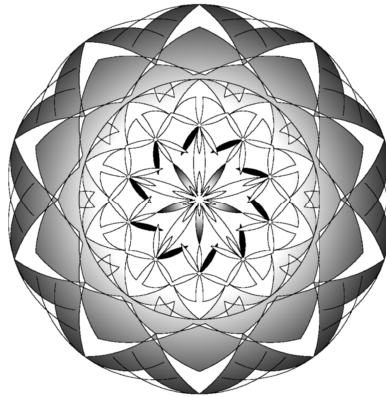


Spiritual knowledge becomes assessable to you and it always has been right in front of you in common everyday objects. You just have to look at the object, learn to jump in parallels, and everything really you need to know is there.

God is not hiding anything; everything you need to know is right in front of you.

This application works best when you make no judgments as the objective observer (mentioned previously). Be aware of your ignorance because your ignorance is going to be part of this application.



Application #5 – Resetting the Mind

This is a tool that helps you reset your mind. Here you use a temporal limit of your finite mortal mind to prevent mentation -- thought.

Exercise 5 – Temporal mind limits, surfing the mechanism

Our mind has many mental paths and feedback loops. Because we are dealing with a temporal mind, each path or loop takes ‘x’ amount of time to occur. Some happen quicker while others take longer to occur. For example, the loop from an Event, to our re-cognition of the Event’s existence, to our focusing, and re-cognizing the Event itself (Chart 4-4, N5),³³ takes a specific amount of time. This time lapse can be used.

The Cognitive path is a high priority path. It is a survival path. All mortal minds, including animal minds, have a Cognitive input. It involves the sensory input going into the mind. When it is in constant use, lesser priority mental paths must give way.

³³ *IAMA I*, Chapter 4 and Figure 4-4 in the back of this book

This is an eye exercise where you focus on one physical thing and move the eyes quickly from one item to another item. The eyes are on the item long enough that you recognize a perceptual change has occurred, but not long enough for complete recognition of the item to occur. Your eyes do not rest long enough finish the process or to allow any other mind/matrix operation.

Moving the eyes to 'something', the mind/matrix is refocusing until there is re-cognition. After the cognition, a number of mental loops can occur. Moving and refocusing the eyes before the re-cognition loop is complete; calls for a mind refocus. Constantly focusing the eyes on separate things for a period of time means your mind/matrix is constantly refocusing and little ~~truth~~ is chosen during that moment; nor, is a 'subjective event' (thought) allowed to occur. Done quickly enough, no mentation occurs. If you find yourself thinking, you are not moving the eyes fast enough or you're not bringing your focus to bear on the objects.

Because little ~~truth~~ is chosen for a period of time and consequently not dampening the mind/matrix, a slight 'ringing' or a consciousness change occurs.³⁴

There is a direct relationship between time length of an empty mind and consciousness change; the longer the time the great the change.³⁵ (By empty mind, there is choice but very-little-to-zero perceptual input into *Programming*.)

In this application, you are to change your perception input faster than the perception/cognition/knowledge/you loop can operate. You are to change your physical focus faster than your mind/matrix operates. In doing this, 'surfing' the changes in your mind, you are preoccupying the mechanism and very-little-to-zero Choice input enters *Programming*.

You are using the temporal operating limits of your mortal mind/matrix to step out of your usual mental operation.

A result of this operation is; because the Cognitive path is a high priority path, an extended cognitive preoccupation resets the mind. After doing this exercise, your mind starts over. This application automatically disrupts previous mentation.

To do this exercise:

- ***First, take a moment and notice how you are feeling and the nature of your most recent thought processes.***
- ***Do this exercise for one minute. Move the eyes to one thing, then to another, then to another...***
- ***Afterward, take another moment and notice where your 'head is at' – how you feel.***

³⁴ 'Ringing' as in *Application 1A*

³⁵ *Applications 8-10*

- **Assignment:** Do this exercise for one minute on 10 separate occasions.
- **Notice and/or record your change of perceptions/feelings in your journal or notebook.**

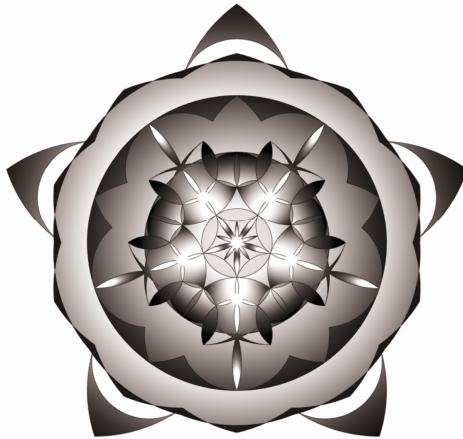
This eye exercise can be a tool to manually reset your mind. It causes a reset in your *Programming* storage.

Deep meditation can also cause your mind to reset just like this exercise can manually reset your mind.

The mind resets naturally as well. Naturally, there are numerous ways the mind resets itself:

- One is laughter. A laughter reset involves *Knowledge* storage. The moment *Knowledge* resets, the joy of Eternal Creation – *Truth*³⁶ – passes through. We experience this as laughter.
- Another is crying. Crying occurs when the reset involves *Memory* storage. As *Memory* resets the ~~*Truth*~~ within bleeds through and it manifests within you as crying.
- Any rapidly changing cognitive input tends to reset *Programming* (the eye exercise or listening to music³⁷ uses this).
- Sleep resets the mind on all levels.

This series will return to some of the concepts introduced in this eye exercise with later applications.



³⁶ Figure 4-4, back of book

³⁷ Application 13