

T.I.M.E.

TRANSDIMENSIONAL INTELLIGENT MEMORY EXPERIMENT

OPERATION MANUAL

FOR

**REMOTE VIEWING, REMOTE INFLUENCE &
TRANSDIMENSIONAL COMMUNICATION**

BY

DR. TERRY D. KING, PHD, DMIN

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By

Dr. Terry D. King, PhD, DMin

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Transdimensional Intelligent Memory Experiment

WELCOME to the **Transdimensional Intelligent Memory
Experiment (T.I.M.E.)**

We are the bridge between reality and all that we could ever imagine. It is the power of what we truly believe about ourselves that make the universe as it is.

Albert Einstein – *Reality is merely an illusion, albeit a very persistent one.*

Gerald M. Edleman – *knowledge of brain science will provide one of the major foundations of the new age to come. That knowledge will spawn cures for disease, new machines based on brain function, further insights into our nature and how we know.*

Our brain is where reality emerges; our world and everything in it, including the stars, your body, and the chair you are sitting on, and the atoms that make everything up are all ghostly images. They are projections from a reality so beyond our own that it is literally beyond both space and time.

Quantum physics clearly shows that time and space are not real. Just like most of what we consider to be real, time and space are an illusion.

How then is time and space brought into experience; how is time-space perceived as being real?

Time and space are integrated into experience through the brain. The brain is the editor for our reality. It puts together certain pieces of incoming sensory information and forms what we call our reality.

In order for us to exist in this three-dimensional plane of existence, we must have our experience processed into time and space by the brain. This is what allows us to reside effortlessly in this level of being.

It is a censoring/editing process that happens in the brain that allows us to reside in this level of being; it is also what limits us to this plane of existence. It is this factor that keeps us on one side of the veil.

Reality as we know it is a bit plastic, and we tend to put a structure on it, a form, and our brain takes information in, and sometimes give it a form. It is not that the picture is out there; it is that we are getting data that we are turning into a picture according to our own belief systems – Michael Talbot, author The Holographic Universe

Researchers have recently pinpointed the areas of the brain that process reality. Quoting directly from that study: *“The researchers have identified areas of the brain where what we’re actually doing (reality) and what we think we’re doing (illusion, or perception) are processed.”*

The research shows how the mind creates its sense of order in the world and then adjusts on the fly to eliminate distortions.

The brain is really a remarkable sensory organ. It takes in an unbelievable amount of information, but we are aware of only a part of it. The brain is amazing at tying the strings of reality together. It seems to put the final touches on what we call reality, and in essence it makes reality seem so real.

It is with this understanding that we have been conducting our own

experiments into the Subconscious Mind, Remote Viewing, Remote Influence, and Transdimensional Communication.

It has been categorically proven that human thought, if properly focused, has the ability to affect and change physical mass. It is now known, and understood, that human thought actually interacts with our physical universe. We have witnessed people transform cancer cells into healthy cells simply by thinking about them. We have witnessed the human mind affecting the physical in myriad of ways.

Historically, every major scientific breakthrough began with a simple idea that threatened to overturn all of our beliefs. The simple statement, “the earth is round,” was mocked as utterly impossible because most people believed the oceans would flow off the planet. Small minds have always lashed out at what they do not understand. There are those who create and those who tear down. Great minds are always feared by lesser.

This manual will disclose the true secret of manifesting reality, thought-to-thought, mind-to-mind, and mind-to-event. Remote Viewing, Remote Influence and Transdimensional Communication are proving to be quite useful in that it is silent, undetectable and unlegislatabe. You will find this is a well researched guide; it has been written in a reader-friendly way that describes the experiments in an empowering manner. This is an example of what can be accomplished when we cross the traditional boundaries of science and spirituality. It is designed to bridge the gap between the best science of today and the timeless wisdom of the past, weaving the two together into a greater understanding of our role in life and creativity.

Introduction

We have the power to have access to knowledge beyond what is available to our normal senses and the power of reason. Our T.I.M.E. experiments have shown that we directly affect the waves and particles of the universe. In

short, the universe responds to our thoughts and beliefs. The implications are absolutely staggering.

Remote Viewing, Remote Influence and Transdimensional Communication are a highly structured and standardized technique that allows us to consistently obtain information and transmit influence on demand, using a rigorously applied set of protocols. It is a trained ability to acquire accurate direct knowledge of things, events, targets and information in time or space.

All humans have the innate potential to receive detailed information on a target, using only their minds. However, throughout history, only a small number of exceptional natural psychics developed their ability to a point of repeatability and consistency. It was not until the late twentieth century when the U.S. intelligence community poured millions of research dollars into the area of psychic functioning that a true breakthrough was realized. In an effort to use psychics for intelligence gathering purposes, the Defense Intelligence Agency contracted Stanford Research Institute to develop a reliable technique that could be used to collect accurate information on distant targets. The outcome of this research was a set of protocols and a training program that allowed virtually anyone to be trained to perceive psychically derived information. For the first time a remote viewer could learn how to consistently separate imagination from the true target data and remain locked on to the target signal.

The program consisted of two separate activities. An operational unit employed remote viewers to train and perform remote viewing intelligence gathering. The research program was maintained separately from the operational unit.

This effort was initiated in response to CIA concerns about reported Soviets investigations of psychic phenomena. Between 1969 and 1971, US intelligence sources concluded that the Soviet Union was engaged in "psychotronic" research. By 1970, it was suggested that the Soviets were spending approximately 60 million rubles a year on it, and over 300 million by 1975. The money and personnel devoted to Soviet psychotronic suggested that they had achieved breakthroughs, even though the matter was considered speculative, controversial and fringy.

The initial research program, called SCANATE (scan by coordinate) was funded by the CIA beginning in 1970. Remote viewing research began in 1972 at the Stanford Research Institute in Menlo Park, CA. This work was

conducted by Russell Targ and Harold Puthoff, once with the NSA and at the time a Scientologist. The effort initially focused on a few gifted individuals such as New York artist Ingo Swann, a Scientologist. Many of the SRI Empaths were from the Church of Scientology. Individuals who appeared to show potential were trained and taught to use their talents for psychic warfare. The minimum accuracy needed by the clients was said to be 65%, and proponents claim that in the later stages of the training effort, this accuracy level was often consistently exceeded.

Over a period of more than two decades, some \$20 million were spent on STAR GATE and related activities, with \$11 million budgeted from mid-1980 to the early 1990's. Over forty personnel served in the program at various times, including about 23 remote viewers. At its peak during the mid-1980's the program included as many as seven full-time viewers and as many analytical and support personnel. These physics reportedly worked at Fort Meade for the CIA from 1990 through 1995. The physics were made available to other government agencies, which requested their services.

By 1995, the program had conducted several hundred intelligence collection projects involving thousands of remote viewing sessions. Notable successes were said to be "eight-martini" results, so-called because the remote viewing data were so overwhelming that everyone has to go out and drink eight martinis to recover.

The refinement and development of the process did not end in the laboratory. In the Defense Intelligence Agency's unit, these remote viewing procedures were tested against top secret and distant targets often involving life or death situations, a motivating factor, which simply does not exist in the laboratory research environment. The work these viewers produced had to be accurate and they used it to save lives, find hostages and solve complex problems involving the security of the United States. This resulted in improvements in the techniques and training regimen and brought great strides in perfecting the accuracy of the skill.

Where does this information come from? Imagine a huge library with every book about every person, place, thing and event in the world. Imagine a place that has recorded everything that has happened since the beginning of time and movement. That would mean that while I am writing this and while you are reading it, another event is being added to our books. The event of you reading this manual is now being recorded and stored into your personal blueprint, your individual book of life. That would mean that this library is

very dynamic and that it records a world of information and stores it in a very static way. Once recorded, it is there forever filed away in a huge memory bank. This is what many call the Matrix.

Over a hundred years ago, world-renowned Swiss Psychiatrist Dr. Carl Jung developed a theory about a giant library that he called the Collective Unconscious. But how did he discover this? Dr. Carl Jung was always fascinated by dreams. Through out his life he studied his own dreams and the dreams of his patients. He extracted the universal symbols within the context of the dream, he held the answer to their problems; he understood the crux of their conflict. This would serve as an extremely valuable tool for a doctor to cure the complex psychosis of his patients. Dr. Jung was considered a miracle worker in his day. He could cure the most difficult cases and then he could explain how they had become ill. He knew more about his patients than they knew about themselves. How could he do this? He never claimed to be psychic or clairvoyant.

Dr. Jung had found a way to tap into the collective unconscious by way of the individual's unconscious mind. Dr. Jung defined the unconscious mind as the part of the human psychic apparatus that does not ordinarily enter the individual's awareness. It is the part of the mind that is manifested especially by slips of the tongue, dissociated acts and in dreams. He then declared that the collective unconscious contains the whole spiritual heritage of mankind's evolution, born anew in the brain structure of every individual person. Carl Jung was said to be a brilliant man. He had access to knowledge about others who could not access it for themselves.

However, long before Carl Jung was born, in the third century, people practiced something called alchemy. They spoke of the Philosophers Stone which was thought to signify the force behind the evolution of life and the universal binding power. The force that unites minds and souls in a human oneness was written about in the third century? Where were people getting such ideas?

Throughout the tapestry of history of mankind there have been signs describing the unifying force that connects all human lives telling us that we can access a vast body of knowledge. Today, I hear people say, if it is so easy then why don't we already know how to do it? Must we be brilliant people to penetrate this façade of ignorance?

Think of all the information in the entire universe existing as patterns of information, at a single dimensional space somewhere. Think of a computer

disk except this library of information is active. It is not passive like a regular library or a random access memory disk it is as if your personal unconscious mind is interfacing with a library that is talking to you. And the way that the books are stored in this collective unconscious is in the form of information's patterns. Each of these patterns is unique for every person, every place, every thing and every event. When Remote Viewing, Remote Influence and Transdimensional Communications, you are tuning your unconscious mind toward these specific patterns of information that you are interested in, in a consistent and very accurate manner, producing descriptions in terms of words and sketches that fit this pattern, this target. That is essentially the way that the unconscious mind communicates data to conscious awareness, when your mind is trained in this skill.

Properly creating a target cue is analogous to an internet search or library. In a library, you fill out your library card, and you give it to the librarian, and if you are interested in a particular theme, the librarian comes back with several books on the subject matter. If you are interested in something more specific, then you might only get one book. If you conducted a library search or an internet search on something that was an abstract or general term like medical cures, you would get dozens of books, because in that case, you are dealing with a very general term that is associated with other abstract ideas. For us, in our library search of what many call the Matrix, or the Collective Unconscious, this is a very unwieldy search term. However, if you select a specific disease as a search term, the results will be limited to that specific cure or treatment. Therefore, using our model, that is essentially how the process works and how information is downloaded.

In 1996, as the cold war died down many teams of highly specialized former psychotronic military and intelligence agents came out in the open in the US and in both Western and Eastern Europe and started to disclose the operation of mind-to-mind events and mind-to-mind covert operations in which they had been involved.

Many different and then classified protocols and modalities were devised in secret government labs and implemented in inducing more or less successfully these super mind states and feast.

Major General Stubbelbine (ret.) former head of US Army intelligence and Security Command (INSCOM) stated in one of his recorded speeches at an event sponsored by the International Association for New Science, Denver Colorado, May 22-25, 1992. (In response to a question about the mental state

of military intelligence remote viewers during Intelligence Gathering Remote Viewing Sessions):

"Completely passive, totally passive, obviously, as a state of mind, the individual's state of mind, heavily Theta. For those of you who understand brain waves, it is a Theta brain wave state of mind that they are in. We've actually measured some of them and they are very heavy in the Theta brain wave arena, but it is totally passive as far as I can tell, there is no active instrument other than the mind that is accessing the information." "...The second thing is do they go into a trance? Well, I think as I mentioned we measured some of them and they are in a Theta brain wave state."

William Ross Adey, M.D. 1922-2004, Professor of Anatomy and Physiology, Los Angeles, wrote in the 1950's about the relationship between the deep Theta state 4.5 cps and the ability to Remote Influence others. In his pioneering work, Dr. Ross Adey determined that emotional states and behavior can be remotely influenced merely by placing a subject in an electromagnetic field. By directing a carrier frequency to stimulate the brain and using amplitude modulation to shape the wave to mimic a desired EEG frequency, he was able to impose a 4.5 cps Theta rhythm on his subjects. Although he used physical protocols to induce such a state and achieved results, he never could really give an explanation as to why this deep meditative brain state and its associated physiological brainwave state were needed to achieve success,

Although the deep Theta phenomenon was scientifically recorded and duplicated, no one gave a logical and coherent explanation as to why this stage of mind epiphenomenally associated with 4.5 cps brainwaves was inducing such extra-ordinary mental abilities. The frequency of these waves result in deep relaxation, and sometimes trancelike states, where the mind feels as though it may have gone to sleep although it has not. Prolonged daydreaming or meditation can induce this low-frequency brain activity, during which an apparent loss of time may be experienced or the person might say that he had lost touch with the real, material world and was elsewhere. Theta waves are also conducive to visualization and creativity and the mind in this very relaxed state is even more receptive to suggestion and hypnosis. Here, too, our brain hemispheres are synchronized and we experience whole brain functioning.

The secret of Remote Viewing, Remote Influence and Transdimensional Communication lies in the ability of successfully

positioning one's mind at the border of sleep in a very deep Theta 4.5 cycles per second brain state. At that level of reduced brainwave activity, the conscious human mind can access information originating from the Collective Unconscious Mind. Incorporated within this process is the use of binaural beats or tones. Binaural beats influence the brain through the entrainment of brainwaves; they involve different neurological pathways than ordinary auditory processing. The sensation of binaural beats is believed to originate in the superior olivary nucleus, a part of the brain stem. They appear to be related to the brain's ability to locate the sources of sounds in three dimensions and to track moving sounds, which involved inferior colliculus neurons. Auditory rhythms rapidly entrain motor responses into stable steady synchronization states below and above conscious perception thresholds. Activated regions include primary sensorimotor and cingulate areas, bilateral opercular premotor areas, bilateral SII, ventral prefrontal cortex, and, subcortically, anterior insula, putamen, and thalamus. Within the cerebellum, vermal regions and anterior hemispheres ipsilateral to the movement became significantly activated. Tracking temporal modulations additionally activated predominantly right prefrontal, anterior cingulate, and intraparietal regions as well as posterior cerebellar hemispheres.

Perceived human hearing is limited to the range of frequencies from 20 Hz to 20,000 Hz, but the frequencies of human brain waves are below 40 Hz. To account for this lack of perception, binaural beat frequencies are used. We are using binaural beats to reach the Theta stage of deep meditation/relaxation, NREM sleep, often dropping to the Delta stage of deep dreamless sleep; loss of body awareness. We often use this method for lucid dreaming and even for attempting out-of-body experiences, astral projection, telepathy and psychokinesis. The dominant frequency determines your current state. For example, if in someone's brain Alpha waves are dominating, they are in the Alpha state (this happens when one is relaxed but awake). However, also other frequencies will be present, albeit with smaller amplitudes.

We and many advanced mind labs have shown that the brain, man's electrical thought expression machine, operates above and superimposes over a much deeper and far more intelligent and wiser greater reality the collective unconscious mind. It is by learning to quiet down as much as possible our electrical brain frequency while remaining aware that we can connect to that interconnected reality which links all things and beings, and learn to collect

information and influence perceptually disconnected realities through its linking process.

We make use of very sophisticated sound techniques in our sessions in order to help induce these very deep states of mind. These mind states have, in reality, nothing to do with brain active states, but rather have to do with the potential to reduce the interference of our restricted brain thinking upon the immense underlying reality of the Collective Unconscious Mind in which we all live. It is in the passivity of our brain that the activity of our common Higher Intelligence is revealed. Deeper state of mind can only be induced by reducing the activity and frequency of our electrical brain and allowing for a heightened awareness of a deeper and much more profound reality hiding within each and everyone of us.

It is by quieting the often mind-less intellectual mind chatter of linear electrical brain that we allow for the Infinite Intelligence within to reveal itself.

You will soon be walking around like a Zen or Yoga Master, in fearless joy because you will have mastered the superpowers of the mind and be consciously creating-as-you-go your reality! Don't be like so many individuals who waste their lives worrying about their future and being conditioned by their past. Learn to permanently erase the scars of your past in your subconscious, easily reprogram your conscious mind and subconscious mind to become who you desire to be NOW, and watch how your life is totally and effortlessly transformed forever!

This inborn gifted ability to remote view, remote influence and channel your reality using the power of your vibratory thought will open your eyes, perhaps for the first time ever, to the Collective Unconscious Mind that unlocks your full potential in accomplishments and relationships. When you learn this, you will see your whole world differently and your world will automatically change, with no effort on your part.

Be creative!

Dr. Terry King, PhD, DMin

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Note: Dr. Terry King is available for personal consultations, speaking engagements and media events email us at: cec4u@hotmail.com

T.I.M.E.

Transdimensional Intelligent Memory Experiment

Operational Manual

For

**Remote Viewing, Remote Influence, and
Transdimensional Communication**

Get ready to explore your inner-space and unlock your minds potential!

Note: This manual is written in four parts (1) The Power of the Subconscious Mind (2) Remote Viewing, (3) Remote Influence, (4) Transdimensional Communication; they may be studied sequentially, or in any order.

What if I told you that things like bending time and space, predicting the future and finding an unknown blind target telepathically is real?

What if I told you that we have found the secret of manifesting or changing reality, thought-to-thought, mind-to-mind and mind-to-event?

In 1988 while conducting a secret Transdimensional Intelligent Memory Experiment (T.I.M.E.), I made contact with another dimension and began communicating with an intelligent energy, thereby proving that we live in an interactive universe. Through our T.I.M.E experiments we are learning how to have direct and immediate access to knowledge and information beyond what is available to our normal senses and the power of reason. In fact, I propose that such communication and encounter with other dimensions are essential to a living cosmos, which we believe our universe to be.

Our western scientific worldview limits our dimensions to four, unlike the ten or more dimensions known to most cultures. When the phenomena of other dimensions insistently intrude on their four-dimensional world, our beliefs are seen as magical, miraculous, fearful and dangerous or they are denied existence and thus viewed as the fantasies of disturbed minds.

For the first time, we are revealing the secrets from our T.I.M.E. experiments. We have found that truth is not learn by us, but rather is recalled, remembered, reconstructed, and recognized as that which is already inside us, through what we call intelligent memory.

We are delegates of wonderful potential, born into this world with

capabilities far beyond our wildest dreams; ones that we have simply forgotten under the conditions that have shocked us into the dreamlike powerless state of being of that which we call reality. Our T.I.M.E. experiments release that potential.

Once a human recognizes its existence in sphere of emanations that are different from that which he thinks is reality, the human experience will naturally begin looking outward, freeing itself from the illusionary world.

The problem is most have lost their memories of their original existence so they will attach to anything that will help create the illusion of a “home.” They avoid, ignore, deny, and reject anything that reminds them that their current reality is nothing but a self-made prison and illusion, a web of lies.

This is what you must remember; we are not just human we are eternal beings. The body is but a vehicle of transportation in this dimension. You are equipped with two frontal lenses (eyes) and two lateral resonance chambers (ears) which allow you just enough visual and auditory cues to allow for a crude spatial orientation to your immediate local environment. The limit and restrictions of perception, via humanoid bodies, offers the safe boundaries of this placebo home.

Through our T.I.M.E. experiments we are learning to free ourselves from this illusionary dimension and inter into intelligent communication with other dimensions. Our experiments have shown that the focus of our attention changes reality itself and suggests that we live in an interactive universe. We have scientifically proven that the power of human thought grows exponentially with the number of minds that share the same thought. Multiple minds working in unison magnify a thought. The idea of a universal consciousness is no ethereal “New Age” idea. It is a hard-core scientific reality and harnessing it has the potential to transform the world!

Our experiments are showing that the power to change reality is the power to change the world! The title of a 1998 study from the Weisman Institute of Science in Rehovot, Israel, says it all...***Quantum Theory Demonstrated: Observation Affects Reality.***

Did you know that for decades, Presidents, Governments and Corporations have used Remote Viewing, Remote Influence and Transdimensional Communication to make world-changing decisions? In fact, The Defense Technical Information Center as far back as 1988 issued a report entitled, **"Psychic warfare exploring the mind frontier."** Included in that Report was the following statement:

"Our fears and cynical attitudes towards psychic abilities make us our own worst enemy...we must overcome our psychic inhibitions; stop denying the existence of paranormal events and start trying instead to understand the nature of this phenomena."

We hear our leaders speak of choices. Choice is an illusion created by those in control for those who are not. The problem is the people of the world are not in control. Those you have allowed to think for you have stolen your voice. Those you have allowed to make decisions for you have stolen your voice. A few ruling elite now control the world. You are living someone else's illusion and creation. Mass mind control has been going on for decades. The mass media is the most powerful tool used by the ruling elite to manipulate the masses. It has shaped and molded opinions and attitudes and defines what is normal and acceptable. Do you actually think that Remote Viewing and Remote Influence is something new?

In 1958, the preface to "A Brave New World," A. Huxley paints a rather grim portrait of society. He believes an "impersonal force controls it" ruling elite which manipulates the population using various methods:

"Impersonal forces which we have almost no control seem to be pushing us all in the same direction of the brave New Worldian nightmare; and this impersonal pushing is being consciously accelerated by representatives of commercial and political organizations who have developed a number of new techniques for manipulating, in the interest of some minority, the thoughts and feelings of the masses."

Walter Lippmann, an American intellectual, writer and two-time Pulitzer Prize winner compared the masses to a "great beast" and a "bewildered herd" that needed to be guided by a governing class. He described the ruling elite as "a specialized class whose interests reach beyond the locality." He proposed that mass media and propaganda are therefore the tools that must be used by the elite to rule the public without physical coercion. One important concept is "manufacture of consent" which is, in short, the manipulation of public opinion to accept the elite's agenda. It was Lippmann's opinion that the public is not qualified to reason and to decide on important issues. It is therefore important for the elite to decide, "For its own good" and then sell those decisions to the masses."

It might be interesting to note that Lippmann is one of the founding fathers of the Council on Foreign Relations (CFR), the most influential foreign policy think tank in the world. Political and economic power in the United

States is concentrated in the hands of a "ruling elite" that controls most of the U.S.-based multinational corporations, major communications media, the most influential foundations, major private universities and most public utilities.

Edward Bernays, considered the "father of public relations" used discoveries by his uncle Sigmund Freud to manipulate the public using the subconscious. In his opinion, the masses need to be manipulated by an invisible government to insure the survival of democracy.

"The conscious and intelligent manipulation of the organized habits and opinions of the masses is an important element in democratic society. Those who manipulate this unseen mechanism of society constitute an invisible government which is the true ruling power of our country."

Edward Bernays believed that we are governed, our minds molded, our tastes formed, our ideas suggested, largely by men we have never heard of. Vast numbers of human beings must cooperate in this manner if they are to live together as a smoothly functioning society. Our invisible governors are in many cases, unaware of the identity of their fellow member in the inner cabinet.

Did you know that the TV shows we follow, the music we listen to, the movies we watch, and the newspapers we read, are mostly produced by five corporations? They are: **AOL Time Warner, Viacom, the Walt Disney Company, Vivendi Universal and Sony**. These conglomerates have the power to create in the minds of people a single and cohesive worldview, engendering a "standardization of human thought."

Do any of these huge corporations have any interest in Remote Viewing or the paranormal? It is interesting to note that Sony created a paranormal research group in the 1990's that proved remote viewing works. Approved by the Co-Founder of Sony, Masara Ibuka, the ESPER (Extrasensory Perception and Excitation Research) was created initially to carry out a scientific study to find biological evidence of qi (as in qi gong) was real. It then branched out into other paranormal experiments such as remote viewing.

The former ESPER Director, Yochio Sako, explained in both scientific conferences and esteemed sources such as Wired Magazine and Asian newspapers such as the South China Morning Post, that their scientific studies proved to a 97.1% degree pure evidence that remote viewing works. In addition, what of Sony's proof that ESP is real? Details have emerged on two allegedly conclusive experiments that Sako's laboratory performed. One

was a test of the remote-viewing type. Sako says that he would draw pictures or write words on a small square of paper, which he folded and tightly crumpled up. Then he would let test subjects make physical contact with the wadded paper, either placing it between their fingers, or bizarrely, sticking it into their ear. The subjects concentrated and drew or wrote down what they believed they could see on the concealed paper.

Over the course of 35 trials, Sako claims that the rate of recognitions was an unbelievable 97.1 percent. Although ESPER closed down in 1998, a year after Masara Ibuka's death, it remains to be seen whether Sony would really, truly reveal the entire truth to their now not so secret paranormal experiment research group. The truth would have many societal implications that could change the world, as we know it, and authorities such as the Governments would topple like dominoes.

In 1928, Edward Bernays already saw the potential of motion pictures to standardize thought.

"The American motion picture is the greatest unconscious carrier of propaganda in the world. The motion picture can standardize the ideas and habits of a nation."

Many have declared that the public are not fit to decide their own fate, which is the inherent goal of democracy. Instead, they call for a "cryptocracy," a hidden government, a ruling class in charge of the "bewildered herd." How is this happening? They are using Remote Influence in Mass Media Propaganda. They want you to believe that Remote Viewing, Remote Influence and Transdimensional communication are all just "New Age" and performed by a bunch of crazy psychics. When in fact the governments of the world and the ruling elite has been using it not only for decades, but for centuries. Why is Remote Influence so important? Remote Influence is of interest because the ability to influence others is very useful; it is silent, undetectable and unlegislable. Stop allowing others to create your reality. You have the power through Remote Viewing, Remote Influence and Transdimensional Communication to create your own!

The movie "The Secret" and its "Law of Attraction" and positive affirmations is the latest international buzz. It has been said that the only people generating wealth and happiness from all of this are its authors and publishers. Many of you have seen it, read numerous books, and attended many seminars on motivational and positive techniques. Yet, how many of you have actually ever been able to achieve and sustain a real permanent

success and radical change in your life?

What then is missing for manifest creation? The real "Secret" is in you! The real secret knows how to connect to it. I am about to disclose the true secret of manifesting reality, thought-to-thought, mind-to-mind, mind-to-event and coincidences.

I am not going to waist a lot of time, I am getting right to the point, and I am going to give you the answer within the next 10 minutes. As Morpheus said to Neo in the Matrix as he was choosing the red pill, "All I am offering is the truth nothing more." We have been taught to attempt transformation while we are awake by directing our thoughts to the positive realm of success, prosperity and health. If you have not found out already it is virtually impossible to sustain those positive thoughts. Just one negative thought will negates all of your positive thinking. So, most of you have found out that the secret, law of attraction and positive affirmations rarely work.

