

## **Chapter 7**

### ***Concerning ESP Events and Psychic Phenomenon***

#### **7.1 – Extra Sensory Perception Events**

Generally speaking, all *ESP* facilitated information transfer will be collaborated by an **Actual** reality event – be true. There are a few exceptions. If a perception involves an *ESP* event, it will occur in **Actual** reality. Errors that occur are usually with perceptions or interpretations of the operator, not the mechanics. If a perception does not occur in **Actual** reality, it most likely was not an *ESP* event. The perception was probably something created from within the mortal mind and not of something ‘other’ than the mortal mind.

A partial list of the psychic phenomena – *ESP* events -- to be covered in this book is:

- 1) Extra Sensory Perception (*ESP*)
  - a) Telepathy
  - b) Clairvoyance
  - c) Clairaudience
  - d) Geomancy
  - e) Forms of Scrying
- 2) Magic
- 3) Miracles

Except for miracles, what these forms have in common is a perception of ‘other-ness’. (Miracles are a correction to that perception of other-ness). Typically, *ESP* conveyed information is referenced to something outside of or away from the perceiver’s mortal mind and body. This means, *ESP* can involve the *Perceptual Lens Array* – the ‘front’ of your mind. In addition, because how the ‘back’ of the mind – storages, focuses the ‘front’ of the mind your *Storage* becomes an influence as well.

What will not be covered in this chapter are things like channeling, spirits, telekinetics, etc. This chapter concerns itself with primary *ESP* associations. The concerns of this book are on the immediate operations of the human matrix that relate to the *ESP* expansion of the **Individual** reality into **Absolute** reality. Where channeling et al are secondary applications, they may or may not be relevant to individual growth on a daily application level.

We are in a duality delusion.<sup>1</sup> We 'perceive' we have separate minds and that there is a number of other mortal minds around us. Normally, these 'perceived minds' communicate through a physical medium – *BTR* array -- of some sort (visual, audio, through symbols, etc). What we associate as communication is an extension of ideas between at least two individual *BTRs*. If it is communication between individuals, communication becomes an idea mutual extending session.

This action is facilitated by a *BTR* they have in common (words, room, broadcast system, phone system, etc.). This information is carried from one individual's physical *BTR* to another by smaller *BTRs* within the large *BTR* that they share (molecules and sounds, photons or electrons, printed symbols, etc.).

The forms of psychic phenomenon and *ESP* that are presented in this chapter of *I AM A I* are an effect of a temporal/spatial mind accessing an idea through the Eternal Mind. *ESP* in this book deals with information related to a *BTR*, away from the operator's physical *BTR*, in another time/space reference (*BTR*), with no *BTRs* in common, and by way of the One Mind, which is present in all *BTRs*.

When there is a flow of information between 'perceived' minds without any discernible means of communication we call this *ESP* or telepathy. *ESP* phenomenon is a flow of information traveling via the Mind/Matrix to your mind/matrix. Within the duality delusion concept, this makes all psychic phenomena (*ESP* et al) a form of telepathy. Knowledge or information is shared between minds (mind to mind and Mind to mind).

Carried to the *nth* degree, this idea becomes the Communion with God concept of saints.

A beginning definition for telepathy is the extension of an idea between apparently separate minds without any physical vector of that idea – common *BTRs*. This can occur in the same moment of time, and it does not necessarily have to happen that way. The common perception of telepathy is for two or more distanced temporal/spatial minds to share an idea at the same moment. This can be misleading. They do not have to share the idea in the same moment of time – have the same temporal (or spatial) references.<sup>2</sup>

Much of psychic phenomenon in this book fits in the category of *ESP*. Extra Sensory Perception is a perception of **Actual** physical reality through non-physical means – the five physical senses.<sup>3</sup> Some common *ESP* manifestations are:

- ◆ Clairvoyance is a form of *ESP* where an individual mentally 'sees' an event that is in another spatial/temporal reference from the perceiver's physical body. The operator 'sees' an event that is occurring or will occur in another time and space. Clairvoyance tends to come to the individual through imagery.
- ◆ Clairaudience, instead of the information coming in imagery, the information appears to come in sounds.
- ◆ Geomancy tends to be a feeling the operator gets when he/she touches rocks or something of earth; it tends to be sensate. Geomancy can also be related to psychic tool usage of geometric figures.

Geomancy is not the only *ESP* that manifests in a sensate manner. Geomancy is used as a reference of an *ESP* perception through feeling, instead of hearing or seeing. Some people 'see' things using geomancy. Geomancy can refer to the material (ground, rocks, and earth) as well as; it can be a geometric figure that the operator is using to guide their perception. Geomancy can also be a feeling, like dowsing for water. This chapter will return to the sensate idea later.

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<sup>1</sup> *Theorem 32*, I am/we are in a generated delusion of duality.

<sup>2</sup> This means what may appear as 'past lives' may be a psychic connection between two mortal minds occupying different times and in different spaces.

<sup>3</sup> Hence it being called the sixth sense; a sense other than the five physical ones -- sight, touch, hearing, taste, or smell.

Please note that extra sensory perception can parallel physical perceptual senses: images to sight, sounds to hearing, feelings to touch, etc. Those people who are visually oriented tend to get *ESP* in images. Those people who are audio orientated tend to get their *ESP* in sounds, words, or sentences. When the author first started playing with this subject and started picking things up from people, different people would have a different 'taste' for him. *ESP* may 'mimic' a physical sense that is important to you within your **Individual** reality.

This is an excellent example of how *ESP* facilitated information becomes 'clothed' by the receiving mortal mind (next section).

The relationship between *ESP* and your physical senses in terms of which came first or what stems from what, is not important to learning this subject. You should be aware that some of the parallels between the physical senses and *ESP* senses exist. What can apply to the use of one for you; can apply to the use of the other for you.

Another form of psychic phenomena that should be mentioned is astral projection, which involves the mortal mind leaving the physical body. The temporal mind/matrix disengages from the temporal body matrix. This can occur when the mind is wide-awake while the body is very tired.

There is a sign when this engaging and disengaging of the mind with the body process is not quite complete. You have awareness and are awake but your body appears to be paralyzed; you cannot move.

There is an irony with astral projection. The mind 'appears' to leave the body; and in the paradigm of this book, it does not really 'go' anywhere. It is only participating in a different aspect or perception of the One Mind. This different aspect may appear as a different place in time and space or a 'place' that has no physical reference.

The one-point focus involved with learning the deep relaxation techniques of astral projection can be very useful to meditation and other mind/body mechanics. The same can be said for self-hypnosis trance techniques as well.<sup>4</sup>

Again, in order for this book to keep the subject matter simple, *I AM A I's* focus is on primary applications: telepathy, *ESP*, magic, and miracles. Magic and miracles have their own separate chapters.

## 7.2 – Mechanics and *ESP* Forms

A review of some theory is necessary and this theory can help explain and introduce an *ESP* event. This review can also help you understand or comprehend *ESP* event mechanics.

⇒ There is only One Infinite and Eternal Loving Mind.<sup>5</sup> This Mind IS the very core of your being.

This chapter is a natural extension of the previous chapter because psychic perception (an *ESP* event) is a side effect of having an empty mind. When you begin to step outside of your temporal – mortal -- mind/matrix, the only thing left is the Eternal Truth Mind/Matrix within you; your given natural mind takes over.<sup>6</sup>

All *ESP* is through the One Mind. Since the Love's Eternal Mind is yours by the nature of God-Creation relationship -- you,<sup>7</sup> *ESP* is working from the very core of your being. The major irony around *ESP* is being psychic is natural; it is not being psychic that is un-natural.

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<sup>4</sup> It is encouraged to explore some self-hypnosis techniques.

<sup>5</sup> Postulates 3 and 4

<sup>6</sup> Here is an excellent example of the *Right Angle Rule* presented in Chapter 3.5 - Mirror Mechanics, Connections, and Parallels

<sup>7</sup> Postulates 3, 4, 6, and Theorem 10

Previous chapters have given you numerous examples of exercises for manipulating, setting aside, or working with the temporal – mortal -- mind/matrix mechanism. Operations that decrease ~~truth~~ participation within your mind/matrix were introduced. Some of these are by either preoccupying the mind with systematic operations – meditations, increasing truth's presence, expanding perceptual limits, etc.

You are not your temporal matrix – your mortal mind.<sup>8</sup> You are not the mental/emotional sets that preoccupy the mortal mind.

As has been mentioned previously, eliminate the ~~truth~~ and the truth is that which remains. Consequently, remove ~~truth~~ from the mortal mind and the Eternal Mind and consequent *ESP* events tend to manifest. This means that an *ESP* event manifests automatically or naturally in two ways. Either when you learn to still the mind, or when a sufficient amount of absolute truths are programmed into the mind.

⇒ From the One Infinite and Eternal Loving Mind's reference time and space is a 'special case' of the Infinite and Eternal, irrelevant, *non-sequitar*, etc.

An *ESP* event involves a communion within this One Mind; and consequently, it involves the One Mind's time/space ignor-ance. Since that One Mind is not restricted by temporal/spatial limits, that means, we can have access to everything that can be known, which is at any place or at any time.

This Mind is Eternally present in all of time and space and does not live in time and space. (one of those mystical conundrums to a mortal mind) What that One Mind has access to, we all can access. This means that all the knowledge (and Creation capabilities) that is in the Loving Mind/Matrix is available. *ESP* events are a form of mental participation of truth/Truth (depending on the inclusiveness) applications or experiences between a mind and the Mind. This idea can help take some of the bizarreness out of psychic phenomena.

Chapter 3.7 introduced two examples of the time/space ignor-ance qualities of an *ESP* event -- within a single mortal mind -- are with premonitions and *déjà vu*

- A premonition is 'you' in the future,<sup>9</sup> telling 'you' in the past,<sup>10</sup> something is about to 'go down'.
- With *déjà vu*, you just accessed a future memory.

One reaches from the future to the past – premonitions – while the other reaches from the past to the future – *déjà vu*. Instead of an idea shared by two apparently separate minds, these two are examples of something shared by the same mortal mind at separate times. Which, is another example of an internal communication within a single mind (Mind), and both are indicative of time ignor-ance capabilities inherent in the Eternal presence of God's One Loving Mind – the Mind within you.

### ***ESP* Event Vectors**

*ESP* facilitated information -- how we indirectly perceive something outside us and away from us -- can come through two basic vectors:

**Vector 1** ⇒ One vector is through our internal mind/matrix vehicle. It comes from the Truth within us; it may use our *Perceptual Lens Array* or *Knowledge* storage, and it manifests to our awareness in the *Focus Control Buss* (Figure 4-4, III). Nothing outside of us facilitates this seeing. It is an internal communion and the information manifests within the mind mechanism.

**Vector 2** ⇒ The other vector *ESP* facilitated information can make itself known is through an external vehicle/vector (physical *BTR/BTRs*). This *ESP* still may involve an internal process, and the operator is using something external as a catalyst or a tool for the internal process.

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<sup>8</sup> Chapter 2.8, *Postulate 7, Theorems 26, 26A, and 32*

<sup>9</sup> A *BTR* at one temporal reference.

