

Application #6A – Expanding Perception Through Space

With this tool you are extending your perception past your immediate spatial environment. In this application and the next in the series, you are to match your mind – a 'subjective event' -- to something around you – an 'objective event' -- that is not in your immediate temporal/spatial reference.

Exercise 6A -- Visualization exercise, “thinking is the best way to travel”

Sit yourself in a comfortable position alone, or with people. (In a class format, the author would have you listen to the sound of his voice as the author walked around you. He would have you look at something specific in front of you while he talked, and would ask you not to let your eyes stray.)

□ Use your perception and imagine yourself behind the eyes. Then use your perception and imagination, slowly looking out and around the room, in a circle, without moving the eyes. Your eyes should still be looking in front and not moving. The images presented in this book are from the viewpoint of talking somebody through this exercise while in a condominium in San Jose, California.

Example: construct an image of the picture on the wall over to the left of you. What you would see if you were looking in that direction? Then move your perception around and imagine the other pictures. With your 'mind's eye', see the fan on the ceiling. Move your perception behind you and imagine the television and VCR. Keep it moving around to the curtain and imagine the open window behind you.

Using imagination, you can see the chair behind you and to the side, and the lamp next to it. Bring the perception around and imagine the sofa as if you were looking directly at it. Keep moving your perception until it starts coming back into your visual range. The idea is for you to make slowly a full circle sweep around the room, using perception and your imagination, without moving your eyes or head. Look around with the 'mind's eye', without moving the physical eyes. Use your imagination to roughly fill in the blanks. Recognize what is there around you and imagine it as if you were looking directly at it.

Avoid too much detail; form or shape is all that is needed. You can throw in some color or light if needed. The intention is for you to use the image to recognize and be aware of the actualities (that you cannot directly see) around you.

□ Once you have established the horizontal plane that you first looked around, the next step is to jump up with your mind and leave that

plane. With much of our perception or our awareness of the outside world, it appears that we are looking from behind the eyes and between the ears. The next step is you are to imagine that you are not there anymore (behind the eyes). Imagine now, you are looking from the reference of standing in that room; although, you are sitting.

Now, using this change in perceptual placement, make another circle around the room. This circle will be in a plane slightly above the first circle and your perception of the previous items will be slightly elevated, at a different angle. Therefore, this next step is to imagine what you would see if you were standing in the same room and just turning around. Again, your eyes and head are not moving.

□ After you slowly go around once more, the next step is to imagine you-behind-the-eyes are up on the ceiling and looking down around you. Imagine you are on a stepladder and are looking down into the room. If you were doing it with the author, you would be looking down on both you and him, he would be talking and you would be sitting there. Look down behind you, make another mental circuit, and see what you saw twice before from a different perspective. Again, it can help if you imagine you were up on a ladder near the ceiling and looking around the room.

So now, slowly look around you (and down around you), as with the previous part, and make a full circle. This circle gives a different perspective, because of the altitude you have given yourself.

The general idea is for you to use your imagination to perceive something that you have not perceived in that way before (or not often). When the author was a kid, he stuck his head over a bed, lying on his back and looking upside down. He saw the whole room as being upside down. He imagined he could walk on the ceiling as if was the floor. While doing this he would imagine he was walking in the room with all the furniture in the room on the ceiling above him.

This exercise is similar. With this exercise, you are not physically moving yourself to see. You are just placing your awareness on the ceiling. Similar to the childhood playing, you are looking at everyday things from a different perspective.

□ The next step is for you to imagine yourself passing through the roof until you are just past the roofline, outside the house. Imagine you are sitting on the peak of the roof. In class, the author would have you look with the x-ray vision of your imagination into the room; see him talking, and you sitting with a room of furniture around you. Now, you are to raise your perception and imagine the things below and around you. You can see in the next room. You can see up the stairs. You can see the front door. You can see the back door. You can see a neighbor's house. You can

see in your neighbor's house. 'Color' it in with them watching TV if you hear the TV, or whatever.

Now, just as if you were sitting on the roof, you can look up and out and see the roofs of a multitude of other buildings around you. Make a horizontal circular sweep at that level, just as you did when you first started. You are to slowly moving your imaginary perception around. Imagine what you would see, if you were sitting on the roof. You know what is out there. You know there are other roofs. You know where the road is. You know there are cars out there. Make a general sweep of the area all the way around. As you are looking around, *slightly* 'color' in the details with your imagination. Do not let yourself be distracted by providing small details. The important thing is to recognize the actualities that are around you in your imagination; details are secondary to this application.

□ Now you to use your imagination and move your awareness up into another horizontal plane. Now, imagine you are a mile up, looking down. Imagine what you would see if you were in an airplane or helicopter. Pictures of looking from this perspective are common these days.

