

## Application #6B -- Expanding Perception Through Time

With this tool you are extending your perception past your immediate temporal environment. This exercise is similar to the previous one except it involves using imagination – visualization -- to extend your mind into time.

### Exercise 6B -- Visualization exercise, that was the year that is yet to be

With this time exercise, it may be helpful to look at a corner of the room where two walls and a ceiling meet, or two walls and a floor meet. Pick a three dimensional space that is partially defined by some long-term physical object. If you are outside, look at something like a big old tree or a rock face. The idea is to pick something that is relatively solid, unmovable, and has been there for an extended period of time. Use your imagination to construct a small one-foot (20-30cm) cube next to it.

There are two ways to do this exercise. One is for you to be an observer of that cube from where you are sitting. Your perspective is that of looking at the cube and its surrounding environment.

Another is imagine yourself looking from the cube perspective to the cube's outside environment.

(Again, the imagery here is from doing this indoors in San Jose.)

□ As you imagine looking from or at that cube, move back in time to that which you know has occurred already. Start from this moment, and as you move back in time, watch us come in to the room. The light in that corner is going to change as the sun is moving across the sky, imagine this as you go back in time. Use your imagination to move the sun across the sky and it is moving the shadows in the room.

Do this and keep going back in time with your imagination, until it starts getting dark again as you are going from this morning and into last night. Envision seeing the cube as it was last night and dark, in a still empty room. Keep going until you get to before you went to bed. The cube is filled with lights from the lamps. Imagine the reflections of the lamps off the mirrored surface of the door blinds – vertical metallic blinds. Maybe a fly or bug crawls through the space.

If you were sitting in that upper corner, you can imagine last night and yourself or people watching TV below you. Use your perception and imagination and stay as an observer from that corner.

Observe the changing light of sunset in reverse, as the room gets brighter, and from that corner, watch the room and the day go back in time. From getting home from work and maybe walking below the cube, to coming from the bedroom and making coffee this morning. All are done in reverse below the cube, like a movie running backwards.

You can recognize many things as happening around or to that cube. You can do it from being an observer of the cube or seeing from the cube's perspective. You know air is, and has, moved through it. Once you get the alternation of light and dark, along with movement patterns down, with your imagination, start speeding up the cycles of the sun, going further back in time - days, weeks, years...

□ In that corner, nothing much is happening right now because it is isolated and away from everything -- the one the author was looking at anyway (a wall/wall/ceiling corner). Use your mind and start speeding up the cycles of the sun, day and night. Visualize what you would see going back in time, periods of blurs of people with movement and no people.

Imagine that a number of bugs have gone through that cube; some cobwebs have come and gone. A lot of wind or air has gone through it, many reflections, a lot of light over a period of days, and numerous people have passed underneath while furniture has moved. Keep on going back and back until you get to the point to where this building is being built.

□ Man defined that space we are looking at, by those three corners. Watch the building -- kind of like watching a movie backwards -- being disassembled around that space to where there is nothing but dirt below the cube. Go further back, and the area under the imaginary cube is a field, like the movie, *Time Machine* based on the H. G. Wells book.

Where we were at it was a field and, prior to that, a plum orchard, and before that a bog. Imagine these vistas are happening below you as they go through their transitions. Recognize all kinds of flying 'critters' have passed through that cube.

□ Now, keep on going back. Because the surface of the Earth is moving with the tectonic plates, the landmass we are on is moving westward (or toward the cube we are visualizing.) Eventually, if you go back far enough, you can visualize the land sinking and retreating from that cube until the cube is above the ocean. You can watch the continent retreat from the cube.

From the perspective of being in the cube, the space you occupy is staying the same as you watch the continent retreat across the ocean (as you are suspended above the ocean). Included with all this stuff are tons of bugs flying through (*Especially* when you are in the grass or bog) tons of air, wind, rain, and storms. One can visualize all kinds of things that probably happened. Trees died in that cube, fell, and then new plants reoccupied the space. At one time, there was a beach below that cube.

This is where you -- the operator -- guide the visualization. You are actually creating this experience of guiding it for yourself and using imagination to roughly color in details and expanding your perception

through time. This to get you to recognize that many things happened in and/or around that cube other than what you see right now.

This exercise initially went backwards. We can go forward in time, also. This exercise will stay away from the concept of any apocalyptic change. It will work with how we recognize things to be now.

