

2.8 Modeling

When we say the word fantasy, immediately it becomes something people might doubt in or think of it as a form of lie. It is important to understand that for the head there is no such a thing as a lie. Whatever is inside it becomes a reality. This applies for everything around us. In the past, scientists have dedicated a lot of effort to prove that people cannot detect information without fantasy – and this process is in our heads, regardless of the information coming from the outside. So, this processor in our head, the one that combines everything, we call fantasy or planning or perception or seeing. Your fantasies can form information, the result of which is a reaction from your organism as if that information came from reality.

In previous exercises we were practicing modeling – from the signals we received we were modeling our hand, objects, space etc. We have built our fantasy so precisely that now we have come to the point when we can model signals we do not know. The same process you were performing on the previous level by moving your hands, you will now perform with your fantasy.

Exercise 1: it is advisable that you do this exercise with a person sitting 2 – 3 meters in front of you. Neutralize and look at this person. Then, close your eyes and try to see exactly the same as you saw with your eyes open, but with the feeling of distance from that person. After this, bring this person to about 20 cm away from you. Hold your attention on this person for 20 seconds. Then open your eyes.

This technique could also be used when you want to feel the energy state of a person.

Exercise 2: put your palms on your thighs. Use the same technique to bring this person to 20 cm away from you. Then, imagine your hand at about 5 cm from this person's body and try to examine it like you were doing when you were physically moving your hand and feeling different parts of its body. This exercise lasts 3 minutes.

Everything you do, you are doing with your mind. In many cases you wouldn't need to use your hands physically, and that is why it is important that you learn this technique. Plus, doing the technique and modeling in this way, you are being introduced to your work with people that are not in the same room with you. Now, you will do two more exercises, similar to the previous ones, where modeling of your hand and feeling with it is most important.

Exercise 3: put your hands behind your back. Use the same technique to bring this person at 20 cm away from you. Neutralize yourself and imagine your hand at about 5 cm from this person's body and try to examine it like you were doing when you were physically moving your hand and feeling different parts of its body. This exercise lasts 3 minutes.

Exercise 4: put your hands under your thighs. Use the same technique to bring this person at 20 cm away from you. Neutralize yourself and imagine your hand at about 5 cm from this person's body and try to examine it like you were doing when you were physically moving your hand and feeling different parts of its body. This exercise lasts 3 minutes.

Talk to this person after exercises about the feelings that appeared. Exchange your opinions concerning the state of their organism. For the next few days practice all of these exercises with different people.

Homework: do these exercises for the next seven days.