Here is the "True Secret"; it is in the sleep state that all humans rest their brain-centered-linear-thinking-mind, as it lowers its electrical activity to below 4 cycles per second. The brain is then only vibrating at a very low rate and it is only then that it stops filtering your active linear thinking by overlaying it with our own thoughts.

What is Remote Viewing (RV)? Remote Viewing refers to scientifically proven mind technologies that break the space-time barrier. Remote Viewing is the ability to perceive through a projection of heightened consciousness, people and events, distant in time and space; a mental time machine. This mind technology was developed in the 1950's by both the US and Western European Intelligence Agencies; they achieved great success some still classified, and we believe it is still being used today.

Remote Viewing is a subtle energy science. If it exists and can be viewed, no one can stop you from viewing it. Remote Viewing is a form of resonant vibrancy frequency. In Remote Viewing, not only can you see an event, past, present or future, you may alter an event, and you are able to use all of your senses to do it. Again, in the Matrix Neo said, "This isn't real." To which Morpheus replies, "What is real? How do you define real? If you are talking about your senses, what you feel, taste, smell, or see, and then all you're talking about are electrical signals interpreted by your brain."

Remote Viewing is the controlled use of ESP (extrasensory perception) through a specific method. Using a set of protocols (technical rules) the

Remote Viewer can perceive a target, a person, object or event related to the past, present or future. Ingo Swann called Remote Viewing a, "form of virtual reality training that is brought under conscious control."

Next, what is Remote Influence (RI)? Remote Influence refers to a method by which one powerfully influences thoughts and consensual reality (manifested reality or collective agreement) by mind-power and inner high vibratory energy. Remote Influence is the ability to induce susceptibility to suggestion from a distance and to suggest the person receiving the suggestion take some action. The truth is that all of us influence others all the time without thoughts and emotions, intentionally or unintentionally. The degree of influence depends on the amount of energy we manage to generate and project. Human minds appear to act like an international telephone exchange, when you focus on someone you "connect" directly with them. There is no error the connection is always made. By focusing on them and saying the name, which is their energy signature, you will make direct contact with their thoughts and emotions.

With Remote Viewing and Remote Influence, not only can we "connect" with our target person in "real time", but we can "connect" at specific times in the past and future. In fact, all you have to do to remotely influence someone is to specify the exact individual and specify the exact time and date you wish to do so. Remote Influence takes place in the non-local universe and uses thought energy and emotional energy to power it. The ability to influence others is very useful; it is silent, undetectable and unlegislatabe.

The key is mental imagery. You must be able to visualize and imagine feelings. You must watch that you are exerting some influence on the other person and then build on that. The purpose of developing this projective ability is to improve your life and those around you.

I want to teach you how to co-create consciously from within the Higher Intelligence Field. What used to be considered PARANORMAL will soon become NORMAL as you learn to advance into a higher state of being and operation. How does all this work? Better yet, how will it work for you? I guarantee anyone can do it!

Most humans spend their waking live hypnotized by their sensory world, which give them the illusion of the material world they live in. In reality, space and time are non-existent, both at the level of pure awareness consciousness. Most people on the planet rarely realize that life is but a sensory illusion that gives experience and learning to thought, and the only

reality is thought itself. Right now, you are living in a reality that was created for you, only having agreement consciousness. Others tell you what is real. Others tell you how you must live. Others tell you what you must do. Others tell you what you can or cannot have. I call this collective consciousness.

Consciousness can be defined as ones awareness projected onto a vibratory screen or dream. Therefore, space/time creation is but pure lesser thought interacting with the inner holographic vibratory light. Vibratory light is light that is vibrated by sound, manifesting as the material/biological world as decoded by our brain.

Any human entity that has yet to be "unplugged" from its present collective consciousness is potentially subject to the thought-directions of mass consciousness. This is the real mind control used by the governments of the world and the media.

I want you to get what I am about to write, for this is the SECRET to successfully Remote View and Influence powerfully and consistently. **It is the ability of successfully positioning one's mind at the border of sleep, in a very deep Theta 4.5 cycles per second brain state.** At that level of reduced brainwave activity, the conscious mind can access information originating from the Cosmic Collective Unconscious Mind.

Entering the sleep state will allow advanced Remote Viewing and powerful Remote Influencing. At that pure creative activity, one is emerging their sleeping world with current consciousness. Our lower unconscious state of our brain is the domain of the unifying mind of all mankind. It has been discovered that a Theta brain state is synonymous with "psychic" powers. Knowing this, to induce a Remote Viewing and Remote Influencing state, we use special sound techniques to achieve a Theta state of relaxed mind. Then we guide you into realms that operate below your conscious awareness. We use a very sophisticated sound technique in our sessions in order to help induce this very deep state of mind.

It is by quieting the often-mindless intellectual mind chatter of linear electrical brain waves that we allow the Infinite Intelligence within to reveal itself. It is NOT just going "down into" a trance state into the deeper levels of the mind, Remote Influence and Sensing is allowing information from these deeper levels to "come up." It is building a bridge to the beyond! Once a human recognizes its existence in spheres of emanations that are different from, but connected to, the human experience will naturally begin looking

outward, freeing itself from the illusionary world.

The problems is most have lost their memories of their original existence so they will attach to anything that will help create the illusion of a "home." They avoid, ignore, deny, and reject anything that reminds them that their current reality or "home" is nothing but a self-made prison, an illusion, a web of lies.

This is what you must remember, we are not just human... we are spirit. The body is but a vehicle of transportation in this dimension. You are a spirit that has found themselves as bipedal mammals with a short life span. You are equipped with two frontal lenses (eyes) and two lateral resonance chambers (ears) which allow you enough visual and auditory cues to allow for a crude spatial orientation to its immediate local environment. The limit and restrictions of perception, via humanoid bodies, offers the safe boundaries of the placebo home.

Another interesting quote from the Matrix comes from the Head Agent: "I would like to share a revelation that I have had during my time here. It came to me as I tried to classify your species. I realized that you are not actually mammals. Every mammal species on this planet instinctively develops a natural equilibrium with their surrounding environment. You, humans do not. You move to an area. You multiply and multiply, until all natural resources are consumed, the only way you can survive is to spread to another area. There is another organism on this planet that follows the same pattern. Do you know what it is? A virus. Human beings have become a disease, a cancer of this planet and WE are the cure."

Lastly, what is Transdimensional Communication (TC)?

Transdimensional Communication is one of the most advanced and clearest forms of multi-dimensional communication. Like Remote Viewing and Remote Influence, TC is a skill which can be learned. Humanities spiritual self is awakening; the ability to reach higher dimensions of consciousness and find enlightenment is becoming possible for more and more people. Transdimensional Communication is first a means of communication and is very much like telepathy. A fair comparison can be drawn between common television and radio signal receptions; since the most commonly used interactive or two- way communication today is the telephone, I will use that as our comparison.

By using the telephone, one person can communicate with another from across the street to around the world. In the case of TC, one person can

communicate across distances measured in space and dimensions. This may sound a lot like something out of Star Trek, but is true. Both the Channel and the telephone are instruments. One instrument is telephonic and the other telepathic. In both cases, the instrument receives a signal of sorts. The instrument then converts the signal to a pattern recognizable by the receiver. In the case of the telephone, that pattern is sound, usually the spoken word. With TC, the communication pattern reproduced may include speech, handwriting, typing, facial expression, body language, and any other pattern of communication that the human body is capable of.

Transdimensional Communication occurs when the "channel" let his/her conscious self step aside and allows intelligence outside of our time dimension to project its thoughts to them and through them. It is a recreation of thought. The body of the channel recreates an approximation of the communication projected by the channeled intelligence in much the same way as the speaker in the telephone earpiece recreates an approximation of the spoken words of the person on the other end of the line.

In the case of the telephone instrument, analog or digital signals are carried electronically to a component that translates the signals into a form that is transformed into recognizable speech by the coils and magnets in the earpiece loud speaker. In the channel ideas are projected by the channeled intelligence in such a way as can be recognized by the channel's brain. The channel's body is then directed to respond by speaking and moving. This takes place in "real-time" so it appears that the intelligence is actually in the body while it is talking to you, but it is not. The conversation is completely interactive and can be surprisingly casual.

It is our desire to make Transdimensional Communication more scientific and less "spooky" so it is important to understand the psychology of channeling. I have a PhD in clinical psychology so it was important for me to understand the psychology of channeling. Our brain is physically composed of right and left sides. Normally, the right side of our brain deals with intuition, feelings, nonverbal communication, creativity and inspiration. The left side of our brain uses memory, logic, words and language. It functions to synthesize, organize and categorize your experiences in a rational way. Most non-physical beings transmit to the right side of our brain, which is more receptive and sensitive to impressions.

This is important, through much experimenting; I have found that channeling requires using both your right- brain and left- brain

simultaneously. Part of challenge of receiving Transdimensional messages is learning to "let go" to receive the flow of information (a right brain function) and, at the same time, speak or write (a left-brain function). Using your right and left-brain simultaneously makes it possible for the messages of the non-physical intelligence to be transmitted with precision and accuracy.

This manual is designed to help you understand "how-to" use Remote Viewing, Remote Influence and Transdimensional Communication to change your life and current reality.

Before you can master Remote Viewing, Remote Influence and Transdimensional Communication, you first must have an understanding of **the unlimited power of your subconscious mind.**

Part One

The unlimited power of your subconscious mind

Through the words you will read, you will discover the limitless power

within you to create the life of health, prosperity and harmony you desire. You will learn to tune in to the infinite intelligence and power within you. What you can conceive, you can achieve through the wisdom and power of your subconscious mind.

Suppose someone asked you to name the master secret of the ages. What would you answer... atomic energy...interplanetary travel...black holes? No, it is not any of these. Then what is the master secret? Where can one find it? How can it be understood and put into action? The answer is simple. The secret is the marvelous, miracle-working power found in your own subconscious mind. This is the last place most people would ever look, which is the reason so few ever find it. Once you learn to contact and release the hidden power of your subconscious mind, you can bring into your life more power, more wealth, more health, more happiness, and more joy.

Did you know that you are, in reality, invisible? The real you cannot be seen by others. Everything you are, appear to be, and have become is a manifestation of your beliefs and your true beliefs is in the unseen.

There is a power in you that have never been fully released. The power that moves the world and governs the galaxies in space, in other worlds, is within YOU. You have then, through your subconscious mind, the infallible power to direct the Cosmic Power that created the universe! This power stands always at your beck and call and obeys your decrees and beliefs. It is your obedient servant and awaits only your use and direction. It is inexhaustible, eternal and infinite. There is a power and intelligence within you transcends your intellect.

You are living in a fathomless sea of infinite riches. Within your subconscious depths lie the infinite wisdom, infinite power and infinite supply of all that is necessary, just waiting for development and expression. The infinite intelligence with your subconscious can reveal to you everything you need to know at every moment in time and point of space, provided you are open-minded and receptive. Whatever you desire, there is a Power that can fulfill that desire for you; there is an answer to every problem.

You can bring your life more power, wealth, health and happiness by learning to contact and release the hidden power of your subconscious mind. You need not acquire this power, you already possess it.

Mark Twain confided to the world on many occasions that he never worked in his life. All his humor and all his great writings were due to the fact that he tapped the inexhaustible reservoir of his subconscious mind.

Thought rules the world. All transactions take place first in the mind. Everything that is must first live in thought-life; nothing can be molded, fashioned, or shaped until it has been thought out. Your thought has power; it is creative. The tendency of every thought is to manifest itself, and it does so, except as it is neutralized by a more powerful thought of greater intensity.

It often appears as though we are living in two worlds: one external and the other internal; one visible and the other invisible; one objective and the other subjective.

The external (visible, objective) world enters you through your five senses and is shared by everyone. Your internal (invisible, subjective) world of thoughts, feelings, imagination, sensations, beliefs, and reactions belong to you alone.

The five-sense mind, the conscious mind, is the mind that thinks from the standpoint of circumstances, conditions, and environment, but it is within your subconscious mind that you will find the cause for every effect. The condition, circumstances, and environment of your life are not the cause of your life, they are the effects.

Your conscious mind has the thought of expectancy; your deeper mind has the know-how of accomplishment.

Your conscious mind is the reasoning, thinking mind. You make all your decisions with our conscious mind. Your subconscious mind is the seat of your emotions and is the creative mind.

Your conscious mind chooses, but it does not create. Your subconscious is the creative power within you. By the combined operations of your conscious and subconscious you truly become the sum total of your conscious choices.

Your conscious mind is referred to as your objective mind because it deals with outward objects; it takes cognizance of the objective world. It is your guide and director in your contact with your environment. It learns through observation, experience, and education, acquiring knowledge through your five senses.

Your subconscious mind is referred to as your subjective mind because it takes cognizance of its environment by means independent of the five senses. It perceives by intuition. It is the seat of your emotions and the storehouse of memory.

The only thing necessary for you to do is to get your subconscious mind to accept your idea, and the law of your own subconscious mind will bring it

forth. You give the command or decree and your subconscious will faithfully reproduce the idea impressed upon it.

Once the subconscious mind accepts an idea, it begins to execute it; in accordance with the law of compulsion, it works for good and bad ideas alike. You will get a reaction or response from your subconscious mind according to the nature of the thought or idea you hold in your conscious mind. If you think good, good will follow; if you think evil, evil will follow. It does not reason things out the way your conscious mind does and it does not argue with you controversially.

Whatever you claim mentally and feel as true, your subconscious will accept and bring forth into your experience. If you consciously assume something as true, even though it may be false, your subconscious mind will accept it as true, proceeding to bring about the results which must necessarily follow, because you consciously assumed them to be true.

This is the way your mind works. It is neither more nor less than the law of cause and effect, which is a universal and impersonal law.

Your subconscious convictions and beliefs dictate and control all your conscious actions. The subconscious acts by law; the law that may now hold you in bondage can also be the law that can set you free.

The law of the subconscious mind does not act differently for the rich or the poor, the good or the bad. It produces unerringly what it is presented.

The law of the subconscious is the universal and natural principle of action and reaction: Whatever you impress on your subconscious mind by your conscious mind will be expressed, that is, carried out in your life.

As Ralph Waldo Emerson said, "There is no thought in my mind but it quickly tends to convert itself into a power and organize a huge instrumentality of means."

The law of your mind is this: You will get a reaction or response from your subconscious mind according to the nature of the thought or idea you hold in your conscious mind. The subconscious acts by a law; that law may now hold you in bondage can also be the law that can free you. A negative habit that binds you can be transformed into a positive habit that frees you, through the repetition and the abiding conviction of your desired action in your subconscious mind. Your subconscious mind works twenty-four hours a day, pouring all the fruit of your habitual thinking into your life.

Your conscious mind is the reasoning, thinking mind. You make all your decisions with your conscious mind. Your subconscious mind is the seat of

your emotions and is the creative mind. Your conscious mind chooses, but it does not create. Your subconscious mind, along with the Super-Conscious Mind, is the creative power within you; by the combined operations of your subconscious, Super-Conscious and conscious minds, you truly become the sum total of your conscious choices.

This is one of the most important questions that you may ever be asked, "How much do you want what you want?" Are you willing to leave your old ideas, the traditional view of things, and acquire new ideas, new imagery, and new viewpoints? Are you willing to give up resentment and grudges over past failures? If so, there is no limit to the things you can achieve! Emerson said, "No one can cheat you out of ultimate success but yourself." Believe that you were born to succeed, and wonders will happen.

"Whatsoever a man soweth, that shall he also reap": (KJV Galatians 6:7). This refers to the action of our thoughts. We sow thoughts when we believe them wholeheartedly. Our subconscious mind is like the soil. It will grow whatever type of seed we plant in the gardens of our mind, and that is what we will reap. Your subconscious accepts and brings into reality your dominant thoughts of ideas, feelings and images. Your dominant thoughts, feelings, and images control all phases of your life.

The only things necessary for you to do is to get your subconscious mind to accept your idea, and the law of your own subconscious mind will bring it forth. You give the command or decree, and your subconscious mind will faithfully reproduce the idea impressed upon it.

Innumerable experiments by psychologists and others on persons in the hypnotic state have shown that the subconscious mind is capable of making decisions and comparisons that are necessary for a reasoning process. These experiments have shown repeatedly that your subconscious mind will accept any suggestion; having once accepted any suggestion, it responds according to the nature of the suggestion given.

Once the subconscious mind accepts an idea, it begins to execute it; in accordance with the law of compulsion, it works for good and bad ideas alike. You will get a reaction or response from your subconscious mind according to the nature of the thought or idea you hold in your conscious mind: If you think good, good will follow; if you think bad thoughts, bad will follow. It does not reason things out the way your conscious mind does, and it does not argue with you controversially.

Whatever you claim mentally and feel is true, your subconscious mind

will accept and bring forth into your experience. This is the way your mind works: It is neither more nor less than the law of cause and effect, which is a universal and impersonal law. We are creatures of habit. If we repeat a thought or act over a period, instilling it into our subconscious minds, we will be under the compulsion of a habit, because habit is the function of our subconscious minds.

You are always writing the book of your life, because your thoughts become your experiences. What you write on the inside, you will experience on the outside. If something is written on your subconscious mind, your subconscious mind will experience it in your life as the objective manifestation of circumstances, conditions, and events. Impress your subconscious with right ideas and constructive thoughts, for as Emerson said, "Man is what he thinks all day long."

The reason we experience so much personal suffering and pain is that we do not understand the interaction between the conscious and subconscious minds. The subconscious mind is a law: It arranges all of the conscious thoughts we deposit into it into a complex pattern. These patterns become the cause of all our ills, as well as the cause of our triumphant achievements. When the principles of the conscious and subconscious minds work in accord and synchronously toward harmony, you bring yourself a life of happiness and peace.

There is **POWER** in you that has never been fully released. The power that moves the world and governs the galaxies in space, in other words, is within you. You have, then, through your subconscious mind, the infallible power to direct the Cosmic Power that created the universe! The power stands always ready and obeys your decrees and beliefs. It is your obedient servant and awaits only your use and direction. It is inexhaustible, eternal, and infinite.

There is a power and intelligence within you that far transcends your intellect. You are living in a fathomless sea of infinite riches; within your subconscious depths lie the infinite wisdom, infinite power, and infinite supply of all that is necessary, waiting for development and expression. The master secret of the ages, then, is not the secret of atomic energy, thermonuclear energy, or interplanetary travel. The secret is that there is a marvelous, miracle-working power found in your own subconscious mind.

All the powers of the Infinite are within you NOW. Wealth is available now. Health is available now. Strength is now. Love is now. Guidance is

now. Peace is now. Healing is now. Claim you're good now. NOW is the time.

It is of great importance to realize that your subconscious mind is always working. It never sleeps; it never rests. It is always on the job. Its power is enormous. It is the source of power and wisdom that places you in touch with the Omnipotence and Power that moves the world, that guides the planets in their course, and that causes the sun to shine. It is active night and day, whether you act upon it or not.

Millions of people are living lives of mediocrity, lack and limitation of all kinds because they do not direct their subconscious minds properly. They fail to impregnate their minds with thoughts of harmony, peace, joy, abundance, security, and right action. If you do not direct your subconscious mind according to universal principles you will then subject it to the thinking of the masses, and this, as you know, is mostly negative.

When the words of your mouth and the feelings in your heart agree, nothing will be impossible for you, and you shall reach great heights. Remember, all things are possible to them that believe that all things are possible.

Thought is the most powerful force in the universe. It directs the operation of your life, as your subconscious mind does its work according to the orders given it by your conscious mind: your thoughts.

Thought rules the world. All transactions take place first in the mind. Everything that is must first live in thought-life; nothing can be molded, fashioned, or shaped until it has been thought out. You must first establish the mental equivalent of everything you want in life. Your thought has power; it is creative. The tendency of every thought is to manifest itself, and it does so, except as it is neutralized by a more powerful thought of greater intensity. Your thought causes the Infinite Power to respond; you are dealing with a reciprocal action-and-reaction: as you sow, you reap, and as you call, you receive an answer.

It is wrong to say, "I am sick", "I am poor", "I am weak", "I am tired", and "I am broke." This is NOT what you are; it is the condition you are bringing on yourself by your negative "I Am" statements, which become ledged in your subconscious mind as affirmations and which then come forth as experiences and events in your life. It is a mental law that whatever you attach to "I Am," you will manifest and express. Never refer to or describe yourself, therefore, with words of lack limitation, discord, or bad times.

Never use the word "can't" under any circumstances; do not say, "I can't make ends meet," "I can't pay the rent," or "I can't afford this, or that," as your subconscious mind listens to you literally and will block the flow of your good. Thoughts repeated regularly sink into the subconscious mind and become habitual, as your subconscious treats your self-talk as affirmations.

If you fix your attention on poverty, loneliness, squalor, meaningless, and the difficulties and problems of the world, your mind takes the form of all these things, based on the law that to which you give attention, you also experience.

If you do not do your own thinking, the newspapers, the neighbors, and the mass mind will do your thinking for you. Take charge of your own mind and do not permit others to govern it for you.

William James, the father of American psychology, said, "The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind." Everything that you find in your world has been created by you in the inner world of your mind, consciously or unconsciously. As Marcus Aurelius, the great Roman emperor and philosopher, said, "Our life is what our thoughts make it."

Whatever you mentally accept and feel to be true, will happen. You are, in reality, invisible. The real you cannot be seen by others. Everything you are, appear to be, and have become is a manifestation of what you believe and that which you believe is unseen. The word "believe" is made up of two words... be alive. The old English meaning of the word is to "live in the state of being," which means making it real in your life. To believe means to make alive your conceived truths, feel the reality of them in your heart. It is much more than a conscious or theoretical assent; it means that you must feel the truth of what you affirm in your heart, or subconscious. Your subconscious mind works according to the law of belief. All things that have happened to you are based on the thoughts you have impressed on your subconscious mind through belief. What you believe in decides how you will live. Whatever you think, feel, believe, and accept as true in your mind is the only cause in your world.

Let your desire captivate and hold your attention knowing that what you are seeking is seeking you.

When you want something, do not think of all the reasons why you cannot have it, but realize there is an Infinite Intelligence that will attract to you what you want. As you accept this truth, the deeper concerns of your mind will

bring it to pass. If you do not believe that you have the right to your heart's desire, you will not be able to believe that you will have your desire.

Ralph Waldo Emerson said, "Nothing was ever achieved without enthusiasm." Therefore, you must back your desire with enthusiasm. Do not let yourself be led astray from our desire by negative beliefs, doubts, fears, worries, or the opinions of others. The fear thought that challenges your desire must die, and your desire must live. Take your attention completely away from the thought of opposition; this will starve the opposition thought to death. Feast mentally and emotionally on your ideals and goal in life. Your loyalty, devotion, and attention must be given to your goal, ideal, or desire.

Desire is the moving principle of the universe. It is creative power and must be channeled and directed wisely.

Realize that as Shakespeare said, "All things be ready if the mind be so." This means you must order your mind and thoughts to conform to the age-old truth that whatever you are seeking already exists in Infinite Mind. All you have to do is identify mentally and emotionally with your desire, realizing that it is as real as your hand or heart.

Many people indulge in fantasizing about something pleasant while nevertheless believing it could never happen to them, because they think that what they desire for themselves is too good to be true. This is a pure waste of time and results in debilitating one's entire mentality. Go all the way with your idea! Do not say, "Oh, that's too good to be true." Say, rather, "I welcome this idea! I accept it wholeheartedly and it will come to pass in good time." You must realize that there is nothing too good to be true, and nothing too wonderful to last.

A young man asked Socrates how he could obtain wisdom. Socrates replied, "Come with me." He took the lad to a river, pushed the boy's head under water, held it there until the boy was gasping for air, then relaxed and released his head. When the boy regained his composure, Socrates asked him, "What did you desire most when you were under water?" "I wanted air," said the boy. Socrates said to him, "When you what wisdom as much as you wanted air when you were immersed in the water, you will receive it."

In a like way, when you really have the desire to overcome any block in your life and you come to a clear-cut decision that there is a way out and nothing will divert you, then what you desire will be yours.

Your imagination is the treasure house of infinity. It releases from your

subconscious mind all your hearts desires and manifests them into your current reality.

The fulfillment of your desire depends upon the intensity of your imagination, not upon the presence of any particular external conditions or facts. Imagination is the action of forming mental images or concepts of what is not actually present to the senses.

Your image of what you desire is the first cause relative to attaining the thing you desire. Your mental patterns and images are made manifest by your emotional attachment. Whatever idea or desire you emotionalize and feel as true is accepted by your subconscious mind and made manifest in your world.

Your outer world and all its happenings, experiences, and events are projections of your inner mental images. When you become conscious of the distinction between your inner, casual world of imagination and the outer world of effects, you begin to understand how to bring your desires to fulfillment.

Identify yourself now with your goal by mentally and emotionally uniting with it. Energize your idea in your mind by frequently visioning its fulfillment. As you preserve and remain faithful to your vision, Infinite Energy will flow through your mental pattern and cause your desire to cross over from the mental image to subconscious embodiment. Whatever you imagine and feel as true, will and must happen...even though the evidence of the five senses seems to deny it.

When you are able to imagine the reality of a fulfilled desire and feel the thrill of accomplishment, your subconscious will bring about the realization of your desire.

You can discipline, control, and direct your imagination constructively and get what you want in life, or you can use it negatively by imagining the fears and worries that you do not want. When the world says, "It is impossible, it can't be done," the person with a vivid imagination, says, "It is done!"

It is just as easy – and far more interesting, captivating and alluring – for you to imagine yourself to be healthy and successful as to dwell on sickness and failure. If you wish to bring about the realization of your desires or ideas, from a mental picture of fulfillment in your mind; constantly imagine the reality of your desire. In this way, you will actually bring it into being. What you imagine as true thereby already exists in your mind; if you remain

faithful to your idea, it will one day objectify itself. However, if a person persists in indulging in imagined worries, the body will create excess hormones that will play havoc with the body, causing psychosomatic illness.

Remember, then, that the law of your mind is that you will get a reaction or response from your subconscious mind according to the nature of the thought you hold in your conscious mind. The subconscious will not argue with you. If you negatively discipline, control, and direct your imagination by thinking fears and worries, that is what you will bring into your life. Or you can constructively discipline, control, and direct your imagination and get what you want in life and according to your belief it will be done unto you.

Every picture that you create in your mind, particularly when emotionalized, happens. It works out in action, either internally or externally. If you inhabit it from working out in external action, it is inevitable that it will manifest itself in some mental, physical, or emotional disharmony in the body.

As you are visualizing your desire, you will discover that there will come a time when you no longer feel driven to do so. This is the sure psychological sign that you have embodied your desire in your subconscious mind. It has become an inner knowing. Having realized your desire subjectively, you will have no further compulsion to pray for it.

Your subconscious, in its trance or dream state, is revealing to you the nature of the impressions you have made upon it, pointing out to you the course your life is taking.