Be advised though; cities built on top of the rubble of other cities is an old theme. Usually in the past, the cities were razed and destroyed; then new cities built on top. Troy was like that. There was something like seven levels (maybe more) of the city of Troy. Crete is famous for that because they had so many bad earthquakes.

Cities were destroyed and they rebuilt the next city on top of the last one. Some devastation would occur -- economic, social, or ecological. Then the next city would be built on top of the last.

□ Sit in that cube, and watch from its perspective all the people going through this room underneath the cube daily in the future. Several families have occupied the house, furniture is moved or changes, and you can imagine the building changes eventually until the building starts getting old and starts sagging. It will be torn down and then the cube is above the rubble. Then you can start to visualize someone building something else. There may be an I-beam going through that cube for a big office building or an apartment building, or it is sitting above a car parking lot. You can visualize that cube in a big chunk of concrete, farther along in the future. Could be a landing pad. The exercise's direction is dependent on your imagination. You know it will change and recognize something else will happen. Just avoid any preoccupation with details.

□ Keep going further forward in time. Again, using the continent tectonic plate movement thing, imagine the hills to the east moving towards that cube as all those changes are happening below the cube. All this man-stuff has been built and has come down, built, come down, built and come down, as well as changes in vegetation, while the hills are growing higher and approaching that cube. Soon, that cube is going to be buried in the hills. You can visualize this, and set up this panorama of time in your own mind.

It is important to stress that when doing these imagination exercises, you should imagine or visualize as much perceived or recognized possible actualities as possible; using natural landmarks can help. Visualize the general picture - a whole picture. Do not let your mind stray off into the imagined details and try to make things up. Use your imagination to only lightly color in some of the details; just enough for you to recognize that objects or changes exist.

These time and space applications in this series can expand your perception. They can open up windows within your mind and more. They can give you a broader perspective on things. These imagination exercises use the *Perceptual Lens Array*, Cognition, Knowledge, Memory, Focus, and 'subjective event' feedback loop of your mortal mind.<sup>41</sup>

With this expanded perception, true choices can begin to become simpler and not so complicated - you see a bigger picture. Again, be aware of the existence of a myriad of details, and do not use the imagination to dwell on them. Use the imagination to sketch in only general forms and shapes for you to recognize.

It is very important for you to be the observer only. You are watching these things unfold, like a little child -- no judgments, because any judgment made will tend to cloud the exercise. Cultivate a 'disinterested-interest' in what you are doing.

I A M A I, Chapter 4 has shown how limited your perceptions are to begin with, and when you are judging something, you are constricting them further. In addition, given our perceptions are limited; most judgments made based on these perceptions will be in error because these judgments are made from incomplete data. In this case, they are judgments over something that does not exist except in your imagination.

Once you have learned both the time and space exercises, then you can put the two applications together and travel in time and space to jump around. You can leave the earth, looking down at it at any particular time.

For example, anchor yourself in the cube and anchor the cube in time and space. In the time it takes to snap the fingers, the earth is rapidly moving away from you in deep space (about 90 miles a second) and will not approach the cube for another year. Nor, will the cube show up on the planet in the same place it did before for many years. Just sit in the cube and watch the earth recede from you. In addition, watch the earth come around every year and recognize the multitude of changes that have occurred on it since its last passing.

The main idea behind these time and space applications is to get you to match a 'subjective event' - your mind's imagination, to an 'objective event' - something around you; to visualize something that you know is/was there; and, you can not immediately physically see.

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<sup>41</sup> *I A M A I*, Chapter 4 or Figure 4-4, back of book

To do this exercise you:

- **With the time exercises, forward and back; the assignment is to do three of each, preferably in a different location with each application. For example, do the time exercise once while watching TV (during a commercial). Another time do it sitting in the yard, another time sitting in a restaurant, or at work. Vary where you physically are and do the exercises in different locals.**
- **Do each one for 5-10 minutes,**
- **Make an entry in the workbook or your journal regarding where the exercise was done, distance, perceptions, and feelings afterward.**

**Optional Time Application:**

- **As with the optional space exercise, pick a familiar place; somewhere you have spent some time. Imagine the surroundings you are in at a different time. For example, if on a bus during 'rush hour', imagine that you are on that bus (and what you would see) running over the same route it is traveling now but at 3 a.m. If in the living room at home, imagine the living room as it would look when everybody is asleep or gone away for the day's activities. The same can be done in a working environment.**
- **Do this for one minute once a day in various familiar settings for a week.**

