

## 3.2 Registering the hidden objects

We start this level with exercises about registration of hidden objects and feeling them. Given that you already learned to register an object on the previous level, as well as holding your attention to it, this will be an important addition for your understanding of the space and your receiver's adjustment.

You can practice the following exercise in two ways, depending on what is available to you. The first variant is that you ask someone to place an object on the table in front of you and cover it with the napkin or a cloth, without you knowing which object was chosen. It can be anything you have in your apartment (a glass, teacup, teapot, spoon etc.). Not knowing which object was hidden will provide the signals to come in their purest state, and that is why this variant is the best for practicing. The second variant is to take a non-transparent glass or a small box and put a d6 dice in it. Cover it with the napkin so that you do not see the dice. Shake the glass or box several times and place it on the table in front of you.

Exercise 1 – variant 1: neutralize and close your eyes. Feel the form of the object underneath the napkin. Register it first and then feel its form. Feel this object from several sides. This exercise should last approximately 1 minute. Try to answer which object was hidden.

Exercise 1 – variant 2: neutralize and close your eyes. Feel the form of the dice inside the glass or box. First register it and then feel its form. Feel the dice from several sides. Do not rely on your knowledge about the object or its form. Try to forget all you know about it and feel it in a completely neutral state. This exercise should last approximately 1 minute.

It is really necessary during these exercises to follow yourself and your feelings, and not your logic. The entire secret is in adjusting your receiver for signals. With these types of exercises you will often witness the various conscious conflicts. Your attempt to guess the hidden object will often be hindered by the form you can see under the napkin, the material you feel, and your previous experience. Consciousness is always analyzing and bringing the final answer based on a template extracted from your past experiences. This is why we need to train sensory feeling of objects and forms and avoid letting our standard procedures to shape our final solutions. And sure enough you can have incredible awareness of some object, but to be aware of it truly, to guess the name and purpose of that object is a very, very hard thing to do. Consciousness is always trying to determine something about the object and base everything on that, administer the template – if the object is lying down then it is not standing, if someone eats with it then it must be cutlery, if today this happens then tomorrow

this must happen etc. This is all a representation of a process that occurs without your involvement; all you get out of this is a finished result. And this is why we need to work together – so that the process of getting the answers and solutions involves and engages additional parameters and avoids standards and templates.

With the next exercise we will remind ourselves of the technique from the previous level but with some additions. Ask someone to place an object in front of you and cover it.

Exercise 2: put your hands behind your back, neutralize yourself, look at the hidden object in front of you and close your eyes. Imagine the same space in front of you that you just saw with your eyes open. Then, imagine you are bringing your hands close to this object, sliding them under the covering and touching the object from several sides. Feel the form of this object, its material and any other detail you can think of. Try not to bring you conclusions too fast about the object in question. For now, it is only important that you precisely feel what you are touching. This exercise should last 2 minutes.

For the next days you can change hidden objects, feel their forms and try answering which objects were in question, but only after you feel them precise enough. Do not rush answering; let your consciousness receive new protocols and new ways of finding solutions for you. These exercises could be done with your hands on your thighs, behind your back or under your thighs.

*Homework: do these exercises for the next seven days.*