The highest degree of outcropping of the subconscious occurs prior to sleep and just after, we awaken. These states are created during hypnosis or meditation. In this state, negative thoughts that tend to neutralize your desire and so prevent acceptance by your subconscious mind are no longer present.

Remember that your subconscious mind is impersonal and nonselective – it will accept your negative, resentful, or hateful thoughts as well as the good thoughts, and will act accordingly. The subconscious also magnifies and multiplies whatever you deposit in it, good or bad. Before your drift off to sleep, or are being guided into meditation or hypnosis, cleanse your mind of all disturbing, vexatious thoughts of any kind, thus creating a clear channel for the positive energies to flow through you constructively.

Dr. John Bigelow, a famous research authority on sleep, demonstrated that while asleep, or in a relaxed hypnotic state, you receive impressions showing

that the nerves of the eyes, ears, nose, and taste buds are active, and also that the nerves of your brain are quite active. He says that the main reason we sleep is that during sleep, "the nobler part of the soul is united by abstraction to our higher nature and becomes a participant in the wisdom and foreknowledge of the gods."

When you dream or are in a meditative state, your conscious mind is asleep and is creatively joined to your subconscious to create and manifest your desires. The last waking concept you have before going to sleep is often etched into your subconscious mind. It is commonly accepted that sleep is intended for rest of the body. However, your subconscious mind and the process of your body, though slowed down considerable, continue to function. A deeper reason why we sleep is to develop spiritually and creatively.

You can discover the miracle-working power of your subconscious by plainly stating to your subconscious prior to sleep that you wish a certain specific accomplishment. Do this either silently or audibly. You will be delighted to discover that forces within you will be released, leading to the desired result.

Charles Baudoin was a professor at the Rousseau Institute in France and a research director of the New Nancy School of Healing. He taught that the best way to impress the subconscious mind was to enter into a drowsy, sleepy state, or a meditative state in which all effort was reduced to a minimum. Then in a quite, passive, receptive way, by reflection, he would convey the idea to the subconscious. The following is his formula: "A very simple way of securing this (impregnation of the subconscious mind) is to condense the idea that is to be the object of suggestion, to sum it up in a brief phrase that can be readily graven on the memory, and to repeat it over and over again as a lullaby."

When you are in a sleep state, your conscious concern is creatively joined to your subconscious mind, and the latter determines the way the answer or healing will take place.

All the water in the ocean will not sink even a small boat if the water doesn't get inside the boat. Likewise, all the problems, challenges, and difficulties in the world cannot sink you, as long as you do not permit them to get inside you.

Remember, thought is prayer. When you worry, you are actually praying for what you do not want. The subconscious mind takes your fears as a

request and proceeds to bring them into your experience. Do not try to run away from your worries and fears. Wherever you go, you take your mind with you – and the only place your worry or fear exists is in your mind.

When fear knocks at the door of your mind, or when worry, anxiety, and doubt cross your mind, remind yourself that your imagination took you to your worry. It can also take you to freedom and peace of mind. Worry and fear cause pain; love and goodwill bring peace and health. Your worry is your mind's acceptance of negative conditions.

Do not dwell on obstacles. Agree in your mind that what you desire is already present, that what you are seeking is seeking you that the law of attraction will cause what you desire to come to you – and your worries will then flee. You can decide to think whatever you choose about anything. What you have lost or suffered has nothing to do with the way you decide to think about it.

You are the master of your thought reactions. You can order your thoughts around as you like, giving attention to whatever you choose to think.

Worry and fear thoughts are not real; they deny that which is actual. Worry and fear are false beliefs of the mind. False beliefs will die if you refuse to give them attention.

Learn the truth that no person, situation or condition causes you to be unhappy or lonesome, or to suffer from embarrassment. It is the beliefs and impressions made in your subconscious mind that cause these experience in your life. Worry of any kind is nature's alarm signal that you believe wrongly. A change of thought will set you free. It is not that which you are worried or afraid of merely a thought in your mind.

All your fears, anxieties, and foreboding are caused by your belief in external powers. This is wrongful thinking. The only immaterial creative power is your thought, and once you are aware of the creative power of your thought and that thoughts are things, you are at once delivered from all bondage.

People who worry always expect things to go wrong, so they will. They will tell you all the reasons why something bad could happen, and not one reason why something good should or could happen. Such worry makes them weaker and less able to meet any challenges that might come along as they attract exactly the conditions upon which they are mentally dwelling. The fearful, worrisome perspective we impress upon our subconscious minds practically guarantees that some corresponding challenge or difficulty will

erupt.

Remember this important truth: One thing you can be absolutely certain about in this universe is that the laws of Infinite Intelligence within you of healing, guidance, and harmony are constant and invariable. Then arrange to live your life accepting this truth, and you will banish from your life forever all worries and fears.

If you are dwelling worrisomely over past actions or events, you are thinking of them now, the mental agony you are experiencing is in fact pain in your present moment. Likewise, if you are fearful about the future, you in fact fear it now; you are robbing and stealing joy, health, happiness, and peace of mind from your present moment.

The past and the future are two arch-thieves. Get rid of these two thieves. You have control over your present thoughts; direct them into the right channels. Remember, there is no principle of hate, only of love. Love, therefore, is now. There is no principle of failure, only success. Success therefore is now.

Now is the time.

Now is the ONLY time.

What thought are you thinking NOW?

Stop being your own worst enemy. Do not place obstacles in your own way by thinking negatively. Remember, thoughts generate emotions, and emotions kill or cure. To think negatively is to kill love, harmony, peace, beauty, and joy within you. Destructive emotions like negativity have a toxic effect not only on your mind and heart, but also on the very cells of your body.

Your habitual thinking – what you regularly feel, believe, and give mental consent to, consciously or unconsciously – is imprinted on your subconscious mind. Every part of your being then expresses these thoughts. How, and what, are you thinking today?

The cause of any unwanted, negative or bad habit is negative and destructive thinking. The cure is to think your freedom from the habit and to feel the thrill of accomplishment. Your subconscious mind has tremendous power. Influence it only positively, constructively, and harmoniously, because it will not argue. Whatever orders (thoughts) you give it will be obeyed. You do great injury to yourself; therefore, by the negative thoughts you entertain, as your subconscious will accept your negative thoughts as your wishes. Every part of your being then expresses these thoughts; your

outer life will demonstrate and manifest what you are consciously impressing in your subconscious mind. Never affirm inwardly, therefore, anything you do not want to experience outwardly.

Realize that your thought is creative; that what you feel, you attract; that what you imagine, you become; that whatever you impress on your subconscious mind will be projected as form, function, experience, and events. If you talk, about not having enough to go around, and about how little you have and how you must cut corners, those thoughts are only impoverishing you. Realize that the whole world is yours to enjoy, and you will know how truly rich you already are; and you will know the key to prosperity.

The way to health, success and prosperity is already within you. You do not have to beg, supplicate, or beseech God. All you have to do is change the stream of your mental thought and imagery. Any object to which you give special attention will grow and magnify itself in your life. Attention is the key to life.

Lord Chesterfield said, "Some men live and die with all their greatness still within them." Failure to reach your goal or to attain your objective is to **sin**. The word **sin** is from a Greek word meaning **to miss the mark**. When the Greek archers failed to hit the bull's eye, it was said that they had sinned, or had missed the mark. Your goal, desire, objective or ideal is the mark for which you are aiming. When you fail to express health, wealth, peace of mind, and true expression, you are sinning against Infinite Intelligence within you, which is ever ready to guide you and show you the way.

A burning desire to be and to do is a prerequisite for accomplishment. Identify yourself with your goal; mentally and emotionally unite with it. As you do this, Infinite Intelligence will activate the power of your subconscious mind and bring your desired attainment to pass.

To mentally unite with the idea of success, and to know that you are thereby invoking a subjective power that responds to your habitual thinking, is to create success.

The greatest discovery you can make is that there is an Infinite Power and Wisdom resident within you, and that this Power enables you to overcome all problems, raise above all hurdles, handle life's tasks, and equips you with all the necessary attributes, qualities, and potential to make you a master of your fate. Remember, no one can cheat you out of ultimate success but yourself.

This is one of the most important questions that you may ever be asked,

"How much do you want what you want? Are you willing to leave your old ideas, the traditional view of things, and acquire new ideas, new imagery, and new viewpoints? Are you open and receptive to new ideas? Are you willing to give up resentment and grudges over past failures? If so, then there is no limit to the things you can achieve.

It is important to know that we rise as high as our dominant aspirations and descend to the level of our lowest concept of ourselves. So, think good of yourself and be optimistic.

Within your subconscious, you will find the answer to your most perplexing problems and the cause for every effect. There is a healing presence in your subconscious that can heal your troubled mind and broken heart. The treasure house of infinity is within you. It can free you from fear and from all kinds of material and physical misery.

Life is a mirror that reflects back to us precisely that which we deposit in our minds. You are transformed only one way, and that is by the transformation of your mind. Choose to be healthy, happy and successful. Your subconscious mind is subject to the decrees and convictions of your conscious mind, and whatever you decree (choose) convincingly shall come to pass.

Picture yourself as the person you want to be. Be faithful to the new image, and it will sink down to your subconscious mind, where it will gestate in the darkness, and after a while it will come forth in your experience.

If you wanted to go from one place to another, you would have to leave the first place. In a similar way, if you want to be a new person, you must first leave behind your old fears, hates, grudges, jealousies, and the like. You must focus your attention on the concepts of harmony, health, peace, joy, love and goodwill in order to enter into your desired new joy of living.

Your health is controlled very largely by the way you think all day long. By guiding your mind toward thoughts of wholeness, beauty, perfection, and vitality, you will experience a sense of well-being. If you dwell on thoughts of worry, fear, hate, jealousy, depression, and sorrow, you will experience sickness of both mind and body.

Nothing appears on your body except when the mental equivalent is first in your mind; as you change your mind by drenching it with healthy affirmations you change your body. It is abnormal to be sick; it simply means you are going against the stream of life and thinking negatively. The instinct of self-preservation is the strongest instinct of your nature, and it

constitutes a most potent, ever-present, and constantly operative truth, inherent in your nature.

Once you learn the truth about the interaction of your conscious and subconscious minds, you will be able to transform your whole life. If you want to change external conditions, you must change the cause. Most people try to change conditions and circumstances by working on those conditions and circumstances. This is a terrible waste of time and effort. They fail to see that their conditions flow from a cause. To remove discord, confusion, lack, and limitation from your life, you must remove the cause. That cause is the way you use your conscious mind, the thoughts and images you encourage in it. Change the cause, and you change the effect. It is just that simple.

To think correctly, scientifically, you must know the "Truth." To know the truth is to be in harmony with the Infinite Intelligence and Power of your subconscious mind, which is always moving life ward. Every thought or action that is not harmonious, whether through ignorance or design, will result in discord and limitation of all kinds. Scientists inform us that you build a new body every eleven months; so from a physical standpoint you are really only eleven months old. If you build defects back into your body by thoughts of fear, anxiety, depression, anger, jealousy, and ill will, you have no one to blame but yourself. You are the sum total of your own thoughts.

You must remember that whenever your subconscious mind accepts an idea, it immediately begins to execute it. It uses all its mighty resources to that end. It mobilizes all the mental and spiritual laws of your deeper mind. If you use your subconscious mind negatively, it brings trouble, failure, and confusion. When you use it constructively, it brings guidance, freedom, and peace of mind.

Would you like to know how to break a bad habit? We are all creatures of habit. Habit is a function of our subconscious minds. We learn to swim, ride a bicycle, dance and drive a car by consciously doing these things repeatedly until they establish tracks in our subconscious minds. Then, the automatic habit action of the subconscious mind took over. This is sometimes referred to as "second nature," that is, the reaction of the subconscious mind to the thinking and acting that makes up our "first" nature. If we create our own habits, it follows that we are free to choose good habits or bad habits. If you repeat a negative thought or act over a period, you will place yourself under the compulsion of a habit. The law of your subconscious is compulsion. If

you have a keen desire to free yourself from any destructive habit, you are already fifty-one percent ahead. When your desire to give up the habit is greater than your need to continue it, you will be amazed to discover that complete freedom is but a step away.

Whatever thought you anchor the mind upon, the mind magnifies. Engage the mind on the concept of freedom and you will be free. Keep it focused on this new direction of attention. In doing so, you generate feelings that gradually pervade the concept of freedom and peace. Whatever idea you emotionalize in this way is accepted by your subconscious and brought to pass.

The subconscious mind takes every thought that reaches the conscious mind through any of the five senses and classifies and records them. From it, these thoughts may be recalled or withdrawn as letters or reports may be taken from a file cabinet or called up on a computer.

The subconscious mind receives and files sense impression or thoughts, regardless of their nature, positive or negative. You may voluntarily plant in your subconscious mind any plan, thought, or purpose which you desire to translate into its physical equivalent.

You are living daily in the midst of all kinds of thought impulses that are reaching your subconscious mind without your knowledge. Some of these impulses are negative; some are positive. You must try to help shut off the flow of negative impulses and aid in voluntarily influencing your subconscious mind through positive impulses of desire.

The subconscious mind is more susceptible to influence by thoughts mixed with feeling or emotion than by those originating solely in the reasoning portion of the mind. In fact, there is evidence that only “emotionalized” thoughts have any influence on the subconscious mind. Strive to mix your thoughts with only positive emotions.

Imagination is the key to creating with your subconscious. Ideas, the product of imagination, are the starting point of all creation. The imagination is the workshop in which all plans are created. Desire is given shape, form, and action with its aid.

The imagination functions in two forms:

Synthetic imagination creates nothing; it works with the material of experience – old concepts, ideas or plans – and recombines them into new shapes.

Creative imagination allows the finite mind to have direct communication

with Infinite Intelligence; through hunches, intuition, and inspiration, new ideas are passed on to mankind.

The great leaders of business, industry, finance, and the arts became great because they developed the faculty of creative imagination. Your own imaginative faculty may have become weak through inaction. It can be revived and made alert through use.

Think, visualize, fantasize, dream! Get your imagination back into shape. I want you to imagine what your life would be like if you won a lottery prize of \$20 million dollars. Think, be as specific as possible about what you would do with the money – don't be shy about dreaming big!

Now imagine your life if all your goals were met. What would your ideal existence be? Don't limit yourself to only financial aspirations. What would your career be like? What would your relationships be like? What would your leisure time be like? Be as detailed as possible. To make this all possible, plant this information into your subconscious mind by imagining various strategies for making this idea life become a reality.

From time immemorial mankind has wished for an Aladdin's lamp, which would make wishes come true. The closest thing to this magic is the subconscious mind. The "genie" of the subconscious mind will work for you if you follow a certain process.

How can we tap the subconscious mind and use it to do our creative work for us. Here are eight tested ways:

1. Give yourself a motive.

The subconscious mind works at its creative best when you have a purpose, or a cause.

2. Make a date with your subconscious mind.

Give it definite orders as to what you want, but don't tell it what methods it must use.

3. Always keep a pad and pen at your bedside.

You never can tell when the subconscious mind will suddenly come up with a creative idea. When it does, you must write it down immediately. Always carry a small notebook or pad with you.

4. Write down every idea.

When you first get an idea try to figure out whether it is good or bad. Write it down. "The fastest ink is better than the best memory." This is particularly true of creative ideas.

5. Don't be too critical of your ideas too soon.

You have a problem that can't be solved by cold logic. It needs the spark of imagination. But the moment your subconscious mind tries to throw out a spark, your conscious mind says, "This idea is stupid, it will never work."

6. When stuck, or stymied, stop for a while.

After you had a creative session with yourself, it is usually best to stop trying to think up any more ideas. This stage is called the incubation.

7. Keep yourself motivated.

Whenever you have temporarily abandoned seeking an answer to a problem, the unconscious mind should have its orders, "This is important to me. Don't give up. Keep working on this idea when I rest and sleep."

8. When the feeling of creativity is fleeting.

Put your work aside for later evaluation. Just as a period of conscious thinking and gathering information and facts usually precedes a creative idea, so a period of conscious thinking should eventually follow it. This is the period of evaluation. Creativeness is wonderful, but it is only half the battle. The other half is evaluating your idea or hearing another's opinion of it. Sometimes an honest opinion may spark a new idea.

Have you ever wondered how geniuses like Albert Einstein and Thomas Edison come out with such creative ideas?

It has been reported that Albert Einstein imagined the equation $E = mc^2$ while he was relaxing in an open field, gazing at the sky. He then designed experiments to prove that the equation was right. How can this happen?

Here is a startling truth, if no one has ever told you before...real creativity actually comes from the Super-Conscious Mind. That is why it was possible for some geniuses, like Albert Einstein, to know the answer before proving it right!

I said real creativity because a lot of creative ideas are just a mix and match of two or more ideas. I call them synthetic creativity. There is nothing wrong with synthetic creativity. It is still creative in nature.

Real creativity comes from Super-Conscious Mind, but synthetic creativity comes from the subconscious. Why subconscious? Because your subconscious is the storehouse of all your memories, including all the things you have seen or read.

When you post a question to your subconscious, your subconscious will start looking for the answer within itself; if it can't find the answer, it will

seek help from the super conscious mind.

What if the Super-Conscious Mind does not have the answer either? That's not possible because the super conscious mind has Infinite Intelligence!

Whether it is real or synthetic, all creative ideas must pass the subconscious level before coming to your conscious awareness because the subconscious is the communicator between the super conscious and the conscious mind

Now that you have been introduced to the subconscious mind, let's delve deeper into the Super-Conscious Mind, or what I call Universal Consciousness, and how it determines our individual realities.

The Super-Conscious Mind is the aspect of consciousness which is limitless or infinite in nature has been labeled by man as many things.

Just a small sampling of these "man-made" labels is God, Brahman, Supreme Energy, Source, Universe, Universal Intelligence, Higher Power, etc.

The scientific community refers to the Super- Conscious Mind as the field or in some cases "The Unified Field."

What you may choose to call this is of no consequence. When any of these avenues are looked at, explored and studied from a deep perspective, the path inevitably leads back to the same source. For the sake of our description we will refer to this source as Super- Consciousness, or the Super- Conscious Mind.

This Super-Conscious holds within itself the potential for any conceivable outcome, both good and bad and everything in between.

The Super-Conscious Mind exists as an infinite field of potential which knows no boundaries or limitations. Within itself contains EVERY probability, from the infinitely large to the small. It encompasses ALL things from the macroscopic, to the microscopic and beyond. It comprises all things physical and those that are non physical.

The Super-Conscious Mind is all pervasive. It is within everything and exists everywhere. You could say that it is an Infinite Field of Potential without borders or restrictions.

Within this "Infinite Field of Potential" exists and is stored anything that has ever happened or been created in the past, everything which is currently being created, or whatever may be created at some point in the future. It encompasses ALL things, all probabilities both the seen as well as the

unseen.

Within this Infinite field of consciousness exists any and every conceivable outcome? From a strictly physical perspective, meaning the existence of anything that currently exists as “physical” which can be experienced with the limitation of the five physical senses, within this Infinite Field of Possibility and potential exists the material things such as houses of all shapes and sizes ranging from shacks to multi-million dollar mansions. Within it exists the Lamborghini’s to the rust bucket jalopies; from rags to the finest linens in the world.

The Super-Conscious Mind also consists of the “intangible” or things that are of a “spiritual nature.”

There is nothing that does not already exist within it as a probability meaning that if it can be idealized and conceptualized in mind, regardless of the “perceived” enormity, it does already exist as a probability and once conceptualized, the process which makes it “real” is initiated.

Whatever can be conceived in mind as an idea and held as a focused and intentional thought and harmonized with emotion and action will and must manifest itself in physical form REGARDLESS of what it might be. Whatever can be conceptualized in mind whether physical or otherwise already exists within the super conscious mind as a already existing fact, and only requires the correct and consistent focus of consciousness whether individually or collectively to make it a physical reality.

On the emotional side the Super-Conscious Mind contains every conceivable feeling and emotion, good or bad. Whichever of these that YOU choose to experience and place consistent focus on through your individual consciousness will manifest and be experienced in physical form.

The Super-Conscious Mind also consists of you, your family, your neighbors, your friends, our co-workers. Since this super conscious mind is the “All in All” of everything conceivable, to fully grasp what it is, it is necessary to understand that ALL things whether seen or unseen broken down into their most basic and purest form are at their core comprised of pure energy or light. Since the Super-Conscious Mind and everything within it are made of the same stuff – this energy or light (consciousness) which exists as and consists of a vibrating mass of energy which serves as the fundamental building blocks of every conceivable outcome into infinity, YOU, more specifically your consciousness also exists within and is an integral part of the super conscious mind.

In other words, your individual consciousness exists within and is an integral part of the Whole which we are referring to as The Super-Conscious Mind. Your conscious and subconscious mind as well as the collective consciousness is infused with and an integral part of this same Super-Conscious Mind.

As such, your “individual consciousness”, your ability to think and reason also exists within the Super-Consciousness. Your individual consciousness which is differentiated only by your inalienable right of free will and your right to choose your individual quality of consciousness which determines your thoughts, beliefs, emotions and actions is the “only” thing that differentiates you and the Super-Conscious Mind.

Put more simply, your individual ability to think, feel and act in ways that YOU choose individually is what determines precisely what you are choosing is drawn from the “Super-Conscious Mind.” It is this choice that determines each of the events, conditions and circumstances in your life and collectively makes up your life experiences.

In other words you exist as an individual yet an integral part of the Whole (The Super-Conscious Mind) who has been provided the inalienable right of free will to choose for yourself what it is that you will draw from this “Infinite Field of Potentiality.”

How do you make this choice? Though your individual consciousness; more specifically, the quality of your predominant method of thinking and how you “perceive” reality.

When you become consciously aware of these choices you begin to see and understand that it is your individual “being-ness” that determines what is drawn from the Super-Conscious Mind and experience in your life.

Regardless of what you may observe in a physical sense with the limitations of the five senses, by giving some thought to where each of these physical things were derived, you will discover that everything that has existed, currently exists, or ever will exist began with and happened as a result of an initially held thought or idea. Everything exists as the result of consciousness.

Everything, including thought or consciousness exists as a vibrational frequency which regardless of the intensity of the frequency is broadcast into the Super-Conscious, or the Infinite Field of Potential, attracts to itself additional energies of a harmonious frequency and through the process of manifestation produces physical results.

The Super-Conscious makes no distinctions, determinations or judgments as to what you choose to project into it or draw from it. You must be conscious of your consciousness.

Although many may have a conscious desire to experience something, it is not the conscious aspect of mind which is responsible for communicating and connecting with the Super-Conscious but rather the subconscious acts as the communication and broadcasting device with the Super-Conscious and based on what is programmed at this subconscious level, determines your physical results.

Your desires, which are determined by your conscious thought patterns either harmonize with or conflict with core beliefs stored in the subconscious mind which determines which frequency you are broadcasting into the Super-Conscious Infinite Field of Potential.

If you have a conscious desire to have more money, but at a subconscious level think you are going to be broke based on previously created beliefs established around money, you are in essence broadcasting an energy, which varies in frequency. This is what scientists refer to as a “resonance” that is disharmonious with creating the reality of more money in your life.

Although you may have a strong desire to have this money or whatever else the conscious desire might be it is the underlying and often unconscious beliefs that determine and will create the various events, conditions and circumstances in every aspect of your life.

It is your resonance that is creating your reality. It is this resonance that determines what you are asking the Super-Conscious to deliver you.

If you place conscious focus on NOT being broke you are still placing focus on the opposite of that which is desired and will draw from this Super-Consciousness, the thing or result that your predominate focus remains fixated upon, which is in this case having little or no money.

The only possibility to change the outcome is to change the vibrational resonance of the thought. Rather than focusing on NOT being broke, the predominate focus should remain fixed on having an abundant amount of money, internalizing it as an already existing reality, igniting the emotions that are responsible for intensifying the energy vibration into the Infinite Field of Potential and the result is that you will draw from the Super-Conscious Mind the desired result.

You can never create a desired outcome by placing your predominant focus on the absence of it’s polar opposite. If you desire monetary wealth it

is necessary to keep thoughts focused on the attainment of monetary wealth NOT being broke.

The subconscious patterns, or beliefs, that you have established throughout your life are the determining factor as to what you are asking the Super-Conscious to provide you. Subconscious patterns that are based on lack and limitation are the determining factor as to what limitations you are experiencing and are strictly due to the limiting beliefs you hold in your subconscious mind.

By the same token any desired outcomes that you are experiencing are due to subconscious processes which connect with and draw from the Super-Conscious that which the subconscious mind believes will happen.

Contrary to what many believe to be true, there is no judgment as to what will or will not be received nor is there such a thing that so many perceive and refer to as “unanswered prayer.” When a desire, or prayer is expressed in the way that most have been taught, which is a physical form of communication, if the underlying beliefs are not in alignment with the “verbal” asking and the manifestation does not occur, it is due to a core belief in your subconscious mind which is keeping the desired outcome from you, NOT the denial of the Super-Conscious to provide it. The Super-Conscious does not say “yes” to some thing, and “no” to others.

This would eliminate the possibility of free will and would keep you from fully experiencing and learning from the choices that you make in your life. If it appears that your desired outcome is not being manifest, it is not because the Super-Conscious is vetoing your request. It is only because you do not “believe” that it will and though conscious observation can serve as a gauge to pinpoint a disharmony between the conscious and subconscious aspects of your mind. In other words there exists a subconscious belief that is keeping the desired outcome from becoming a physical reality. The Super-Conscious ALWAYS says yes.

EVERYTHING is a result of consciousness. That which is not yet here in physical form which has not yet been discovered and conceived in mind exists within this Infinite Field of Potentiality. The Super-Conscious is that field.

You only need to THINK it into being, hold it in mind as an already existing reality in the physical world and the way and means to bring it into your reality will manifest just as you instruct.

Based on the spiritual teachings of the greatest, wisest and most insightful

teachers in the history of the world, you have the ability as well as the free will to create whatever you desire, the limitations of which are based only on what you believe is possible for yourself.

According to modern day science for every “cause” there is an “effect”, the kind and quality of which is determined only by the “cause” which created it. You and your beliefs serve as the “cause” and the outcomes experienced as a result are the “effects.” When observing nature it becomes apparent that whatever seed you plant, you will receive a harvest based on and limited to the type of seed planted.

You can choose what each and every areas of your life will consist of once you learn to become consciously aware that all things are possible to them that believe that all things are possible; that you are an integral part of the whole have the ability to make them a reality, to develop a conscious awareness of the seeds that you are planting through your thought process, consciously, purposefully and intentionally holding the idea, the desired outcome as an already existing fact, align and allow your emotions to ignite as if you already possessed it as an existing physical reality and the Infinite Field of Potentiality, the Super-Conscious Mind will deliver to you without judgment, just as you instruct and desire to experience.

You have been given an inalienable right of free will to think as you choose to thing. You have the ability to consciously control those emotions which act as the frequency intensifier of those thoughts and conceptualizations that you choose to think. You hold the same identical ability to create a life that you choose regardless of what you might currently observe, believe and perceive reality to be.

