

Application #2 – Not Doing

This is a tool that helps maintain an effective working environment. The first two application entries defined the workplace for this series. This tool helps reduce ~~truth~~ extension/creation within your mind.

Exercise 2 – No talking, the sound of silence

When teaching in a class format, this exercise is easy to state. There is to be no talking about your personal experiences (from doing the exercises, reading the textbook, or while participating in the class) with anyone. The only exceptions are if talking fits within the class format (exercise feedback, meditation effects, questions, etc.)

You can talk about content and ideas presented. You are not to talk about your personal experiences from exercise applications.

From ‘you the reader’ standpoint, this application is a little harder to state. This exercise can be stated as; do not share any personal experiences you have from doing the exercises.¹⁰ You can describe to people the exercises or concepts in the text. However, keep your personal experiences and perceptions to yourself. Do not talk about that which happens when you do these applications. You can write about your experiences in a notebook or journal. However, do not show your notebook or journal or any entries in your journal to anyone (for as long as you are doing the exercises).

There are a multitude of reasons why the silence. Some of these reasons are:

- ◆ It keeps you from making some programming choices
- ◆ It helps maintain the disinterested interest (non-attachment) necessary for the success of the *ESP* exercises (*Applications 11 and 12*).
- ◆ It relates to a Formula of Effectiveness in Chapter 5, *I A M A I*.
- ◆ It hinders you from making premature judgments around a subject matter that you are still learning and have not yet finished learning
- ◆ It also relates to the To Keep Silent rule of magic in Chapter 9, *I A M A I*.

To keep things simple, look at it this way. These exercises are for a science course and the ‘lab’ for this course is your mind – you behind-the-eyes and between-the-ears.

Look at your mind as being a laboratory environment. Physically, for a set of experiments within a laboratory environment to work, specific

¹⁰ or reading *I A M A I* text

conditions must be maintained within that laboratory environment. This also applies metaphysically. Talking about personal experience affects the laboratory environment within you – your mind's programming -- and therefore can affect the outcome of some of these applications.

Talking is an act of creation – extending an idea -- and it is a choice (both of these are covered in detail in *I AM A I* text¹¹). Every choice you make will have an affect on your mind's programming.

Look at this application as a shotgun approach to maintaining pristine 'lab conditions'. It is a crude way of keeping you from making some specific choices.

This exercise is also an introduction to the concept of 'not doing' something can be as important as 'doing' something. What would be your intention for speaking? Could it be your saying, "Look what I did! Look what I did!" This is listening to your pride or ego. These qualities can hinder the success of future exercises, *Especially ESP*. It can also foster attachments.

The bottom line is; any experiences you have are between you and your Creator/ix -- Love. It really is not anybody's business except yours. An Infinite/Eternal Loving God can customize everybody's spiritual curriculum to each mortal – finite/temporal -- mind's needs. What you may have to learn at this moment, may not be what the person next you has to learn at this moment.

This assignment can be translated as:

- ***“Keep silent” about what experiences you have; what you feel; or, your perceptions involving the results of these applications in this exercise series. This is done until you are finished with this set of exercises – the book.***

***“Those who know, do not talk
Those who talk, do not know.”***

Tao te Ching

¹¹ Chapter 4