

## Application #7B – Before, During, and After

This tool involves preparation of your mental environment for an effective operation and introduces an observation exercise. You are to preset your intention and to observe your current state of being before and after an operation. This operation is an integral part of *Applications 8-10* and *13*.

### Exercise 7B – Preparation of the Operator

Your mind and heart -- *Perception/Desire Lens* -- is one thing; they are the 'flip' sides of the same 'coin'. Because the paradigm used by this book uses this concept, later exercises in this book call for a pre-setting of your *Perception/Desire Lens* – your mortal mind.

Before doing any exercises or applications for later elements in this series, a motivational examination, setting priorities, or pre-forming intention is part of the exercise and is called for.

In terms of your mind being the 'laboratory' concept introduced in *Application 1*, you will be setting up specific laboratory conditions for a successful experiment.

For some of these future exercises to be more effective, desires and attachments must be kept to a low number (your *Perceptual Lens Array*<sup>46</sup> cleaned up). Many schools of thought stress no attachments to the outcome of any exercise/discipline. If attachments are 0, the denominator of the Truth/Truth expression will automatically be 1.<sup>47</sup> This would increase the likelihood of a successful application.

Some examples of pre-forming your intention may be:

- ❖ To ask yourself what is it you want from doing this particular operation.
- ❖ Perform a simple examination and begin with a stretch of your perceptions, make them as broad or inclusive as possible. See as much as possible with your mind.<sup>48</sup> Then observe what you want, from what you see. Remember to just observe, be aware that desires exist. (Recognize all these exercises are aimed at expanding your awareness and can increase the perceptions of your 'mind's eye'.)
- ❖ Use your recognition of your own ignorance to generate a non-attachment to the outcome of any application before you do that application. This, in turn, can help increase the effectiveness of any future exercise you do.

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<sup>46</sup> *I AM A I*, Chapter 4, Figure 4-4

<sup>47</sup> *I AM A I*, Chapter 5, Formula of Effectiveness

<sup>48</sup> Or, perhaps do a short version of *Application 5*, Eye Exercise to reset the mind

With this expanded perception, be aware there are things you cannot see. Use this awareness of ignorance to foster a non-attachment to the outcome of the exercise. There are many things mental exercises can open up for you. Most of these things may be outside your perceptual grasp right now.

❖ For series entries 8-10 and 13, you will be setting aside a 'block of time' to do these applications. You will be asked to use this setting aside a 'block of time' idea. You are to recognize that for that particular 'block of time' you 'want' – intend -- only to do this application (whatever the exercise may be). When you drift, remember your original intention – want -- for that specific time period. You are to use your preset desire – your intention -- to bring yourself back to the current application.

Many traditional meditations use a string of beads like a rosary or a mala. These are tools for setting aside a specific time window. Each performance of an operation is a bead. You do an operation, a word or sets of words, for a set round of the beads. This is the same concept as setting aside a 'block of time'. One 'round of the beads' serves as the allotted period.

❖ This application in this series also includes that before doing an operation and after doing an operation you are to observe the condition you are in. That is; notice how you feel before doing an operation, and then, notice how you feel after performing the operation.

One purpose of doing this with the latter set of applications entries is for you to observe the effects that these applications can produce in you. With many of the remaining exercises, you will be asked to observe these changes that the application has caused in you. This concept has already been introduced with earlier applications.

This exercise requires a time period of observation before and after an application operation. These time periods are part of those future applications. They are there for you to perceive effects and to preset your mind.

The way you are asked to approach this is:

**Before doing an exercise** -- Just sit and notice how you feel: physically, mentally, and emotionally. What does your body feel like? What are your emotions right now? Notice the flavor of the thoughts you have been entertaining before the exercise. And -- this is very important -- establish your priorities for this coming time window – set your intention.

**After doing each exercise** -- Again, notice how you feel. What does your body feel like? What are your emotions right now? Notice the

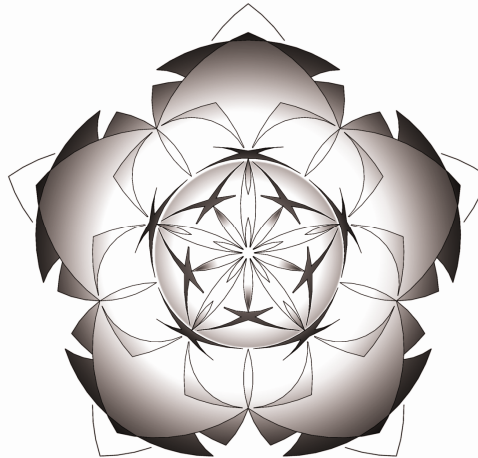
flavor of the thoughts (if any) you have afterward. Sit with (and notice) how you feel – physically, mentally, emotionally -- after doing each exercise. This other block of time is to observe how you feel after doing the exercise – the effects. Again, observe your current state. Just observe, for about 2-5 minutes.

*This application consists of:*

- **You are to set your priorities or intention before doing an application and notice your physical, mental, and emotional conditions.**
- **You are to add on extra time before and after an operation to observe the changes the application produced in you.**

These two operations (pre-forming intentions/attachments and observation of current state) are an integral part of many of the following exercise applications in this series and are to be performed before and after doing each operation.

If you want, enter these perceptions and/or changes into a notebook or journal for future reference.



## **Application #8 – Meditation 101**

The core concept to all meditations is introduced with this breathing tool. This application consists of an exposure to basic meditation using breathing exercises.

### **Introduction to meditation mechanics and breathing**

All meditation can be reduced to a single concept, a *one-point focus on an event*. It can be an internal event, which is the common perception