

2.7 Phantasy and rationality

We are training our consciousness to analyze all the possibilities and paths. It was not trained to do this so far and that is why you have to practice and introduce the new protocols for the most optimal solutions to happen. Everything depends on the quality of your modeling and your rationality. Feelings and effects you will get out of this also depend on them. Rationality is the main thing you will use in your treatments. Everything you do must be rational, which means you need to have the most optimal solutions for the most complicated situations.

Let's continue with fantasy exercises. Try to feel gravity, movements and to feel materials. It is like a new world. We are practicing our fantasy so that it forms according to our commands. Consciousness is the one that gives commands. Like with the previous exercises, it is important that before you start preforming, you plan your steps carefully and rationally. Consciousness is always rushing to make something happen, just to touch the goal, so what often happens is that it neglects the necessary steps.

For this exercise, place a wall or table clock in front of you. Your assignment is to get inside that clock and register anything you can. When you get inside you might be surprised. With the glass there were no surprises in store, we could see everything from the outside. Try to see every detail inside the clock and notice how your fantasy forms those details.

Exercise 1: neutralize yourself, look at the space and the clock in front of you. Construct the most optimal solution of getting into the clock. Close your eyes and preform your previously planned steps. When you get into the clock, feel the space and notice as much details as you can. Then, get out of it and back to your seat. Open your eyes. This exercise lasts for 3 minutes.

For the next exercise, place a marker on a table in front of you. Like in the previous exercises, your assignment is to get into this marker. Pay special attention to the smell and feeling of the material and the space inside it. The difference from previous exercises is that now you may go through materials.

Exercise 2: neutralize yourself, look at the space and the marker in front of you. Construct the most optimal solution of getting into the marker. When you get into the marker, feel the space and notice as much details as you can, especially the smell. Then, get out of it and back to your seat. Open your eyes. This exercise lasts for 3 minutes.

Homework: for the next couple of days you can practice going into the remote, a tablet, a computer or a pen. In this case, stick to the rules that you may not fly or go through the matter. In case of trying to get into lead pencil or face cream, you may go through the matter. Do these exercises for the next seven days.

Try for your solutions to be precise and simple. The most optimal way is always hard to find, but it will be your own creation. That is how we train for all the complex things waiting us down the road.