<sup>10</sup> The same *BTR* at a different temporal reference.

This can vary from a simple object, like a crystal or a mirror, to complete thought systems and philosophies. Something outside of the mortal mind is used to ‘trigger’ or facilitate the internal accessing of information.

The second idea will be looked at first. Most forms of scrying use an external tool or ‘whatever’ as a vector to receive information. The operator may use a crystal ball, a black mirror, or a pool of water. The scrying vector of *ESP* also includes the *Tarot*, the *I Ching*,<sup>11</sup> astrology, runes, etc.

What is scrying? It is a specialized form of clairvoyance.<sup>12</sup> Scrying is using a physical object to see something outside and away from the operator.<sup>13</sup> A blank ‘something’ serves as a vector for an empty mind. Almost anything can be used as a vector. (Usually though, something is picked that is still and not moving – unlike lit candles.)

Here is an excellent example. When the author was in the army, a friend of the author would use the pattern of cloth. Specifically, he was the local ‘hash’ dealer. He would use the pattern left on a plate of hashish after the wrapping of cheesecloth was removed. He would take the cheesecloth off, look into the pattern of the cloth on the hashish, and he could perceive things or events that occurred away from him.<sup>14</sup> This is an example of how most people who scry use any simple object.<sup>15</sup>

Beginners usually do scrying, with an object. As well as, people who have a strong preference or talent for that particular ‘art’ do it. This is an example of an *ESP* form that involves some tool usage.

Scrying can be a very useful learning tool. Something that can help you become in touch with the psychic mechanism inside you by using objective references. Once you get in touch with that mechanism, the tool, however, may no longer be needed.

One of the biggest dangers of using a tool in the metaphysical areas (as well as physical) is to think you are dependent on it. Ideally, tools are developed to make a specific job easier.<sup>16</sup>

Using any external tool to learn *ESP* is very analogous to using tools to learn how to walk. A child puts their weight on the sofa or a coffee table for a while. The ideal is, though, to let the sofa or coffee table go. The *Tarot* and the *I Ching*, the crystal ball, or the black mirror are like the sofa. The ideal is to be able to do that in the ‘head’ without having to need anything from the outside.

Again, it does not make any difference what the operator is using to scry. It all starts and ends with their mind. The only difference between using something outside of you instead of inside is it may be easier to use something outside of you to help create the mental image when first learning. Systems like the *Tarot* and *I Ching* also give external objective references to the *ESP* event.

When a predetermined symbol system or philosophy like *Tarot* or the *I Ching*<sup>17</sup>, runes, Astrology, etc. is used, that symbol system serves as a vector for the *ESP* operation. With thought systems such as these, life and/or the human condition is broken up into symbols of **Absolute, Actual, Consensual, or Individual** reality archetypes/truths. Some of the archetypes of the *I Ching* are Heaven, earth, wandering, foolishness, etc. Some of the *Tarot*’s archetypes are strength, cycles, disruption, illumination, etc. Some Astrology archetypes are communication, beauty, stubbornness, etc.

With the scrying forms of divination that use *Tarot* cards, the *I Ching*, Astrology, etc., there is an external reference (re: “the question”) other than the actual event itself (the cards -- a thought system and the ‘reading’).

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11 Chapter 8, Tools and Music

12 A form of remote viewing

13 Instead of something like an image constructed inside the head – later this chapter

14 His accuracy of perceiving something not immediately present was very good.

15 Though most people pick less illegal objects.

16 Chapter 8.

17 *ibid*

Important: Whatever you give to Love, it will use. That means, whatever you give to Love to grow in Love, Love will use to facilitate the process.

These forms of scrying are an example of this. These are examples of giving the Universe a thought system or image, plugging a question into that thought system or image, and letting the Universe answer in the thought system or image.

A typical *Tarot* or *I Ching* 'reading' (or any thought system reading) would consist of formulating a question, giving it to Love in the form of the reading system, and letting Love answer through the given symbols or the archetypes in the system. It is helpful usually, in order to avoid confusing answers, that a question should be very specific. (If I do \_\_\_\_\_, what effect will this have on \_\_\_\_\_?)

As mentioned, Astrology can serve as another physical *ESP* vector. Astrology is based on the general precept of; "As with Man so it is with the Universe, and as with the Universe so it is with Man." -- a holistic system. The basic premise behind astrology is everything has an energy (*BTR* influence), people, planets, stars, etc. As we enter physical form through a matrix -- womb, the surrounding energies imprint themselves on us.

Kind of like the analogy, of having a paint can with changing swirls of different color paint in it. Dipping a ball on a string in the can of paint and pulling it out will leave patterns of paint fixed on the ball comparable with the paint swirls at that moment. When we come out of the womb, we have these planetary energies imprinted on us.

Astrology is essentially a way of reading the patterns of relationships involving the temporal bubbles of planets and stars (the paint can and paint movement) and how they relate to individual temporal bubbles (the patterns of paint on the ball). Are they in compliment? Are they discordant? When will they compliment? Etc.

This is another example of using some external 'gizmo' to facilitate information transfer. *ESP* can also play a role in the interpretation of those astrological patterns as well.

In terms of *ESP* vectors, **vector 1** mentioned above is where the information comes from the 'inside'. This will be the focus of the rest of this chapter.

While **vector 2**, is where the individual is using something outside to focus their mind on in order to draw forth the information. The external is just something to help them. The external object is used to trigger something internal within the operator.

Your perception is limited anyway. When using these physical forms -- using an external gizmo, your perception is twice removed from the actual event.<sup>18</sup>

The internal **vector 1** alone is better, because that is where the process starts -- inside. The operator in **vector 2** is only using the physical object to facilitate something inside their mind.

Successful experimental results in *ESP* will come with practice and the right motivation.<sup>19</sup> You are using the Correction, and the Love behind the Correction. Whenever you want to see the whole picture, of which you are a part -- whenever you are inclusive (or non-exclusive) in your perceptions and desires -- God/Love will work with you.

With **vector 1**, *ESP* facilitated information uses what is already within the mortal mind/matrix to convey the 'message'. As Chapter 4 stated, information coming via the Eternal Mind -- an *ESP* event -- 'clothes' the information with the mortal mind/matrix content. The One Mind uses recognized symbols, pictures, patterns, etc. established in and by the individual's programming and formulates a message for the mortal mind -- one that the individual will recognize.

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<sup>18</sup> In using a construct like the *I Ching* or *Tarot*, the instance when psychic phenomenon may not be true presents itself. The temporal construct (*I Ching*, *Tarot*, etc.) 'reads' from this moment in time onward -- the question, based on choices that have made up to that moment in time. However, having 'free choice' means that the reading can change sometime in the future; because somebody, somewhere, made a choice so the reading is no longer relevant. Admittedly, this occurs with beginners. The more skilled in the psychic one becomes, one can see a little further and be more comprehensive in vision.

<sup>19</sup> "perseverance pays" *I Ching*

An excellent example of this is the original biblical 'speaking in tongues'. The major government at the time was Rome. The 'seats of learning' in the Roman Empire were Egypt and Greece. The Roman Empire encompassed many countries and cultures; which, tended to attract people from all over the empire to these 'seats of learning'. Consequently, many languages were spoken in relatively concentrated areas.

The apostles came from what was considered the 'boonies' to deliver their message to 'civilization'. The apostles only spoke Aramaic. The apostles stood in the public squares and spoke before a diverse crowd. Each person in the crowd would hear the message in their native language.

The Roman would hear the message in Latin. The Grecian would hear it in Greek. The Egyptian would hear the message in their language. The original 'speaking in tongues' was equivalent to a universal translating device out of science fiction.

This is an excellent instance of how Truth (outside of temporal/spatial references) becomes 'clothed' by the temporal/spatial mind receiving it so that mortal mind would have a reference on the information.

This is why *ESP* facilities are so hard to scientifically 'nail down' – a mystery. There are so many variables introduced with each mortal mind's programming, perceptions/desires, choices, etc. In addition, because most people's minds are a mystery to them, an *ESP* event that is 'clothed' by their mind has mysterious elements as well.

There is an electronics analogy. With today's electronics, most information is transmitted digitally. Where, up to today's state of the art, all telecommunications information was transmitted in analog.

What is digital and analog?

- Digital – A light switch is digital. Either it is on or it is off. A digital computer is a large multitude of transistors acting like light switches. The timing of these on/off modes conveys information.
- Analog – A rheostat type light dimmer is analog. Not only can it be off and on; it can be anywhere between the two. All physical form and all our physical senses appear as analog – sound, light, touch, etc.<sup>20</sup>

There are advantages and disadvantages of digital. An advantage of digital is all natural information is conveyed in an analog mode and so is the noise that is introduced in the process. Analog noise introduced in the source/receiver process is ignored by the digital.

A disadvantage to digital is in order to keep the volume of information that has to be conveyed down to a manageable level, some of the analog subtleties can get lost.

When conveying information digitally, the analog information has to be converted to a digital format to be transmitted – analog to digital converter. The information is 'juggled' – analyzed, manipulated, transmitted, etc. -- in the digital mode. Then, that information has to be converted to an analog mode for us to recognize it – digital to analog converter.

The same is with *ESP*. *ESP* information coming through an infinite/eternal medium must be translated into finite/temporal references. Love uses the receiver – your mind and its programming – to translate the information into a recognizable form like an electronics digital to analog converter.

*ESP* information is 'clothed' by your mind's content and programming. Alternatively, using the swirled paint can analogy mentioned earlier, dip a ball into a paint can of unmixed paints. As the ball emerges, the paint patterns on the surface of the ball are those that are on the surface of the paint can. The 'paint can' be our mortal mind; the *ESP* information – the ball – as the ball – *ESP* -- emerges it takes on swirls of 'paint' of our mind as it emerges into our awareness. The *ESP* information is 'clothed' by the mind just as the ball has paint patterns it picked up as it emerged.

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<sup>20</sup> An irony is that though our body operates on an analog mode, our brain tends to operate in a digital mode.

This is Love at work. Love tends not to do something very alien to you. Love is using a construct the individual has setup – through his or her own mental programming. Through this programming, Love speaks. Moreover, it is in accord with the established perception system. Most people are not knocked off their ass on the way to Damascus. Even though, that will occur, if that is what it takes for you to grow in God.

*ESP* facilitated information that uses the internal **vector 1** tends to manifest within our temporal minds in three basic forms.

### **ESP forms**

An *ESP* event makes itself known in our mind may take on one of these basic forms.

1. As a perception: words, images, etc.
2. As emotions, body feelings, sensate (these are still somewhat perceptual, though the perceptions are less clear)
3. Intuition, or a quiet knowing

#### □ **Form 1: As a perception: words, images, etc.**

This first way (**form 1**) would be if the operator received the information in words, symbols, visions, or audio. These are when they tend to parallel any one of our senses, such as vision, hearing, smelling, tasting, or sensation (as mentioned earlier in this chapter). This form of manifestation uses the perception aspect of the human matrix. There are as many different types – modalities -- as there are ways to perceive. It would be prohibitive to go into them all.<sup>21</sup>

The way this first form operates for any individual, will be dependent on how they have programmed their matrix. It can appear as pictures, dialogs, or monologues, complete or fractured. (The dialogue aspect is in keeping with the common perception of telepathy.)