You know that in that one little house below you in the colored patchwork pattern of rooftops and roads we are sitting and I am talking. Then there are all these houses next to us. If you look up, you can see the network of streets, the cars, the traffic, the lights, etc. As you start bringing your awareness up, you can look at the hills around you. You can start looking around and imagine seeing down the valley towards Gilroy, towards the south and southeast. Then move your awareness around towards the east and imagine you can see the valley, over the hills, across the way. Bring your awareness up and as you are moving from east towards the north, imagine you can see the hills starting to disappear in the distance and you see the beginning of the bay. Then bend your awareness back down the bay and look at downtown San Jose. Bring your awareness up and across, across the San Francisco Bay, and back around to the west until you start imagining seeing the hills again. See the ocean appearing behind the hills as your vista rotates. Be aware of all the other structures below you and all the cities below the hills.

The idea is for you to make a slow sweep with your awareness. Vaguely filling in the blanks using your own imagination with what you know to what you recognize is there.

□ The next position is to imagine you are a hundred miles up. Now you can see the whole coast below you going from Mexico to Alaska and see the curvature of the earth. Perhaps remember some satellite photos and apply that perspective as you are doing this.

See the patterns of white clouds passing over the different blues of the ocean and the multitude of land hues. Accuracy is not that important. It is expanding your perception in these applications that is important.

You can keep on doing this exercise until you are 'standing' on the moon or 'standing' outside the solar system. You can keep on moving your visualization perspective out further and further. This exercise can increase your perception and helps open up your 'mind's eye'; it opens your mind's perception without using your physical eyes. This exercise can help open your Lens and Aperture of your *Perceptual Lens Array*.³⁸

Where this exercise can take you, is totally limited by how much truth is in your mind already and your imagination.

The first example of this exercise expanded perception; we traveled up and out. And, you can go small. A suggestion is go out first and then bring yourself back in; and, just do not stop. It can become quite useful when coming back in to keep going. The first exercise went large and out; you can also go in and small.

Take an eraser on a pencil or your body. We are taught in school that there are a bunch of atoms set up in it so there is some kind of web or weave of material -- matrix. We are going to go smaller, and we are going to slip into the space between the weave of our body material with our imagination. We are going to go smaller and smaller so at first we can barely slip between cells, then the molecules. Now as we pass them and keep getting smaller we see the molecules are huge behind us.

We get smaller and smaller, and things become more blurry because they are much farther away. We can keep doing this and imagine ourselves in the vast amount of space between particles. Just as, we would find ourselves in a vast amount of interstellar space, if we went up and out.

This is the same application, just going in different directions. Instead of imagining going out, you go in. Either way, you are guiding your imagination by what is in your *Knowledge* and *Memory*. You are the driver – the operator. You are using the *Focus Control Buss* and your faith, applying your *Knowledge* without a direct physical interface (senses).³⁹

You are matching a 'subjective event' – your mind's imagination – to an unseen 'objective event' – something in your environment.

³⁸ *I A M A I*, Chapter 4

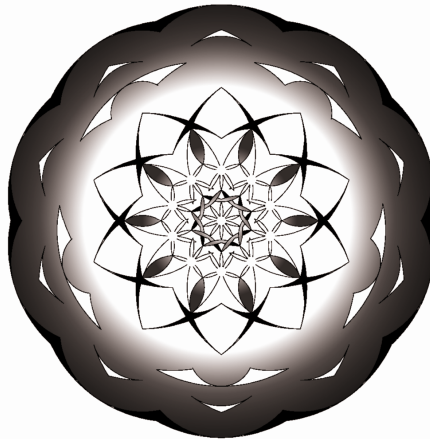
³⁹ Figure 4-4, rear of book

This application consists of:

- *With the space exercises, inside and out, the assignment is to do three of each, preferably in a different location with each application. Vary where you physically are; do the exercises in different locals.*
- *Do each one for 5-10 minutes.*
- *Perhaps later, make an entry in a journal or workbook regarding where the exercise was done, distance, perceptions, and feelings afterward.*

Optional Space Applications:

- *From wherever you happen to be, while keeping the eyes still, explore your surroundings with your imagination. For example, if sitting at home, explore the house or apartment with your mind without turning your head. From your central perception point, place all the windows, floors, and walls around you and be aware of the furniture and other items. Increase your awareness in larger circles and be aware of things like the line of buildings across the street, in relation to you. Look around you with your 'mind's eye' and do not move your head. Do this for one minute once a day in different familiar settings for a week or longer.*
- *Look at the wall in front of you. Now imagine what you would see if that wall was not there. What would be the view from your current position? What would some of the items you would see? Imagine the buildings or vistas you would see if that wall, building, tree, mountain, person, etc. was not there?⁴⁰*



⁴⁰ Thank you Superman comics.