



Application #11 – ESP Cultivation

This tool introduces *ESP* theory. Basic theory behind all personal *ESP* events is presented; the mechanics of how *ESP* works within you and how you can work with it. There are no exercises in this entry of the series.

Exercises 11 -- Basic *ESP* theory, exorcizing the ‘spooky’

The introduction to this *The Truth Tuning Toolkit Exercise Series – Application 1* -- stated there would be a minimum amount of theory in presenting these exercises. Because the exercises 11A and 12A are entering into intermediate applications of mental mechanics, some theory is necessary. This theory can help give you a ‘from the top down’ perspective (as opposed to seeing something ‘from the bottom up’). The theory allows you to see connections or common points of reference.

Because the theory used in this book is so interwoven with other elements of *I AM A I*, it may be better to read Chapter 7, Concerning *ESP* Events and Psychic Phenomenon and Chapter 3, specifically, 3.7 - Time Ignorance.

This way this entry in the series stays ‘relatively’ short. Those chapters present these exercises and their theory in entirety.

Here is an example of some of the theory involved:

⇒ *There is only One Mind.*
Postulate 2⁹⁵ states, “God’s Absolute Love has an Absolute, Logical,

⁹⁵ Chapter 2, *I AM A I*

and Eternal Mind.” There is only One Eternal Infinite Mind. Because this One Mind works with infinities within infinities within infinities...infinitely, the Logic of the One Mind works beyond all finite mind – mortal -- perceptual references.

⇒ *You have access to this One Mind because it is at the core of your very being – who you really are.*

The implications of *Theorem 13* -- (God's) Will, Love, Logic, and Truth are One in an Eternal Creation -- conjoined with *Postulate 6* -- I am God's Creation -- is that you can never leave this One Mind for it is the very essence of your being.

⇒ *All ESP is through the One Loving Eternal Mind.*

Be advised that the following *ESP* exercises are a natural extension of the previous exercises – *Applications 8, 9, and 10* -- 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. This is a metaphysical application of the *Right Angle Rule* (Chapter 3, I AM A I). To fill your finite/temporal mind – mortal mind – with non-temporal conveyed information, your mortal mind must be stilled. It is an indirect approach.

ESP involves and an internal communication within the One -- Eternal Infinite -- Mind. All *ESP* is through the One Mind. What that One Mind has access to, we all can access; because, the One Mind is the core of your being. This means that all the knowledge (and Creation capabilities) that is in God's Loving Mind/Matrix is available to you.

Since the Love's Eternal Mind is yours by the nature of God-Creation relationship -- you, *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.

It has been said you are not your temporal matrix -- your mortal mind. You are not the mental/emotional sets that preoccupy the mortal mind. Your temporal mind is your vehicle in your temporal body. Just as your temporal body is your vehicle in temporal spatial creation – physical form.

Eliminate the ~~truth~~ within the mind and the truth is that which remains. Consequently, remove ~~truth~~ from the mortal mind and the Eternal Mind with the consequent *ESP* events available tend to manifest automatically.

This process can be augmented by having Absolute Truths⁹⁶ or truths that are totally comprehensive in your minds storage already. When ~~truth~~

⁹⁶ Absolute Truths can never be removed from your mind; for the Matrix that Truth is in is the core of your existence.

is brought to Truth, it automatically dissolves into the 'special case' that it is. This is something that *Application 4* helps address.

This means that an *ESP* event can manifest automatically or naturally in two ways. When you either learn to still your mind or when a sufficient amount of Truth is programmed into your mind.

⇒ *ESP involves an interface between the Infinite Eternal Mind and your finite/temporal – mortal – mind.*

There is only One Infinite and Eternal Loving Mind. This Mind IS the very core of your being and will 'speak' to you in a way that you will understand. An *ESP* facilitated information event uses what is already within the mortal mind/matrix to convey the 'message'.

Information via the Eternal Mind – an *ESP* event -- 'clothes' the information with the mortal mind/matrix's content. The One-Mind uses recognized symbols, pictures, patterns, etc. established in and by the individual's – your -- programming and formulates a message for the mortal mind – one you will recognize.

It must do this because an *ESP* event involves an interface between the Infinite/Eternal – non-temporal/spatial -- to the temporal/spatial. The information coming through must assume temporal spatial references. Therefore, it uses the temporal spatial perceptual references already established in that temporal mind.

Or, using a swirled paint in a can analogy, dip a ball on a string into a paint can of unmixed paints – the paint is swirled with different colors. As the ball emerges, the paint patterns on the surface of the ball are those that are on the surface of the paint in the can at that moment the ball emerged.

Look at the 'paint can' as your mortal mind; the *ESP* information – the ball -- emerges and takes on swirls of 'paint' – mind's programming --from your mind as it emerges into your awareness.