One exercise you will learn in this chapter is -- after meditating and practicing being empty,<sup>22</sup> is to create a mental image with the eyes closed.<sup>23</sup> Then, ask a question of the image; and, its answer comes back as part of the image. (A very similar concept to using *Tarot* or the *I Ching* – giving to the Universe/Love...)

The flows of information in this *ESP* instance come from Truth through the *Storages* into a specific ‘subjective event’ focus.<sup>24</sup> **Form 1** uses the *Perceptual Lens Array* (and its focus patterns developed in *Storage*), to the Cognition path through *Knowledge*, and then to other *Storages*; the information then flows into our awareness in the focus buss.<sup>25</sup>

#### □ **Form 2: As emotions, body feelings, sensate (these are still somewhat perceptual, though the perceptions are less clear)**

The second way (**form 2**) *ESP* can appear through the *Perceptual Lens Array* is in when it involves the desire aspect of the lens. It usually manifests more as feelings -- sensate. Something may not feel right.<sup>26</sup> “I’ve got a gut feeling.” Or, “I’ve a bad feeling about this.”

This form may be just an emotion (like fear) or it can also involve another information route, the body, as with some water dowzers.

With the body example, the information flow comes from Truth through *Storage* to the body (which makes the *ESP* information take on an ‘objective event’ appearance), through the ‘front’ of the mind using the *Perceptual Lens Array*, from Cognition through *Knowledge*, and then into our awareness in the focus buss.

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<sup>21</sup> In fact, Love being non-exclusive, will customize the modality according to an individual’s mortal mind/matrix programming.

<sup>22</sup> Stilled, altered, or took control of the ‘subjective event’ input in the matrix.

<sup>23</sup> Create a specific condition within your mind.

<sup>24</sup> Examples: Chart 4-4, *H5*, *H6*, and *H7*

<sup>25</sup> Figure 4-4, *III*. Examples: Chart 4-4, *I2* or *I7*

<sup>26</sup> Examples: Chart 4-4, *L1* or *I10*



And...because we are all different, *ESP* facilitated information can manifest by a combination of these two forms. These first two basic forms involve the 'subjective event' of the lens – the 'front' of the mind -- and can be paralleled to perceptions/thoughts or reasoning and to desire/feelings, or emotions.

This means; **Forms 1 and 2** can relate to the Reason and Emotion triangles of Figure 4-4 as well. Both of these forms of psychic manifestation are coming from Truth and involve the *Perceptual Lens Array* (which may be through *Storage* or the way *Storage* focuses the array [subjective loop]<sup>27</sup>), into *Knowledge* through the Cognitive Input, to *Programming*, and to us.

An important observation is the appearance of these first two forms of psychic phenomena and the imagination in the mind is about as far apart as the index and middle fingers. Psychic phenomenon has a deeper feeling to it than imagination, but there can be trouble telling them apart in the beginning. That is why caution or questioning can be important. (In addition, why using an objective system [*I Ching* or *Tarot*] may be helpful.)

*ESP* has a slightly 'deeper' feel to it, and the information can be questioned honestly (as much as the operator needs for clarity). The truth in the *ESP* can withstand that questioning. It is only the ~~real~~ -- the ~~truth~~ -- that cannot stand up to truth based questioning.<sup>28</sup>

Again, this is important; whatever you give to Love, it will use. That means; what you give to Love to grow in Love, Love will use to facilitate the process. The exercises presented in this book consist of giving Love a mental construct – image – and letting Love speak through that image.

Here is an example of using that. In one of the exercises to facilitate clairvoyance, you will construct an image. This image can be a mirror, a movie screen, a field, etc. One professional psychic teacher used the image of a flower. She would mentally plant the seed – the question, water it, and mentally watch it grow. Then, she would ask the flower questions. What is happening with that flower would be parallel or congruent to what is happening to the person who is being 'read'.

She would begin a dialogue and question the flower, and the flower would return with answers. If the flower is cramped, it was significant. The person is feeling cramped, closed in. She would question the flower to get parallel answers about the person while have a dialogue with this flower in her head.

The flower construct – the image -- along with a 'disinterested-interest' provided a medium for the information via the One Mind so that the information can effectively appear in a finite/temporal mind -- mortal mind (to use the form the human mind set up or constructed).

#### □ **Form 3: Intuition, or a quiet knowing**

This form occurs naturally with empty mind exercises. Both **forms 1 and 2** take the long way around, or the 'scenic route' through your being. This form does not involve the 'subjective event' route of the matrix. It comes from the Truth within the individual and *Storages*. Truth manifests through *Knowledge* storage, to *Programming* into the awareness in the *Focus Control Buss*.<sup>29</sup> The information can also go right from *Truth* directly into your awareness within the focus buss.<sup>30</sup>

With intuition, there are no words, no pictures, no feelings...no perceptions. You just quietly know. Unlike the first two forms of manifestation, this form of *ESP* does not go through any of the perceptual routes – through the 'mind's eye'. It does not go through the *Perceptual Lens Array* -- 'front' of the mind -- whatsoever, as the first two forms of manifestation did. There is no 'objective' or 'subjective event' representing an Objective Event – the 'reading'.

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27 Example: Chart 4-4, *H1*

28 This questioning can be facilitated by the absolute truths acquired in Chapter 3, *Exercise and Lab 3*

29 Examples: Chart 4-4, *C5* or *C6*

30 Example: Chart 4-4, *A4*

Intuition manifests from *Truth*, through *Knowledge* and completely bypasses the perceptual lens. It just occurs. It comes from *Truth* to the 'back' of your mind to you. This is the form to go for, or work with. It is the direct route.

With the other forms, an individual can misinterpret, mislead, or introduce errors – delude oneself. The first two forms may contain perceptions and meanings attached to former judgments or choices -- *Programming*. This may involve *Knowledge* as well as mental/emotional sets that involve *Programming*, and *Memory*...

The first two forms appear as perceptual phenomena; meaning, they involve the 'subjective event' route and the *Perceptual Lens Array* (Chart 4-4, *I2* or *L1*, for example). This means the 'front' of the mind – 'mind's eye' -- as well as the 'back' of the mind may be involved. Whereas, in the case of intuition, the individual just knows. The third form involves only the 'back' of the mind. The *Programming* and *Memory* storages are not involved as much as *Knowledge*.

It is possible to misinterpret a symbol, as with *Tarot* cards or something equivalent. It is very hard to misinterpret intuition, except after the fact. You can rationalize or fool yourself about what it means after the knowledge becomes present, but not when receiving the specific input.

As the first two forms (**forms 1 and 2**) are parallel to perception or desire in the presented model, intuition (**form 3**) is an *ESP* form that works kind of parallel to cognition.

Intuition is an introduction to a psychic skill that does not travel through the perceptual lens. This skill is outside of 'words'. Unfortunately, this book has to use symbols in order to get the subject matter introduced and to do some of the labs.

With all three forms, especially with intuition, *ESP* facilitated information process can also happen as the 'objective event' being 'read' is happening. As the specific external event is happening, the individual can know certain things in reference to the event and at the same time, without physically seeing them. What does this mean?

Usually with most **forms 1 and 2** of *ESP* phenomena, *ESP* involves an awareness that something is happening in a different place or a different time.<sup>31</sup> This phenomenon can give awareness of something in the past as well the future. In the first two forms (**1 and 2**), the event tends not to have occurred yet, has occurred already,<sup>32</sup> or occurred in a different space. The 'objective event' tends not to have occurred at the same time or place as the 'subjective event' psychic 'reading'. The psychic 'reading' tends to come before, after, or at some other temporal/spatial reference other than the 'perceived' event.

However, it is very common for intuition to occur at the same time that the external event is happening (although it may be in a different space from you). Intuition can be more immediately available to the individual. Instead of the information going through the lens array one or two times (with the consequent perceptions, desires, judgments, coloration, or mental pollution), intuition can act like the Cognitive Input of the mortal mind/matrix. It is there as you are there.

When the intuitive is working, the event is happening and the individual is working off an *ESP*, psychic cognitive parallel, of their mortal mind/matrix. Their cognition is working with the One Mind. If the individual is in the same space and time as the actual event, one may be using intuition in compliment with the Cognitive Input of the External Event to the mortal mind/matrix as well.

Again, intuition is the preferred form of psychic awareness. This *ESP* form tends to manifest naturally with the cultivation of an empty mind. Since almost all mental activity involves major collaborations between *Knowledge*, *Programming*, and *Memory*, reducing the *Programming* and *Memory*, element allows for a clear path for intuition to move through *Knowledge*.

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<sup>31</sup> Another *BTR* separate from the operator's *BTR*.

<sup>32</sup> Different time references.

As mentioned earlier, where and how *ESP* manifests with **forms 1 and 2**, is dependent on the individual's programming of their personal matrix – their mind. If they tend to be sensory orientated, it will tend to come as one of their favorite senses, a sense that they really like.

One person talked about smelling people; they sensed people by how they smelled. Previously, it was mentioned that, when young, the author used to sense people by their not tasting right. They tasted different. In addition, a person can perceive it as a sight, a feeling, etc. Once the individual starts doing empty mind exercises, the first two forms of psychic manifestation will tend to come through the favorite feelings or senses that they have already programmed into the matrix.

As stated in the beginning of this chapter and to be repeated here, psychic phenomenon tends to be a side effect of still mind exercises. When you start emptying your human mind/matrix and being still, that situation starts creating its own scenario. The Eternal Mind will come through, with the needed information. You can do all kinds of exercises to facilitate the psychic within (like constructing an image). However, you do not have to do those kinds of exercises.

If you do internal disciplines involving stillness of being,<sup>33</sup> and start expanding your mental perceptions to see the whole (increase Truth), you end up being psychic no matter what. Once you start stilling the mind, *ESP* naturally starts to occur. The more you work a still mind, the stronger the tendency of the *ESP* information to appear as intuition, and not as a perception or feeling.

When you first start to do some of this book's exercises, you may experience a fear to enter your mind, a fear of a void. Nothing. You know; that you would just drop into a black hole somewhere. Nevertheless, the truth is, when an individual empties their mind, then they will be filled.

You cannot fill a full cup, so you have to empty the cup before the cup can be filled from the One Mind.<sup>34</sup> Nature abhors a void and fills it with herself or you will fill it.

There will never be a void. God fills all voids and God is at the core of your being. All of those previous exercises given are like emptying a cup, and then the cup will be filled. The *ESP* phenomenon comes as a side effect of doing the emptying.

As well as the first two forms of *ESP* (1 and 2); the intuition method of reception (3) will also automatically start to grow. The more you start emptying the mind -- because there is no perceptions, thoughts, or your own programming in the way-- the preferred form, intuition, tends to emerge predominant.

With practice, the non-intuition types of *ESP* will be sublimated. The more an individual starts working with the One Mind, the more they tend to work with intuition.

