

## 2.6 Phantasy and logic

For the following fantasy exercises, logical steps and planning are necessary. It might be hard for you in the beginning, but only because you need to educate your control process – so that everything goes as you want it to go. You will train your conscious analysis, a logical course of events, choosing the most accurate solution and the quality of fantasy as a function.

For this exercise you need to place a glass of water on a table at 2 – 3 meters in front of you. Your assignment is to go into this glass. For starters, sit down and plan your steps carefully. You may fantasize any solution, the only thing you cannot do is fly or go through the matter. You may only change in size. You will find numerous solutions for this exercise, but what you need is the most logical and fastest solution – no unnecessary steps. You cannot just appear next to the glass or inside it. You will imagine standing up, walking to the glass and climbing onto the table. How will you climb, that will be your decision. Know that, the more real your imagination is the more real factors your fantasy includes, like gravity for example. Now we are interested in the quality of our fantasy, where consciousness has to find the most optimal way to realize a fantasy.

Exercise 1: neutralize yourself, look at the space and the glass of water. Construct the most optimal solution of getting into the glass. Close your eyes, see the same space and the glass, imagine you are standing up and performing your planned steps. You may change in size (shrink or enlarge). Flying and going through the matter is forbidden. When you manage to get into the glass, feel the water and the atmosphere. Then, go out of the glass and back to your seat. Open your eyes. This exercise lasts for 3 minutes.

It is possible that during this exercise you were bothered by your emotions or details you noticed while practicing. Maybe you need to repeat this exercise if it didn't go too well your first time around. All of this is OK, you just need to remember your goal – to not have unnecessary steps and that you have to get from point A to point B with the most optimal plan. The world you are entering right now is huge. A lot of interesting things are there, a lot of “sweet” emotions. Which is where the danger lies. Don't follow all of that. Your assignment is only about getting into the glass and back to your seat.

One of the options of doing this exercise properly is: you imagined standing up, going to the table with the glass, sitting on the edge of the table, shrinking so you are twice the size of the glass. Then, you approached the glass, put one leg inside, then another and shrink so that you could fit inside. You smelled the water, felt the temperature and the complete atmosphere inside the glass. After this, you enlarged so you can get out with one foot, then another, sit

on the edge of the table, enlarge to your natural size, and get off the table and back to your seat. You sat down and opened your eyes.

If your solution is different in any way, just pay attention that you did not make it hard on yourself and that this step was connected to your goal. It is not mandatory that your solution looks just like this example, but this example shows the most rational, logical and optimal solution to this assignment.

And now we will make the situation a bit harder. You should put a napkin on top of the glass with water. Your assignment is to put this glass anywhere you want, go into the glass, feel the water and the atmosphere, and go back to your seat. You may shrink or enlarge, but you may not fly, go through the matter or touch the napkin. You are not allowed to move the napkin or any other object in your room. You may climb, slide, go up and down, change in size as many times as you need. Make your own solution – your unique solution. Do not start with the exercise right away. Sit down and make a detailed plan about how will you do this; plan your steps. While thinking about this, your consciousness is already storing commands for the exercise to be performed.

Exercise 2: neutralize yourself, look at the space and the glass of water covered with a napkin. Construct the most optimal solution of getting into the glass. Close your eyes, see the same space and the glass, imagine you are standing up and performing your planned steps. You may shrink or enlarge. Flying, going through the matter and moving the napkin is forbidden. When you manage to get into the glass, feel the water and the atmosphere. Then, go out of the glass and back to your seat. Open your eyes. This exercise lasts for 3 minutes.

*Homework: place a glass on, for starters, the same table up side down. Then, make the most optimal solution of getting into the glass and back to your seat. You can do this exercise by placing this glass up side down on different surfaces. Similarly to previous exercises, you are allowed to shrink or enlarge, but not fly or go through the matter. Do these exercises for the next seven days.*