

2.3 Space interactions

On the previous level you based your opinions on your feelings. It was enough for a start. But now it is important to understand how you see the reality. It is of great importance for this level. If you look at a person standing in front of you and a photograph of that same person, what is the difference in the way you are seeing them? You could say that a photograph is just an image or that if someone is in front of you then you can feel them whereas looking at the photograph cannot provoke such feelings. The answers are numerous, but they all have the same point – what you see in front of you surely exists. By pure logic, to someone who receives visual information through their eyes, those two “images” are not different because whatever goes through your eyes becomes an image. It is the same when you dream.

What is important is for you to understand that there is no difference between the image that comes from “a space screen” and “a photo screen”. Today we have holograms, projections of any digital information in space – information that is not really “there” in front of you. It is very logical to conclude that whatever the eyes detect, they collect the information about it. You look at a person in front of you – you get the information, you look at the photograph - you get the information. It doesn’t matter that photograph is a static object. A stone, rock or pebble is also static in a way, and yet very much alive and exists as a result of something and for something.

All your limitations of experiencing anything are right there in your perception. By all means, your perception is what forms you. This so-called social perception influences you. In this course, you will change the way you experience something, so that you are not ruled by your emotions any more. And that is when everything will start to change. In your dreams, for example, anything can happen just because consciousness is sleeping and perception is dialed way back. That is when the “machine” starts making wonders. Now you will step into this world of wonders and allow your perception to receive signals. And what possibilities can you hope to achieve by doing that? You will experience space differently, communicate with it, your orientation inside it will greatly improve and you will also be able to follow specific signals – among other things.

Exercise 1: we advise you to do this exercise with the help of someone, an actual person sitting in front of you. Neutralize and look at this person. Then, close your eyes and try to replicate the view as if your eyes are still open. Not a photograph mind you or static picture. Retain the view and feeling of distance. Even with your eyes closed, you will feel the space. This exercise should last 1 minute. It is possible you will feel tired or have a slight headache after this exercise.

It is very common that when you close your eyes you simply transfer yourself to your inner kingdom. It is possible you don't even feel it when it happens. When your eyes are open, your system registers the space as a 3D photo of sorts. As soon as you close them, the distance and depth get lost and everything becomes flat. With this exercise we practice retaining the depth and distance even when we close our eyes so that the component of space isn't lost.

Exercise 2: neutralize and look at the space in front of you with all people in it. Then, close your eyes and try to replicate the view as if your eyes are still open. A feeling of distance has to be there. You will have the feeling of that same space, but your eyes are closed. This exercise lasts 1 minute.

For the next few days you should practice this process of experiencing the space. It has to be perfect. By no means are you to immerse yourself in what you are doing. Concentration should not exist. You always look at the space in front of you and then see the same with your eyes closed. Experience of that space should be the same in both cases. Give yourself some time to fully master this. Eventually you will come to the point where your emotional state and feeling of space are the same with your eyes opened or closed – and that is perfection.

Homework: do these exercises for the next seven days.