With all three forms of *ESP* facilitated information, the operator will know 'something' is about to happen or is happening. In some other time/space line, an external event in **Actual** reality event collaborates the *ESP* acquired information. This collaboration is used later as measures of successful 'reading' -- effectiveness. This was touched on in the beginning of this chapter.

Teaching *ESP* is equivalent to telling you how to walk. You have to do the work and make mistakes in order to have recognition of cause and effect.<sup>35</sup>

### 7.3 - Human Matrix and the Formula of Effectiveness Relationships

As stated throughout this book, the truths/laws of physics have the potential to happen everywhere at once. They are applicable to, and perceived through, specific *BTR* conditions. Gravity is applicable and perceived in large-scale *BTR* conditions

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<sup>33</sup> Some of the exercises that have been presented in previous chapters, the mantras and the breath and the others; these are examples of the type of exercises being referred to.

<sup>34</sup> "Usefulness of clay determines a cup, but usefulness of the cup is determined by where the clay is not." *Tao te Ching* (See Prologue)

<sup>35</sup> "Every child has the right to fall on their face when learning how to walk." -Jesus...

(stars, planets, baseballs, etc.). Electro-magnetic is applicable and perceived in smaller scale *BTR* conditions.<sup>36</sup>

If we wish to perceive (and work with) gravity, we must setup the applicable conditions. It would do no good to begin our gravity experiment by rubbing a glass rod with cat fur (a condition that pertains to a static electricity experiment). We must work with the conditions that are relevant to that particular law/truth. Accordingly, this also applies to metaphysics -- *ESP* phenomenon.

Remember the formula of Chapter 5. A major point stressed with the formula usage is to avoid using the lower half of the mind/matrix – denominator -- when learning to work with *ESP*. The denominator becomes involved when you begin to have pre-formed perceptions with emotional reactions (desires and attachments) to the information that you are working with. This thereby, decreases your *ESP* effectiveness.

To facilitate learning this *ESP* stuff, the book will cross-reference Chapter 5's Formula of Effectiveness to the *ESP* process. The formula can be a reference that helps you figure out what you may have done wrong when an experiment does not work. The formula provides an objective reference.

Remember: When *1s* and *0s* were substituted in the denominator, the results of that complex formula began to simplify.

Because the formula is an ideal; and in the human condition, we rarely have *0* attachments or desires, it is smart to address as many variables – numerator and denominator -- as possible. The more variables that are juggled to produce effectiveness, the greater the chances are that you will have successful *ESP* experiments.

$$E = M \left[ \left( \frac{(((T_K) P_s) D_{T_p}) T_C}{((((T_K) T_p) D_s) A_s) T_C} \right)^F \Delta t \right]$$

Figure 7-1, Formula of Effectiveness Applications

**Perceptions ( $P_s$ ,  $T_p$ , and  $T_p$ ):**

Try to 'tweak'<sup>37</sup> these values to infinite or be very open. When we make our perceptions as inclusive or non-exclusive as possible (remember Love is not exclusive), we are open to having true perceptions (an increase of  $T_p$ ). Recognizing your individually ignorance is another way to keep these variables open (see truth known).

<sup>36</sup> The energy stored within a molecular matrix and its release as electromagnetic *BTRs*– to burn something; moving a conducting matrix through a magnetic field – generation of electricity; the forces between electric fields – static cling of a sock to a sweater, etc.

<sup>37</sup> An electronic term for adjusting a coil's inductance, what frequencies the coil works at.

- This increases the numerator, decreases the denominator of the formula, and contributes to your *ESP* effectiveness.

### Choice ( $T_C$ and $\bar{T}_C$ ):

Stated in Chapter 5, there is a direct relationship between choice and perceptions. When our matrix machine is in idle or on automatic, the relationship is one to one. In this case, what enters the perceptual array through the 'subjective event' is allowed a straight run, through into storage, through Choice (as in daydream). Once we start taking control or refocus, the one to one relationship changes. We can choose not to allow this automatic mode. We can 'see' but not 'choose'.

Either way, whatever choices made are based on perceptions. A decrease of ~~truth~~ perceived ( $\bar{T}_P$ ) causes a decrease of ~~truth~~ choices ( $\bar{T}_C$ ). Accordingly, an increase of truth perceived ( $T_P$ ) would allow an increase in truth chosen ( $T_C$ ).

- Playing with perception and choice like this, while plugging in the relationships into the formula, you can increase values in the numerator twice and decrease values in the denominator twice, thereby increasing an *ESP* experiment effectiveness.

### Desires ( $D_S$ ):

For the coming experiments, you are to generate a curiosity. Curiosity is being a desire to know within a 'disinterested-interest' condition – one desire or a fraction of a desire. Curiosity keeps desires at a low level. A mild curiosity is encouraged, and that is all. This holds total desires ( $D_S$ ) in the formula down to a low value.

It is at this juncture that reducing  $D_S$  to less than one – a fraction of a desire – can be to your advantage. Chapter 5.6 - Formula Application and Usage introduced the concept of what happens with a fraction – a number less than one -- in an exponent. If the base number is greater than one, the fraction reduces the base number. A fraction in the exponent of the denominator reduces the denominator of the formula.

(In terms of the numerator, if perceptions are tweaked to infinite [ $P_S > \infty$ ], taking a radical – fractal exponent -- of an infinite set will still result in an infinite set.)

- This, in turn, keeps the denominator of the formula down also, increasing your *ESP* effectiveness.

### Attachments ( $A_S$ ):

As with desires, a 'disinterested-interest' implies no attachments or fears. You want to know and you could not care less about what you learn.

- Cultivating a 'disinterested-interest' is an attempt to put a 0 for the  $A_S$  value, turning the denominator of the formula into 1 (or close to 1), increasing your *ESP* effectiveness.

### Truth Known ( $T_K$ ):

The above has shown how to 'tweak' the denominator of the formula down until it is close to one; and, 'tweaked' up the numerator. Now let us 'tweak' the numerator up even more to facilitate a successful *ESP* operation.

The category of truth known is slippery. Within us is a Mind that makes it possible to have at hand everything that can be known. We know everything through the One Mind within us; we just do not know we know everything. Since psychic information usually involves the *Knowledge* storage of the human matrix, that increases the importance of this variable.

To increase our truth known ( $T_K$ ) we recognize that there is more to know than we have in our temporal *Knowledge* storage and we look for this knowledge -- to know we do not know. To access the One Mind or to receive information psychically, we are attempting to increase the value of truth known ( $T_K$ ) or keep this variable open. So, to apply the formula and to increase truth known, we need to step out of what we think is in our *Knowledge* storage and become open to new knowledge – be non-exclusive.

Another way to say this is -- the operator is setting aside temporal source knowledge, in order for the eternal source knowledge (*ESP*) to be present. In just setting aside our temporal knowledge, that act automatically encourages our eternal knowledge.

- All of this reflects as an attempt to increase  $T_K$  and augments the numerator of the formula.

### **Faith (*F*):**

Even if faith is only one, the operator can have effective experiments. As long as Faith is not 0 (thereby turning the formula expression to 1) or less than 1 (incomplete applications), the chances are your experiments will be met with some degree of success.

- Ideally, for successful *ESP* experiments, Faith should approach infinite ( $F \rightarrow \infty$ ).

### **The Mirror or Karmic Correction Coefficient (*M*):**

This variable represents the Mirror of Chapter 3 and is the formula's 'fudge factor'. Remember the function of the Mirror is to reflect the ~~truth~~ in our minds back to us, for us to chose/remember God.<sup>38</sup> This can make this variable an amplifier or an attenuator in terms of effectiveness.

Whatever ~~truth~~ is in the operator's matrix, will be reflected back on that person; even if, attachments are 0. This makes it a gilt-edge priority to reduce all the ~~truth~~ variables in the denominator as well. At the same time, aligning the numerator to *Truth* is aligning the mind to the essence of the Mirror -- the Eternal Moment of Creation.

- The end product of reducing ~~truth~~ from all the previous examples affects this variable, and would increase *ESP* effectiveness.

So, what does this mean? How does the arrangement within the matrix in Figure 4-4, cross-reference to the formula for effectiveness of Figure 5-2 and psychic phenomena? In Chapter 4, an analogy was made between the *Perceptual Lens Array* and a camera. Also in that chapter, it was stated that the beliefs vertex of the array was equivalent to the aperture of a camera and really was a result of the mixing of the other vertices.<sup>39</sup>

A clear *Perceptual Lens Array* is essential for all forms of psychic information to emerge into your awareness in the focus buss. Since you are trying to see beyond your immediate *BTR* with maximum detail, the aperture of your lens array must be set accordingly -- wide open.

A camera trying to pick out detail in weak light must have the aperture wide open to allow light to get to the film. Accordingly, the aperture of our *Perceptual Lens Array* (beliefs) must be all the way open. That means there should be no beliefs (beliefs should approach zero).

Important: This means not only **no beliefs**, it also applies to **no non-beliefs**.

The lens of a camera (when going for distance) is focused to infinity. Accordingly, the Perception/Desires Lens should be totally open (attempt to stretch perceptions to infinite --  $P_S \rightarrow \infty$ ).<sup>40</sup> At the same time, a one-point desire focus is present, to bring the lens to bear on the subject ( $D_S$  and  $D_{Tp} \rightarrow = 1$  or  $> 1$ ).<sup>41</sup> This can also help reduce self-created distractions.

Reducing  $A_S$  in the formula -- cultivating a non-attachment to what is happening -- is essential to learning and operating all three of the *ESP* forms of manifestation. The author and a friend of the author once discussed the necessity of a 'disinterested-interest' to facilitate an event.<sup>42</sup> This 'disinterested-interest' with no attachment to what is happening facilitates

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38 Figures 3-4, 5-1, and 5-2

39 Perceptions, Desires, Attachments, and Faith.

40 Equivalent to *Lab and Homework Assignment #4*, Chapter 4.7.

41 This one-point desire is the same whether we use the physical senses or the 'sixth' sense.

42 The conversation we had was originally about magic. When I mentioned the 'disinterested-interest', he chuckled; and said, he used that to 'pick-up' women.

effectiveness in all situations. Moreover, a 'disinterested-interest' is most important if you want to learn psychic skills.<sup>43</sup> This helps you keep a mental/emotional balance as your skills evolve. It can be counter-productive to become mentally/emotionally 'wrapped up' in what you are doing, 'seeing', or your successes.

A dispassionate examination of the phenomena is encouraged, as if you are watching TV from very far away. Again, there is no vested interest involved, no preconceived ideas – a 'disinterested-interest'.

The dispassionate examination (or observation) of the event is almost necessary, if you are to access psychic phenomena in the perceptual, visual, or feeling modes (**forms 1 or 2**). You can question (and at times it is necessary), because as mentioned earlier, the truth can withstand all questioning and probing. Only illusion and delusion cannot stand up to honest questioning.

Remember the truth is independent and choosing or not choosing it has no effect on it. No choice will, however, affect the ~~truth~~ truth in the mind because it is dependent – must be enforced or re-enforced.

