

Application #1 -- Orientation

This is an introduction tool and the first element to a set of exercises. This application defines the work place of this book. There are no exercises in this first element of the series.

Exercise Series Introduction

A definition for truth used in this book is, “laws by which something works.” This ‘toolkit’ gives you numerous applications demonstrating to you how your mind works; and, how it works along a specific set of truths/laws.

You do not have to know what these laws/truths are. Just as, you do not have to know what gravity is to walk. You just have to apply it.

The exercises in this series are abridged exercises or labs extracted from the pages of *I AM A I, Unfolding the Flower*. This exercise set is offered for those who are looking for the practical how-to mystically orientated exercises without having to endure ponderous philosophies.¹

Be advised though, these exercises do serve as an introduction to some ancient ideas that pervade established 'working' mystical or spiritual schools of thought – ponderous philosophies.

The parent book *I AM A I* presents a comprehensive cohesive thought system using a mathematical and scientific based paradigm. The 'lab' for the mystic science textbook (and these exercises) is you-behind-the-eyes and between-your-ears, your mind. The exercises from the Toolkit have connections within *I AM A I*'s holistic paradigm. Consequently, there are footnotes in this exercise series referring to *I AM A I* text.

For those who are interested in such things as God, internal work, the nature of you and the universe, etc., it is suggested you read *I AM A I* text and read these exercises in their entirety.

And, as stated previously, your knowledge of the thought system/construct of *I AM A I* text is not important to your applications of these exercises. You do not have to know gravitational physics in order to walk. Nor...do you have to be an engineer to drive a car. **Absolute** – Spiritual -- and **Actual** – physical -- reality² truth/laws work when applied independent of belief.

¹ The majority of the theory that is presented is for an overview into what you are doing. (Such as in the *11th* and *12th* applications in the series, which are all theory.)

² *I AM A I*, Chapter 4.2, ‘What’s Reality Papa?’

In addition, these truths/laws can withstand any amount of questioning; questioning gravity has no effect on gravity.³

You do not have to believe in Bernoulli's principle to fly a paper airplane.⁴ You just have to apply it. That is what this series of exercises is about; to get you to apply specific concepts so that you can see that your mind is more than a two-dimensional sheet of paper; when it can be a three-dimensional airplane or a stork.

The exercises in this series of applications involve the basic mechanics of your being, how your mind/heart operates. Because of this, the exercises are generic enough to enhance and be adaptable to most 'working' religious and mystical philosophies. Therefore, taking some of the concepts presented in this book, you may develop some useful personal applications of your own from these exercises using your present personal philosophy.

The exercises are only introductions to what you can do; they serve as introductions to some concepts – a springboard. Where the 'lab' applications take you, is up to you. The intention of writing them here is to just pass some concepts on to you, to open up your mind to what you can do.

The 'bottom line' is you are not your mortal mind.⁵ Your mortal mind is your vehicle in your body just as your body is your vehicle in the physical world. You are neither.⁶ Just as you learned coordination of your body, it makes perfect sense that you learn coordination of the mind as well.

This exercise series gives you numerous tools to help you with this.

Employing the following exercises, there will be an effect on you. What that effect might be is contingent on numerous variables.⁷

Some of these variables are:

- your intention behind doing the exercise
- your attachment to what you are doing
- the amount of one-point focus (remembering your intention and constancy of exercise execution)

³ It is untruth – ~~truth~~, illusion, and delusion that cannot stand honest questioning. They fall apart before it.

⁴ You could question Bernoulli's Principle from now to 'doomsday' and it will have no effect on it.

⁵ A mind with temporal and spatial limits

⁶ One recurring premise is there is only One Mind outside temporal/spatial limits

⁷ *I A M A I*, Chapter 5, Formula of Effectiveness

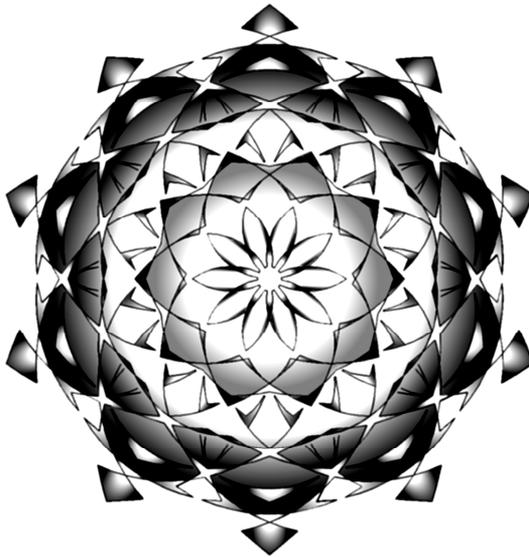
- how much truth and ~~truth~~⁸ is programmed in your mind the time of the operation
- repetition

The value of many of these exercises becomes apparent when applied over an extended time window and with some repetition. This is representative of mind programming changes.

For those of you who have previous experience or knowledge of mysticism or spiritual disciplines, you will find that some of the elements present in the Toolkit's applications are found in mystical exercises that have been taught for thousands of years.

The Peace of God is with you; it never left you. You are asleep to it. And...however you use this toolkit, remember:

- ⇒ There is a God. (And...is just as present with you as you read this as gravity is)
- ⇒ Whatever you give to Love, it will use.
- ⇒ Love is not exclusive.



⁸ In this text and *I AM A I*, the opposite of a word is the word with lines through it. For example; untruth is ~~truth~~; unreal is ~~real~~; or not love is ~~love~~, etc. This detail helps illustrate the point of one term being an opposite.