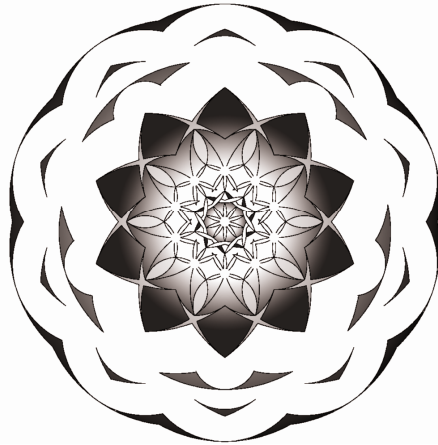


The following experiments are meant to give direction. With serious study, one must learn to expand from these experiments.



Application #12A – Telepathy Experiments

This tool contains telepathic experiments. This application continues the previous series entry on telepathic theory, entry 12. Cultivation of the bond and experimental approaches are presented here.

Exercise 12A – Bonding and telepathy experiments

A reminder: any article 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 print down and get in the water and apply what you learned.

Many of the exercises in this article 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 and his partner started working together, they rarely discussed the results; we both agreed something was happening though. Sometimes they may have orally set something up – set an experiment up; and then, they did the experiment.

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”. (In addition, there must be a correlation to **Actual** reality.¹¹⁷)

¹¹⁷ Application entries 11, 11A, and 12

Talking about the event can introduce all sorts of non-relevant perceptions and attachments – *Application 2*.

Remember that both people need to have the same mindset to do the operation – desire. 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. In this case, the individuals' desires are not one and the same. You both have to have the same 'disinterested-interest'-- the same one desire to communicate. Your awareness is to be on your partner.

Part of these following 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 or increase in volume, it stops.

To facilitate a group lab, conditions within the lab have to be set up so that telepathy event can be perceived. One of the problems that people have with the study of telepathy is the initiating conditions are ignored or not well known.

Scientific perception assumes telepathy is mind to mind and tends to ignore 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 and they do not look at the conditions that foster telepathy, there may be problems and erratic responses.

As in physics class, 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; they set up a set of conditions. 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). Thereby, they corroborate the theory that they learned.

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

For the lab in a group situation, the group would first meditate 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 being presented here is to keep your 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 the telepathy experiment to work.

There are a number of ways to approach this bond concept:

- 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) 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 wherever you are in the room. Do this for 2-3 minutes, then sit down and do the exercise.

Whatever approach used, you need to be aware of the other's presence and breathe into this awareness.

As mentioned, there are so many ways to approach this. The first examples given do not include any direct eye contact. However, the experiment participants can try using 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 others 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 help foster the bond.

A mental bond can ensue so many ways. These are just suggestions to a few ways it could be consciously 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 latter previous exercises, a pre-forming of intention is appropriate, if not essential.¹¹⁸ Remember to ask yourself something equivalent to...

- What do I want from this exercise?
- What is my motivation/intention 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'. Recognize your ignorance.

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

In the group scenario, participants would do a bonding exercise for 5-10 minutes. Remember; no thought is appropriate. If you have thoughts: "I don't want to think about that now"; or "I want to do this exercise instead." Breathe into waiting with that person. It is essential to cultivate the 'disinterested-interest' in communicating to that person.

Before performing the experiment, the two individuals agree on who will be a transmitter and who will be the receiver. For a short time, one experiments as a transmitter; while, the other experiments in receiving. After doing a few experiments, you are to exchange roles.

Next is to break out the playing cards. Playing cards are given to the transmitting people in the group. If there are 10 people – 5 pairs, each transmitter has 10 or more cards. For small groups or a single pair, do not use the whole deck; use only a handful of cards.¹¹⁹ Both people – receiver and transmitter -- should look at the cards chosen¹²⁰ 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:

¹¹⁸ *Application 7B*

¹¹⁹ It may help facilitate successful experiments if the cards were visually dissimilar: a male face card, a female face card, a red ace, a black ace, a red ten, a black eight, etc.

¹²⁰ This way the receiver's mind has relevant information to work with.

⇒ **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.¹²¹

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 can 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, the transmitter acts 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. This can be looked at as an attempt for two minds to think the same thought at once. It may help if the sender imagines 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 your attachments to success on this exercise.

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's awareness is on the person in front of them; 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.

¹²¹ Similar to *Applications 6* in this series, time and space visualization applications

The transmitter keeps 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 or on a piece of paper. Then, after the exercise, the two experimenters compare. Do this several times, 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 in the deck was rather than listening to the transmitter – no bond.

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 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.¹²² If your desires and attachments start to rise, then your effectiveness is going to go down.

Yet another return to a redundant reminder:

Attachments to a successful telepathy event can interfere with a successful telepathic event.

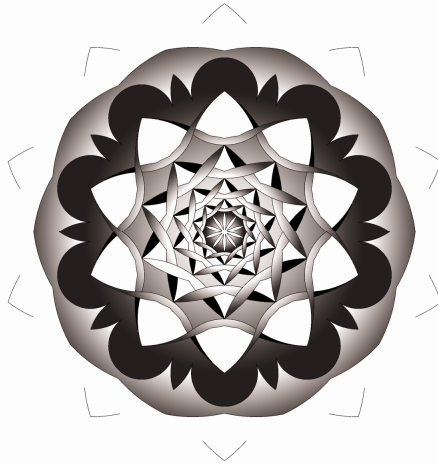
In conclusion, your practice will increase your success rate. There are many different options to how you can play with the presented concepts. This series entry is just giving some basic guidelines. Experiment participants can speed up or slow the rates of how they have contact with the cards as they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

This application consists of:

- ***Find a partner.***
- ***Both cultivate a 'disinterested-interest' and pre-form intentions – Application 7B.***
- ***Decide ahead who will be transmitter and who will be the receiver.***
- ***Assemble the cards***
- ***Both participants meditate beforehand.***
- ***Do a 'bond' exercise, develop the 'bond', or its conditions.***
- ***The transmitter looks at the card 'communicates' the card to the receiver.***

¹²² *I AM A I*, Chapter 5, Formula of Effectiveness

- *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; and then, transmitter and receiver reverse roles (transmitter → receiver and receiver → transmitter) and do the exercise again.*
- *Discuss perceptions afterward and perhaps make some entries in a journal.*
- *Do this on three separate occasions, preferably on different days and at different time of day.*



Application #13 – Sound of Music

Music is the most powerful spiritual/metaphysical tool that Man has. This entry in the series combines previous applications to show how listening to music affects your mind, along with, providing you with numerous application directions.

Exercise 13 – Music exercise variations, “riding the music”

The true power of music lies in the mind of the listener or the musician – your mind.¹²³ And, who you really are is way beyond the music. The music itself is only a tool.

Listening to music can involve a number of mental applications already introduced in previous series entries. These applications are:

¹²³ This application will not concern itself with the “Music of the Spheres’ concept – the Universal music.