To summarize formula use relevant to *ESP* experiments:

- ❑ in order for beliefs to be open, attachments must approach zero ( $A_S \rightarrow 0$ ),
- ❑ desires should be tweaked to one or less ( $D_S$  and  $D_{Tp} \rightarrow 1$ ),<sup>44</sup>
- ❑ perceptions are open or floating ( $P_S \rightarrow \infty$ ),<sup>45</sup>
- ❑ no (or very few) judgments are made (no choice or suspend  $T_C$  and  $\bar{T}_C$ ), -- observe and just use the cognitive input.
- ❑ Faith must approach infinite or open ( $F \rightarrow \infty$ ).

As the lens of a camera must be focused to a distance without having the foreground in the way, so must your 'lens' (perceptions and desires) have no previous ideas or perceptions in the foreground of the *Perceptual Lens Array*. This involves no former choices or perceptions – a reduction in the *Programming* storage influence – entering through the 'subjective event'. Meditation before an *ESP* experiment can help with that.

What will be apparent is that these particular arrangements and value manipulations tend to guide automatically the information towards the True. This, in turn, will lead to the Cognitive Input. The Cognitive Input connects to *Knowledge* that works with *Truth* (where the information is originally coming from) and then to you.

Here is a review; before doing an *ESP* experiment, it is strongly recommended that:

- ❖ You meditate first; especially, if you are a beginning student. The stilling of the mortal mind in meditation can help foster some connection or rapport with the One Mind.
- ❖ You should examine yourself and make your attachments approach 0; while desires are adjusted to 1 or less than 1 (prioritize or pre-form your intentions).
- ❖ Add to this, perceptions are tweaked open, and no beliefs are present to interfere with any information coming through.
- ❖ Co-join all this with you must apply the truth (Faith) -- that you can do it.

## 7.4 - Keeping Track

As stated in the beginning of the chapter, most psychic readings are in reference to an objective actual event -- **Actual** reality event, so there must be a correlation between what is happening inside the mind to outside the mind. Did it work? Did it turn out as you saw? What was different between what you saw (or what you interpreted what you saw)

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<sup>43</sup> *I AM A I* will be harping on this for the rest of this chapter.

<sup>44</sup> Only that what you wish to do is desired.

<sup>45</sup> Stretched as far as possible, reaching to infinity.

and the actuality, etc.? It can be helpful to categorize the successes or apparent successes, and failures.

As a child, the author had a strong science background. When the author first started 'playing' in his head, the author would categorize the probability of whether an experience or experiment was a success or not. Was there a true relation between what was happening in his mind and what is happening outside of his mind?

Eventually the author saw that more than yes or no categories were needed, so the author expanded to use the following categories:

- **Nothing**, the experiment did not work.
- **Possible** is a category where there may be a relationship between what is happening in the author's mind and what is happening outside of the author's mind. This category can include 'coincidence'.<sup>46</sup>
- **Probable** is a category where coincidence is not entirely ruled out; there is still no absolute confirmation of a psychic event. Reasoning may have played an important part in this category. This was especially true when the author was doing any *ESP* exercise that involves immediate perception of an external (objective) event.
- **Most Probable** is a category where the author was almost positive that a relationship of some sort exists between an external event and his mind/matrix. Still, the author was not completely sure.
- **Definite** usually transpired when something inside the author's mind occurred the same time that something happened in **Actual** reality. There was a direct one-to-one involvement. With some exercises, the author could actually feel something coming in or leaving him. This was especially true when working with magic

A true *ESP* event must have a collaborating objective correlation. If there is no collaborating objective correlation, then the event tends to be one of imagination or of mental projection and not an *ESP* event. The 'subjective' and 'objective' events must correlate, be it telepathy, clairvoyance, the use of the mind to manipulate clouds, or whatever.

If things are not clear – you do not understand what you are 'seeing', you cannot hurt this *ESP* process by asking truthful questions about the information – the content. Remember: Honest – truthful -- questioning may also involve questioning the perceptions of the questions, questioning the questions. Because you, as the student, should have as much as an open mind as possible, one must be aware of the perceptions involved that formulated the questions. Know one's self.<sup>47</sup>

This is being objective and only fair. If we are going to question the phenomena, we must question the questions also, and do it dispassionately. Observe any answers that come.

You can look at this like the jigsaw puzzle analogy. You are trying to put together the jigsaw puzzle that is yourself and the universe. What is the whole picture that is you? When you find a piece, recognize its characteristics. If you do not know where the piece goes, set it aside.

After a while, like a jigsaw puzzle, you will see relationships between the pieces you have accumulated. Some will fit together, while some pieces only appear to fit together. With perseverance, a picture that is you and the universe will start to emerge. Then it will be more apparent where each future piece goes. "Ah, yes, this piece goes here." In this way, you can observe not only your mechanics but also the *ESP* phenomena's mechanics.

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<sup>46</sup> This was before he found out that there is no coincidence. The coincidence idea is not in keeping with the idea of Absolute Love – nothing is excluded.

<sup>47</sup> "Where am I coming from when I am looking at this, and asking these questions? What are my motivations? What perceptions formed these questions that I am questioning with?"



In summary of *ESP* cultivation, our mortal mind matrix is a limited and fractured replica of the One Mind Eternal Matrix. It is kind of like a distorted reflection of the One Mind Matrix, its basic template. The human mind has the One Mind within it.<sup>48</sup> As stated earlier, this means people can access the One Mind by going within themselves.

The psychic operator has to attune his/her mortal mind to learn to work with this Eternal One Mind. Another way to say it is to facilitate *ESP*; we have to align our temporal minds to the Universal Mind.

With practice, you will know what *ESP* is and what *ESP* is not. Moreover, when just beginning, another objective reference like categories of possibilities of success can come in handy. In the end, the *ESP* delivered information must compliment external references – have **Actual** reality references. These **Actual** reality references are your *ESP* successes.

## 7.5 – Cultivating Clairvoyance

As mentioned previously *ESP form 3* – intuition – comes naturally with empty mind exercises. This form cannot be taught; it happens as a side effect. The other two forms can be consciously cultivated however.

The Eternal Mind has access to everything. Every temporal mind has established internal communication symbols (perceptions). The Eternal Mind will talk in the symbols that the human mind relates to – ‘clothes’ itself in the mortal concepts present. It will talk in whatever symbols; that have been set up in the programming and are based on perceptions -- previous and current. It becomes known in a way that is familiar. Because the Eternal Mind will talk in the symbolism that the specific mind uses, this allows for ‘constructed thought systems’ like *Tarot* and *I Ching* as vectors for clairvoyance.

A thought ‘system’ is set up. The operator is talking to this thought ‘system/construct’, and working through this ‘system’. The Universe/Love accepts this whole symbol ‘system’ (symbolic matrix), and the operator is letting the symbol ‘system’ speak back, letting the matrices do the ‘work’. However, the ideal level of clairvoyance is communion with the Universe with no constructs.

As with telepathy and other *ESP* exercises, the presented clairvoyance exercises requires some kind of motivational analysis. “What is it I want from doing this? Once I find out, then what? What am I doing this for? What do I want from the exercise and from life?” The idea is to be clear, to have only one desire, to pre-form your intention. You should not be concerned about the outcome. You do not know the outcome. You are trying to get information. Doing this pre-forming your intention clears your perceptual lens.

Cultivate a passive attitude and an open mind, and again, a ‘disinterested-interest’ when doing these exercises. Do not become attached to what is happening. Having a ‘disinterested-interest’ in most forms of communication can improve your success.

Here is something from *A Course in Miracles*® that illustrates the communion mechanism that facilitates *ESP*.

*Simply do this: Be still, and lay aside all thoughts of what you are and what God is; all concepts you have learned about the world; all images you hold about yourself. Empty your mind of everything it thinks is either true or false, good or bad, of everything it judges worthy, and all ideas of which it is ashamed. Hold onto nothing. Do not bring with you one thought the past has taught, nor one belief you ever learned before from anything. Forget this world, forget this course, and come with wholly empty hands unto your God.*<sup>49</sup>

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<sup>48</sup> Or, this One Infinite Eternal Mind contains all mortal minds in their duality delusion. (*Theorem 26*).

<sup>49</sup> *A Course In Miracles, Workbook for Students, Lesson 189, I feel the Love of God within me now.*

This is the communion mechanism carried to the  $n^{\text{th}}$  degree briefly. If the word group “wholly empty hands unto \_\_\_\_\_” was substituted in (with \_\_\_\_\_ taking the place of the words “your God”), this would be an excellent example of one-point focus listening. The phrase would apply to being a good listener in a simple conversation as well as communing with God. It all depends on what the intention of the focus is.



### *Exercise and Lab 10: Clairvoyance in a Group Format*

As mentioned previously, one psychic teacher had a very down-to-earth way of saying how to do it, how to get in touch. All her workshops had element of being empty and still, cultivating a disinterested-interest, and meditating.<sup>50</sup> Then she would use the mental construct idea. Her favorite image was the flower example, mentioned earlier.

The person being ‘read’ would define the question. Usually, this would entail a dialogue between the ‘reader’ and the person being ‘read’. She would have the ‘reader’ students plant the flower (the seed being the question), water it, and then watch the flower grow in their mind. Watch the flower grow until it is in full bloom. Alternatively, the operator can visualize the seed as being the person being ‘read’; visualize planting the flower; when the flower is fully-grown in its maturity, the ‘reader’ asks it the question.

When the author first started playing with ESP cultivation, the author used the image of black mirror or blackboard; the pictures would unfold in the image like a slide show. These pictures flashed momentarily on the blackboard. Whereas, with this example of this psychic’s exercises, there is a dialogue occurring. Whatever communication form you use, whether it is visual, words, images, feelings, or whatever, write down the questions and write down the answers.

It is very helpful to keep the initial question precise. A previous example was, “If I do \_\_\_\_\_, what effects will this have on \_\_\_\_\_?” The clarity of the question helps define the clarity of the answer.

Remember, when you start working with this construct that you have generated in your mind, you not only ask the original question (the one on the paper), you also ask what this question is about. It may be important to ask what is behind this question also. How does the person who wrote down this question feel about this question?

Therefore, you are now asking more than one question about the question. There is the original question. There is also the question of what is it about this question that concerns the writer. Ask how the writer feels about this question. You then write down the answers that you get, from the image.

If the things that are coming to you are not clear, do not be afraid to ask the image more questions. Remember the thing about truth: it can be questioned. It will not hurt; especially, when you are trying to learn. Be quiet, listen to what the image has to say; then, do the next question.

When this exercise is done in a group setting, an example of the exercise may be:

- *The group meditates for fifteen minutes.*
- *On two pieces of paper, everybody writes down a question about their lives (or whatever) on each paper. Do not sign it. Fold the papers up so the question inside the paper is not seen. Make a mark on the outside of the paper, one that you would recognize.*
- *All the papers go in a hat. People take turns taking questions out of the hat. Look for your mark and do not take your own question. And...do not open the paper and read the question yet.*
- *Next, each operator constructs a communication image. The image you create should be one in which you feel comfortable. The image can be anything. It can be a flower, a*

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<sup>50</sup> The day would begin with meditation; and before each group exercise, there would be a meditation period.

