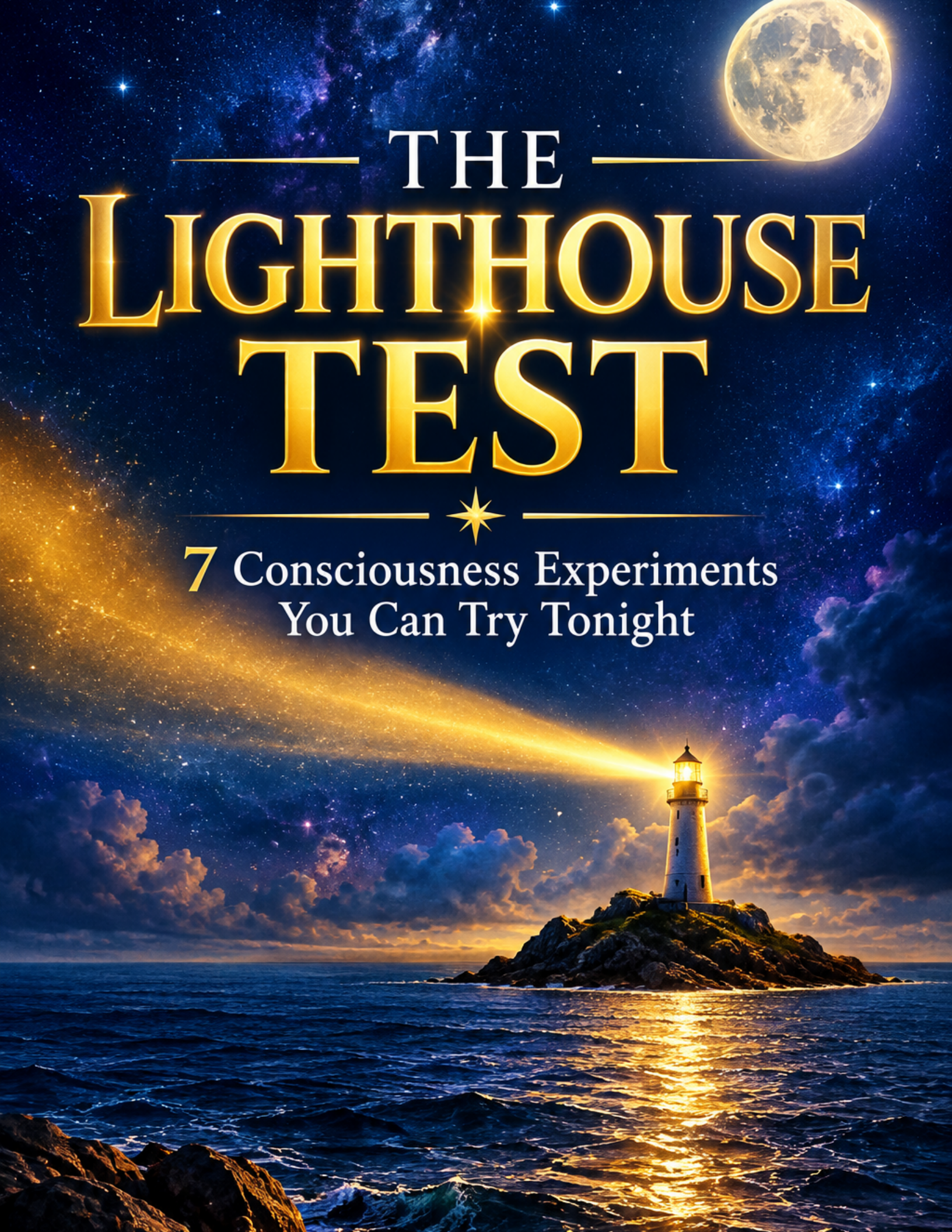

THE
LIGHTHOUSE
TEST
7 Consciousness Experiments
You Can Try Tonight

Why These Seven

A free companion guide for readers of Leaving the Lighthouse: Beyond the Flesh.

Everyone who goes looking for the edge of the self starts in the same place: not sure any of it is real, not sure they are the kind of person this happens to. Good. That is the correct place to start.

You do not need belief to run these seven. You need two minutes, a notebook, and a willingness to notice what actually happens instead of what you expected to happen. Each experiment is a small, contained test, something you can try tonight and check against your own experience, not against anyone's claims. Some will feel like nothing. One or two will not.

That is the whole method. Awareness is not a belief you adopt. It is a muscle you find by reaching for it, over and over, until one night your hand closes around something that was always there.

Run them in order. Each one builds a small piece of skill the next one leans on. By the time you reach the seventh, the Lighthouse Experiment, you will have everything you need to try it properly.

How To Use This Guide

• Do them in order, tonight if you can. Each one primes the next.

• Keep a notebook or your phone's notes app within reach. Write the moment you notice something, not later. The detail fades fast.

• There is no failing an experiment. "Nothing happened" is a result. Write that down too.

• Give each one a real two to five minutes before you decide it isn't working.

EXPERIMENT 1

THOUGHT AWARENESS

You are not your thoughts. Tonight, you prove it to yourself.

Sit somewhere quiet for two minutes. Don't try to stop your thoughts. Just watch them arrive. Picture each one as a passenger boarding a train you're standing outside of. You see them get on. You don't get on with them.

When you notice you've been swept onto the train, thinking *about* a thought instead of watching it, that's not failure. That's the exact moment the experiment is working. Step back onto the platform and keep watching.

What to notice

the gap between a thought arriving and you noticing it. That gap is the whole point. It's the part of you that isn't thinking, just watching.

Write what you noticed:

EXPERIMENT 2

REALITY CHECK

The mind runs on autopilot all day. Tonight, you interrupt the autopilot on purpose.