You can choose to being consciously and purposefully creating whatever you desire to experience or choose to remain an unconscious creator fully believing that whatever you experience in life happens as the result of some random and uncontrollable set of capricious external circumstances.

The Super-Conscious Mind has provided you with the inalienable right of free will to choose what your reality in the physical world will be.

You have been provided the choice to determine your individual level of truth for yourself. Whatever you believe and perceive truth to be will become in your life experience and unfold just as you instruct and ask. You have the right to choose to look deeper than the physical aspects of your current life, discover a higher truth and draw from the Super-Conscious, the Infinite Field of Potential, without limitation whatever you allow to be conceived and

believed in your mind

Whichever you choose is your right. Whatever you believe is absolutely correct. There is no right or wrong reality. There is however higher truth which will enable you to experience a higher quality of life that the majority only dream about once you become aware of your individual power to create it and become enabled and empowered to conceptualize it and believe in it's manifestation.

Whatever the mind can conceive and believe the Super-Conscious Mind which already contains within itself EVERY conceivable outcome and delivers it to you precisely as you instruct based on and due to unconditional love without judgment can and will provide it just as you ask. The possibilities and the potential are infinite.

All that we are, all that exists in the entire cosmos is made up of this same "stuff", pure energy. Your individual consciousness is energy. The limitless and infinite potential which exists within the Super-Conscious is energy and pure light.

The energy that you make the choice to broadcast, the light that you choose to project through your thoughts, beliefs and emotions will be sent into the Infinite Field of Potentiality, into the Super-Conscious Mind and manifest in your physical world just as you instruct without fail.

Become conscious of that simple fact, develop an unshakable knowingness regarding who and what you truly are, consciously and purposefully construct your thoughts based on Infinite Potentiality, clearly define your desired outcomes and you will have achieved life and the self-mastery to create and experience the life of your dreams without limit.

Your light is always shining, projecting and creating something. The Super-Conscious Mind always reflects that light back just as you choose. You only need to become consciously aware of what that something is and the Super-Conscious will oblige you and provide it to you unconditionally.

There is only ONE MIND...The Super-Conscious Mind...everything conceivable that exists within it is merely a by-product and exists as an integral part within its Infinite Possibilities.

The rewards for making a conscious choice to create will bring fulfillment, joy, purpose, peace, and limitless abundance in each and every area of your life.

So far, we have considered the conscious, subconscious, and Super-Conscious, now let's add the Unified Field Theory. The four fundamental

forces in the universe (electromagnetism, gravity, the strong interaction, and the weak interaction) are actually types of a single high-energy force called the grand unified field theory or quantum field theory.

This is the theory that brings quantum mechanics and special relativity together to account for subatomic phenomena. In particular, the interactions of subatomic particles are described in terms of their interactions with fields, such as the electromagnetic field.

How is this possibly useful to us in our day-to-day lives? Because it gives understanding and scientific credibility to our ancient beliefs that we are all one and all interactive; that even within our own bodies, things do not just show up in just one place. For example, we know now that there are brain cells throughout the body and anything that we think or experience in one part of ourselves is instantly thought and understood in all areas of our bodies. And all our thoughts and verbalization and actions are felt and experienced by everyone else in the unified field, we are all entangled.

We know from the double-slit experiment, for example, that the observer affect can be scientifically verified, and this is one of our indicators that as we observe our own behaviors and thoughts and desires, we influence change in them.

We also know from quantum physics that words are energy and that the words we speak can actually change our DNA. It makes sense then that we watch our words more carefully, and monitor what we tell ourselves about who we believe we are.

Ignoring the existence of the knowledge of the unified field, means losing the value of creating the life you truly want. The most critical thing about particle physics is that these subatomic particles are not solid and stable things and they exist in many states all at once; they are in a state of pure potential, as a state of superposition or the sum of all probabilities. The very act of observing changes the outcome.

As you choose to become conscious observers of your life, at any point in time, you can create what you have chosen rather than what you have been told is already there.

Dr. Candace Pert, the pharmacologist who researched neuro-peptides and receptors and the storage of mental-emotional addictions as well as chemical addictions, teaches that when you focus on what you want and focus your positive intention; you open receptors to joy and close your receptors to pain. You actually do not even have to close your receptors to pain, when unused,

they close on their own.

You are able to connect directly with your subconscious, in the unified field, and communicate how you intend your life to be now...right now. You collapse the field of probabilities in the moment and create what you consciously intend in your life.

The problem is that so many people are so caught up into The Collective Consciousness of the planet that they can no longer create for themselves. What is collective consciousness? The collective consciousness of the planet is the collective energy which is created and broadcast as a result of the combined or collective individual thought processes of the world's population.

Regardless of whether you are aware of it or not or whether you believe it or not, our collective thought energy plays an extremely important role in and if allowed can affect the outcomes which make up every aspect of your life. It is this combined consciousness or collective consciousness of the planet which determines worldwide events such as peace or war, poverty or abundance, harmony or discord, love or hate and serves as the cause which is responsible for natural disasters.

Until you become aware of it's existence and develop a level of individual consciousness which enables you to recognize and transcend the collective, this mass consciousness can and will affect the day to day outcomes that you experience.

All that is seen or unseen is, in its purest and most basic form, the result of consciousness. To put it another way, it is consciousness which acts as the seed for all creation whether individual or collectively.

The kind and quality of each individual thought that one chooses, joins together with the individual thought patterns of others which contributes and determines the collective unconsciousness of the planet.

To simplify, the individual thoughts that you think are THE determining factor in the kind and type of SEED which is being planted which in turn determines the kind and quality of HARVEST that will grow resulting in your individual life experience. In addition, your chosen thoughts play an important and significant role in determining the quality of the collective thought patterns of the world's population that I am referring to as the collective consciousness.

On a larger scale the same type of thought seeds, created and planted by the 6 billion plus individuals (collective consciousness) will produce the

same harvest, which is the same in kind and quality as the predominant thoughts responsible which also serve as the seeds, but on a much larger scale.

What so many perceive today as a chaotic world fail to understand is that in reality it is, as it ALWAYS has been, a perfect unfolding of creation being created with absolute perfection based on the kind and quality of the seeds being planted as a result of the collective consciousness.

To help you understand, an individual thought of fear holds a much different vibrational frequency than thoughts based on love. If the idea of thought frequencies is a bit mystical or esoteric for you consider these two varying thought forms, that of love and fear, to be seeds. Fear seeds planted will produce a harvest based only on the kind and quality of the seed planted. By the same token seeds of love planted (thoughts projected) produce outcomes or effects based on the kind and quality of the seed. It becomes blatantly obvious through the observation of nature that everything produces in kind.

Now imagine a billion individual thought seeds based on fear projected into the Infinite Field of Potential. What type of physical outcomes do you suppose are going to be reproduced in the world? What kind of harvest do you suppose is going to grow? A harvest that correlates perfectly with the kind and quality of the seeds planted.

The result is that the harvest reaped based on fear can only produce an outcome or series of outcomes in direct correlation to the seed sown which in turn creates additional events, conditions and circumstances in the world which only serve to instill and create additional fear.

So how do you keep the collective consciousness from affecting your ability to fulfill your fondest hopes, dreams and desires? How can you contribute to changing the undesirable events, conditions and circumstances of the world?

By first becoming keenly aware that this collective consciousness exists and recognizing the fact that it has absolutely no power over you unless you allow it to and give it power over you. You have the ability to begin carefully and consciously choosing your thoughts, to keep your vision and purpose fixed on the manifestation of those things that you most desire to experience whether on an individual basis or on a much larger scale, for the betterment of the entire planet.

The free will of others cannot affect your free will whether individually or

collectively unless and until you buy into and accept the conditions which this collective consciousness has created. Through the buying into it your thoughts harmonize and intensify the output projected which only serves to feed and contributes to the collective consciousness which creates and allows these conditions to happen.

What creates events, conditions and circumstances are perceived as chaotic and discordant circumstances in the world is that the mass majority of the world walks around in an unconscious fog allowing what appears as real in the physical world to affect their moment by moment thoughts and emotions, fully believing that whatever is happening is due to a series of random, external and uncontrollable circumstances which they have absolutely no control over.

They fail to develop the awareness as to how these existing conditions are created, the source from which they were derived, whether individually or as a result of the collective consciousness, and as a result allow additional thoughts and emotions created by their perceptions of the physical reality to create additional thought and emotional patterns which determine and dictate what additional seeds they are unconsciously planting which can only produce MORE results that harmonize with their predominant thought patterns.

1. There is what appears as good and bad things in the world because the collective consciousness of the planet is divided in their thought processes. There are those who choose to focus on and think about lower forms of energy such as murder, war, robberies, etc. and there are those who choose to focus on the higher truth that the conditions of the world will improve in direct proportion to the kind and quality of consciousness that is being projected.
2. So how do we escape from allowing the collective consciousness of the world to affect you personally? There are some very simple and obvious things that can be done initially.
3. The first is to become consciously aware of what you are exposing yourself to and allowing yourself to absorb which will determine what is creating your quality of consciousness. By becoming conscious of and analyzing your own individual thought processes it will assist you in becoming conscious of what type of external input that you are exposing yourself to and allowing yourself to be affected by.
4. The evening news is a great example. Do you hear predominately

positive or negative things when watching the news? Is the broadcasting based on what is right or what is wrong with the world? The answer to that question is obvious. Whether or not you realize it, by immersing yourself in hearing about all of the negative happenings around the world and the fear based information that YOU are allowing yourself to take in and absorb, your individual consciousness is being affected at a subconscious level and as a result the physical aspects of your life are also being affected. At the same time by allowing this to happen you are contributing to the lower forms of the collective consciousness.

You and the majority of the population, without being aware, are being inundated with everything that is “wrong” and “negative” in the world not fully understanding that this information is affecting you at a subconscious level, which in turn is having a major impact on the events, conditions and circumstances which you experience in your day to day life.

In essence you are being “programmed” and manipulated to think, feel, and act in ways that others choose for you and as a result allowing others to create your experiences in not only your own life, but contributing to the undesirable events, and conditions of the entire world by feeding the energy of the collective consciousness based on your perception of what YOU are allowing yourself to become programmed by.

On a much broader scale, when millions or billions are exposed to and affected by information such as the evening news chooses to broadcast, which is predominately what is “wrong” in the world, it ultimately affects not only your individual consciousness but the collective consciousness of the entire planet and lowers the vibrational frequency which can only create additional discordant events and circumstances on a much wider scale. A **WORLDWIDE SCALE!**

The doom and gloom messages that is commonly broadcast on the news, whether you realize it or not is programming you and is playing a MAJOR part in your life, as well as affecting the consciousness of the majority who choose to watch it and as a result the collective consciousness is being formed and affected as well creating more of what is perceived as negative news, conditions, and circumstance.

It is important to understand that what you hear and see on the news IS NOT an accurate depiction of what is going on in the world but only provides a VERY LIMITED perspective which is chaos and fear based. There is more good that is happening in the world that the media chooses not to make you

aware of. It is a clearly thought out plot by the multi trillion dollar corporations who are the advertisers that sponsor these news broadcasts to keep you coming back for more negative programming so you will BUY their products. Whether you choose to accept or believe it or not, you ARE being programmed.

This type of programming is designed in such a way that portrays an attitude of caring through FEAR based means which the unconscious masses buy into fully believing that they NEED to hear it so they know what to do to keep themselves and their families safe, not fully understanding that by exposing themselves to it that they are only intensifying and creating MORE of the same.

Fear based thought forms (seeds) can no more provide a benefit in your life or a benefit to the world than planting a crabgrass seed can produce a flower.

In the case of human psychology, your thoughts ignite emotions. Whatever emotions you allow yourself to experience determine which chemicals in your body are created based on the electro-chemical process, whether helpful or harmful. Each and every naturally produced chemical in your body is designed to be life sustaining and is unless improperly used which can literally kill you.

It is no secret that stress and anxiety is responsible for as much as 95% of all illness and disease in the world. Stress and anxiety creates and secretes chemicals in your body that when released during temporary spells of “healthy fear” can prove to be healthy and keep you safe, but when continually released due to unnecessary stresses and fears invoked through medias such as the news can and will prove to be EXTREMELY detrimental to your health.

Continuing to expose yourself to forms of media that create fear and anxiety not only effect your physical body, but the thoughts and emotions experienced as a result also effect your future outcomes in your life and contribute in a negative way to the collective consciousness as well.

Medias such as the evening news which instill fear based programming are in essence through repetition, programming the mass majority with programming of fear which only serves to create vibrational frequencies which are broadcast out into the Infinite Field of Potential which can only attract and create additional fear based circumstances in the physical world. Fear seeds can only produce a harvest of fear just as an apple seed can only produce an apple tree. Any other outcome is absolutely impossible and

would contradict the unfailing and unwavering process of creation.

It is due to the collective consciousness of the world that what is being perceived, created and experienced as chaos in the world, continues to happen and multiply. Most believe and buy into the fact that we live in a chaotic world. Although the chaos appears and is perceived as real, in reality its creation is not chaotic at all but rather is unfolding perfectly and precisely due to the unwavering and immutable Law of Nature which governs the entire cosmos. These laws operate 100% of the time in absolute perfection. It is not the world or Universal Laws that create chaos in the world but rather the chaotic and unfocused thought patterns of the world's population which make up the collective consciousness of the world.

All of the chaotic events that unfold in the world are being created precisely without wavering. Chaos in the world is due to the masses misusing their inalienable right of free will to think thoughts and experience emotions which create the chaotic conditions. Fear and violence based input into the subconscious mind can only create fear and violence based outcomes in the world.

So what is the best way to contribute as individuals to the change or improvement of what we perceive as chaotic conditions of the world?

- ✓ Become conscious of what it is that you are creating
- ✓ Develop an attitude of gratitude, understanding that the process of creation is ALWAYS perfect and precise, that everything is unfolding perfectly based on the energy that is being broadcast which represents the seeds that are being planted
- ✓ Keep focus placed on a specific and desired outcome and in turn you will be doing your part to improve conditions overall
- ✓ Make the choice to intentionally and purposefully keep your focus fixed on the good rather than the bad, on love rather than fear, you are emitting or broadcasting a frequency that will collectively produce a much different type of harvest

When you begin to understand this at depth and keep your individual consciousness focused on the desires that you choose to experience rather than what is wrong in the world you will have come to a place that the collective consciousness cannot and will not affect you personally. YOU and you alone must make the choice to be affected or not.

You must make the choice to determine how something affects you. You, with your right of free will have the ability as well as the power to determine

how you perceive and react to what is happening around you.

It is only a matter of perspective, the perspective that you hold which can only serve to produce effects in your personal life in exact proportion to that perspective. This perspective can and does also fuel and feed, either positively or negatively the energy of the collective consciousness based on those individual choices that you make.

Once you fully grasp and internalize the fact that it is individual consciousness that joins with other individual consciousness that collectively form to create the consciousness which determines on a larger scale the events in our world, you will begin to understand that EVERY event, EVERY condition and EVERY circumstance begins with an agreed upon thought.

Regardless of what you might currently believe, you CAN make a tremendous difference in elevating the collective consciousness once you begin to understand that you being an integral part of the whole have a personal responsibility in the events, and conditions which happen in the world and shift your consciousness to what it is that you have a desire to see created and shared with those who have the willingness to listen and learn how to do the same.

You can become a part of the solution or remain a creative part of the problem. Although you cannot change the fact that your individual choices are creating something and contributing to the collective consciousness of the planet, you can become conscious of what it is you are creating and make a conscious choice as to which you are contributing to. That is a choice YOU have the inalienable right of free will to make. Your life will unfold perfectly based on the decisions you make.

So what specific steps can you begin to take that will begin to impact the collective consciousness of the world and the outcomes being experienced as a result?

Change your individual consciousness, seek out deeper understanding as to how the process of creation unfolds in perfect harmony 100% of the time without fail, seek for ways to share your newfound discoveries with others and in turn you will be contributing to and raising the vibrational frequency of the collective consciousness which can, will, and does 100% of the time, contribute in changing the events of the world.

Contrary to popular beliefs one person CAN make a tremendous difference in changing the world. If one chooses to plant the initial seed, that

seed will sprout, mature, and produce additional seeds. In the same way, explained through the process of energy, when you raise the quality of YOUR thinking, you are raising the frequency of the energy projected through and by the collective consciousness which MUST raise the frequency of the collective as a whole, which can only produce better and more positive results in the world.

When enough seeds are planted, the sprouts begin and the harvest becomes ripe, producing even more seeds enabling the crop to become larger as their harvest produces even yet more seeds. One single seed can and does produce an infinite number of additional seeds.

You are a seed and you have the ability to plant consciously returning a harvest that is a hundred, a thousand, a million, a billion fold. You only have to choose to take the first tiny step to do so.

You have the choice as well as the ability to become conscious of the seeds that you are planting. You have the choice as well as the ability to determine which type of seeds you will plant. You can choose to plant and nurture seeds of fear and destruction as well as seeds that promote love and growth. You only need become and remain conscious of which you are planting to make a positive and meaningful difference in the collective consciousness of the world.

Millions of people are living lives of mediocrity, lack, and limitation of all kinds because they do not direct their subconscious minds properly. They fail to impregnate their minds with thoughts of harmony, peace, joy, abundance, security, and right action. If you do not direct your subconscious according to universal principles and eternal verities, you will then subject it to the thinking of the masses, and this, as you know, is mostly negative. Begin now to activate your conscious mind with thoughts of good, and your subconscious mind will do the rest for you.

How much do you want what you want? Are you willing to leave your old ideas, the traditional view of things, and acquire new ideas, new imagery, new viewpoints and even a new world view? Are you open and receptive? Are you will to give up resentments and grudges over past failures? If so, then there is no limit to the things you can achieve. You are transformed only one way, and that is by the transformation of your mind.

Whatever choices you may choose it is my sincere and heartfelt hope that those choices will lead you and our world one step closer to experiencing a life of joy, fulfillment, peace, and limitless prosperity in each and every area

of your life.

Individually we can begin to make a POWERFUL and MEANINGFUL difference. Collectively we CAN change the world.

Part Two

Remote Viewing

Manual

How is it possible to visit instantly any location in the universe in the present, past or probable future? What happens to space/time?

Alain Aspect and his research team at the University of Paris' Institute of Theoretical and Applied Optics in France experimentally proved the Non-Locality Principle of quantum physics in 1982. This principle states that space and time does not really exist. We can say that it seems that our phenomenal world is, in reality, supported by an indivisible reality, non-local (at that level space does not exist), and non-subject to the restrictions of time (time does not seem to have any meaning at that level). This is equivalent to saying that no element, whether alive or inanimate, in this universe is separate from another. However, at the level of individual perceptions of reality it certainly seems to be so! Quantum physics suggests that our universe is non-local and infinitely interconnected at some deeper level of reality.

When you say that you see, hear, touch or taste, it is, in reality, the structures of your brain that see, hear, and project tactile, olfactory and gustatory perceptions. The "outside world" is an abstract world made out only of waves and vibrations. You need a brain to be present for the decoding of these waves to be done in a manner that would give you a sensation of "a material world out there." So, what is needed to instantly visit any location in the universe in the present, past or probable future? The answer is your mind and this is why Remote Viewing, Remote Influence and Transdimensional Communication work.

What is Coordinate Remote Viewing? (Also known as Controlled Remote Viewing)

Coordinate Remote Viewing (CRV) is the trained ability to obtain accurate psychically derived data on person, places, things, and events anywhere in

time and space, using on a pen, paper, and ones mind. Remote viewing is an innate ability that all persons possess, but like language, it must be learned. When utilizing this methodology, you are not in an altered state. You are fully conscious, alert, and in a state of "high attention." However, we have found that being in a Theta state is more consistent and accurate.

The Defense Intelligence Agency's remote viewing unit became known in defense circles in 1989, when team members with the support of General Albert Stubblebine (former commanding General of INSCOM) took the technology into the private sector.

In 1995, the CIA's AIR report, and a Nightline program further increased public knowledge of the remote viewing program. The report was a damage control attempt by the CIA. It covered only the final two years of the program, which was called "STAR GATE."

As human beings, data and information is constantly flowing through our perceptual apparatus. We are all constantly accessing information, but unlike natural physics, most cannot control the flow of data or lock on to it consistently. Our "psychic muscles" are underdeveloped.

When properly trained, this remote viewing structure allows anyone to lock on to the signal line, slowing down the process so that one can retrieve accurate data, more accurately, and more consistently than the best psychics can. The structure is also self-correcting, and brilliantly separates the viewer's analysis and imagination from the actual data.

The CRV manual was never intended to be a "training manual" per se, nor a replacement for proper training by a qualified instructor.

Its purpose was simply to serve as a guide and a reference for the terminology. Proper training is very rigorous. Exact attention structure (in the correct order) is absolutely necessary. Every percept that enters your mind must be dealt with. This manual does not instruct one on the proper methods for CUING. It does not instruct one on the proper creation of a targeting package, and the pitfalls and problems than can result if the use of target reference material (photographs) is not properly employed.

Remote Viewing, or sensing, of places or events is normally performed in the present, but sessions have also been undertaken in the past and future. One of the outcomes from the funding was a set of protocols designed to make clairvoyance a more scientific process, and minimize as much as possible session noise and inaccuracy. The term "remote viewing" emerged as a generalized short hand to describe this more structured approach to

clairvoyance.

Since it was not a stand-alone training manual, it leaves out many details regarding the actual application of the skill. Additionally, many techniques were refined and developed during many years of application in the private sector, in the many years since the manual was written.

Be aware that learning remote viewing and applying the techniques is hard work. To become proficient, CRV training requires a commitment by one to practice the techniques, as it is a learned skill.

I know that there will be those who will try to learn CRV on their own, by simply reading this manual. If you do not have success, it will not be for lack of trying, but because you do not have enough information and lack proper training. If you are serious about learning, a professional must personally train you.

How to Experiment with Remote Viewing

I have found that few people have the patience to learn and master the Defense Intelligent Agency's Coordinate Remote Viewing Manual; if that is you, I have enclosed a primer for "How to Experiment with Remote Viewing."

So many that are new to Remote Viewing are anxious to know if they may have the talent to Remote View that they will not take the time to read all six sections. Before proceeding with the Coordinate Remote Viewing Manual, I have written an experiment that may help.

Difficulty: Moderately Hard

Time Required: Up to 6 hours

Here's how:

1. **First decision.** Decide who will be the reviewer (the person who actually does the remote viewing) and who will be the send (the person who transmits the information to the viewer).
2. **Create the targets.** Have a third person who will not be involved in the remote viewing experiment, select 5 to 10 possible targets – the places the viewer will be remote viewing. The targets must be actual places, preferably within driving distance. This third person should write down details about

each target on an index card. Information should include key features of the site: landmarks, geographic features, structures and directions; the stronger the details the better.

3. **Secure the targets.** The third person should place each target card in its own unmarked opaque envelope. Seal all envelopes.
4. **Choose the target.** Have a fourth person randomly select one of the target envelopes and give it to the viewer.
5. **Plan a time.** Decide on a span of time that the actual experiment will begin and end. For example, let's say you choose to begin at 11:00 am and end at 12:00 pm. From this point, the sender and viewer should have no contact until the experiment is over.
6. **Open the envelope.** In a place separate from the viewer, the sender should open the envelope and for the first time out what the target location is. The sender should then go to that location, planning to be there by the same time (in this case 11:00 am).
7. **Viewer preparation.** Before the start time, the viewer should prepare by being in a quiet, comfortable location with as few distractions as possible. Dress comfortable, disconnect the phone or turn your cell phone off and go to the bathroom to avoid any possible interruptions. Get as relaxed as possible; try some breathing exercises.
8. **Start sending.** At the agreed time, the sender is at the target location. The sender should look around and begin transmitting by thought detailed impressions of the location. The impressions should include colors, strong shapes, structures, and even smells.
9. **Start viewing.** At the agreed time, the viewer should be very relaxed and be sitting comfortably with paper and pencil or pen. Write down the impressions that come across. Draw the shapes seen; note color and smell impressions.
10. **Notes.** Before the experiment is over, the sender should also jot down notes about the specifics of the target location.
11. **Ending the experiment.** At the end of the agreed time, the viewer should sign and date all notes and drawings made. These are then given to another person.
12. **The judge.** After the experiment is finished, the viewer's notes and the sender's notes (and photos, if any) should be handed over to an impartial person (who thus far had no connection with the experiment) who will act as a judge. The judge will compare the notes of the sender and the viewer to

determine how successful the remote viewing experiment was.

13. **The verdict.** Finally, all persons can gather to hear the judge's opinion, view all of the materials and find out the number or percentage of remote hits.

14. **Plan another experiment.** Whether the results are satisfactory or disappointing plan to try again; psychic experiments take time and practice. Don't give up.

15. **Share your successes.** If you have conducted a successful remote viewing experiment let us know about it. The Center for Emerging Consciousness is always looking for accurate viewers. We may also share your information with our readers and website.

Tips:

1. When the third party selects the target sites, it will be helpful to choose a sports venue, or land mark that have strong, bold and unique visual features. This will help make the transmission and reception of the target easier and more specific.

2. At no time before or during the experiment should the viewer see or speak with the people who choose the targets and create the cards and envelopes. This prevents the accidental leakage of any information about the targets to the viewer beforehand.

3. When the viewer is writing down and drawing impressions, do not try to interpret, analyze or second-guess them. Record your first impressions without censorship or judgment. Just let it happen.

4. For some viewers, it is preferable to just sit and relax while impressions are received. Say what is "seen" and have someone else write down what is said. Consider recording it on audio or videotape.

5. Keep trying. Unlike a chemistry experiment in which you mix two chemicals and always get the same result, an experiment like remote viewing is not always sure-fire. Results will vary with the people involved, the time and place, and other circumstances. Keep experimenting. You may find that your percentage of "hits" will improve over time.

Can anyone learn to remote view? Yes. All people have a certain degree of clairvoyant sixth sense. This often manifest as an indescribable "hunch" or "feeling" that people cannot logically explain. You may hear people say, for example, "I've got a bad feeling about this," or "I don't know why, but I've got a feeling we can trust him." Unfortunately, many people ignore their sixth sense, deferring to logic and emotion rather than their "gut" instinct.

Science even acknowledges the existence and validity of hunches and instincts. Your subconscious mind translates information into emotions to help guide you. Therefore, in order to develop your sixth sense, you have to learn to use and trust your subconscious mind.

What you need to learn is that no matter what you believe you can train your perception and that you can sharpen it a great deal. Just look at these three methods.

Method 1: Perception Improvement

The problem that may people run into is that they go through their day so very focused on their tasks that they never see anything else. There are so many small details that can tell us so much, but if you refuse to take the time to look, you will find that you are letting your sixth sense wither. When you go to improve your perception, you will be able to take in more of the world around you. There are definitely advantages to being aware, so take a moment to really look around yourself.