*blackboard, a tree, a star, a mayonnaise jar with a Funk & Wagnall's dictionary. It does not make any difference.*

- *After each individual has chosen their image, they then read the question on the paper. When all this is set up, everybody should be sitting there with two pieces of paper in front of them, not written by him or her, with a question on each.*
- *Then, sit with the paper in front of you, breathe and still your thoughts. Breathe; still the thoughts, while cultivating a disinterest or 0 attachment to the outcome. Then create your pre-determined construct or image in your mind with the eyes closed. Ask the construct the question and wait and watch what happens.*
- *After asking the main question, ask questions that may be relevant to the main question. Example: If the main question is something like, "Why am I not happy?", ask about home-life; what makes one happy; what does the questioner want; etc. If what is seen is not clear, ask for more information.*
- *After the operator generates a construct, they ask questions and write down what the image says, or what they see. Everybody would be doing this in the lab. This is done without any communication with anyone else.*
- *When everybody was done, the group comes back together and looks at some of the questions with the answers. The person who wrote it can say whether they feel the answer is accurate or not. It was up to them how far they want that discussion to go, because the question can be personal. Some people may not want to admit they even wrote the question. It may be just enough for them to hear someone say an answer without them having to respond. And...an objective reference to a successful ESP event can be in the response.*

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### ***Exercise and Lab 11: Clairvoyance in an Individual Format***

- This first exercise can be done traveling to a place that you have never been to, or it can refer to something you have never seen. Traveling to 'somewhere' will be used as an example on how to do this exercise. First, as stated previously, do a still mind exercise – meditate -- before the *ESP* exercise.

As you are traveling, close your eyes (first make sure you are not the driver) and create in your imagination a blackboard or a dark screen. Once this image is established, with your mind, take the name of the place you are going to and put it on the blackboard. Then, as a passive observer, watch the image that appears on the screen. What does it look like? Record aspects of that image in your memory. When you get to that place, compare the image you had with the actuality of the place.

Another option is to imagine driving up to the 'place' for the first time (though you had not arrived yet) and 'observe' the nature of the place as you visualize your arrival.

This is a form of distant or remote viewing.

- The second exercise is to use a newspaper, radio, or TV and pick a news item. It should be a news item on a subject that is occurring and not yet concluded. If it is a newspaper, read the article several times, while maintaining a mental and emotional distance from the subject. It is helpful to pick a news item in which you have little or no interest. Your interest in this exercise is to 'see', not in the subject matter itself.

Returning to a redundant reminder, a good part of the success of these exercises is dependent on maintaining a 'disinterested-interest' in the outcome of the 'seeing'.

After you have made yourself relatively familiar with the ideas in news item, meditate and do a still mind exercise with breathing. With your imagination, visualize an image of the original news media. If the news media was a newspaper, imagine how the newspaper would look.

Then, with your mind, form the question: What is the outcome of this subject? Ask the newspaper, TV, radio... Your job now is to passively observe or read the results.

As in the previous exercise, remember what you have read or write it down in the workbook, and keep an update on the subject through the news media or newspaper. Compare your individual reading to what actually happens.

The assignment is:

- *Meditate or do an empty mind exercise before the operation (5-15minutes)*
- *Establish your intentions and a 'disinterested-interest'*
- *Do each exercise three times, distant viewing and precognition.*
- *Keep track of successes and failures.*

The success of these exercises is dependent on several factors:

- A still mind and being.
- Your attachment to the exercise outcome; how well you can cultivate a disinterested-interest
- How much ~~truth~~ is in your mind/matrix.
- How much *Truth* is stored in your *Knowledge*.
- How the cognitive input to *Knowledge* is used.

Learning to open your psychic perception is like learning any other skill. You may make many mistakes at first or you may pick it up easy. No matter which -- to quote the *I Ching* -- "perseverance pays".

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## 7.6 – Cultivating Telepathy

*E*arlier sections of this chapter introduced the various forms in which *ESP* phenomena can appear. Also mentioned, it can be seen how *ESP* is from one mind (Mind) to another -- telepathy. This section will focus specifically on the mechanics and aspects of telepathy. Again, all *ESP* phenomena can be 'seen' as a form of telepathy. This applies to a psychic seeing something in a rock, to a practicing witch or shaman, or to a saint in communion with God.

Telepathy is much more common than is customarily thought. We tend not to be consciously aware of it. On the other hand, at times, we may even be subconsciously afraid of it -- deny it.

Telepathy is natural. Most animals have telepathic capabilities. These capabilities can be very limited in the concepts their minds work with, but telepathy is possible with animals. All life shares in the One Mind.

Plants are empathic,<sup>51</sup> which is a cruder form of telepathy. Plants respond to emotions. There have been all kinds of studies on the response of plants to human emotions and even studies on various means of communication between plants. How a 'stressed plant' communicates that 'stress' to other plants for example.

The following is an example of how common telepathy really is. Perhaps, this has happened to you at least one time or another. Let us say you are at a bus station or on an airplane and you are not looking at anybody in particular, but you are aware of somebody over in the corner with your peripheral vision. You are just aware them and have only a mild interest.

Without moving your heads, the other person's awareness turns to you at the same time as your awareness is on him/her and there is this 'click' or a 'snap' that happens.<sup>52</sup> Usually, both of you will turn away at once, or will both turn to do something at the same time.

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<sup>51</sup> A communication of feelings or emotions.

<sup>52</sup> 'Click'; a connection has been made. A 'snap', if a connection has been made and broken immediately after.

It can be a shock the first time. This 'click' is the making of a bond in which telepathy is dependent; the 'snap' is the abrupt breaking of the bond.

If this happens in some social situation, like a bar or a party, and if communication is not shut down entirely, verbal or body communication can ensue. Later, this section will go into depth what is meant by bond.

Another example of how telepathy is used is in a magical love spell. In thaumaturgical magic, the most powerful love spell there is consists only of a look and a touch. It is a form of telepathic bond that is done with that look and touch.

The author has observed that many women and some men already know this subconsciously without studying magic.

One definition for telepathy is an idea or ideas shared by apparently separated minds, without any physical form -- BTRs -- of communication to foster that sharing. For telepathy to work, one way or another, the 'bond' is necessary. In some books, it is called the 'love bond'. (In addition, remember that due to the time ignorance of the Eternal Mind, these two people [mortal minds] do not have to have the same temporal reference -- live in the same times.)

Moreover, there is a 'bond' between your mortal mind/matrix and the Eternal One Mind/Matrix. Which is not a living temporal person; it is a living Eternal Being. It cannot really be considered or compared to a human mortal mind (in fact it can appear quite un-human), and at the same time, it is at the very core of the human matrix. Our mortal mind is contained or a special case within this Eternal being.

Here, with spiritual applications, there is a problem with words. In some cases, the word 'bond' may be misleading. As you reprogram your personal temporal matrix to the Eternal Matrix, through the matching of the matrices' elements, the two start working as the same matrix.<sup>53</sup> An idea that is in the One Matrix appears in the other matrix.<sup>54</sup> When psychic phenomena manifests in this manner -- from the True Mind to a temporal mind, the word 'bond' may be misleading.

The 'word' bond is applicable to two apparently separate minds/matrices. If there is a perception of separateness, then a perception of a connection is inevitable for communication (or sharing) to proceed. This telepathic bond is simply a mental agreement or accord. Almost like the agreed radio frequency between a transmitter and a receiver.

It is called a 'love bond' for a number of reasons. Because Love is not exclusive, it unites what appears to be fractured minds and beings. Love's Mind is a common thread running through a multitude of minds. For example, mothers with their children have this 'love bond'. That is why a mom tends to know what the kid's doing, (much to the kid's dismay). At times, she is telepathically 'in tune' with what is happening with the kid through that bond.

Another problem with words is the word *love*. The number of human projections and meanings to that word 'boggles the brain'. The bond referred to here naturally occurs when two minds develop a mild 'disinterested-interest' in each other, as in the plane or bus station example.

A bond can be just between close friends, like two buddies in the army. Under adverse situations, this bond forms between them and then these communications occur where they both know what is happening in each other's minds; it clicks. Another example is with lovers, provided they are not thinking about their projections -- 'baggage' -- or other things happening in their relationship.

*A Course in Miracles* expresses that there are only two emotions, love or fear.<sup>55</sup> If you are free from fear, you are in love whether you know it or not.

The mechanics of this is ever so simple. Fear is exclusive in nature; Love is non-exclusive in nature while Absolute Love is all-encompassing. At the same time, Love will not directly confront fear; it will not go where it is feared. With fear present, Love just will not be the

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53 Figure 4-8 (*I-V*)

54 Kind of like the tuning coil of a radio is tuned to the transmitter's frequency.

55 Text, Chapter 13, The Two Emotions

major apparent influence and can appear to be absent. If fear is absent, Love and the Correction will automatically be present and will resume being the major influence.

A 'disinterested-interest' works with these mechanics. A 'disinterested-interest' entails no attachments or fear, so a 'love bond' ensues naturally. Again, a 'disinterested-interest' is at the core of learning all *ESP* phenomena and at the core of spiritual growth.

Here is an irony with *ESP*, telepathy, and some of the more advanced metaphysical applications. The desire to have a successful telepathic event can interfere with a successful telepathic event.

You must not be caught up in what you find or what you are doing. It is almost essential that you are not emotionally involved in what you discover. If you do, you can start 'losing it'. The best-case scenario for this is one deludes oneself on a minor level. The worst-case scenario; it may lead to psychotic episodes.

This 'disinterested-interest' tends to foster this love bond whether you know it or not, as with a stranger on a plane. A bond ensues. When that 'snap' happens and you both turn away, that is the bond breaking.

You both have the choice whether to 'go with it' or not go with it. Turning away reflects not going with it. To act on it, you may start physically communicating through body language (like smiling) or conversation. The bond occurs first, before any ideas can be shared telepathically between the minds. And...once emotional content or attachment ensues, the 'bond' disappears.

One analogy around the function of the love bond and telepathy in this section is a *CB* radio. When using a *CB* radio, the transmitter and receiver must be tuned to the same frequency for this communication to occur. As in the *CB* analogy, it takes two to tango; both parties must have an interest – radios turned on. In addition, there must be a listener and a talker; both listening and talking cannot be done at the same time. So again, here is another reference to a need for the individual to learn to still themselves and become receptive – to listen.

Using this 'love bond', the individual minds do not have to think alike. The Love bond acts as if it is an automatic translating device between the individuals. That is the beauty of it. Because it works through Absolute Love, the communication is translated. It goes from the perceptions of one mind and it translates over to the perceptual lens in the other's mind. The purest form of this is the speaking in tongues mentioned previously.

There is a translation device -- for lack of a better term -- in the love bond. Once the love bond is there, Love's non-exclusive nature automatically translates. It goes from applicable knowledge in one person to another's applicable knowledge through Absolute Truth. While in each individual *Storages*, the concept being communicated is translated, clothed, or filtered through each individual's matrix and his or her programming.

