

3.4 Tuning to low signals

When you are searching for hidden objects, the first one you find is usually the easiest while that process is harder for subsequent objects. This is a very normal thing to happen because consciousness turns on later, and this process requires no thinking. Should this happen to you, take longer breaks between exercises especially when you feel that your neutral state your brain is starting to analyze on its own.

In the grand scale of things, searching for hidden objects was pretty easy. These objects exist, as they are, and they are sources of certain frequencies that we can register. But when it comes to humans, we are talking about all kinds of frequencies and frequency levels. Let us now train your intuition to detect very low signals. You don't need to imagine anything, you have your head and you only need to position your receivers, like you are the object you are searching for.

Take a deck of cards and take out the jokers, twos, threes, fours, fives and sixes. You are left with the deck from seven to ace. With the following exercises you will fine-tune your attention for processes that are important for your patience and very low signals.

Exercise 1: shuffle the cards and place the deck on the table in front of you, face down. Divide it into two, physically. Now try to locate an ace. Choose the right or the left part of the deck. Again, try to locate an ace. Now choose upper or lower part of the deck. Look if the ace is where you said it would be.

Do not let your emotions appear, they will ruin everything. Do not be thrilled if you have found your card or disappointed if you did not. You are training yourself to detect low signals. The practice alone is most important now and not actually finding the card.

What is important for you to know is that you cannot get information about the card by feeling it, because a card is just a flat image. It is a frequency with its color and a form. Remember this, this is your initial data.

Exercise 2: shuffle the cards and divide the deck into three parts. Place them in front of you. Try to choose a stack that contains number 4. Then, further divide that part into three and try to choose again.

Exercise 3: choose one card and place it in front of you, face down. Try to find out which color is it and does it have a number or an image on it.

Exercise 4: now you will try to say where is the ace while dealing the cards. You will practice an instant reaction to a signal. Face the deck down, start dealing (you can just put them on the table in front of you) and when you register an ace, flip the card and see if you were right.

Exercise 5: shuffle the cards and place the deck in front of you. Try to register where the ace of hearts is by counting the cards starting from the top of the deck. You don't need to move or touch the cards, just count and register the ace of hearts. When you get to a certain number and feel that it could be an ace, check the deck to see if you were right.

Now you will practice with cards and modeling, that is, using your phantasy.

Exercise 6: pick any card out of the deck, place it face down on a table at 2 – 3 meters away from where you are sitting. Close your eyes and neutralize yourself. Imagine standing up, going to the table where the card is, use your hand to flip it and see what is that card. Then place it back on the table faced down and go back to your seat. Open your eyes and check what card was on the table.

Exercise 7: this exercise is a variation of the few previous ones. Shuffle a deck of cards. While shuffling, try to say where the ace will be, counting from the top, once you stop shuffling. During that time you will be receiving signals. Decide on your own when to stop. You will need more repetitions for this exercise than for the previous ones to get this right.

For the next seven days practice all of these cards exercises. You can always practice them, not just for this homework. They are simple, short and great for you to train the intuition in low signal receiving.

Do not base your answers on your logic, even though your head will ache to get involved. You should just listen to yourself. It is like being in a pitch-black room – listen to the outside sources and minimize your own sources of information be it sounds you make or your thoughts. That is the necessary state you need to be in, calmed down, so you can register low signals.

Try to understand that logic embedded in your head will always interfere in processes. The system will automatically start to calculate and sort the information and match it with the “nearest” logical explanation. Should you allow

your system and head to get involved in these card exercises it would look like this – you are trying to find the hearts and with that direction your head automatically starts to feel and calculate the possibility of the hearts appearing and where. Calculations are taking into account the amount of cards in the deck, the color, the sign, your wishes etc. All the while you need only to position to one signal, one frequency, one card.

The amount of cards is irrelevant here; you could be searching for one specific card in the stack of thousands of cards. When you direct your attention to the amount of cards your head starts calculating your odds and certain emotional state appears. But percentages and calculations are neither efficient nor the correct path to take. Regardless of the amount of cards and piles of stacks, your chances are always “50-50”. For there is only one card existing there – the card you are searching for. So, just relax, calm down, pick your card and search for frequencies and signals. You will make mistakes in the beginning for sure but every mistake is actually a step forward! Which means there is nothing to be afraid or discouraged by, there are no mistakes.

Homework: do these exercises for the next seven days.