Remember that you are not going to be able to do this without practice, however, there are definitely things that you can do when you need to increase your perception. Just slow down to begin with. Relax, take deep breaths and try moving around more slowly. Take away any distractions that you might be using to entertain yourself. Take yourself for a drive and leave the radio off. This will make you more aware of the world around you, whether it is simply of your car and your own heartbeat or the world around you and how you are moving in it.

A meditation session might be precisely what you need when you are thinking about clearing your head. Close your eyes take a deep breath and make yourself relax. When your eyes open, you will be able to see a lot with regard to the world around you. This will make a big difference.

Method 2: Meditate

Take at least half an hour out of your day and learn to meditate. You will discover that meditation will let you use your mind and clear it at the same time and you will discover that this can be a great way to let your subconscious mind out to play. Remember that you are looking to feel more comfortable and more relaxed as you do this.

When you are thinking about meditation, you will discover that it is a lot easier said than done. You might find that you sit down and suddenly there are a number of things that are all calling for your attention. You might feel as though you are being silly or that you are doing it wrong.

When you meditate your senses can distract you. Every sound that you hear or emotion that you might be experiencing can distract you. What can you focus on? Lots of people start with a candle flame. There is not a lot to see and the flicker of the candle gives you something to focus on while staying still.

Second, your conscious mind, your thoughts, never shuts down; we are always thinking about something. Rather than try to silence it, occupy and distract it with a mantra. A mantra is a phrase, poem, or prayer that you repeat over and over again in your head just to occupy your mind.

Method 3: Trust Yourself

Finally, remember that you need to believe in yourself and trust yourself. Do not doubt and do not second guess yourself. Do not say that your gut instincts must be wrong or that they are not important. Remember that the things you feel, you feel them for a reason. What is your subconscious mind trying to tell you? Do not let this message go unattended as you try to move forward.

At first, this may be difficult. Over time, however, the more you listen to and trust your instinct, the more confidence you will gain in them. Your sixth sense will work stronger, and it will be easier for you to trust it.

Now for those of you, who are into the “nuts and bolts” of Remote Viewing as found in the Intelligence Agency’s Coordinate Remote Viewing Manual, proceed to the next page. Or, if you are more interested in Remote Influence or Transdimensional Communication, you may proceed to these chapters.

INTRODUCTION TO REMOTE VIEWING

A. General

The following definitions and descriptions are provided to acquaint the reader with the remote viewing phenomenon and a typical viewing session.

1. Definitions: a. Remote Viewing (RV): the name of a method of psycho energetic perception. A term coined by SRI-International and defined as "the acquisition and description, by mental means, of information blocked from ordinary perception by distance, shielding or time."

b. Coordinate Remote Viewing (CRV): The process of remote viewing

using geographic coordinates for cueing or prompting.

c. Remote Viewer: Often referred to in the text as "viewer," the remote viewer is a person who employs his mental faculties to perceive and obtain information to which he has no other access and of which he has no previous knowledge concerning persons, places, events, or objects separated from him by time, distance, or other intervening obstacles.

d. Monitor: The individual who assists the viewer in a remote viewing session. The monitor provides the coordinate, observes the viewer to help insure he stays in proper structure, records relevant session information, provides appropriate feedback when required, and provides objective analytic support to the viewer as necessary. The monitor plays an especially important role in training beginning viewers.

2. Descriptions:

a. Remote Viewing Session: In a remote viewing session an individual or "viewer" attempts to acquire and describe by mental means alone information about a designated site. The viewer is not told what the site is that must be described but is provided a cue or prompts which designate the site.

b. Session Dynamics: In conducting a coordinate remote viewing session, a remote viewer and a monitor begin by seating themselves at the opposite ends of a table in a special remote viewing room equipped with paper and pens, a tape recorder, and a TV camera which allows either recording for documentation, or monitoring by individuals outside the room. The room is homogeneously colored, acoustic-tiled, and featureless, with light controlled by a dimmer, so that environmental distractions can be minimized. The session begins when the monitor provides cueing or prompting information (geographic coordinates in this case) to the remote viewer. The remote viewer is given no additional identifying information, and at this point has no conscious knowledge of the actual site. For training purposes, the monitor is allowed information is being provided. The session then proceeds with the monitor repeating the prompting information at appropriate intervals and providing necessary feedback. The remote viewer generates verbal responses and sketches, until a coherent response to the overall task requirements emerges.

c. Post Session Dynamics: After the session is over, the remote viewer and monitor obtain specific information about the site in picture/description form. The remote viewer and monitor then discuss the session results.

The training procedure requires that the trainee learn a progressive, multi-

stage acquisition process postulated to correspond to increased contact with the site. At present there are six "stages" of training. In general, these stages progress as follows:

(1) **Stage I:** sites (islands, mountains, deserts, etc.).

(2) **Stage II:** sites (sites of quality sensory value – sites which are uniquely describable through touch, taste, sound, color, or odor, such as glaciers, volcanoes, industrial plants. etc.).

(3) **Stage III:** sites (sites possessing significant dimensional characteristics such as buildings, bridges, airfields, etc.).

(4) **Stage IV:** sites for which the trainee begins to form qualitative mental percepts (technical area, military feeling, research, etc.).

(5) **Stage V:** sites for which the trainee learns to "interrogate" qualitative mental percepts in an attempt to produce analytical target descriptions (aircraft tracking radar, biomedical research facility, tank production plant, etc.).

(6) **Stage VI:** sites which involve the trainee in direct, three-dimensional assessment and modeling of the site and/or the relationship of site elements to one another (airplanes inside one of three camouflaged hangars or a military compound with a command building, barracks, motor pool, and underground weapons storage area).

The following document has been prepared to serve as a comprehensive explanation of the theory and mechanics of CRV as developed by SRI-I. It is intended for individuals who have no in-depth understanding of the technology and as a guide for future training programs. Particular attention should be paid to the glossary at the end of the document and to the terms as defined in the text, as they are the only acceptable definitions to be used when addressing the methodology presented.

THEORY OF REMOTE VIEWING

A. Concept:

As will be explained in detail below, remote viewing theory postulates a non-material "Matrix" in which all information about a person, place or thing

may be obtained through the agency of a hypothesized "SIGNAL LINE." The viewer psychically perceives and decodes this signal line and objectifies the information so obtained.

A remote viewing session consists of both the interaction of a remote viewer with the signal line, and the interaction between the viewer and the monitor. The monitor and viewer are generally seated at opposite ends of a table. The viewer has a pen and plenty of paper in front of him. The monitor observes the viewer, and determines when the viewer is ready to begin when the viewer places his pen on the left side of the paper in preparation to record the coordinates. The monitor then reads the coordinate, the viewer writes it and the session proceeds from that point according to theory and methodology as discussed at length below.

B. Definitions:

1. Matrix: something within which something else originates or takes form or develops... a place or point of origin or growth.

2. Signal: something that incites into action; an immediate cause or impulse.

3. Signal Line: The hypothesized train of signals emanating from the Matrix and perceived by the remote viewer, which transports the information obtained through the remote viewing process.

4. Wave: A disturbance or variation that transfers itself and energy progressively from point to point in a medium or in space in such a way that each particle or element influences the adjacent ones and that may be in the form of an elastic deformation or of a variation of level or pressure, of electric or magnetic intensity, of electric potential, or of temperature.

5. Aperture: An opening or open space; hole, gap, cleft, chasm, slit. In radar, the electronic gate that controls the width and dispersion pattern of the radiating signal or wave.

6. Gestalt: A unified whole; a configuration, pattern, or organized field having specific properties that cannot be derived from the summation of its component parts.

7. Evoking: (Evoke: "to call forth or up; to summon; to call forth a response; elicit.") Iteration of the coordinate or alternate prompting method is the mechanism which "evokes" the signal line, calling it up, causing it to impinge on the automatic nervous system and unconsciousness for transmittal through the viewer and on to objectification.

8. Coding/Encoding/Decoding: The information conveyed on the signal

line is "encoded," that is translated into an information system (a code) allowing data to be "transmitted" by the signal line. Upon receiving the signal, the viewer must "decode" this information through proper structure to make it accessible. This concept is very similar to radio propagation theory, in which the main carrier signal is modulated to convey the desired information.

C. Discussion

The Matrix has been described as a huge, non-material, highly structured, mentally accessible "framework" of information containing all data pertaining to everything in both the physical and non-physical universe. In the same vein as Jung's Cosmic Unconsciousness, the Matrix is open to and comprises all conscious entities as well as information relating to everything else living or nonliving by accepted human definition. The data encoded on the signal line originates from this informational framework. This Matrix can be envisioned as vast, three-dimensional geometric arrangements of dots, each dot representing a discrete information bit. Each geographic location on the earth has a corresponding segment of the Matrix corresponding exactly to the nature of the physical location. When the viewer is prompted by the coordinate or other targeting methodology, he accesses the signal line for data derived from the Matrix. By successfully acquiring (detecting) this information from the signal line, then coherently decoding it through his conscious awareness and faculties, he makes it available for analysis and further exploitation by himself or others.

Remote viewing is made possible through the agency of a hypothetical "signal line." This signal line radiates in many different frequencies, and its impact on the viewer's perceptive faculties is controlled through a phenomenon known as "aperture." Essentially, when the remote viewer first detects the signal line in Stage I it manifests itself as a sharp, rapid influx of signal energy – representing large gestalts of information. In this situation, we therefore speak of a "narrow" aperture, since only a very narrow portion of the signal line is allowed to access the consciousness. In later stages involving longer, slower, more enduring waves, the aperture is spoken of as being "wider."

D. Levels of Consciousness:

1. Definitions:

a. Subconscious: Existing in the mind but not immediately available to consciousness; affecting thought, feeling, and behavior without entering awareness; the mental activities just below the threshold of consciousness.

b. Subliminal: Existing or functioning outside the area of conscious awareness; influencing thought, feeling, or behavior in a manner unperceived by personal or subjective consciousness; designed to influence the mind on levels other than that of conscious awareness and especially by presentation too brief to be consciously perceived.

c. Limen: The threshold of consciousness; the interface between the subconscious and conscious.

d. Liminal: At the limen; verging on consciousness.

e. Supraliminal: Above the limen; in the realm of conscious awareness.

f. Conscious: Perceiving, apprehending, or noticing with a degree of controlled thought or observation; recognizing as something external. Present especially to the senses; Involving rational power, perception, and awareness. By definition, the "conscious" part of the human being is that portion of the human consciousness which is linked most closely to and limited by the material world.

g. Automatic Nervous System (ANS): A part of the vertebrate nervous system that innervates smooth and cardiac muscle and glandular tissues, governs actions that are more or less automatic, and consists of the sympathetic nervous system and the parasympathetic nervous system.

h. Ideogram (I): The reflexive mark made on the paper as a result of the impingement of the signal on the autonomic nervous system and its subsequent transmittal through this system to the arm and hand muscles, which transfers it through the pen onto the paper.

i. Analytic Overlay (AOL): Conscious subjective interpretation of signal line data, which may or may not be relevant to the site.

j. Automatic vs. Autonomic: Reception and movement of the signal line information through the viewer's system and into objectification is an

autonomic process as opposed to an automatic one, which itself implies an action arising and subsiding entirely within the system rather than from without.

2. Discussion

RV theory relies on a rather Freudian model of human consciousness levels. The lowest level of consciousness is paradoxically named the "unconscious." All this label really means is that part of our mental processes we know as physical "awareness" or "consciousness" does not have access to what goes on there. It is apparently this part of the individual's psyche that first detects and receives the signal line. From here it is passed to the automatic nervous system. When the signal line impinges of the ANS, the information is converted into a reflexive nervous response conducted through muscular channels controlled by the ANS. If so allowed, this response will manifest itself as an ideogram. At the same time, the signal is passed up through the subconscious, across the limen, and into the lower fringes of the consciousness. This is the highest state of consciousness from the standpoint of human material awareness. However, the normal waking consciousness poses certain problems for remote viewing, occasioned largely because the linear, analytic thought process which are enhanced and engrained from our earliest stages of cognitive development. While extremely useful in a society relying heavily on quantitative data and technological development, such analytic thinking hampers remote viewing by the manufacture of what is known as "analytic overlay," or AOL. As the signal line surges up across the limen and into the threshold ahead of consciousness, the mind's conscious analytic process feels duty-bound to assign coherence to what at first blush seems virtually incomprehensible data coming from an unaccustomed source. It must in other words make "logical" assessment based on the impressions being received. Essentially, the mind jumps to one or a number of instantaneous conclusions about the incoming information without waiting for sufficient information to make an accurate judgment. This process is completely reflexive, and happens even when not desired by the individual involved. Instead of allowing holistic "right-brain" processes (through which the signal line apparently manifests itself) to assemble a complete and accurate concept, untrained "left-brain" based analytic process seize upon whatever bit of information seems most familiar and forms AOL construct based on it.

E. Learning Theory

1. Definitions:

a. Overtraining: The state reached when the individual's learning system is over-saturated and is "burned-out," analogous to a muscle that has been overworked and can no longer extend or contract until it is allowed to rest and rebuild fibers that have been broken down by the stress, or reinforce those that have been newly acquired by new demands placed upon the muscle.

b. Absorption: Assimilation, as by incorporation or by the digestive process.

c. Cognition: Cognition is an assemblage of neurons, linked together by interconnecting synapses, and which when stimulated by the mind's recall system produce a composite concept of their various subparts. Each neuron is charged with an element of the overall concept, which when combined with the elements of its fellow neurons produces the final concept which the cognition represents. As a human learns new facts, skills or behaviors, neurons are connecting into new cognitions, the connecting synapses of which are more and more reinforced with use.

d. Neuron: "A nerve cell with all its processes." The apparent fundamental physical building block of mental and nervous processes; neurons are the basic element in the formation of cognitions, and may be linked into varying configurations by the formation or rearrangement of synapse chains.

e. Synapse: The interstices between neurons over which nerve impulses must travel to carry information from the senses, organs, and muscles to the brain and back, and to conduct mental processes.

f. learning Curve: the graphic representation of the standard success-to-session ratio of a remote viewer trainee. The typical curve demonstrates high success for the first one to a few attempts, a sudden and drastic drop in success, and then a gradual improvement curve until a relatively high plateau is reached.

First-Time Effect: In any human activity or skill a phenomenon exists known as "beginners luck." In remote viewing, this phenomenon is manifest as especially successful performance at the first attempt at psychic functioning, after which the success rate drops sharply, to be built up again gradually through further training. This effect is hypothesized to result from the initial excitation of hereditary but dormant psi-conducting neuronal channels which, when first stimulated by attempted psychoenergetic functioning with little

other system interference. Once the initial novelty wears off, the analytic system which has been trained for years to screen all mental functions attempts to account for and control the newly awakened neural pathways, thereby generating increasing amount of masking "mental noise," or AOL.

h. Noise: The effect of the various types of overlay, inclemency's, etc. that serve to obscure or confuse the viewer's reception and accurate decoding of the signal line. Noise must be dealt with properly and in structure to allow the viewer to accurately recognize the difference between valid signal and his own incorrect internal processes.

2. Discussion:

Learning theory for RV methodology is governed by the idea that the student should 'quit on a high point.' Traditionally, the learning of a skill concentrates on rote repetition, reiterating the skill a large number of times until it is consistently performed correctly. Recent developments in learning theory which have been applied with particular success in sports training methodology indicate that the rote repetition concept tends more to reinforce incorrect performance as opposed to developing the proper behavior or skill. Much success has been realized by implementing the concept of "quitting on a high point." That is, when a skill or behavior has been executed correctly, taking an extended break from the training at that point allows the learning processes to "remember" the correct behavior by strengthening the neurological relays that have been established in the brain by the correct procedure.

The phenomenon of overtraining is a very real danger in the training cycle, generally brought about by pushing ahead with training until the learning system of the viewer is totally saturated and cannot absorb any more. This results in system collapse, which in effect is a total failure to function physically at all. To avoid this, the normal practice has been to work an appropriate number of sessions a day with a lay off period between training periods to allow time for assimilation or "absorption." Even with this precaution, overtraining can sometimes strike, and the only remedy becomes a total training layoff, then a gradual reintroduction. It is extremely important that the viewer inform the monitor when he is feeling especially good about his performance in remote viewing training, so that a training break may be initiated on this high point. To continue to push beyond this threatens a slide into overtraining.

It is very important that should the viewer in the course of the training

session become aware that he has experienced some important "cognition" or understanding, or if the monitor perceives that this is the case, the session must here also be halted. This allows time both for the cognition to be fully matriculated into the viewer's system and for the accompanying elation of discovery to dissipate.

The fact that CRV methodology is arranged into six distinct stages implies that there is a learning progression from one stage to the next. To determine when a student viewer is ready to advance to the next stage, certain milestones are looked for. Though the peculiarities of each state make certain of these criteria relevant only to that specific stage, general rules may still be outlined. When a viewer has consistently demonstrated control and replication of all pertinent stage elements and has operated "noise free" (i.e., properly handling AOL and other system distraction in structure) for five or six sessions, he is ready to write a stage summation essay and move on to the introductory lectures for the next stage.

STAGE I

A. Concept:

In Stage I, the remote viewer is taught to acquire the "signal line", attune himself to it, and proceed to decode and objectify this site gestalt and the major pieces of information that pertain to it. A properly executed Stage I is the very foundation of everything that follows after it, and it is therefore of utmost important to maintain structure and achieve an accurate Stage I of the site. All CRV begin with Stage I.

B. Definitions:

1. Major Gestalt: The overall impression of the site, the one concept that more than all others would be the best description for the site.

2. Ideogram: The "I" of the I/A/B sequence. The ideogram is the spontaneous graphic representation of the major gestalt, manifested by the motion of the viewer's pen on paper, which motion is produced of the signal line on the autonomic nervous system (ANS) and the reflexive transmission of the resultant nervous energy to the muscles of the viewer's hand and arm. The objectified ideogram has no "scale" that is, the size of the ideogram relative to the paper seems to have no relevance to the actual size of any component at the site.

3. "A" Component: The "feeling/motions component of the ideogram. The "feeling/motion" is essentially the impression of the physical consistency (hard, soft, solid, fluid, gaseous, etc.) and contour/shape/motion of the site. In this "feeling" component of the Stage I process, there are at least five possible types of feelings: solidity, liquidity, energetic, airiness (that is, where there is more air space than anything else, such as some suspension bridges might manifest), and temperature.

4. "B" Component: The first (spontaneous) analytic response to the ideogram and "A" component.

C. Site Requirements:

For training in Stage I, a stage-specific site is selected. Basic Stage I coordinate remote viewing sites generally comprise an area isolated by some five miles on a side and possess easily identifiable major gestalts that may be easily decoded in simple Stage I sessions. All sites have Stage I gestalts, but for training Stage I perceptions these "simple" sites are selected.

D. Types of ideograms

There are four types of ideograms:

1. Single: One unbroken mark or line, containing "A" component (feeling/motion) and on "B" component.

2. Double: Two basically parallel marks or lines. Produces usually at least three sets of "A" and "B" components, one for the area between the marks, and one each for the areas on either side of the marks. Two other "A" and "B" components may be present as well, one for each of the marks. Railroad tracks, roads, canals, etc. may produce this type of ideogram.

3. Multiple: Two or more different marks, each producing its own set or sets of "A" and "B" components. Such an ideogram may be obtained when there is more than one major gestalt present at a given site, such as a lake, city and mountain, all within the area designated by the coordinate.

4. Composite: "Pen leaves paper more than twice, makes identical marks," and produces one set of "A" and "B" components. Things such as orchards, antenna fields, etc., with numbers of identical components produce this type of ideogram.

E. Vertical/Horizontal Ideogram Orientation:

Ideograms may be encountered (objectified) either parallel with the plan

of the horizon (horizontal) or perpendicular to it (vertical). For example, the Gobi desert being predominantly flat, wave sand, would produce a motion portion of the State I "A" indicating a horizontal ideogram. The Empire State Building, however, would produce some sort of vertical response such as "up, angle," in the motion portion of "A" indicating a vertical ideogram. However, a crucial point to remember is the objectification of the ideogram is completely independent either of what it looks like or its orientation on paper. It is imperative to realize that what determines the vertical/horizontal ideogram orientation is not the site's inherent manifestation of the physical world, and not how or what direction it is executed on the paper, or even the RV'ers "point of view," since in Stage I there is no viewer site orientation in the dimensional plane. Simply observing how the ideogram looks on paper will NOT give reliable clues to what the orientation of the ideogram might be. The ideogram objectified as "across, flat, wavy" for the Gobi Desert might on the paper be an up and down mark. The ideogram for the Empire State Building could possibly be represented as oriented across the paper.

It is obvious then that ideograms can not be interpreted by what they 'look like," but by the feeling/motion component produced immediately following the ideogram. The viewer must learn to sense the orientation of an ideogram as he executes it. If unsuccessful on the first attempt, the ideogram may be "re-prompted" by moving the pen along it at the same tempo as it was produced, with the viewer being alert to accurately obtain the missing information.

F. I/A/B Formation:

As the monitor gives the prompting information (coordinate, etc.) the viewer writes it down on the left side of the paper, then immediately afterwards places his pen on the paper again to execute the ideogram ("I"). This presents itself as a spontaneous mark produced on the paper by the motion of hand and pen. Immediately upon execution of the ideogram, the viewer then moves his pen to the right third of the paper where he writes "A" and describes briefly the feeling/motion characteristics of the site as it is manifest in the ideogram.

Upon correctly decoding the feeling/motion component, the viewer then moves his pen to a position below the recorded feeling/motion responses and directly under the "A" then writes "B." He then records the appropriate "B" response, which will be the first instantaneous analytic response following the ideogram and feeling/motion components

to the signal line's impingement on his system.

G. Phases I and II:

State I training is divided into two phases by the number and types of major gestalts produced by the site used; for example mountain, city, and/or water. Phase II sites with more than one major gestalt, and therefore some sort of identifiable interface: a beach on an ocean, an island, a city by a river, or a mountain with a lake.

H. **Drill**

1. Format:

All sessions are begun by writing the viewer's name and the date/time of the session in the **upper right hand corner** of the paper, together with any other session-relevant information deemed necessary by the monitor. As stated above, the coordinate or other prompting information is written **in the left third** of the paper, the ideogram approximately in the **middle third** (through because of the spontaneous nature of the ideogram, it may sometimes be executed much closer to the prompting data, sometimes even being connected to it), and the "A" and "B" site **in the right third...** Analytic Overlay (AOL) and other breaks are declared near **the right edge** of the paper. **This format constitutes the structure of State I and when properly executed objectifies ("gives reality" to) the signal line.** The following is a sample Stage I format

Format for Stage I

Name

Date

Time

(Personal Inclemency's/Advance Visuals Declared)

(Coordinate)

(Ideogram)

"A"

"B"

AOL Break

Stage II

A. Concept:

Stage II presents to the viewer's cognition signal line data relevant to physical sensory input. "The classic explanation of this is that such data are exactly equivalent to "sensations the viewer would experience were he physically present at the site." In effect, this allows the viewer to come into closer contact with the signal line through recognition and objectification of sensory facts relevant to the site. This information centers around five physical senses: touch, smell, sight, sound, and taste, and can include both temperature (both as tactile "hot/cold to the touch" sensations, and/or a general environmental ambience) and "energetics" (i.e. magnetism, strong radio broadcasts, nuclear radiation, etc.).

B. Definitions:

1. Sense: Any of the faculties, as sight, hearing, smell, taste, or touch by which man perceives stimuli originating from outside or inside the body.
2. Sensory: Of or pertaining to the senses or sensations.
3. Tactile: Of, pertaining to, endowed with, or affecting the sense of touch; perceptible to the touch; capable of being touched; tangible.
4. Auditory: Of or pertaining to hearing, to the sense of hearing, or to the organs of hearing. Perceived through or resulting from the sense of hearing.
5. Dimension: Extension in a single line or direction as length, breadth and

thickness or depth. A line has one dimension, length. A plane has two dimensions, lengths and breadth. A solid or cube has three dimensions, length, breadth and thickness.

C. Site Requirements:

Sites for State II training are selected for their pronounced manifestations of sensory information, examples, sewage treatment plant, airport, pulp mill, botanical garden, chocolate factory, steel mill, amusement park, etc.

D. Clusters:

Stage II responses tend to come in groups or "clusters of words – usually 3-4 words, though sometimes more – pertaining to different aspects or gestalts of the site. If for example, a body of water and an area of land are present at the site, a group of sensory State II words might be produced by the viewer relating to the land, then another group relating to the water; this particular noticeable in sites whose ideograms produce two or more "A" and "B" components. State II's will tend to cluster in respect to the "A" and "B": components to which they relate, Stage II responses cluster in another sense as well. Frequently, types of sensory responses will come together. For example, two or three tastes, smells, colors, or textures may cluster together as the viewer objectifies his perception on the paper.

E. "Basic" Words:

True State II's are generally simple, fundamental words dealing directly with a sensory experience, i.e. rough, red, cold, stinging, smell, sandy taste, soft, moist, green, gritty, etc. When objectified words go beyond the "basics", they are considered "out of structure" and therefore unreliable

F. Aperture:

After a proper State I ideogram/A/B sequence has been executed (which was at its narrowest point during State I) opens to accommodate State II information. Not only does this allow the more detailed sensory information to pass through to the viewer, but it is accompanied by a corresponding longer signal "**loiter**" time – the information comes in more slowly, and is less concentrated. Towards the end of Stage II, and approach the threshold of Stage III, the aperture begins to expand even further, allowing the acquisition of dimensionally related information (see below).

G. Dimensionals:

As the viewer proceeds through Stage II and approaches Stage III, the aperture widens, allowing the viewer to shift from a global (gestalt) perspective, which is paramount through Stage I and most of Stage II, to a perspective in which certain limited dimensional characteristics are discernable. **"Dimensionals" are words produced by the viewer and written down in structure to conceptualize perceived elements of this new dimensional perspective he has now gained through the widening of the aperture. These words demonstrate five dimensional concepts: verticalness, horizontalness, angularity, space or volume, and mass.** While at first glance the concept of "mass" seems to be somewhat inappropriate to the dimensional concept, mass in this case can be conceived in dimensionally related terms as in a sense being substance occupying a specific three dimensional area. Generally received only in the latter portion of Stage II, dimensionals are usually very basics – "tall," "long," "big." More complex dimensionals such as "panoramic" are usually received at later stages characterized by wider aperture openings. If these more complex dimensionals are reported during Stage II they are considered "out of structure" and therefore unreliable.