Pick a simple test: look at your hands, or find a line of text nearby. Ask, genuinely, "Am I dreaming right now?" Then check. Count your fingers slowly. Look away from the text and back. Does it stay the same?

Do this five or six times today, at random moments, waiting for coffee, at a red light, before you open a door. The point isn't the answer. The point is building the habit of asking.

A habit built while awake is a habit your mind can run while asleep. That's the whole mechanism. You're not trying to catch a dream tonight, you're training the question to fire on its own.

What to notice

whether the question ever catches you off guard, a half-second where you genuinely weren't sure. That half-second is worth writing down.

Write what you noticed:

EXPERIMENT 3

DREAM RECALL

You dream every night whether you remember it or not. Tonight, you build the bridge back.

Before you close your eyes, say to yourself, out loud if you're alone, "I will remember my dreams." Simple, repeated, meant. Keep your notebook or phone on the nightstand, already open.

The moment you wake, before you move, before you check the time, stay exactly as you are and ask: what was I just experiencing? Don't reach for the whole story. Reach for one image, one feeling, one fragment.

Write the fragment down immediately, even if it's three words. The story will rebuild itself around the fragment if you let it, but only if you catch the fragment first. It dissolves in under a minute of being awake.

What to notice

how much clearer the fragment is in the first ten seconds versus after you've moved, spoken, or checked your phone.

Write what you noticed:

EXPERIMENT 4

PRE-SLEEP AWARENESS

There's a room between waking and sleep. Most people sleepwalk through it. Tonight, you stay for the tour.

Lie down as if to sleep, eyes closed, body still. Don't try to fall asleep and don't try to stay awake. Just watch the inside of your eyelids the way you'd watch a dark sky, waiting to see what drifts across it.

You may see colours, shapes, faces, flashes of scenes with no story attached. This is normal and has a name, the hypnagogic state. Your only job is to keep a thin thread of watching attention on it without grabbing at it or narrating it.

The moment you feel yourself start to follow a thought or a scene, you're leaving the room. That's fine. That's usually where sleep takes over. Just notice that it happened.

What to notice

how long you can hold pure watching before a thought pulls you into a story. A few seconds counts. Ten seconds is a real result.

Write what you noticed:

EXPERIMENT 5

BODY AWARENESS

Where do you feel like you actually are? Tonight, you find out.

Sitting or lying down, close your eyes and slowly move your attention through your body, feet, legs, stomach, chest, hands, shoulders, neck, face. Don't rush it. Just notice what's there: warmth, tingling, pressure, nothing at all.

When you reach the top of your head, ask a simple question: if I had to point to where "I" am, where would I point? Most people expect to say the head. Sit with the question rather than answering it too fast.

Now do the reverse: imagine your sense of "you" as slightly larger than your body, a few inches of awareness extending past your skin on every side. Hold that for thirty seconds. Notice what changes, if anything.

What to notice

whether "you" feels like a fixed point or something more like a field. Either answer is a real result. Write down whichever one is true for you.

Write what you noticed:

EXPERIMENT 6

VISUALIZATION

Before you can explore anywhere unfamiliar, you need one place you can build reliably. Tonight, you build it.

Close your eyes and construct a single simple room in your mind, not your bedroom, somewhere invented. Start with the floor under your feet. What is it made of? Add one wall. Add a light source and notice where the shadows fall.

Engage a second sense: what does the room smell like? Is it warm or cool? Touch something in it, a wall, a table, and try to feel a texture, not just picture one.

Spend at least ninety seconds building before you let the image go. The goal isn't a vivid picture. It's a *stable* one you could return to and find unchanged.

What to notice

which sense came easiest (sight almost always does) and which took real effort. The effortful one is the one worth practising again tomorrow.

Write what you noticed:

EXPERIMENT 7

THE LIGHTHOUSE EXPERIMENT

Everything so far has been preparation. This is the one the guide is named for.

Lie down, eyes closed, and use Experiment 6's skill to build one specific place: a lighthouse, at night, by the sea. You are standing at its base. Above you, the light turns slowly, sweeping the dark in a steady rhythm.

Use Experiment 1's skill to let thoughts pass without boarding them, and Experiment 4's skill to stay in soft, wide, non-grasping attention. Then do one new thing: let your attention climb the lighthouse, alone, without your body following it. You are not walking up the stairs. You are simply *finding yourself* at the top, the way you find yourself in a dream already somewhere.

At the top, become the light. Don't watch it turn. Feel yourself sweeping. Feel the beam reach out over dark water further than your body ever could, and come back. Hold this for as long as it stays comfortable. There is no version of this you can do wrong.

What to notice

the instant, even a flicker, where you feel like the awareness doing the watching is not sitting in your chest. That flicker is the whole seven experiments, arriving at once.

Write what you noticed:

Seven Doors

You watched a thought arrive without boarding it. You caught a half-second of doubt about what's real. You reached back into a dream before it dissolved. You sat in the room between waking and sleep. You asked where "you" actually are. You built a place that held still. And you stood, for a moment, as the light instead of the watcher of it.

None of that required belief. It required two minutes and a willingness to notice. That's the whole method, and you've already started it.

“If you enjoyed these experiments, Leaving the Lighthouse: Beyond the Flesh takes the exploration much deeper.”

A note on what this is: these are exploratory awareness practices, offered for curiosity and reflection, not medical, psychological, or therapeutic treatment. If any experiment brings up distress, disorientation, or feelings that are hard to shake, stop and speak with a doctor or mental health professional rather than pushing through alone. In many regions a free crisis or mental-health line is available by searching "crisis line" plus your country.