

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.<sup>105</sup>

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.

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<sup>105</sup> *Application 11*

With this application, a thought 'system' is set up. You, the operator, are 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 mental constructs – *Form 3*.

As with previous applications, the clairvoyance exercises presented here involves some kind of motivational analysis.<sup>106</sup> With *ESP* applications, this is even more important.

"What is it I want from doing this? Once I find out, then what? What do I want from the exercise and from life?" "What is it I want from being psychic?"

The idea is for you to be clear, to have only one desire for the information or the question's answers. You need to pre-form your intention. You should not be concerned about the outcome: successes, accuracy, message, etc. You do not know the outcome. You just are trying to accumulate information. Doing a pre-forming of your intention, can help you clear your perceptual lens.

Cultivate a passive attitude and an open mind, and again, always a 'disinterested-interest' when doing these exercises. Do not become attached to what is happening.<sup>107</sup> 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>108</sup>

This is, very briefly, the communion mechanism carried to the  $n^{\text{th}}$  degree. If the word group "*wholly empty hands unto \_\_\_\_\_*" was substituted in (with \_\_\_\_\_ taking the place of the words "*your God*"), this

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<sup>106</sup> *Application 7B*

<sup>107</sup> *I A M A I*, Chapter 5, Formula of Effectiveness

<sup>108</sup> *A Course In Miracles*, Workbook for Students, Lesson 189, *I feel the Love of God within me now*.

would be an excellent example of one-point focus listening on a mundane level.

This phrase would apply to being a good listener in a simple conversation as well as communing with God. It all depends on what your primary intent focus is -- attitude.

### *Group Format Application*

This is a format used for an *ESP* or a mystic arts class. First, you need to pre-determine the mental construct you will use.

As mentioned in the previous series entry, 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. Then she would use the mental construct idea. Her favorite image was a flower.

She would have the students first plant the flower (the seed being the person), water it, and then watch the flower grow. Watch the flower grow until it is in full bloom. 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 like a slide show. These pictures flashed momentarily on the blackboard. Whereas, with the previous example of the psychic's exercises, there is a dialogue occurring.

The idea is; for you predetermine a mental image or construct before doing this application. It can be anything; a TV screen, a pond, clouds, a blank wall, etc. Whatever communication form you will use, whether it is visual, words, images, feelings, or whatever, write down the form, the questions, and the answers when doing this application.

Remember, when you start working with this construct that you have generated in your mind and you are 'reading' somebody, you may not only ask the original question (the one on the paper), and you can 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?

So 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 are then to 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.

It is very helpful to keep the initial question precise. An example is, “If \_\_\_\_\_ does \_\_\_\_\_, what effects will this have on \_\_\_\_\_?” Precise wording aids in a precise reading.

*An example of this exercise in a group setting, may be:*

- ***On two pieces of paper, everybody in the group writes down one question about their lives (or?); they are to generate two separate questions, one question per piece of paper. Do not sign it. Fold the paper up so the question inside the paper cannot be 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 a question out of the hat. They take out two questions. 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 pre-determines the communication image they will use. The image you create should be one you feel comfortable with. As mentioned previously, the image can be anything. It can be a flower, a blackboard, a tree, a star, a mayonnaise jar with a Funk & Wagnall’s dictionary. It does not make any difference.***
- ***Perform Application 7B; set your intention for this exercise and cultivate a ‘disinterested-interest’ to the application’s outcome.***
- ***After each individual has chosen their communication image and has two unopened pieces of folded paper in front of them, everybody performs a short 15-minute meditation or empty mind exercise.***
- ***After the meditation, they then read a question on the paper.***
- ***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; then watch and wait.***
- ***After you generate a construct and ask questions, write down what the image says, or what you see. In a group setting, everybody would be doing this in the lab. This is being done without any communication with anyone.***
- ***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 make the questioner happy; etc.***
- ***If the information is not clear, ask for more information.***
- ***The group is given 15-minutes to do two ‘readings’.***
- ***The group comes back together and discusses some of the questions with the perceived answers.***

### *Individual Format Application*

☐ 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 will be used as an example on how to do this exercise. First, do a still mind exercise – meditate -- as stated previously. And...cultivate a 'disinterested-interest' in what you are about to do – *Application 7B*.

Do an empty mind exercise for ten-fifteen minutes beforehand. If 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 an item on a subject that is occurring and not concluded yet. 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.

*A return 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 news media source you got the news from. 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...in your mind. Your job is to passively observe or read the results.

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

actually happens; see if there is a correlation between the *ESP* event and the **Actual** reality event.<sup>109</sup>

This application is a form of pre-cognition.

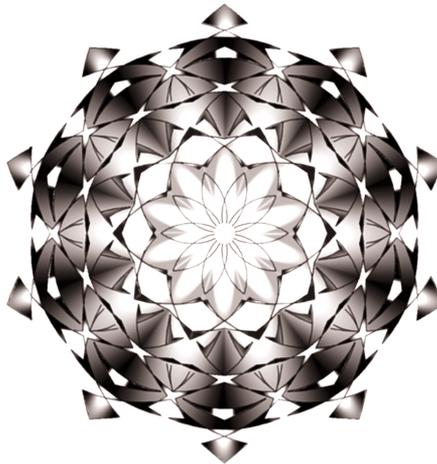
*This application consists of:*

- **Meditate or do an empty mind exercise before the operation (5-15minutes)**
- **Establish your intentions and cultivate a ‘disinterested-interest -- perform elements of Application 7B.**
- **Do each exercise, distant viewing and precognition, three times.**

Do not be discouraged if you do not succeed at first. The success of these exercises is dependent on several factors:

- A still mind and being.
- How well you can cultivate a ‘disinterested-interest’ – your non-attachment to the outcome
- 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 a lot of mistakes at first or you may pick it up easy. No matter which -- to quote the *I Ching* -- “perseverance pays”.



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<sup>109</sup> *Application 11*