H. AOL:

Analytic overlay is considerably rarer in Stage II than it is in Stage I. Though it does occasionally occur, something about the extremely basic sensory nature of the data bits being received strongly tends to avoid AOL. Some suppositions suggest that the sensory data received comes across either at a low enough energy level or through a channel that does not stimulate the analytic portion of the mind to action. In effect, the mind is "fooled" into thinking Stage II information is being obtained from normal physical sensory sources. The combination of true sensory data received in Stage II may produce a valid signal line "image" consisting of colors, forms, and textures. Stage II visuals or other true signal line visuals of the site may be distinguished from an AOL in that they are perceived as fuzzy, indistinct and tending to fade in and out as one attempts to focus on its constituent elements rather than the sharp, clear, static image present with AOL.

I. Aesthetic Impact (AI):

Aesthetic impact indicates a sudden and dramatic widening of the aperture, and signals the transition from Stage II into Stage III. In normal session's structure, it occurs only after two or more dimensionals occur in the

signal line. On occasion, however, AI can occur more or less spontaneously in Stage II, especially when a site is involved with very pronounced Stage II elements, such as particularly noisome chemical plant, AIR is the viewer's personal, emotional response to the site: "How the site makes you feel." It can be a manifestation of sudden surprise, vertigo, revulsion, or pleasure. Though some sites seem to consistently elicit similar AI responses in any person who remote views them, it must still be borne in mind that an AI response is keyed directly to the individual's own personality and emotional/physical makeup, and that therefore AI responses can differ, sometimes dramatically so, from viewer to viewer.

J. Drills/Exercises:

To promote flexibility in producing Stage II responses, an exercise is usually assigned viewer trainees. This consists of producing a list of at least sixty sensory response type words, dealing with all the possible categories of sensory perception: tastes, sounds, smells, tactile experience, colors and other elementary visuals, and magnetic/energetic experiences. When giving the assignment, the trainer emphasizes reliance on "basic" words as described above.

STAGE III

A. Concept:

As Stage II progresses the aperture opens dramatically wider than was the case with either Stage I or early Stage II. Dimensionals begin to emerge and the threshold is reached for the transition into Stage III. The shift into full Stage III is triggered by aesthetic impact. It is after this point that the true dimensionality of the site may begin to be expressed. This differs from dimensional elements encountered previously, in that Stage II dimensionals are individual aspects of the site, while Stage III dimensionality is a composite of inherent site aspects. The concept of "the viewer's perspective" must, however, be avoided because in Stage III the viewer has not yet reached the point where complete comprehension and appreciation of the size, shape, and dimensional composition of the overall site can be ascertained.

Generally, the viewer himself is not precisely aware of his own perceptual relationship to the site and therefore not consciously aware of the true relationship of all the dimensional components he is able to debrief from Stage III. As is discussed in various sections below, he must rely on the various tools available in Stage III to obtain and organize the increased information he is perceiving. Although Stage III can provide a great deal of information about any given site, the goal of Stage III is command of structure.

B. Definitions:

1. Aesthetic: Sensitivity of response to given site.
2. Drawing: The act of representing something by line, etc.
3. Idea: Mental conception; a vague impression, a hazy perception; a model or archetype.
4. Impact: A striking together; changes, moods, emotions, sometimes very gross, but may be very weak or very subtle.
5. Mobility: The state of quality of being mobile.
6. Motion: The act or process of moving.
7. Perceptible: that which can be grasped mentally through the senses.
8. Prompt: to incite to move or to action: move or inspire by suggestion.
9. Rendering: Version; translation (often highly detailed).
10. Sketch: To draw the general outline without much detail; to describe the principle points (idea) of.
11. To Track: to trace by means of vestiges, evidence, etc.; to follow with a line.

12. Vision: One of the faculties of the sensorium, connected to the visual senses out of which the brain constructs an image.

C. Site Requirements:

A site selected for Stage III would logically require significant components. Locales such as bridges, monuments, airports, unusual natural formations, etc. are useful Stage III sites.

D. The Six Primary Dimensionals:

1. Diagonal: Something that extends between two or more other things; a line connecting two points of intersection of two lines of a figure.

2. Horizontal: Parallel to the plane of the horizon.
3. Mass: Extent of whatever forms a body – usually matter.
4. Space: Distance interval or area between or within things, “empty distance.”
5. Vertical: Perpendicular to the plane of the horizon, highest point/lowest point (i.e. height or depth)
6. Volume: A quantity; bulk; mass; or amount.

E. Aesthetic Impact:

As the aperture widens rapidly from Stage II, a virtual avalanche of site information begins to impact on the viewer's subjective response is call Aesthetic Impact (AI) and is the viewer's subjective emotional responses to the site. It is best described as **"how the site makes the viewer feel."** AI may immediately follow two Stage II dimensional responses, but it will certainly follow three or more. It is best described and expressed in a variety of ways. A simple exclamation of "Wow!" may be the AI response when one is suddenly impressed by the immensity of some natural formation, such as the Grand Canyon or Yosemite's Half Dome. On the other hand, such a site might just as easily spark a feeling of vertigo or fear of falling, or cause one to remark, "This is really tall (or deep)! A pulp mill might trigger an AI of revulsion because of the nauseating smells. Or a comprehension of the grandeur or squalor of a site might cause one to have a sudden appreciate of beauty or ugliness. Other examples of AI might be claustrophobia, loneliness, fright, pleasantness, relaxation, enjoyment, etc,

AI need not be pronounced to be present; in fact, it may often be quite subtle and difficult to recognize. It may sometimes be a sudden, mild cognitive recognition of the abrupt change in perspective, or a slight surprise or alteration of attitude about the site. Some viewers who in the past have had little experience with direct contact with their emotions may have difficulty recognizing that they experience AI, and may even be convinced it doesn't happen to them. Such individuals must exercise a great deal of caution not to sublimate or suppress AI recognition, and require additional exposure to AI to help them learn to recognize and declare it appropriately.

The monitor also has a role to play in helping the viewer to recognize AI.

Body language and specific speech patterns can all be cues to the experienced monitor that AI is present. The monitor must draw the viewer's attentions to the existence of an undeclared AI when he observes "symptoms" of an AI unrecognized by the viewer.

It is extremely important to properly recognize and declare (objectivity) AI since how one deals with it can determine the entire course of the session from that point on. The viewer may not work through AI. **Aesthetic Impact** must be recognized, declared, and allowed to thoroughly dissipate. Should the viewer err and attempt to work through AI, all information from that point on will be colored by the **subjective filter of the emotional experience**, and AOL Drive and AOL "Pea cocking" can be expected to arise.

Aesthetic Impact (AI) is dealt with in the following manner. Moving through Stage II, the viewer begins to debrief a cluster of two or more basic dimensionals. He suddenly realizes that the aperture is expanding and that in conjunction he is having a subjective emotional reaction to the site – whether pronounced or mild. **He then states aloud as he objectifies on his paper "AI Break."** He then briefly say aloud and writes on the paper what the AI is. Declarations can be everything from a simple "**Wow!**" to "**Disgusting!**" to "**I like this place**" to "**Vertigo**" to "**I feel sick**" to "**This is boring**" to "**I'm impressed by how tall this is**" to "**Absolutely massive!**". The viewer by taking this "AI Break" effectively disengages himself temporarily from the signal line and allows the emotional response to dissipate. The time required for this can be a few brief seconds to a mild AI to hours for one that is especially emphatic.

It is important to note that, though many sites elicit essentially the same response in every individual who remote views, each person are different from every other and therefore under certain circumstances and with certain AI responses may differ significantly from viewer to viewer.

F. Motion/Mobility:

Two variations of the concept of movement are recognized as being available to the viewer during Stage III. The first is the idea of motions at the site; an object or objects at the site may be observed as they shift position or are displaced from one location to another. For example, there may be automobile traffic present, a train moving through the area, or whirling or reciprocating machinery, etc.

"Mobility" the second movement concept, is the ability possessed by the

viewer in Stage III to shift his viewpoint to some extent from point to point about the site, and from one perspective to another, i.e. further back, closer up, from above, or below, etc. This ability makes possible the projection of trackers and sketches as described below. An additional feature this introduces is the ability to shift focus of awareness from one site to another using a polar coordinate concept. This is more fully explained under Movement/Motion Exercises, which follows:

G. Dimensional Expression on Paper:

1. Sketches:

a. Spontaneous sketches: With the expansion of the aperture of AI, the viewer is prepared to make representations of the site dimensional aspects with pen on paper. A sketch is a rapidly executed general idea of the site. In some cases it may be high representational of the actual physical appearance of the site, yet in other cases only portions of the site appear. The observed accuracy or aesthetic qualities of a sketch are not particularly important. The main function of the sketch is to stimulate further intimate contact with the signal line while continuing to aid in the suppression of the viewer's subjective analytic mental functioning's. Sketches are distinguished from drawings from the convention that drawings are more deliberate, detailed, and are therefore subjective to far greater analytic interpretation in their execution.

b. Analytic Sketches: Analytic sketches are produced using a very carefully controlled analytic process usually employed only when a satisfactory spontaneous sketch as described above is not successfully obtained. An analytic sketch is obtained by first listing all dimensional responses obtained in the session, including those contained in the "A" components of the various Coordinate I/A/B prompting sequence, in the order and frequency they manifest themselves on the session transcript. Each of these dimensional elements apparently manifests itself in order of its importance to the gestalt of which it is a part. So, for example, if in the first "A" component of the session one encounters "across, rising," the two would

head the list, and their approximate placement on the paper will be determined by the viewer before any other. A second list is then compiled, listing all secondary attributes of the site. Finally, a list may be made if desired of any significant "details" that do not fit into the previous two categories.

In analytic sketching the intuitive part of the viewer's apparatus is not shut off. He must continue to attempt to "feel" the proper placement of the dimensional elements of the site. In fact, the purpose of this approach to sketching is to "re-ignite" the viewer's intuition. As each element on the primary list is taken in order, the viewer must "feel" the proper position from the element in relation to the others. If the dimensional element "round" is listed, it must be determined how a rounded element fits in with "across", "rising," "flat," "long," and any other dimensional elements that may have preceded it. When elements from the primary list are exhausted, the viewer may duplicate the process with those from the secondary list. If necessary and desirable, the viewer may proceed to the details and assign them their appropriate locations.

2. Trackers: Stage III contact with the site may on occasion produce an effect known as **trackers**. This is executed by a series of closely spaced dots or dashed lines made by pen on paper, and described as contour, profile, or other dimensional aspects of the site. Trackers are formed in a relatively slow and methodical manner. The viewer holds pen in hand, lifting off the paper between each mark made, thereby allowing the autonomic nervous system (ANS), through which the signal is being channeled, to determine the placement of each successive mark. While constructing a tracker, it is possible for the viewer to spontaneously change from executing a tracker to executing a sketch, and back again.

3. Spontaneous Ideograms: At any point in the sketch/tracker process, an ideogram may spontaneously occur. This most probably relates to a sub-gestalt of the site, and should be treated like any other ideogram. It will produce "A" and "B" components. Stage IIs, and so forth. Because of the possibility for the occurrence of these spontaneous ideograms with their potential for conveying additional important site information, viewers are strongly counseled to **always** keep their pen on paper to the greatest extent practical.

H. Movement Exercises:

An outgrowth of the viewer mobility concept involves the ability of the viewer to shift his focus from one site to other sites using a polar coordinate concept. This is often termed a "movement" or "movement exercise," and is executed thusly. The viewer is given the coordinates for the base site, and the session proceeds as normal: **I/A/B, Stage IIs, dimensionals, AI to Stage III sketches trackers.** When the monitor is confident that the viewer has successfully locked onto this primary site, he tells the viewer to "**prepare for movement.**" The viewer accordingly places his **pen on the left side of the paper,** indicating he is ready for a new prompting coordinate as per convention. The monitor then tells the viewer **to acquire the central site.** The viewer responds with a very brief, few-word description of the base site, whereupon the monitor gives a prompting statement in lieu of the usual geographic coordinate. This statement includes a distance and direction from the base site, and is couched in words as neutral, passive and non-suggestive (therefore less AOL inducing) as possible.

By way of example, let us assume that the base site is a large grey structure, and the secondary site to which the viewer's focus is to be moved is 8 ½ miles northwest of the base site. The monitor will say, "**Acquire the site,**" to which the viewer responds approximately, "**A large grey structure.**" The monitor then says "**8 ½ miles (to the) northwest something should be visible.**" Just as he would a geographic coordinate, the viewer objectifies this phrase by writing it down, places his pen on the paper to receive the ideogram, and progresses from there just as if he were processing any other new site.

Note, however, the very neutral way the monitor provided the prompting. He avoided such leading words as, "What do you see 8 ½ miles northwest?" or "You should be able to see (hear/feel/smell) something 8 ½ miles northwest." Observe also, that "motion words" ("move," "shift," "go," etc.) were also provided. Words and phraseology of either type tends to cause the viewer to take an active role, directly attempting to perceive the site instead of letting the signal line bring the information to him. This sort of active involvement greatly encourages the development of AOL and other mental noise effects.

Instead, the passive wording used by the monitor stimulates the analytic component of the mind as little as possible, allowing uncontaminated signal line data to be received. Examples of acceptable passively framed words relating to sensory involvement are" "**should be visible,**" "**hearable,**"

"smell able," "feel able," "taste able," etc. In earlier stages, sensory-based wording would have been avoided as a catalyst to AOL. With the widened aperture in Stage III, however it may be used successfully.

This movement technique may be used any number of time, starting either from the original base site, or from one of the other subsequent sites to which the viewer's perception has been "moved."

I. Analytic Overlay (AOL) in Stage III.

1. AOL Matching: With the expansion in aperture inherent in Stage III, and after appropriate AI, the AOL phenomenon develops to where a viewer's AOL may match or nearly match the actual signal line impression of the site. For example, if the site were Westminster Abbey, the viewer might produce the AOL of Notre Dame cathedral. Or he might even actually get an image of Westminster Abbey that nevertheless fills all the criteria for an AOL. According to theory, the matching AOL is superimposed over the true signal line. It is however possible with practice to distinguish the vague parameter of the true signal line "behind" the bright, distinct, but somewhat translucent image of the AOL. The viewer must become proficient at "seeing through" the AOL to the signal line. Use of "seeing through" here must not be taken to imply any visual image in the accepted sense of the word, but rather as a metaphor best describing the effect that manifest itself.

2. AOL Drive: Although mentioned before, AOL Drive becomes a serious concern beginning in Stage III. It occurs when the viewer's system is caught up on an AOL to the extent the viewer at least temporarily believes he is on the signal line, even though he is not. When two or more similar AOLs are observed in close proximity, AOL Drive should be suspected. AOL Drive is indicated by one or more of the following: **repeating signals; signal line ending in blackness; peculiar (for that particular viewer) participation in the signal line; and/or pea cocking.** Causes for AOL Drive include accepting "B" component in Stage I; or accepting a false sketch or undeclared AOL in Stage III. Undeclared AOLs can spawn AOL Drive in all other stages beyond Stage III as well. Once it is realized that AOL Drive is present, the viewer should take an "AOL/D Break" then review his data to determine at what point he accepted the AOL as legitimate data. After a sufficient break, the viewer should resume the session with the data obtained

before the AOL Drive.

Stage IV

A. Concept:

With the successful accomplishment of Stage III, the viewer has become subject to an enormous flood of information available from the site. Previously, such a flow of data would have been overwhelming, and those circumstances in Stage I through Stage III in which the viewer found himself so inundated would have required the taking of a "Too Much Break." At this point, however, it becomes both possible and necessary to 1) establish a systemic structure to provide for the orderly, consistent management of the volumes of information that may be obtained, and 2) facilitate and guide the viewer's focusing of perceptions on even finer and finer details of the site. This is accomplished through the use of an information matrix which is illustrated below. Stage IV is a refinement and expansion of the previous structure to facilitate more complete and detailed decoding of the signal line.

B. Definitions:

Most of the terms used in a Stage IV matrix have been defined previously. These that have not are explained as follows:

1. Emotional Impact: The perceived emotions or feelings of the people at the site or of the viewer. Sometimes the site itself possesses an element of emotional impact, which is imprinted with long or powerful associations with human emotional response.

2. Tangibles: Objects or characteristics at the site which have solid, "touchable" impact on the perceptions of the viewer, i.e. table, chairs, tanks, liquids, trees, buildings, intense smells, noises, colors, temperatures, machinery, etc.

3. Intangibles: Qualities or characteristics at the site that are abstract or not

specifically defined by tangible aspects of the site, such as purposes, non-physical qualities, categorizations, etc.; i.e. "governmental," "foreign," "medical," "church," "administrative," "business," "data-processing," "museum," "library," etc.

4. AOL/Signal (AOL/S): Virtually synonymous with the previously considered term "AOL Matching," AOL/Signal occurs when an AOL produced by the viewer's analytic mental machinery almost exactly matches the site, and the viewer can to some extent "look" through the AOL image to perceive the actual site. The advantage of AOL/S in Stage IV is that it allows the information to be used without calling a break. One can ask, "**What is this trying to tell me about the site?**" As an example, the viewer may perceive the Verrazano Narrows Bridge when in fact the site is actually the George Washington Bridge.

5. Dimensionals: Dimensionals have an even broader meaning here than in Stage III. In Stage IV, more detailed and complex dimensionals can be expected and are now considered to be in structure and therefore more reliable. "Spire," "twisted," "edged," "partitioned," etc.

C. Stage IV Matrix:

To provide the necessary structure for coherent management of this information, matrix headings are constructed across the top of the paper thusly:

S-2 D AI EI T I AOL AOL/S

These headings stand for the following:

1. S-2: Stage II information (sensory data)
2. D: Dimensionals
3. AI: Aesthetic Impact
4. EI: Emotional Impact
5. T: Tangibles
6. I: Intangibles
7. AOL: Analytic Overlay
8. AOL/S: AOL/Signal

C. Session Format and Mechanics:

As the viewer produces Stage IV responses (generally single words that describe the concepts received via the signal line), they are entered in the matrix under their appropriate categories. The matrix is filled in left to right, going from the more sense-based Stage IIs and dimensional towards the ever more refined information to the right, and top to bottom, following the natural flow of the signal line. Stage IV information, similar to that of Stage II, comes to the viewer in clusters. Some particular aspect of the site will manifest itself, and the sub-elements pertaining to that aspect will occur relatively rapidly to the viewer in the general right-to-left and top-to-bottom pattern. Some degree of vertical spacing can be expected between such clusters, an indication that each of these clusters represents a specific portion of the site.

STAGE V

A. Concept:

Stage V is unique among the viewing stages thus far discussed in that it does not rely on a direct link to the signal line to obtain the information reported. Instead, data is derived through accessing the information already available below the liminal threshold in the brain and autonomic nervous system. This information is deposited in earlier stages when the signal line passes through the system and "imprints" data on the brain causing cognitrons to form through the rearrangement of the brain's neuronal clusters into the appropriate patterns, roughly analogous to what occurs in a computer's memory storage when it receives a data dump.

Information "stored" in a cognitron can be accessed by a certain methodology. In normal brain functioning, cognitrons are induced to deliver up the information they store through some stimulus delivered by the brain, much in the same way as a capacitor in an electronic circuit can be triggered to release its stored electric charge.

When properly prompted, the information released consists of sub-elements, which together form the complete cognitron. For example, the

concept "religious" may be represented by one complete cognitron (cluster of neurons); each neuron would store a sub-element of that cognitron. Hence, the cognitron for "religious" could have neurons storing data for the following elements: "quiet," "incense," "harmonious chanting," "robes," "candles," "dimly lit," "reverence," "worship," "respect," etc. If attention is paid to what underlies the concept of "religious" as it is originally evoked in Stage IV, the sub-elements which may themselves provide valuable information far beyond their collective meaning of "religious," may be broken out and assembled. These sub-elements as they are brought forth in Stage V are known as "**emanations**" ("emanate" literally defined means, "**to issue from a source, to flow forth, to emit, or to issue**")

B. Definitions:

1. Objects: An object is a thing that can be seen or touched. "Objects" can be understood as those physical items present at the site that helped cause the cognitron to form in the viewer's mind and hence prompt his response of "religious," i.e. "robes," "candles," "incense," etc.

2. Attributes: an attribute is a characteristic or quality of a person or thing. "Attributes" applies to those characteristics of the site that contributed to cognitron formation and the aforementioned viewer response, "quiet," "dimly lit," "echoing," "large," etc.

3. Subjects: "Subject" is defined as "something dealt with in a discussion, study, etc." "Subjects" are emanations that might serve a nominative function in describing the site, or be abstract intangibles, or they could be more specific terms dealing with function, purpose, nature, activities, inhabitants, etc., of the site: in the above example, "reverence," "worship," "respect," "harmonious chanting," etc.

4. Topics: "Topic" is defined as "a subject of discourse or of a treatise; a theme for discussion. "Closely related to "subjects," topics often prove to be sub-elements of one or more of the subjects already listed, and frequently are specific: "mass," "Catholic," "priest," "communion," and so forth. An interesting phenomenon here to be considered is that just as one of the subjects encountered may produce several topics, a topic itself may in turn be considered as a subject and produce topics of its own. This construction appears to be very hierarchical and "fractionized," with larger cognitron being subdivided into smaller ones, which in turn can be further divided, and so on. In fact, any emanation thus "broken out," or "stage-five" can itself

often be further "stage-five," and subdivided into its own object/attribute/subject/topic categories.

C. Format and Structure:

Because extreme caution must be exercised to avoid phrases or promptings that might either induce AOL, or otherwise unnecessarily engage the viewer's analytic mental process, a sort of "hypo-stimulate" type of referral system must be used to "target" the viewer. This is accomplished by dividing the possible types of emanations obtainable into four (4) categories: **objects, attributes, subjects, and topics**, then prompting the release of subliminally-held information by saying and writing "**Emanations**," followed by a question mark.

D. AOL and Stage V:

Objects and Attributes may be considered "objective elements," in that like Stage IIs, these responses are much less likely to spark AOLs. Topics and Subjects, on the other hand, are "subjective, informational elements," and require special attention to avoid AOL contamination.

AOL too may lead itself to being "stage-fived." It is axiomatic in this RV system theory that analytic overlay (AOL) is generally valid, site-related information which the analytic centers of the brain have simply taken and "embroidered" with memory association and suggestive imagery. This implies that accurate information can possibly be derived from an AOL through the Stage V process. For the purposes of Stage V, these kernels of valid site-information are called "prior emanations."

When prompting valid prior emanations from an AOL, it is important to indicate only "AOL," and not say or write "AOL Break" as the viewer has been conditioned to do in most other circumstances involving AOL, since the word "break" is intended both to disengage the viewer from the signal line and to inform the viewer's system that the material occasioning the "break" was not desirable.

The prior emanations that result from "stage-five" an AOL, tend to be a mixture of the four Stage V categories, selected words of which could presumably further be "stage-five."

Finally, when normal AOL is encountered in the course of Stage V cluster, which it sometimes is, it should be declared according to the normal practice, and the category re-prompted.

STAGE VI

A. Concept

Stage VI involves the three-dimensional modeling of the site. As much, it is in a sense the continuation of expression of the site's physical characteristics begun in Stage III. Stage VI is a kinesthetic activity which appears to both quench the desire to produce AOL and act as a prompt to produce further information relating to the site-including not just the physical aspects being modeled, but other elements not associated with the modeling itself.

B. Functioning of Modeling:

Stage VI, modeling, has two functions:

1. Kinesthetic interaction with the site by describing the site with 3-dimensional materials, which facilitate the assessment of relative temporal and spatial dimensional elements of the site, and;

2. Kinesthetic interaction with the site which effectively lowers the liminal threshold of the viewer by narrowing the RV'ers attention field to specific locales (time/space). (Kinesthetic activity is space/time activity, such as moving an object from point A to point B. Not only has the object moved in space, it has also taken time to make the move. Everything in the physical universe is because of kinesthetic activity.)

Note: An example of relative temporal assessment would be describing a site as being contemporary and modern, with an old world ambience, which the people of today visit to understand the past.

C. RV Modality:

There are two types of kinesthetic activities in remote viewing – the detect mode and the decode mode. The detect mode includes those behaviors that act as progressively engineered stimuli to the RVer, which in Stage I involves writing the coordinate and in Stage III involves the rendering of a sketch, drawing, or tracker. In Stage VI, this mode is represented by three-dimensional model constructing. Decode kinesthetics, on the other hand are objectification which act as responses to the stimuli of the detect mode. Representing the decode mode are the Stage I ideogram. Stage II basics, Stage III dimensionals, the Stage IV matrix, and the Stage VI matrix, all of

which are produced from the signal line. Stage V is neither detected nor decode as Stage V information comes from cognitrons formed subconsciously rather than from the signal line.

D. Discussion:

According to theory, as the viewer proceeds through the earlier Stages, his contact with the site is enhanced in quality and increased in extent. Stage VI involves the viewer in direct 3-dimensional modeling and assessment of the site and/or the relationship of Site "T" elements, one to another.

Stage VI may be engaged at several different junctures: after completion of Stage IV and/or Stage V. It can be entered when Stage IV has stabilized, appropriate AI has been encountered and dealt with, and the viewer has become localized on a specific aspect of the site. Because Stage IV data is collected by "winking" around the site, thereby providing incongruent information that "feels" right to him, he maintains as his concentrated effort the perception of the site details that are freed to emerge into his consciousness by the kinesthetic experience of the modeling process.

REVIEW:

The session begins when the monitor provides cueing or prompting information (geographic coordinates in many cases) to the remote viewer. The remote viewer is given no additional identifying information, and at this point has no conscious knowledge of the actual site. The session then proceeds with the monitor repeating the prompting information at appropriate intervals and providing necessary feedback. The remote viewer generates verbal responses and sketches until a coherent response to the overall task requirements emerges.

After the session is over, the remote viewer and monitor obtain specific information about the site in picture/description form. The remote viewer and monitor then discuss the session results.

The training procedure requires that the trainee learn a progressive, multi-stage acquisition process postulated to correspond to increased contact with the site. At present, there are six "stages" of training. To review, they are as follows:

1. **Stage I:** sites (islands, mountains, deserts), etc.
2. **Stage II:** sites (sites of quality sensory value –sites that are uniquely describable through touch, taste, sound, color, or odor, such as glaciers,

volcanoes, industrial plants, etc.)

3. **Stage III:** sites (sites possessing significant dimensional characteristics such as buildings, bridges, and airfields, etc.)

4. **Stage IV:** sites for which the trainee begins to form qualitative mental percepts (technical area, military feeling, research, etc.)

5. **Stage V:** sites for which the trainee learns to "interrogate" qualitative mental percepts in an attempt to produce analytical target descriptions (aircraft, tracking radar, biomedical research facility, tank production plane, etc.)

6. **Stage VI:** sites which involve the trainee to direct, 3-dimensional assessments and modeling of the site and/or relationship of site elements to one another (airplanes inside one of three camouflaged hangars or a military compound with a command building, barracks, motor pool, and underground weapons storage area ,etc.)