As the *ESP* information came forward from the One Mind to your mortal mind, the *ESP* information is 'clothed' by your mind like the ball is clothed by the paint patterns it picked up

An excellent example of this is the original biblical 'speaking in tongues' of the Apostles.

The major government of that area, at that time, was the Roman Empire. Though Rome ruled, 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 to these 'seats of learning'. Consequently, many languages were present in relatively concentrated areas.

The Apostles came from what was considered the 'boonies' – Judea -- to deliver their message to 'civilization'. They only spoke Aramaic. Yet,

they could stand in the public squares and speak before a diverse crowd and each person 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 one way 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 – mortal -- mind receiving it so that mortal mind would have a reference on the information.

This is Love at work. It tends not to do something totally alien. Love is using the mental construct an individual has setup – through their own programming -- to speak through. Love uses concepts in the mortal mind to deliver the message. This way the information is usually in 'sync' with the established mortal mind's perception system. Most people do not get 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.

Because *ESP* is clothed by the mind receiving it; this is why *ESP* facilities are so hard to scientifically 'nail down' – a mystery. There are so many variables that are introduced with each mortal mind's programming, perceptions/desires -- intentions, choices, etc.

This is a major variable to the 'mystery' of *ESP*. Because most people's minds are a mystery to them, an *ESP* event that is 'clothed' by their mind has mysterious elements as well.

This segues into the next concept:

⇒ *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.*

Many *ESP* tools or exercises are a form of giving Love/Universe a mental construct – image or 'a set of clothes' – and letting Love speak through that image – wear the 'clothes'.

Here is an example. In one of the exercises to cultivate 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 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 the 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 human mind (in the form the human mind set up or constructed).

ESP facilitated information can and will use these intentional mortal mind mental constructs.

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

An ESP event involves an internal communion within this Eternal One Mind; and consequently, it also involves the Eternal One Mind's time/space ignor-ance.⁹⁷ The One Mind is not restricted by temporal/spatial limits, which means, we can have access to everything that can be known, at any place or at any time.

This One Mind is Eternally present in, and can access all of time and space; and yet the One Mind does not live in time and space. (one of those mystical conundrums to a mortal mind)

Two examples of only the time ignor-ance qualities of an ESP event involving elements within your mortal mind matrix and its environment it is in – BTR⁹⁸ -- are premonitions and déjà vu.

- ◆ A premonition is 'you' in the future, telling 'you' in the past, 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, déjà vu and premonitions are examples of information shared by the same mind pulled from different times.

These are two examples that are representative of an internal communication within a single mind (Mind). Both are indicative of time ignor-ance capabilities inherent in the Eternal presence of God's One Loving Mind – the Mind within you.

To summarize the preceding theory points:

- ⇒ There is only One Mind.
- ⇒ All ESP events involve a One Mind interaction.
- ⇒ The One Mind will use your mind's perceptual references to present the ESP information.
- ⇒ Temporal spatial truth references – physical laws -- are a 'special case' of the One Mind and the One Mind can ignore physical form's apparent temporal spatial sequencing.

⁹⁷ Chapter 3.7 - Time Ignor-ance, *I A M A I*

⁹⁸ Bubble of Temporal/spatial Reference; Chapter 3, *I A M A I*

ESP manifestation forms

How an *ESP* event makes itself known in our mortal mind can take on one or a combination of three 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.*

The first way (*form 1*) would be if the operator – you -- received the information in words, symbols, pictures, or sound. This form tends to parallel any one of your physical senses, such as vision, hearing, smelling, tasting, or sensation. These are already established perceptions within your mind. This form involves the Perception aspect of the Perception/Desire lens.⁹⁹

This form of manifestation uses the perception aspect of your mortal mind matrix. There are so many variations of this form as there are ways to perceive. It would be prohibitive to go into them all.

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

It is also an excellent example of *ESP* using established perceptions in the mind.

☐ **Form 2:** *As emotions, body feelings, sensate (These are still somewhat perceptual, though the perceptions are less clear – there is no ‘tangible’ perceptual image.)*

Form 2 is another way *ESP* can appear through your *Perceptual Lens Array*. This form involves the Desire aspect of the Perception/Desire lens. This form usually manifests more as feelings -- sensate. Something may not feel right. “I’ve got a gut feeling.” Or, “I’ve a very bad feeling about this.” These are still somewhat perceptual, though the perceptions are less clear.

