

2.4 Object registration

As already being said, in the process of registration and localization of objects it is highly important how you position yourself. You have to act like a receiver, a radio receiver.

With the next few exercises we will train registration of objects and holding our attention on them.

Exercise 1: place an object in front of you. Neutralize yourself and look at the space and this object in front of you. Close your eyes, feel that same space and look at this object. You do not need to visualize it. It is important for you to hold your attention to the feeling of distance to that object. This exercise lasts approximately 30 seconds.

Every exercise always begins with the neutral state. The second step is your understanding, feeling the space. The third step is registration of the object in that space. Henceforth, the feeling of space has to be present while paying attention to the object. If somehow the feeling of the space disappears, that is not be good because without that space you would not be able to define that object precisely.

Exercise 2: place two different objects in front of you. Neutralize yourself and look at the space and these objects in front of you. Close your eyes, feel that space, then look at one object, and after that divert your attention to another. All of this is done with your eyes closed. You may turn your head in the directions of the objects if you need to. This exercise lasts 30 seconds.

Exercise 3: neutralize yourself and look at the space and all objects that are in front of you. Close your eyes, feel that space and then look at one object – register this object. After that, divert your attention to the second one, then the third one, then the fourth one. You may turn your head in the directions of the objects if you need to. These objects could be a computer, a mouse, a glass, a pen etc. This exercise lasts 30 seconds.

This is called your own adjusting or adapting to certain frequencies. All you need for this is object registration and your attention, nothing else. The quality of this process, how you do it – is something you will constantly improve. We provide most of our attention to our consciousness, which has to control all processes.

With the next two exercises you will see the difference in holding your attention to objects.

Exercise 4: look at one object, any single object in front of you, close your eyes and pay attention to that object. Try to hold your attention on this object for about 20 seconds. Then open your eyes.

Exercise 5: look at that same object, close your eyes and pay attention to it. Then, move your head to the left and right, a couple of times, but hold your attention to that object. Try to notice what is going on. No matter the movements of your head, your attention to the object should be very stable.

This method when you are performing registration with the head movements involved is making attention easier to hold on to. In exercise 4 you had a feeling that the object is present, but that feeling disappeared or weakened quickly. This happens because our brain collected a lot of information, most of which is useless or irrelevant. That is why our brain simply discards that excess information. If you are about to register something, but there is no task involved, the brain will throw the data away. In the future, when you feel that a signal weakened, you just move your head to the left and right and the feeling of the object will be activated instantly.

During the next few days, you should practice registration of objects and diverting attention to other objects of your choice. It is very important for you to learn that when you register an object you also have the feeling of the space it is in.

Homework: do these exercises for the next seven days.