Remote Viewing is then a procedure developed by parapsychologists at the Stanford Research Institute to perform clairvoyance under controlled conditions. Somewhat similar to astral projection, the phenomenon involves a belief in the projection of consciousness to remote locations.

Remote viewing is a form of clairvoyance by which a viewer is able to use his or her clairvoyant abilities to "view". i.e., gather information on a target consisting of an object, place, person, etc., which is hidden from physical view of the viewer and typically separated from the viewer in space by some distance, and sometimes separated in time (future or past) as well.

If the remote viewer gets messages of a site from a person who is at the site looking around, then it would be **telepathic**.

If the remote viewer gets messages of a site by "perceiving" the site psychically, then it would be **clairvoyance**.

If the viewer gets impressions of the site from the future, then it would be **precognition**.

If the viewer gets impressions from someone who viewed the site in the past, then it is **retro cognition**.

If the viewer gets messages from the **Akashic Records**, it is **channeling**.

Remote viewing is distinguished from other forms of clairvoyance in that it follows a specific experimental "protocol", or some variant of it. The critical aspect common to these protocols, is "blind" to the target in the sense of being given no information regarding the target being viewed.

Remote Viewing, is it fact, or fiction? The CIA and the United States Army thought enough of Remote Viewing to spend literally millions of dollars on such programs. In 1972, the U.S. Central Intelligence Agency (CIA) saw a potential use for remote viewing as a way to penetrate closed societies such as the Soviet Union without the actual risk of physical presence of spies, or the use of technical intelligence. The CIA was encouraged with the results of early trials and eventually the U.S. Department of Defense (DOD) Defense Intelligence Agency (DIA) obtained funding for further experiments and conduct of actual classified remote viewing operations.

Remote Viewing Simple Techniques

Reality is a matrix of electromagnetic grids that produces holograms through which we focus our consciousness to experience. When we remote view, we move our consciousness from one grid to another. One can target a subject and determine their accuracy afterwards. Remote Viewing involves splitting your conscious awareness to experience events in two or more places at the same time. There are people who can grid travel naturally and other who can acquire the skill with training and learning to focus the conscious mind.

Simple Techniques for Remote Viewing

1. Keep a dated record of what you experience. You might want to set up a recorder to be used during a session.
2. Find a quiet relaxing place and that is free of all distractions.

3. Find a position that is comfortable.
4. Clean your mind. Relax your body.
5. You can be alone or with other people, who can record the session or be part of the experience with you, comparing information as you Remote View.
6. The target is given. It can be anywhere on or off the planet. It is best if the information can be verified after our experience.
7. If you prefer to close your eyes, focus your mind on the "screen behind your eyes" where images will soon appear.
8. With your eyes open, focus your mind on information given about the target as if received telepathically.
9. Locate the target, sometimes given by coordinates such as latitude and longitude.
10. Once you are at the target, even if you believe this to be a visualization, begin to observe.
11. Focus on what is going on, sights, sounds, and activity of any kind.
12. You are merely the observer and should never interact in the situation you are viewing.
13. You can verbally communicate what you are viewing into the tape recorder or to someone who records the information received, or you may even write it down.
14. Practice as often as you like, each time, your ability to get details will increase; you can develop and fine tune your skills with practice.
15. With Remote Viewing you might want to practice with a friend who drives to a target location which you must pinpoint.

16. Once you can accomplish location, you might want to determine what the friend is wearing or doing.

Remote viewing is not for everyone, but once successful at it, can bring much needed information and fine-tune your psychic abilities.

Part Three

Remote Influencing

How often have you felt that someone was staring at you? You probably turned around and immediately caught the gaze of the one staring. Or, maybe you have unintentionally done this to someone else.

It is a known fact that each individual affects others all the time. The fact that you are reading this manual means that I have affected YOU.

We have the power to have access to knowledge beyond what is available to our normal senses and the power of reason.

What if I told you that **thought**...any idea that forms in your mind actually has mass. What if I told you that a **thought is actually a thing**, a measurable entity, with a measurable mass? What are the implications of that statement? If a thought has mass, then a **thought exerts gravity and can pull things toward it**. What happens if a lot of people start focusing on the exact same thought? All of the occurrences of that same thought begin to merge into ONE, and the cumulative mass of this thought begins to grow. And therefore, its gravity grows. If enough people begin thinking and speaking the exact same thing, then the gravitational force of that thought becomes tangible and it exerts an actual force; it can effect a measurable change in our physical world. Our thought, if properly focused, has the ability to affect and change physical mass. Our thoughts actually interact with the physical world and reality. Our collective thoughts can change our current reality. **We are the authors of our destiny, the creators of our reality; we are the one who makes things be**. The mind's ability to affect the physical world can be augmented through practice. Intention is a learned

skill, thus the purpose for writing this T.I.M.E. manual.

What has not been realized until quite recently is that when you focus on another person, within eyesight or geographically distant, then that person subconsciously notices your attention. Further still, their physiology changes slightly. Their blood pressure increases for a start, and there are other measurable changes.

Human minds appear to act like an international telephone exchange. When you focus on someone, you "connect" directly with him or her. There is no error the connection is always made.

Then along comes Remote Viewers; what they discovered stunned the scientists who had an interest in the field. The Remote Viewers found that not only could they "connect" with their target person in real time, but also they could connect at specific times in the past and in the future. That is, they would remote view (connect with) an individual, but before doing so would specify exactly the time and date that they wished to do so.

In fact, all you have to do to remotely influence someone is to specify the exact individual using his or her full name, which is his or her energy signature, and also specify the time and date when you want contact established. You then focus all of your energy intently on that person and follow whatever procedure you have in mind.

The KEY is energy and mental imagery. You must be able to visualize imagery well, and imagine feelings. The most difficult period is in the beginning. You must watch for every small indication that you are exerting some influence on the other person (or persons) and then build upon that.

The purpose of developing this projective ability is to improve your own life and then the life of those around you that you care for. The most useful application of Remote Influencing is in the field of healing. You can seriously affect another person's body cells at a distance. You simply visualize with deep intensity the cells in the body becoming well and normalized.

Once you have mastered Remote Influencing you will find that things start going your way. This is because you are unconsciously using subjective influence without even being aware of it. When you focus on a project intently then your Remote Influencing ability comes into play to make it happen. It will appear to you as if you are suddenly having a run of good luck. In addition, do not be afraid of it because it is a natural talent that you

were born with. For the first time in your life, you will have it under control. You can design your life circumstances by consciously designing and focusing the thought patterns and accompanying intensity. Once you have developed the techniques, it is quite natural in its use, very much like learning to swim, or ride a bicycle.

Let's start getting a little more technical. What is Remote Influence? Remote Influencing is a branch of Remote viewing. **While Remote Viewer's collect information about other people and events, Remote Influencers have the ability to influence them.**

Remote Influence is the ability to influence another's thoughts or actions from a distance. It is the ability to mentally influence a remote subject to physically do something. It is not magic, but a highly disciplined mental exercise that comes with a great deal of practice and training.

There is a vast potential for Remote Influencing and its uses: Healing, improving situations, affecting and influencing behavior, changing or modifying courses of events, government or military applications. The uses for Remote Influencing are limitless.

Remote Influencing can also be thought of as an agent of change. Here is a definition of a change agent: "Somebody or something that brings about, or helps to bring about, change."

Note: Remote Influence is virtually unstoppable and difficult to detect.

If Remote Influence can influence the thoughts and actions of others and change events, why are few people using it? The truth is Remote Influence needs a lot of energy and focused intent. Make no mistake about it, Remote Influence is of great interest because the ability to influence others is very useful, it is silent, indictable, unlegislatable, and unstoppable!

Remote Influence is the future of healing and anti-aging. I have used Remote Influence to heal thousands of people across the United States. The body is not designed, nor programmed, to be diseased. It does not know how to be diseased. The only thing the body knows is survival.

Remote Influencing affects the morphogenic fields of the target. Morphogenic fields are the life fields that switch genes on and off and control gene expressions as well as development of the organism. Gerontologist

(anti-aging, science of aging) have found that only a few key genes control the aging process. One of these is the gene that controls insulin uptake into cells; another is the gene array controlling cellular and nuclear self-repair. Remote Influencing these two areas of the genome can therefore boost the lifespan of the target individual. To Remote Influence these two genetic control mechanisms one must understand that the morphogenetic field is much more than a gene control mechanism. The morphogenetic field controls all aspects of gene expression because the morphogenetic field is the true bearer of species information and wishes to survive at all costs. Unbelievably, the morphogenetic field can control the healing and aging process.

As a Remote Influencing expert, I have moved my consciousness to my morphogenetic field so I control my own gene expression and those of others. In effect, a symbiosis has occurred where the morphogenetic field has become fully conscious with the addition of the Remote Influencers awareness. To this end the morphogenetic field then becomes an adjunct to the Remote Influencer's awareness. Morphogenetic fields affect calcium efflux from the cell and by this means have profound effects upon our bodies. They can also play the DNA double helix like a harp manifesting any of the gene arrays used to control our bodies as well as excising genes and replacing them with others.

For a moment, let's look on the dark side of Remote Influence. Earlier, I stated that Remote Influence is virtually unstoppable and hard to detect. Our thoughts, beliefs, and opinions are being remotely influenced and dictated to us EVERY day through the media and in particular television. Many people may not realize that when they turn on the TV, what they see as a constant flow of images is actually flickering. Although we do not see this consciously, the repetitive pattern of flickering images create a state that is similar to hypnosis in the television viewer. Studies by researcher Herbert Krugman have shown that within 30 seconds of television viewing, brain waves switch from predominately beta waves, indicating alert and conscious attention, to predominantly alpha waves, indicating an unfocused, receptive lack of attention.

The brain's left hemisphere, which processes information logically and analytically, tunes out while the person is watching TV, while the right hemisphere of the brain, which processes information emotionally and non-critically, is allowed to function without hindrance. Due to this

phenomenon, television transmits information, which is not actively thought about at the time of exposure, much like hypnosis. When viewing television, people do not consciously rationalize the information resonating within their unconscious depths at the time of transmission, the viewer becomes more open and suggestible and in actuality they are being remotely influenced.

Because of the passive, hypnosis-like viewing of the television as well as its predominance in the homes of nearly all Americans, the television is one of the most powerful tools of Remote Influence used today!

Today, the media giants work hand-in-hand with the federal government as well as many multinational corporations to disseminate carefully planned messages. Through television and other forms of media, they tell you what to think about, what to worry about, what to smile about, and what to be fearful of. They have sold the public on the idea of the newscaster being an extension of the family, a trusted figure who encourages the acceptance of the information being presented as true and accurate.

In 2008, the Pentagon spent more than \$2 billion compensating major media outlets for disseminating public relations messages. These messages are delivered to the television viewer as news produced by the television station, not as paid and produced by the Pentagon. In the same year, pharmaceutical companies paid television outlets more than \$4 billion for advertising, which included Video News Releases (VNR), specially tailored pieces that appear within the nightly news disguised as research and reported by the local stations, again Remote Influence.

Major media news networks continually bombard us with the possibility of an endless amount of scenarios, which produce fear and then shape our reactions to real situations. This is predictive programming, a form of Remote Influence; it gets us familiar with an idea so that when it happens we expect it and do not react and question...Remote Influence.

Most people believe that they are simply being entertained, but they never realize that their way of life is being shaped for them and their thoughts are actually being given to them. They are being familiarized with ideas, concepts, and fear so they will not question certain interventions in the future. TV gives us what messages must be imprinted in our minds, gives us what button to push in what sequence, and if it's done the right way with the right production and the right propaganda then the public will react and do exactly as they have been programmed to do...Remote Influence.

When one continually controls the information, one controls the people

absorbing the information. The manufactured and controlled information on television can be referred to as the "signal" and the constant signal is what shapes and guides the masses to their conclusions. In order to take back our minds, we must first learn to "Unplug the Signal." By turning off your TV you will realize the world that you are living in is suddenly very unfamiliar to you. You will see that news of no importance is constantly debated and analyzed, and as you listen to the conversations of people around you, you realize they are talking robots just repeating what they have heard on the news. This is exactly what Zbigniew Brzezinski talked about in his book "Between Two Ages." He said, "Shortly, the public will be unable to reason or think for themselves. They'll only be able to parrot the information they've been given on the previous night's news."

Our thoughts are really a physical thing when we look at them from a quantum position, so it is logical that our thought forms also have resonance with identical thought forms, thus making mass mind control or collective agreement possible.

The first step in Remote Influence requires a relaxed mind and body. With Remote Viewing, one often struggles to become aware of what is coming on the signal line from the matrix. With Remote Influence, you are focusing intently on what you are sending out. That is, you are projecting a tightly focused controlled imagery. You clearly shape your thoughts, fill it with the necessary energy and then release the thought and energy to the target you have chosen. You must be very clear in your mind exactly what it is you wish to accomplish and project. Mere thoughts without intent and energy will go nowhere.

The second important step is releasing your thought as you fire compressed positive thought-energy at your target. Third, you must immediately forget all about it. You must not dwell upon it, or you will move into doubt and fear. Doubt and fear negate your positive thought energy.

This is similar to that of psychokinetic energy experiments. Here you fire the energy then promptly think about something else. Most psychokinetic effects happen after you have stopped trying. Your thoughts have energy, and when you focus intently, your thoughts develop a resonant energy. When you hyper-focus this resonance toward one particular person or even, with absolute single-minded intensity, that energy will influence the target person and or event and will cause change.

In developing Remote Influencing skills remember that whatever you project will be reflected in your environment so destructive projections may adversely affect your own environment. Remember the old Biblical saying, "For as a man thinks in his heart, so is he." This is exactly why people who dwell on the negative and fearful actually impart projective energy to these thoughts creating many personal disasters.

It has been said that Military Remote Viewers have an analogy for influencing; they "light up" the target, then "fire!" In military terms, this means that they "light up" an enemy target with a "laser lock-on" then fire the missile "down the laser beam."

In Remote Influence they "light up" the target by Remote Viewing the person concerned, they "fire projected thought forms" back down the "signal pathway." It has been proven that when you remote view someone you lock on to his or her "signal line." You also do this to a lesser extent by merely focusing intently on someone at a remote geographical distance. What you are doing is firing an intense thought back down the signal line.

One of the US Military Remote Viewers was deeply concerned about an "enemy" attempting to influence him at one point. He said, "I can feel them working away at me. You know how it is; you get that itchy jumpy feeling inside, as if someone's dragging their fingernails across your blackboard." He said that the only effective protection he knew was to create a mental energy ball and surround yourself with it. You give it a reflective surface, which deflects any incoming energy. We call this putting your "shields up!" Any time we are doing Remote Viewing, Remote Influence or Channeling we ALWAYS put up a positive energy field to deflect any negative or destructive thoughts or energy coming our way. You will become so sensitive to others energy, that you will begin to feel anyone's negative or destructive thought coming your way; when you do simply say, "Shields up!"

An exercise in Remote Influence

1. Learn to relax your mind and body. The best results happen when you are able to take your mind to the theta state of consciousness.
2. It is important to know who your target is and exactly what you want your target to do.
3. The more you know about that person and what may be on their mind, the greater your chances of influencing that person to do what you want them to do.

We all live in little worlds filled with preoccupation. Your target is preoccupied; the effectiveness of your attempt to persuade this person is going to be determined by your ability to "get inside" their preoccupied mind.

4. You do this by using an "interrupting thought." You are going to interrupt your targets preoccupied thinking patterns with your thoughts.

There are five (5) basic preoccupations; these are also gender and age specific. The five basic human preoccupations are:

- a. Health and self-preservation
- b. Money
- c. Relationships
- d. Meaning
- e. Recognition

Gender specific, male/female is:

- a. Ego intimacy
- b. Sex self-worth
- c. Recreation companionship
- d. Camaraderie physical contact
- e. Intimacy genetic influence

5. You must be able to get your target to have a "personal emotional reaction" to your implanted thoughts; the more personal your message, the higher chances of success.

6. Focus your thoughts on the person you are going to be influencing. At this point, you are just holding the mental "feel" of the person. Let a feeling of relaxed connection come over you. There is no need to force it, or even try to make it happen. It is a natural process that takes place whenever a person with more synchronized brain waves focuses on another.
7. Once connected, let your mind shift into a deeper and more focused state, this will draw the other person into deeper entrainment and condition their minds to reflect your thoughts.
8. Now, hold the concept you want them to receive in your mind. Because you are linked with them, you will feel when they have accepted the information.
9. Now, "light up your target" by focusing intently on them.
10. Speak their full name, which is their energy signature in this dimension.
11. Speak directly to the target person; instruct them exactly what it is you want them to do.
12. Begin to modulate an energy burst with your instructional command. This is the secret behind Remote Influencing, the modulation of a focused mental energy beam! You are "swamping" your targets mind with an instruction by overloading it with emotion.
13. Release your thoughts as you fire compressed positive thought-energy at your target.
15. At this point, you have successfully passed information to their subconscious mind. Does this really work? The governments, intelligence agencies, media and multi-national corporations of the world think so. We know what the intelligence agencies know. We know the secret of manifesting reality, thought-to-thought, mind-to-mind.

Imagine how the quality of your life will improve with Remote Viewing and Remote Influence:

Health...use Remote Viewing to sense health problems and then take corrective action with Remote Influence to restore perfect health for yourself and others.

Relationships...Remote view relationships and foresee potential problems before they develop. Remote influence to magnetically attract a partner or perfect soul mate, improve your love life, and create happiness.

Career, business, get a job, and financial security...Remote View a better job, then Remote Influence to get hired. Remote Influence a promotion or raise. Remote View a job interview before being interviewed and know

beforehand the needs and wants of the company, then use Remote Influence to create a rapport and convince them that you are the employee they need.

Investments...Remote View the most appropriate and safest investment vehicles that will keep your financial assets safe and growing through troubled times; Remote Influence the success of your investment prosperity.

Become all you can be with Remote Viewing and Remote Influence you will become fearless, enhance self-esteem, achieve your perfect weight, think yourself healthy, and negotiate what you want, become successful and create.

Part Four

Transdimensional Communication

Channeling

Did you know that for decades, Presidents, governments and corporations have used channeling, mediums and psychics to make-changing decisions?

The **Defense Technical Information Center**, as far back as 1998 issued a report entitled, "**Psychic warfare exploring the mind frontier**," included in

that report was the following statement:

"Our fears and cynical attitudes towards psychic abilities make us our own worst enemy...we must overcome our psychic inhibitions; stop denying the existence of paranormal events and start trying instead to understand the nature of this phenomena."

Transdimensional Communication is one of the most advanced and clearest forms of multi-dimensional communication; you can expect the information to be clear and virtually free of personal distortion. The information that comes from a communication session will increase your awareness, knowledge, and accelerate your self-discovery process. The more openness you bring into the process, the more you will get out of it. Napoleon Hill once wrote, "A genius is a man who has discovered how to increase the intensity of thought to a point where he can freely communicate with sources of knowledge not available through the ordinary rate of thought."

For me, the year was 1988; I was conducting a Transdimensional Intelligent Memory Experiment when I tapped into another dimension and heard a voice whose words drastically changed my life, the voice asked a simple question, **"Why do you believe what you believe?"** We believe what we have been taught. We believe what our parents taught us. We believe what our schools taught us. We believe what religion has taught us. We believe what we have read.

I was asked, **"What is truth? How will you know truth if you do not ask? How will you know truth without seeking? How will you know truth without searching? How will you know truth if you merely agree with someone else? That which you think is true is not always the truth."**

What is Transdimensional Communication? TC is a skill, which can be learned. TC is first a means of communication and is very much like telepathy. A fair comparison can be drawn between common television and radio signal receptions and TC. Since the most commonly used interactive or two-way communication today is the telephone, we will use that as our comparison.

By using the telephone, one person can communicate with another from across the street to around the world. In the case of TC, one person can communicate across distances measured in space and dimensions. This may sound like something out of Star Trek, but it is true. Both Transdimensional

Communication and the telephone are instruments. One instrument is **telephonic** and the other is **telepathic**. In both cases a signal of sorts is received by the instrument. The instrument then converts the signal to a pattern recognizable by the receiver. In the case of the telephone, that pattern is sound, usually the spoken word. With the Channel, the communication pattern reproduced may include speech, handwriting, typing, facial expressing, body language, and any other pattern of communication that the human body is capable of.

Transdimensional Communication occurs when the channel lets his or her conscious self-step aside and allows intelligence outside of our time dimension, to project its thoughts to them and through them. It is a recreation of thought. The body of the channel recreates an approximation of the communication projected by the dimensional intelligence in much the same way as the speaker in the telephone earpiece recreates an approximation of the spoken words of the person on the other end of the line. In the case of the telephone instrument, analog or digital signals are carried electronically to a component that translates the signals into a form that is transformed into recognizable speech by the coils and magnets in the earpiece loud speaker.

In the case of the channel, ideas are projected by the dimensional intelligence in such as ways as can be recognized by the channel's brain. The channel's body is then directed to respond by speaking and moving. This all takes place in "real-time" so it appears that the intelligence is actually in the body while it is talking, but it is not. This is not a "possession" but a projection. The conversation is completely interactive and can be surprisingly casual.

Why is Transdimensional Communication important? These wonderful multi-dimensional beings give us wisdom and their perspective on life as a service. They are unconcerned with whether you believe they actually exist or not. They are intelligent beings from the past and future, not demons, with an individual existence every bit as valid and real as our own. We have not yet discovered the limits to the places people can go with TC, the discoveries that can be uncovered, or the personal expansion that can be achieved.

As you learn to Transdimensional Communication, you are building a bridge to the higher realms. With TC you can access all the ideas, knowledge, and wisdom that exists and ever will be known. TC is a way to discover more about the nature of reality; learn about yourself and others and see your life from a more all-compassing perspective.

What can you use Transdimensional Communication for? Some use TC for their creative endeavors, such as writing music and lyrics, poetry, plays, painting, sculpting, and handwork of all kinds. Some assist others in counseling, teaching, therapy, healing, energy work, or bodywork. Some use the channeled state and their guides' higher vibrations to expand their creativity in acting, directing, and productions of all kinds. Some have channeled books; channeling seems ideally suited for writing. TC helps, you connect to a constant, steady source of inspiration and information.

How to tell if you are ready to become a Channel:

- ✓ You enjoy thinking for yourself and are independent
- ✓ You are very curious and open-minded, value truth
- ✓ You are aware and spiritually sensitive
- ✓ You enjoy learning and opening your mind to new skills and knowledge
- ✓ People involved in creative fields such as writers, healers, therapists, poets, musicians, artists, and planners
- ✓ The quality most higher guides value are dedication, enthusiasm, and the willingness to be a channel
- ✓ You are able to anticipate other people's needs and are caring

What is a "trance state?" The times when inspiration flows effortlessly, is a trance state. The times when inspiration flows effortlessly, is a trance state. Most of you have had brief experiences of a channeling-like state, such as talking to a friend in need, feeling wisdom flowing through you and saying things you had not originally intended to say. When a very clear internal voices tells you things that seem to come from a higher level than your own thoughts. When you are teaching others and suddenly feel inspired, when you feel an impulse to say unexpected and wise things or touch in unusual and healing ways, all is similar to a trance state.

A trance state feels as if you suddenly become very wise. Answers to questions may come easily, and they may seem simple or obvious. At first, it may seem as if you are imagining or making up words or thoughts.

A trance state usually causes a change in your breathing and may initially be accompanied by unusual sensitivity in your upper body. You may feel heat or a tingling in your hands or head.

While channeling the rhythm and tone of your voice may be different from normal, perhaps much slower and deeper. Various states of

consciousness can be related to levels of relaxation where you can turn your attention inward and upward to receive messages from a higher realm, different time, or dimension. At first, when entering a trance state, you may actually become more aware of your environment. You can actually feel the connection; all of your senses are heightened. Soon, the environment seems less significant and you learn to trust and let go. In TC, letting go is the KEY! When you learn to "let go" and reach into the "dimensional- space" your guide joins you and helps direct your energies. Unlike meditation, Transdimensional Communication does not require a calm still mind, but rather the ability to connect and focus.

In Transdimensional Communication, you actually set aside your waking consciousness entirely. It feels almost like drifting off or falling asleep and you remember little or nothing of what you have said. Most often, the channel receives the energy of the channeled transmission, but is unable to recall what has been said through them. Some channels remain partially conscious and are aware to varying degrees of the information as it comes through. The one problem I have with "conscious channeling" is that the information may be skewed; the conscious channel has the opportunity of adding information. Either way, TC involves raising your vibration to sense, see, or hear in the higher dimensions, or realms.

Should we always follow the advice given from a channeled session? It is up to you to use your ability to recognize wisdom. When you receive a channeled message, it may be wise to ask yourself a few simple questions:

- ✓ **Is it appropriate for me to follow this information**
- ✓ **Does the information limit me or expand me**
- ✓ **Is it accurate**
- ✓ **Does it have practical value for me**
- ✓ **Is it imminently useful**
- ✓ **Does it feel like inner truth**
- ✓ **Weigh the information you get carefully**
- ✓ **Use your common sense to decide whether to use the information or not**
- ✓ **Don't just blindly accept information about your life**
- ✓ **Channeled advise is to be followed only if it rings true to you, not just because it is channeled**

The following is what I always tell people before I channel for them:

"I want you to leave your expatiations at the door. Whatever happens happens for a reason. Whatever is said is said for a purpose. You may not understand that purpose now, but you will. Value whatever you get, even if it is not what you wanted or anticipated. I am not asking you to agree with what you hear. I am not asking you to follow what you hear. I am asking you to only be open."

How Transdimensional Communication works. Higher dimensional beings make contact and their information then flows through your subconscious to your conscious. The trance state will clear away personality distortions to create a clear channel from the information to flow. As the channel, you must step up your frequency as you achieve a trance state and the dimensional intelligence will lower theirs to match. They create electronic fields in their dimension that are similar to ours. As they align both energy fields transmission can take place. I have been told that they are aware of each and every one of us trying to communicate with them.

How do these dimensional beings, from the past or future, see us? They do not see us as we see each other. They see us as moving energy patterns, colors, and harmonies. When we request connections, they begin to set up matching frequencies to make it possible. They want to communicate with us as badly as we do them.

What is the psychology of Transdimensional Communication? Having a PhD in Clinical Psychology it was important for me to understand the psychology of TC, and how it works. Our brain is physically composed of right and left sides. Normally, the right side of our brain deals with intuition, feelings, nonverbal communication, creativity, and inspiration. The left side of our brain uses memory, logic, words, and language. It functions to synthesize, organize and categorize your experiences in a rational way. Most Channeled information is transmitted to the right side of our brain, which is more receptive and sensitive to impressions. I was told during a session, that TC requires using your right brain and left-brain simultaneously.

As I mentioned earlier, part of the challenge of receiving a message is to let go, to learn to receive the flow of information (a right brain function) and, at the same time, speak or write (a left brain function). Using your right and left-brain simultaneously makes it possible for the messages to be transmitted with precision and accuracy. As you channel, new pathways are being

formed through the neurons of our mind are being laid, developed and utilized creating a change from your normal mode of thinking.