It may be helpful, if both individuals have knowledge of some of the same things. An example is having mutual perceptions shared by similar cultures. A telepathic bond between a cave dweller and a New York stockbroker might be somewhat difficult, because they may not have common perceptions, values, wants, etc. They may not have common motivations. They may not have agreement on what is the world (a common **Individual** or **Consensual** reality between them). Therefore, it may be necessary (or desirable) some way or another to have some kind of common knowledge.

Basic human needs, emotions, and archetypes can serve as that common knowledge. It is difficult to have a telepathic bond with someone and communicate an understanding of human foibles though, if the other person does not recognize any human foibles.

To recap what telepathy needs.

- ◆ There must be a disinterested-interest
- ◆ There has to be a love 'bond'.
- ◆ You must learn to mentally shut up and still your mind to listen. Be still! You must have an open mind -- no preconceived ideas. It is essential with doing telepathic communication, for the operator to learn to stop thinking, to still their temporal matrix. As with any form of

dialogue, there is a time to listen and a time to talk. Or, with the CB analogy, if you want to listen you have to take your thumb off the transmit button.

Psychic, *ESP*, or spiritual phenomena can be broken down into two forms of telepathy - passive and active (whether you are 'reading' or having a 'dialogue').

□ **Passive** → Most of the psychic phenomena like clairvoyance and Clairaudience tend to be on the passive side of telepathy. No specific love bond or focus is involved outside of the operator. It is related to a 'bond' within the operator, between that human mind and the Eternal Mind, or you and your Source. One way to look at it is the operator has come to some kind of accord or agreement with the Universe.

How the 'bond' in passive telepathy occurs, is very dependent on the state of mind of the individual. This means how the individual has programmed their human matrix with choices made from the information flow through the perceptual lens (*Storages*). It also involves what the individual is doing to set it up the communion, or not setting it up (the focus of the *Perceptual Lens Array*).

What all the passive telepathic aspects have in common are cultivating a listening attitude, a watching and waiting, being relaxed, and paying attention with a 'disinterested-interest'.

Every thought that any person thinks is transmitted -- it is available. The volume of that transmission of perception is somewhat dependent on how much desire and emotions are involved. The stronger the desires, the stronger will be the transmission. Remember the vehicle analogy.<sup>56</sup> Desire is the fuel, whereas perception is the guide.

Therefore, every thought anyone thinks is transmitted out, and the volume of that transmission is dependent on how much desire or emotion is behind it. In addition, because every thought is transmitted, that means passive telepathy involves not mind reading, but mind listening.

Remember that your ability to tune into anyone's thoughts is also related to your desire. Too much desire and you will be listening to your mind instead of theirs -- to what you want. The 'disinterested-interest' help cultivates a low-level desire ( $D_S = 1$  or  $D_S < 1$ ). Tuning into someone specifically is dependent on how well you can be empty and have a bond with the other person. You must have enough desire to maintain an interest. However, not enough desire to generate vested interests, attachments.

The passive telepathic listener acts like radio receiver; they are turned on, are listening, and without putting anything out -- transmitting. Everybody is speaking at once, and the telepathic listener just happens to be a tuned listener to a specific individual. That is essentially what telepathy is all about.

Every thought is transmitted. The individual does not have to pick things out of people's minds, because people are transmitting all the time. The operator has to learn to shut up and be discriminating about whom they want to listen to. That is what makes the bond -- a discrimination about who is being listened to.

The author used to have some problems with going into 'The City' (San Francisco) because there would be this miasma of feelings and thoughts. Nothing too specific; there was just this 'ugh' -- this mental/emotional soup. The first time the author noticed that, it threw him for such a 'loop' -- into a confusion. To such a degree, that the author had to go back and sit up by Coit Tower for a day; he sat until the author was used to that feeling.

This is the passive aspect of telepathy. It is telepathy through *ESP* perception. Every thought we think is transmitted. The power of the transmission can be in proportion to how much emotional charge is behind the thought. A city is full of this sea of thoughts -- other people's transmissions. With *ESP* perceptions, we tend to receive it as noise.

□ **Active** → The telepathic act should be effortless, and not limited by time/space constraints. In having a dialogue (active form), the 'speaker' instead of thinking and having the thought go out in space (like talking to oneself), their focus is on an individual (talking to someone).

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<sup>56</sup> Chapter 4.5, The *Perceptual Lens Array*, Ref: Thought/emotion sets.

The transmission (the active part of telepathy, how much is put into somebody's mind) is dependent on the bond and the clarity of mind the sender has achieved. If there is no bond with anybody specific, and if there is strong clear thought with one emotion, it is put out into the ether -- or whatever you want to call it. It is put 'out there'.

As with verbal dialogue, if there is to be communication, the speaker's focus must be on the awareness of the listener. Without this awareness, the speaker is talking 'at' someone and not 'to' someone. Telepathy is similar.

To learn active telepathy is very similar to going to another country and learning a foreign language. The best way to do it is to have a companion who speaks the language. Learning comes with this daily exposure.

This partner factor helps you learn to separate **Actual** realities from the **Imaginary** realities. Observing co-relations between 'objective' and 'subjective' events gives first hand experience -- something necessary for the learning process. It provides the objective reference of successful *ESP* events (beginning of this chapter).

In many ways, it is much better if the telepathic act is spontaneous. Rigid or controlled experiments are only useful in the beginning; they serve as introductions. Instead of setting up a time, it is much better to learn to work daily using an 'internal conversation' with another person.

And, for this book to do a lab in a group format, the only way a person can really verify what is happening is if that person sets up specific conditions within themselves. With the case of telepathy, a specific set of conditions must be present within the people involved; structure is needed.

Bottom line: since it is a communication within the One Mind, telepathy is natural. It is not being telepathic that is unnatural. The following experiments are meant to give direction. A serious psychic student must learn to expand from these experiments.



### *Exercise and Lab 12: Telepathy*

A reminder: A book telling you how to develop *ESP* or telepathy is equivalent to a book telling you how to swim. Eventually, you are going to have to put the book down and get in the water.

Many of the exercises in this book the author learned or 'played' with seriously while in the army. The author had plenty of time on his hands, so the author started 'playing' in his head. When the author was in the army, the author's telepathy partner was the previously mentioned local 'hash' dealer, who had similar interests.

When they started working together, they rarely discussed the results; and, they both agreed something was happening. Sometimes they may have orally set something up, and then they did the experiment. Other times, it was spontaneous.

Because it is a question of detached listening inside, there is no sense talking about most of the details. Do it, do not talk about it. Talking can cultivate attachments. Just as long as an agreement or a recognition is made, "something is happening".

Telepathy can be a much more efficient form of communication. Talking about the event can introduce all sorts of non-relevant perceptions, desires, and attachments.

Remember that both people need to have the same mindset to do it -- desire or interest. It does not work if you want to do it and the person you work with does not want to. It does not do any good if one person's desires are focused on a computer and the other's are focused on the garden. The individual desires are not the same. You both have to have the same 'disinterested-interest'-- the same one desire to communicate (or no desire at all).

Part of these experiments is for you and your partner as the operators to cultivate the same desire or interest. As the 'disinterested-interested' desires meet, the telepathic bond ensues naturally. As interests increase or the desires separate, it stops.



To facilitate a group lab, conditions have to be set up so that telepathy can be perceived. (Setting up personal conditions within the perceptual lens was in previous sections.) One of the problems that scientific people have with the study of telepathy is they do not take into account the mechanics or conditions involved.

Most science assumes telepathy is mind to mind and does not look at the conditions in individuals' minds that set up the telepathic event or the necessity of a bond. These factors determine the effectiveness of telepathy. If people try to work with telepathy as they perceive it, but they do not look at the conditions that foster telepathy, there may be problems and erratic responses.

As in physics, the student gets theory about oscillating motion and resonant conditions and things like that. Then they go to lab and start playing with a weight and a string. Once they set up an experiment with a string and a weight on it, they can watch the weight go back and forth at a certain frequency (determined by the string length). This collaborates the theory that they learned.

What is being constructed with this lab is to first set up the conditions that foster telepathy, then try to get at least some experience within a group setting of telepathy occurring; that it is possible that telepathy can occur.

For the lab in a group situation, the group would meditate as a group for fifteen to twenty minutes, and then people would pair up with a partner. Avoid pairing with somebody you have a very strong interest in, either positive or negative. (Meaning, do not hook up with anybody because you want to get into his or her pants.) At the same time, do not hook up with somebody you have some aversion to or you have some negative feelings about. No strong interest, either positive or negative; the idea is to keep the individual desires and attachment levels down.

Before the experiment can start, a bond has to occur between the two participants, especially if it is not there when they first pair up. A set of conditions has to be cultivated for this telepathy experiment to work. There are a number of ways to do this:

- ⇒ One way to do it is to sit facing each other, not touching and not looking at each other. Be empty and mentally aware of the other's presence in front of you.
- ⇒ Another way is to sit next to each other (side by side and touching [shoulder to shoulder or knee to knee]) and visually looking at the same thing and be aware of each other's presence.
- ⇒ Another way is to sit back to back and be aware of each other's presence.
- ⇒ Another is to do a five-minute breathing exercise together. Then, get up and slowly walk around the room while always being aware of the presence of the other. Do this for 2-3 minutes, then sit down and do the exercise.

Whichever way, you need to be aware of the other's presence and breathe into this awareness.

There are many ways to approach this bond element. The first examples given do not include any direct eye contact. However, the experiment participants can try doing direct eye contact.

- ⇒ One example is a condition where the individuals sit facing each other, knees touching. They just sit, and look into each other's eyes. They could do a one-point focus exercise with the other person's eyes as the focal point, and breathe into it or just look into each other's eyes momentarily.
- ⇒ Another way is to have each one take their right hand, look into each other's eyes, and touch the cheek of the other one at the same time. That is, to use a physical symbolic action to foster the bond.

A mental bond can ensue so many ways. These are just a few ways it may be nurtured.

Both experiment participants need to look at their desires or fears, and recognize that they have an internal movie. They have desires around their perception of the group and the exercise itself. These perceptions/desires can, and will, interfere with the internal telepathic mechanism.

As with all exercises in the latter part of this book, a pre-forming of intention is appropriate if not essential. Remember to ask yourself something equivalent to...

- What do I want from this exercise?
- What is my intention?
- What is my motivation for sitting and doing this?
- How do I see this group/person?
- What do I want from this group/person?
- What do I want when am I doing this exercise?

The ideal is to establish a motivation (one desire) where you are doing it because you want to learn. You want to grow. You want to communicate. You want to expand yourself. Having no preconceived thought or perception is very appropriate if you do not know where you are going. It does not get in the way of 'getting there'.

Back to this experiment, the beginning of the exercise involves being still, sitting and breathing, and being empty together. Just wait, and be aware of that other person. The purpose is to calm the mind and develop a 'disinterested-interest' to communicate one way or another with this person.

Be aware of the mental/emotional drift that occurs within you. There is a chattering away or an internal movie of the temporal mental matrix always working.

Focus on breath, being empty, and still, etc. Return to being present with that person and waiting. Learn to wait with that person.