This form may be just an emotion (like fear) or it can also involve another information route, the body. In the body example, the mechanics of 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*

⁹⁹ *I AM A I*, Chapter 4.5 - The Perceptual Lens Array Matrix also *Application 7A*

Array, from Cognition through *Knowledge*, and then into our awareness in the focus buss.¹⁰⁰

An important thing to recognize is the similarity of appearance of these first two types of manifestation (*form 1* and *2*) of psychic phenomena to imagination. To a mortal mind, an *ESP* event and the imagination is about as far apart as the index and middle fingers of your hand. Psychic phenomenon has a deeper feeling to it than imagination, but there can be trouble telling them apart in the beginning.

This is why caution or questioning can be important. (And, why an objective *ESP* system or tool like the *I Ching* or the *Tarot* may also be helpful.)

ESP has a slightly 'deeper' feel to it, and the information can be questioned honestly – answer seeking questions -- as much as the operator wants. The truth in an *ESP* event can withstand that questioning. It is only the real, the truth, which cannot stand up to honest – truthful -- questioning.

❑ **Form 3:** Intuition, or a quiet knowing.

The third form that psychic information can manifest in you is through intuition. By the term intuition this application is using the definition of intuition as a 'quiet knowing'.

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 involve the *Perceptual Lens Array* -- 'front' of your mind -- whatsoever (as the first two forms of manifestation did). There is no 'objective' or 'subjective event' representing the 'reading'.

Intuition manifests from Truth, through *Knowledge* and bypasses the entire perceptual lens. It just occurs. It comes from Truth to the 'back' of your mind – *Knowledge* -- to you. This is the form to go for, or work with. It is the direct route. And...this is also the form that tends to occur naturally with empty mind exercises.

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 irrelevant judgments or choices. This may involve *Knowledge* as well as mental/emotional sets that involve *Programming*, *Memory*, and established feedback loops as well.¹⁰¹

¹⁰⁰ Figure 4-4, Mortal Mind Matrix, back of book or *I A M A I*, Chapter 4

¹⁰¹ Chapter 4, *I A M A I*

During a *form 1* or *2 ESP* event erroneous interpretations can occur or be injected.¹⁰²

Whereas, in the case of intuition, you just know. 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 like that. 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. Denial is an excellent example of this.

As the first two forms (perception and sensate) are kind of parallel to perception or desire in *I A M A I*'s presented model, intuition (*form 3*) is an *ESP* form that works kind of parallel to the *Storage* interface in you. The intuition concept being presented here is an introduction to a psychic skill that does not travel through your perceptual lens – mind's eye.

Form 3 – intuition – comes naturally with empty mind exercises. This form cannot be taught; it happens as a side effect. This skill is outside of 'words'. The other two forms can be consciously cultivated however.

ESP event verification

Important: *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, there is an external event in **Actual reality**¹⁰³ -- physical form -- corroboration of the ESP acquired information.*

This corroboration between an 'objective event' and an ESP event -- 'subjective event' -- will be used as measures of successful 'readings' -- effectiveness.

With only a few exceptions, all *ESP* – One Mind -- facilitated information is true.

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 your mind to outside your 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) and the actuality, etc.? To help you recognize an *ESP* event, it can be helpful to categorize your 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.

¹⁰² Any perceptions based on a mistake in perception are liable to be in error as well.

¹⁰³ *I A M A I*, Chapter 4.2, 'What's Reality Papa?'

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'.¹⁰⁴

⇒ **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

An ESP event must have a collaborating objective –physical -- correlation.

There are a few exceptions involving a critical choice and these exceptions usually involve not 'seeing' far enough; and, this is a relatively safe 'rule of thumb'. If there is no corroborating objective correlation, then the event experienced tends to be one of imagination or of mental projection; it is not an *ESP* event. And/or, the information became corrupted by the mind receiving it. Your 'subjective' and your 'objective' event must correlate, be it telepathy, clairvoyance, the use of the mind to manipulate clouds, or whatever.

You may set up different categories of success for your self. No matter what categories you set up, the **Nothing** and the **Definite** are the important ones.

¹⁰⁴ This was before the author found out that there is no coincidence. The coincidence idea is not in keeping with the idea of Absolute Love – nothing is excluded.

Be advised, teaching *ESP* is equivalent to telling you how to walk or swim. You have to do the work (and make mistakes) in order to have recognition.



Application #11A – *ESP* Experiments

This entry is a continuation of *Application 11* and contains tools for *ESP* experiments. This entry provides you with numerous options in order to cultivate a *form 1 ESP* event within you.

Exercise 11A -- Cultivating Clairvoyance, “Come along or go alone...”

As mentioned in entry 11, *ESP form 3* – intuition – comes naturally with empty mind exercises. This form can not 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, based on perceptions. It will become known in a way that is familiar.¹⁰⁵

Because the Eternal Mind will talk in the symbolism that the specific mind uses, this allows for ‘constructed thought systems’ like *Tarot*, *I Ching*, or your own system as vectors for clairvoyance.

¹⁰⁵ *Application 11*