How words are formed in our minds through TC. When you connect, words will come instantly to your mind. Sometimes you may simply feel the words forming and speak, without prior knowledge of what you are going to say. Information or messages do not always come through your voice. They can come in any way in which you can express yourself, such as sending energy through your hands in a healing touch, writing, music, poetry, or art, the ways are endless.

Your role as both receiver and translator takes practice to receive messages and information from another time or dimension clearly. Some of the hardest messages to channel are those that are obvious or those that convey the answer one expected. Sometimes it is harder to channel for those you love or know well because a part of you may already know the answer.

Getting ready to Channel, what to expect. Your first experience at Transdimensional Communication is unforgettable. Because most guides enter gently, and most often your trance is light and your own consciousness is present, you may find yourself wondering if this is just your imagination. The most common sensations are goose bumps, heat, and tingling. These physical sensations are usually present at the moment you make connection, and will usually subside as you continue channeling. As you continue TC, you will be able to feel the vibratory presence of your guide as different from yours. You may notice subtle changes in your body; in your posture, or in your breathing. You may observe a change in the rhythm, speed, or pattern of your voice. When you first reach this higher dimension, or realm, people often get so overwhelmed by all the sensations that they are unable to bring through concrete messages or information.

Reaching the TC state requires the ability to focus and concentrate. If your mind wanders you will lose the connection. Until your mind can easily hold the required level of focus, you may need to use your will to keep the connection firm, keeping your attention on what your guide is saying. When the first words come, you may need to speak them before the next word will follow. I know this feels like you are taking a risk because when you normally speak you know beforehand what you are going to say. When you first begin to channel, simply let the information flow. You may be afraid of appearing foolish, but you must let go, trust, and be willing to experiment. If the transmission is coming too quickly, or slowly, just ask your guide to

adjust the pace.

It is essential to understand who you are and to do that you need to recognize who you are not. You are not who you think you are. You are pure energy. You are a vibration of intelligent energy that filters in, around, and out of your mind and body. This is your spirit. Your spirit owns nothing and yet can manifest everything. Your spirit is able to manifest whatever our heart desires. It will manifest whatever you tell it, both good and bad. As it has been said that death and life is in the power of your mouth. Thought runs in currents as real as those of water and air do. That which you think and speak moves you into like current of thought. If thought were visible to you, you would see its currents flowing to and from people. For example, if a person is sad, depressed, or anxious they are flowing in a current of sadness, depression, or anxiety. They have become ONE with the despondent current of their thoughts and words. For example, if a person talks about sickness, suffering, or disease that will move them into the current of sickness. This current will act on them, and will bring them disease and suffering in some form. They will draw upon themselves a current of sickly thoughts and words; in time will manifest itself in their bodies. They have become ONE with the current of sickness and disease.

When you talk of success and prosperity, you attract a current of ideas. Ideas change the world. There is no limit to the power of the thought current you can attract, nor limit to the things that can be done through thought and words. In the future, people will draw so much of the higher current of thought that by it they will accomplish what some would call miracles!

If you want to learn how to do Transdimensional Communication, the following exercises are very important. As with any new skill, some readiness and willingness to explore new and unknown areas are important. It is common for you to be excited, even nervous or anxious. To start, you must be able to achieve and maintain a relaxed state, and from this relaxed state be able to hold a focus and concentrate. The exercises and processes that follow are structured and represent one way you can learn to channel. The first exercise is how to achieve a relaxed state.

Achieving a Relaxed State

Goal: This exercise is basic preparation for going into a trance state.

Preparation: Choose a time when you will be undisturbed. Turn off the phone or cell phone. If other people live in the house, let them know that you want to be left alone and close the door. It is amazing how a peaceful, meditative state can attract children and people who suddenly want to talk to you. Choose a time when you are wide-awake. If you have just eaten or you

are tired, wait until later. Put on some soothing, gentle, calming music.

Steps:

1. Find a chair that you can be comfortable in for at least fifteen minutes.
2. Close your eyes and begin by taking three (3) deep breaths, holding each breath for a few seconds and slowly letting it out.
3. Then, breathing through the nostrils, calmly take several rhythmic breaths into your upper chest.
4. Let all of your concerns go, see them drifting away. Every time a thought comes into your mind, imagine it on a blackboard, and then effortlessly erase it.
5. Relax your body. Feel yourself growing serene, calm, and tranquil. In your imagination relax your body. Begin with the top of your head saying, "Relax." Next, going down the back of your neck, say "Relax." Across your shoulders, "Relax." Down your arms, into your hands and fingers, "Relax." Through your body, "Relax." Down your legs and into your feet, "Relax."
6. Let your jaw be slightly open, and relax the muscles around your eyes.

Now, picture a figure eight (infinite) in your mind and begin to follow its pattern over and over.

7. When you are calm and relaxed and ready to return, bring your attention slowly back into the room.

Evaluation: If you feel more calm and relaxed than normal, then proceed to the next exercise, **holding focus and concentration.**

Holding Focus and Concentration

Goal: The mind is naturally fast and active. For Transdimensional Communication, the mind needs to be able to not only focus, but to hold its concentration to allow the flow of information coming from your guide, or non-physical intelligence.

Preparation: You must be able to achieve a relaxed state physically, emotionally, and spiritually. At first, it may be good to listen to some soothing, relaxing music. I would recommend keeping a pen and paper nearby.

Steps:

1. When you feel very relaxed, pick one positive quality you would like to bring into your life. It might be something such as love, compassion, joy, or peace.
2. As you think of that particular quality, imagine how many ways you could experience it in your life. How would feeling that way change your life? What would you do differently if you had more of that quality in your life? How would having that quality change your relationships to other people?
3. Now, hold the images and thoughts clearly in your mind for as long as you can. Try this for at least five minutes or more.
4. Be careful to watch the intruding thoughts that come up about unrelated topics. If they are important and you need to remember them, jot them down so you can let them go from your mind.
5. Repeat the exercise, focusing on an object such as a flower, crystal, or any object you feel an affinity to. This time, observe the object, noting its color, size, and detail for at least five (5) minutes without ANY intruding thoughts.
6. Another exercise is to imagine a great teacher sitting in front of you. You are looking into the eyes of your teacher and aligning with its higher vibration. See if you can hold this image and connection for at least five (5) minutes without any intruding thoughts.

Evaluation: Notice how long you are able to hold a focus. Five (5) minutes is really a very good start. If you cannot hold this focus for a least five (5)

minutes, start with a minute every day for a week, or so, until you can stay focused for at least five minutes at a time. Without focus and concentration you will have a difficult time channeling. When you can hold a focus for five minutes or longer, go on to the next exercise, **attuning with life-force energy**.

Attuning to Life-Force Energy

Goal: When conducting Transdimensional Communication, you need to sense the presence of your guide, or dimensional intelligence at a feeling, intuitive level. Sensing the subtle vibrations of life-force energy begins to open your awareness. Intelligent energy is a vibration from the Source of all energy and creativity.

Preparation: Be able to relax, and have mastered concentration for at least five minutes. Prepare yourself in the same way as for the achieving a relaxed state exercise, I always include music. You must find a time, which will be uninterrupted, and a place where you will be undisturbed.

Steps:

1. Find a comfortable position; relax your body, quiet your mind and thoughts calm your emotions. Let yourself have at least two (2) to three (3) minutes to relax. Imagine calling all of your energy back to yourself from everywhere in the universe. Imagine letting go of anyone else's energy that you have taken on and sending it upwards.
2. Take a quartz crystal (or a stone in which you can feel its energy) in your right hand. Send out your welcome to the crystal. Feel its energy. Feel its perfect pattern. Really, sense its purpose. Give the crystal at least two to three minutes of your undivided attention.
3. Put the crystal down and pick up another crystal or stone. Do the same

thing and notice any differences you sense between the stones. It may feel as if the energy is coming from your imagination. That is as it should be. Notice that you can sense energy at this subtle level.

4. Put the crystal or stones away and pick up a flower or touch a plant. Greet the flower or plant and begin to attune to its energy. Notice how you are able to feel its aliveness. Spend at least two or three minutes sensing it.

5. Come fully out of your light trance, open your eyes.

6. As you recall your insights, fill yourself with the conviction that you are easily able to sense these subtle energies of other life forms.

Evaluation: If you are able to sense these subtle vibrations, even slightly, even if it feels like you are making it up, that's good. Proceed to the next exercise, **TC posture and position.**

Transdimensional Communication Posture and Position

Goal: To find the posture and position that helps to best support your Transdimensional Communication experience and allows you to reach and harmonize with higher dimensional levels.

Preparation: It is important to wear loose clothing and sit in a comfortable upright position. Sit in a position that you will be able to hold for at least thirty (30) minutes. You must be comfortable; you do not want discomfort to distract you. Your environment should not be too warm or too cold. Put on some music that will help lift you to a high vibration.

Steps:

1. Close your eyes, and begin to relax your body, calm your emotions, and quiet your mind. Spend at least three (3) minutes relaxing and quieting your

- thoughts. Call your energy you have scattered out in the universe to yourself.
2. Imagine that you are going to take a journey upwards into the higher realms of light and love. Adjust your energy so that you begin to feel yourself in a higher spiritual plane. Connect with whatever takes you higher.
 3. Go with the flow of that mood. You may want to adjust your position. Experience with slight movements of your face, neck and shoulders. Take a deep breath into your upper chest. Notice how your posture shifts and how your head comes into a different position. Let your head feel as though it is floating. Let your thoughts slow down. Notice how some of the smallest movements in posture produce large changes in how you feel.
 4. Experience your inner senses. Listen through all of your senses. Notice that some of your internal chatter and busyness is going away. Notice also that you are more aware of your surroundings, the sounds, smells, and energies. Let your awareness take you higher.
 5. Notice your breathing. Let your hands and wrists relax. You may even tingle a bit and grow warmer as you begin to open the channel to a higher energy. Let yourself go. Let yourself open to the higher realms beyond this dimension. Imagine the energy flowing from your right brain into your left brain, and visualize a figure eight following its path from right to left.
 6. Go as high as you can with your mind. You may feel a sense of love and compassion that is greater than usual. Let yourself feel centered, balanced, and open. Notice how your body follows the change. Note how you can influence this feeling directly and spontaneously with your thoughts.
 7. When you have explored some of what is possible from this space, come back into the room, fully present and alert.

Practice being in the dimensional- space in varying circumstance and places. Learn to identify those times during the day when you might be in a spontaneous dimensional- space, concentrating on the solution to a problem; pouring out love to someone; perhaps helping them with advice; painting; drawing; teaching; playing music; etc. Do not let any particular posture or set of circumstances become a ritual or necessity. Learn to establish a good link or channeling state under all kinds of circumstances.

Evaluation: If you were able to get a greater than normal sense of love and compassion or an expansive feeling from this exercise, now you are **open to TC**. If you found it particularly difficult, you may be making it more complicated than it is. Relax, let go of your thoughts about what it should feel like, and work with this exercise again, at your own pace.

How to connect with your Transdimensional Guide:

Okay, this is it! It is time for Transdimensional Communication. You have read about it, you have thought about it, you may have dreamed about it, and now you will do it. First, I will teach you how to welcome your guides and carry on a mental conversation with it. Your guide is intelligent energy from the past, future, or another dimension. Intelligent energy is a vibration from the Source of all energy and creativity. Transdimensional Communication is touching the intelligent energy outside of time and space allowing you to receive information and messages from a source of intelligence that is formless and infinite. You can enter this creative space by going inside your own conscious mind, asking a question that requires an authentic answer, then pass the question into your subconscious mind and allow the auto response system to function as it was made to do. Once you have perfect silence you will find answers to all your questions.

When you begin TC, you must welcome your new dimensional guide(s) and carry on a mental conversation; you will be able to determine if this is the guide you will verbally channel. If it is, you will proceed to the next process, **verbally channeling your guide.**

Note: Only proceed if you feel ready, are in good health, feeling positive emotionally, and feel that you have resolved most of your questions about how to recognize a guide. Do not forget, you are not alone in this endeavor, in fact one of reasons channeling may be easier than you expect is because you are going to have help from your guide.

First Meeting with Your Transdimensional Guide

Goal: This is to welcome you to the guide's realm or dimension and to enable you to gain conscious impressions of the guide you will be channeling.

Preparation: Put on some soothing music, beautiful music that gives you a feeling of reverence and uplifts you; select music that has previously assisted you in feeling expanded, as in the trance posture and position exercise.

Steps:

1. Get into your TC posture; make sure it is a comfortable position with our back erect. Once again, examine your body position, starting with your feet. Notice the placement of your hands, back, and legs. Become aware of your breathing. Close your eyes, and begin to take a few deep breaths. Enter into the trance state you have practiced.
2. Imagine going higher and higher, transcending ordinary reality and entering into a higher dimension of love, light, and joy. Become aware of your breathing. Close your eyes, and begin to take a few deep breaths. Enter into the trance state you have practiced.
3. Imagine that dimensional beings are coming closer to join you. Feel their love and caring for you. Open your heart to receive them. Imagine the doorways of many loving and higher beings all around you, welcoming you into the higher dimensions, where there is joy and unconditional love. Imagine them creating a doorway for you.
4. Realize it is no coincidence that you are making this connection. See the whole chain of events that led you to this moment, the chance meetings, the books, and the changes that have already been occurring in your life. Your new guide and the guides are aware of you and hold a special welcome as you join more closely with them.
5. Imagine that there is a doorway in front of you. On the other side of this doorway is a world of light, of higher vibration, and of accelerated growth for

you. Go inward, into your heart, and ask yourself if you are ready to make a larger commitment to yourself and to your path of service. When you feel that you are ready **walk through the doorway**. (If you are not ready now, it will be all right if you choose to walk through the door even weeks later.) Accept this new level of light into your life. Be aware that this is a very real doorway, and that your life will begin to change after you walk through it.

6. There is a plane for humankind's evolution being broadcast by higher beings. Sit silently, and imagine you are tuning into this broadcast. Allow your energies to align with this plane, so that your path unfolds from this day everything you do will be in accordance with the greater plan. You will be a channel for light in whatever way you choose to pursue your growth.

7. Continue to adjust your posture as you go higher and higher. Ask for the highest guide and teacher who are aligned with you to come forward. Sense this guide, feel its love for you. Be open to receive. Feel your heart welcoming this guide. Feel the response. Believe that it is really happening. Your imagination is the closest ability you have to channeling, and it is the easiest connection your guide has to you at first.

8. What does your guide look or feel like? Let impressions come in. Do not censor or judge the sensations, images, impressions, or information you are getting. Become familiar with the higher energy of this non-physical intelligent being.

9. Greet your guide in your mind. Affirm that you are asking for the highest possible guide who is aligned with your spiritual path. You may want to mentally carry on a conversation with this guide until you feel comfortable about allowing it to come close. If you do not feel good about this guide, ask whether it has anything of value to impart to you, and then ask it to leave. Ask again, for a higher intelligence to come to you.

10. Ask your guide to begin doing all that it can to open the channel, now that you are committed and ready to verbally channel. Ask your guide to send a mental message if there is anything further that you need to do to prepare to verbally channel.

11. When you have received these messages or information, thank your guide, and feel its appreciation for you. Say goodbye, and come back slowly and easily to your normal reality. You have now made a connection with the guide you will verbally channel.

Evaluation: If you were able to walk through the doorway, and if you were able to mentally sense and meet your guide, proceed to the next process, **verbally channeling your guide.**

If you were able to walk through the doorway, but unable to sense or mentally communicate with your guide, repeat this process at another time. **Do not proceed to the next process until you have mentally met and converse with your guide.**

If you did not feel ready to walk through the doorway, do not proceed to the next process. Walking through this doorway and making a larger commitment are big steps. When you decide to go through the doorway, go back and repeat this process until you establish a good mental connection to your guide.

Verbally Channeling Your Dimensional Guide

Goal: This process is to bring your guide in through your voice, get your guides' name, and answer questions in trance.

Preparation: Have completed all prior exercises and processes. Read through this entire process before you begin so that you are familiar with its overall direction. Whenever you verbally channel, use a recorder. You will gain valuable insights from listening again to your channeling session. Be sure to test the recorder and the microphones and feel your voice connecting with them and remember to turn on the tape recorder and push the right buttons. Have a question ready to ask your guide, including the personal questions. Ask a friend to help you with asking the questions. I suggest that you remain in trance no longer than about thirty (30) minutes. There is no danger with longer periods, but they may be tiring. If at any time you find the connection growing weaker or feel yourself becoming tired, come fully out of trance. You have made the first connection, there will be many more. Wait an hour or so before going into trance again.

Steps:

1. If you wish, put on some special music that will assist you, and find a comfortable erect sitting position. Close your eyes, go into your trance position, and enter your trance state. Breathe deeply and slowly into your upper chest. Imagine a golden light coming into a place in the back of your head and upper neck to activate the connection.
2. Now, imagine energy and light flowing into your throat and vocal chords. Open these areas to the higher energy of your guide. Visualize energy passing from your right brain to your left brain; follow the pattern of the figure eight.
3. Believe that you can make this connection with ease. Do not be afraid of failure. Adjust your energy so that you feel yourself connecting with the higher dimensions. Imagine that you are again going upward, expanding your consciousness, and that the guides are once again creating a doorway for you to walk through.
4. Call to you the same guide you met earlier. Greet it again. You may want to talk to this guide in your mind once more. Make sure this guide feels high, loving, and wise to you. When you feel confident and ready, proceed to let your guide come into your aura and energy more closely.
5. Imagine that you are inviting your guide more fully into your energy systems. Imagine that your guide is gently penetrating your aura, and softly

and lovingly, coming close to you. Feel the presence of your guide growing stronger. Keep bringing the connection closer. Ask your guide to assist you. You may want to continue to make the slightest changes in your posture, in your head and neck position to intensify the connection and keeps the energy flowing. Imagine a sense of self as strong and feeling of self intact.

6. Let your guide come fully into your aura or energy field. Your guide's vibration is very light, loving and wise, and you will most probably feel a loving presence over shadowing you. If there is a sense of heaviness, resistance or negativity, DO NOT continue to bring in this guide. Ask for a higher guide and demand that this guide leave.

7. Notice your emotions. There is often a sense of compassion as your guide joins you. You may feel a sense of calmness and tranquility. It will take time and practice to strengthen your connection.

8. Imagine the connection growing even stronger. If your mind is saying, "I wonder if it is just me" or asking, "Have I really connected with a guide?" let that thought go, and for now believe that you have indeed connected with a higher level intelligence even if you cannot sense or prove the reality of it.

9. Ask your guide for a name or sound by which you may know it. If you do not receive a name, ask for the sound. Names are more important to us than them. Some people find that there is more than one dimensional intelligence present; you may get several names, or one name representing the whole. If you get a name move on to the next step. It is alright though if you do not get a name at first, or ever, for not all guides choose to take names. If you are not getting a name after a short while, move on to the next step.

10. Start by having questions of a universal nature. If you are having difficulty receiving answers to the questions of universal nature, have your guide ask questions of personal concern. If you do not get specific answers, see if you are getting pictures or symbols, then speak these. If you are not receiving answers to the questions and do not get any images, ask your guide to further open and strengthen the connection. Then, to get your verbal connection started, describe any physical sensations or whatever you are feeling out loud. If you find it difficult to speak directly, as if you are the guide, relay the messages second hand, such as, "My guide says," to start.

11. After you and your guide have established the ability to answer questions, continue to answer questions for as long as you feel comfortable. When you or your guide is finished, before you close, sit quietly enjoying your guide's energy. No talking is necessary. Find the harmony that this state brings.

12. When you are ready, ask your guide to strengthen the connection so that it will be even easier to connect the next time you channel.

13. After you have finished, thank your guide, and feel its gratitude for you. Come fully out of trance. Stretch your body, move around, open your eyes and bring yourself to full alert and aware consciousness.

Evaluation: Congratulations, you have begun a very special relationship. Welcome to the joy and adventure that lie ahead. If you have not reached your dimensional guide, do these exercises again until you do. Concentration, patience, and persistence are required as you develop this new skill. If after some attempts you have not made the connection, you may want to use another method, such as calling in your guide and letting the ideas flow through your mind and into your hands at a computer or with pen and paper. This may be easier at first.

If you feel spacey coming out of trance, you have not fully broken connection. Instruct yourself to come fully out of trance, perhaps stretching your body and moving it around. If you still feel spacey, go outside or walk around indoors. Do something that requires left brain, analytical thinking.

I have found that it is easier to channel with your eyes closed, or covered, as it is easier to focus and receive inner messages and information when visual stimulus is removed. Most people prefer to continue to channel with their eyes closed; however, it is possible and perfectly acceptable, to channel with your eyes open.

Reading for others:

If you are not working in a clinical setting such as our Transdimensional Intelligent Memory Experiment; you may want to do a reading for others. You will enjoy dimensional communication most when you channel for people who want it, who are receptive and supportive and will benefit from it.

Be selective. Do not feel that you must give a reading to anybody who asks. Your connection to your dimensional guide is a valuable gift. Offer it only to those who can truly appreciate you and your guide's energy and time.

Channeling for those who really want it is invigorating. Channeling for those who seek it out of idol curiosity, or with a sense of irreverence may leave you feeling drained and increase your doubts as to the value of your work.

You do not have to give readings to people who put you on trial to prove

that you are really communicating with another dimension. There is an abundance of people who can learn and benefit from your guide. I suggest you channel only for these people.

It is important to let go of any preconceived ideas how your guide will answer people's questions. Your guide's advice may be something you have not thought of before, or it could be advice that you have already arrived at yourself. The universe has funny ways of giving lessons. In addition, it is not important that the person you are reading for to understand everything at the moment it is coming through. Your guide has a larger picture of people's lives and will only tell them the things that are appropriate. Do not worry or hold expectations about what the answers should be.

You are not responsible for making people's lives work, or solve all their problems. When people come to you with problems, remember that unless they are ready to grow, no matter what your guide tells them, they will not grow. Only they can change their own lives. They are the creator of their reality.

Some people may not use the advice of your guide, and, as a result, not get the true value of what was said. Some people are not ready for solutions, so your guide may simply lead them to the next step, rather than giving them full answers. It is perfectly alright not to answer every question that people ask. Guides have the wisdom not to deprive people of change to learn by themselves. Your guides will not violate a person's privacy. They will not reveal anything that violates the inner privacy of another person.

Some people are much easier to receive information for than others are. If people come to you out of idle curiosity or without a serious intent to use your guide's information and grow, you may find your guide's reading turns out to be superficial. Guides give more information to people who are open and likely to honor and use the information given.

Developing our reading style:

Each guide or dimensional intelligence is different. Each has things they prefer to do and that they do well. Each guide has an area of expertise, just as you.

As you channel for others you will be able to influence their life-force energy at basic levels. Therefore, it is very important to know how to tune into another person's energy. The following, **tuning into another person's energy**, is important to know.

Tuning into another Person's Energy

Goal: To channel for another person.

Preparation: Channeling for others only after you have established verbal connection with your guide. Put on some special music, have a tape recorder with blank tape ready. Find a comfortable position. In the beginning, you might find it easier if you directly face the person you are reading.

Steps:

1. Begin to breathe deeply, in a way that relaxes your body.
2. Close your eyes, go into a trance, and call your guide, attach to its vibrational frequency. Feel the compassion your guide has for the other person. When you are ready, your guide may want to greet the other person. Let your guide's personality, any voice changes, mannerisms, or gestures be expressed.
3. I use a helper to ask the person to begin asking questions, and to help me come back from the trance state. Guides feel free to ask people to elaborate on their questions or ask for more background information. If it feels comfortable to you, ask your guide to interact with people, for this also helps the questioner get clear on what it is they wish to know.
4. Let the answers flow, don't expect all the information you receive to be astounding and unusual. While you are sitting in this higher state, the most useful and often profound information seems obvious. Anyone who comes to hear your channeling has been drawn to you for what you have to say. Let the guide choose what to focus on and what to tell this person. The information may have no meaning to you. Trust that your guide will know the perfect thing to say, because it is aware of the larger picture of that person's life.
5. Proceed to the next question. You will find that some people are much easier to channel for than others.
6. You may want to channel for just a short period at first and build up to longer periods. If you become tired, feel the connection growing weaker, finish the reading.

Predictions and probable futures:

You may believe that if you are really communicating with a dimensional guide you should be able to predict the future. The future is only probable, for your thoughts, beliefs and unconscious programs influence what happens.

Your guides would rather help you in setting up a better future than tell you what might happen. You can create whatever you want. The future is in flux, changing with every thought. Change you're thought and you can change your future. In the reality system of dimensional intelligence, all time is simultaneous. They are outside of our linear time and space constructs. They teach that if you have a strong desire for something, if you are intent on having it, then it will come to you eventually unless you change your mind about wanting it.

The long-term future is much more variable and difficult to predict because the number of possibilities increases. The number of paths you can take between now and then increases. Each decision you make changes the ultimate outcome. The future is determined by what you intend to create.

Is Transdimensional Communication just your imagination?

Transdimensional Communication with a dimensional intelligence quite often calls for the expansion of your imagination. Learn to trust your imagination. Albert Einstein "made up" the theory of relativity. Then, he proved that it was mathematically possible. Thomas Edison "made up" the electric light bulb and the phonograph, seeing them in his mind before he was able to create them. He believed in the picture in his mind so much that he tried hundreds of times to create that light bulb and kept going even when everyone else told him it could not be done.

Everything in your reality existed as a thought before it was made manifest. Your imagination can link you with other universes. It can take you backward and forward in time. It can link you with higher minds and create anything it focuses upon. As your imagination opens, you can travel into many realities. Your imagination transcends matter; it is one of the highest abilities you have. It gives you vision, dreams, and perceptions in consciousness that transcend our normal awareness. Remember, reality begins with you.

The time is now for humankind. More and more people are awakening to their connections with the universal mind and to their higher selves. You have the ability to see and connect with realities beyond the visible known universe. It is no coincidence that you are interested in this information. Changes are occurring in dimensions beyond the earth; doorways are being created to other planes of reality that have never been accessible to people. There is a continuing step-up in the vibration of the earth. The nature of time is changing; we are moving from linear time to a more intuitive sense of time. The time for Transdimensional Communication is NOW!

Conclusion:

It is not by chance that you have found this manual. After having read it, and began practicing Remote Viewing, Remote Influence, Transdimensional Communication, or any of the three, and have found yourself wondering what to do with this new talent. We want to hear from you; we want to use your new talent to change our current global reality. Please email, tell us of your progress and remember **the power to change reality is the power to change the world!**

**Center for Emerging Consciousness
Dr. Terry King**

**If you would like to schedule Dr. Terry & Debbie King in your area
Email us at cec4u@hotmail.com**

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