The participants will do a bonding exercise for 5-10 minutes. No thought is appropriate. If you have thoughts, think, "I don't want to think about that now"; or "I want to do this exercise instead." Breathe into waiting with that person. Cultivate a 'disinterested-interest' in communicating to that person.

Before performing the experiment, the two individuals first agree on who will be a transmitter and who will be the receiver when beginning the exercise. For a short time one experiments as a transmitter, while the other experiments in receiving. After doing a few experiments, they exchange roles.

Next is to break out a deck of cards. Playing cards are given to the transmitting people in the group. If there are 10 people, each transmitter has 10 or more cards. For small groups or couples, do not use the whole deck; use only a handful of cards.<sup>57</sup> Both people – receiver and transmitter -- should look at the cards chosen<sup>58</sup> and then the transmitter takes the cards.

The transmitter shuffles the cards. The transmitter will use the short stack of cards before them as a record of the cards and their sequence.

There are several ways for the 'transmitter' to approach this exercise:

⇒ **Option number one** is the transmitter holds a card. As the two experimenters face each other, the transmitter looks at the card and rotates it around in their mind, looking at the front and back.<sup>59</sup>

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<sup>57</sup> It may help facilitate successful experiments if the cards were dissimilar: a male face card, a female face card, a red ace, a black ace, a red ten, a black eight, etc.

<sup>58</sup> This way the receiver's mind has relevant information to work with.

<sup>59</sup> Similar to *Exercise and Lab #4*, Imagination and Time/Space Exercises

Visualize the card in their mind; and look at what impact the card has to them. You can use symbolic meaning, like the words, 'King of Hearts' while doing this. The transmitter should cultivate the image of the King of Hearts in their mind. First, the transmitter is aware of what they are doing inside their mind with this picture of King of Hearts. Then they look at the receiving person, using their imagination, and place that perception they have of the card into the receiver's head or on the forehead.

⇒ **In the second option**, the transmitter physically looks down at that card and gets a perception in their mind of the card. Then, they look up at the other person, use the awareness of connection, and act like they are "telling" them the card in the mind. Alternatively, act inside themselves as if they already have communicated the idea. Sit with the other person with the conviction that you both know what the card is – as if you just said it.

The first example is taking the thought and putting it into the other's mind. The other example is recognizing a bond and letting the bond do the work. It is an attempt for two minds to think the same thought at once. It may help if you imagine you are one mind, and you both think this thought and have the image of the King of Hearts at the same time.

The receiver's job is to sit and wait, be totally passive with a 'disinterested-interest', and to breathe slowly. Remember this is only an experiment. Nothing of value is at stake. Minimize attachments to success on this exercise. As said earlier, attachments to successful telepathy can get in the way of telepathic act.

As if waiting for that person to say something, the receiver is sitting and waiting. Again, it cannot be stressed enough -- cultivate a 'disinterested-interest' in the desire to know what the card is. Have no fear. If you experience fear, just breathe into it and let it go.

The receiving person then says or writes the first image that comes in their head.

What may or may not help is for the receiver to be aware of the person before them and visualize a blank card, a card with no markings on the front. Then let the card color itself in.

The transmitter will keep track of which cards were used (and what order) in the card sequence. The receiver will keep track of what they are receiving and in what order in a notebook. Then, after the exercise, the two experimenters compare. Do this several times, and then switch roles. The receiver becomes the transmitter and vice versa.

One-sided successes reflect that someone was passive. A recurring event that showed up when doing these experiments in a group format was the listener may actually be 'reading' the deck of cards and saying what the next card was rather than listening to the transmitter.

Having successful comparisons definitely reflects a two-way communication, facilitated by a bond (and usually you both already know it). If one person is successful, it only tends to mean that one person may be more 'in tune' to the 'psychic' than the other may and has more of an awareness of the cards. Because telepathy is natural, this infers they may have less of an interest in the success of the experiment

Again, non-attachment to the outcome cannot be overstressed. Your very desire to want to do this and have some success can get in the way of having any *ESP* success. This again reflects back to the formula of effectiveness. If your desires and attachments start to rise, then your effectiveness is going to go down.

In conclusion, practice will increase the success rate. There are many different options to how you can play with this. This book is just giving some basic guidelines. The experiment participants can speed up or slow the rates of how they have contact with the cards as they start to get a feel for what is happening. Communication can become more spontaneous.

This experiment consists of:

➤ *Find a partner.*

- *Both participants meditate together beforehand.*
- *Both cultivate a 'disinterested-interest' and pre-form intentions.*
- *Decide ahead who will be transmitter and who will be the receiver.*
- *Assemble the cards*
- *Develop the 'bond' or its conditions. (with a previous exercise example if necessary)*
- *The transmitter looks at the card 'communicates' the card to the receiver.*
- *The receiver writes what they perceived.*
- *The transmitter goes through the stack of cards keeping them in order.*
- *After going through the stack of cards, the receiver compares their notes to the card stack order.*
- *Do this once; then transmitter and receiver reverse roles (transmitter → receiver and receiver → transmitter) and do it again.*
- *Discuss perceptions afterward and perhaps make some entries in a journal.*
- *Do this on three separate occasions, preferably at different days and at different time of day.*



## 7.7 Conclusion

Another caution here on the limitations of imagery use. As it has been mentioned before, the problem with imagery use and the imagination is; it is hard to discriminate between *ESP* and the imagination. What is the source of the image's answers, your matrix (your own perceptions/desires), or the Truth Matrix? This makes objectivity absolutely essential. If you start being 'crapped up', then you are going to be getting shit back. "Shit in – Shit out".

The more objectivity is lost, the more the constructed image starts answering with the operator's desires/perceptions or programming; instead of, answering about information of the objective event. When you, as a metaphysics operator, start being mentally/emotionally wrapped up; the image is going to start speaking in what you want/not-want to hear, instead of what is really happening with the subject matter.

Because all images are temporal forms, the imaging comes and it goes. This occurs whether it is with your own constructs within you or established constructs without you. You cannot play with the *Tarot* forever. Whatever imagery you use, whether the construct is inside of you or outside of you, it should be a springboard to the 'quiet knowing' or intuition.

Again, do not be disappointed with initial results. 'Perseverance pays.' When you learned how to walk, learned how to talk, learned how to ride a bicycle, learned how to swim -- as you persevered and practiced -- your skills increased. *ESP* is just like any other activity that you have consciously acquired.

However, when beginning these kinds of experiments, do keep some kind of record, either in your head or in your journal/workbook. Establish categories of successes. How the categories are defined is your call. However, the first and last categories covered in this chapter will be common to all -- and they are *nothing* and *definite*. Definitely, something happened and it's 'right on', or nothing happened.

The *definite* can sometimes occur with a click and you recognize it's 'right on' just when it happens or with some other signal of completion. With each person, it may be different. What you should be aware of when you start keeping track is the *definites*. Forget about the *possibles* and most *probables*. Just have them as loose categories to put other stuff in. The category that should be focused on is the 'definite' and what led up to the 'definite'.

Doing some of this telepathy stuff by yourself, without a partner, is somewhat difficult, and it can be done. However using psychic signs just for yourself can be dangerous. Quite often, we are too close to the subject matter, to many attachments. It is hard to look at ourselves objectively. So, it may be easier to learn *ESP* phenomena on, with, or around other people.

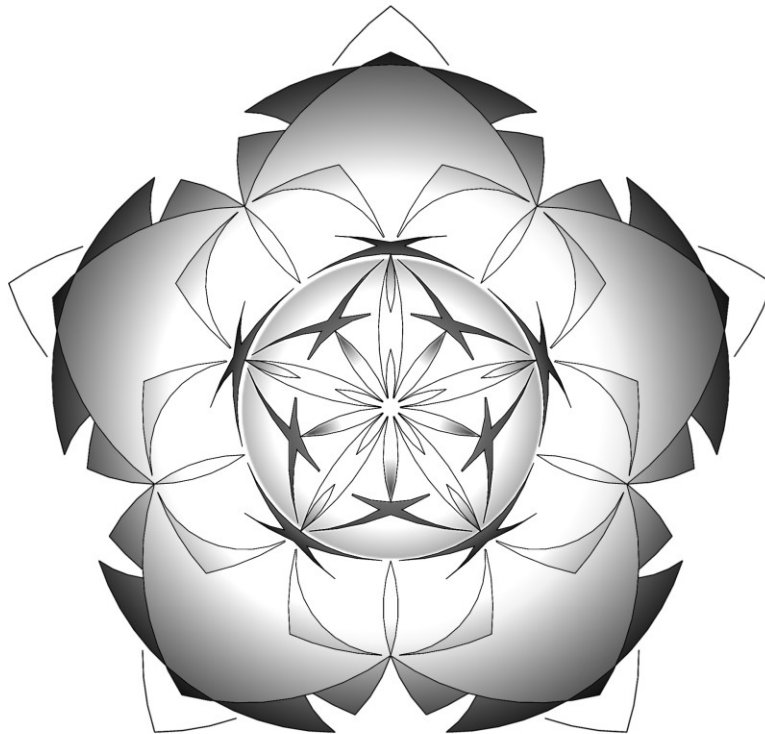
To ask questions about other people and on external situations can be better than it is to ask them about yourself. You can be too mentally/emotionally close to the answers. Doing it on yourself, your attachments can get in the way of your successes. This is another reason why a partner comes in handy to do experiments -- someone to play with and validation. A partner can give an objective reference point, providing you two are not fooling each other as well as yourselves. This is also where the *Tarot*, *I Ching*, Astrology, et al may be useful – an objective reference.

These lab assignments are for you to experiment with, to be aware of the different ways *ESP* emerges within yourself. They are to give you direction. You do not have to be proficient with them. Just be aware that various approaches exist.

One last thing: as you experiment with the psychic on deeper levels, it will become imperative you foster some kind of relationship with or recognition of God, Love, Truth, Creation, Universe, etc. How or whatever way you see the Creator as, is only a limited expression of the actuality. All human perceptions are on a finite temporal level and cannot encompass the Reality of Eternal Infinite God. The relationship or recognition of God's existence is important.

The reason for this spiritual reference is that just as a recognition of physical truths foster survival on a physical level, the recognition of God's Truth fosters survival on a metaphysical level. Let God's Love/Truth be your anchor and refuge. Love's Truth is Eternally constant and cannot be moved or hurt in any way. It is a rock that cannot be swayed by psychic currents.

*Exercise and Lab 3: Truth Perception* can give you a foundation of truth to help facilitate this.



## 7.8 – Questions

1. What makes an *ESP* event possible?
2. *ESP* facilitated information can come through what two vectors.
3. What are the three basic forms that *ESP* facilitated information manifests within the individual?
4. What is ignored by the Eternal Mind?
5. All *ESP* phenomena is a form of \_\_\_\_\_.
6. Explain *déjà vu* or premonitions?
7. *ESP* facilitated information is a side effect of \_\_\_\_\_.
8. Why is telepathy natural?
9. What has to be set aside to exercise psychic awareness?
10. All exercises must be done with a \_\_\_\_\_.
11. Telepathy requires what?
12. What are the drawbacks to mental imaging and dialogues?