

3.5 The people and the space

Now we are moving on to the localization of people. The technique of finding a person in a space is very similar to finding an object. What makes it easier for us is that people are way more intense with their frequencies, which means they are easier to find.

For the next exercise, choose someone who is not in the same room with you. Perhaps in the adjacent room or even apartment. We will start with smaller distance. This person does not need to be still or to expect you will do anything, but it would be great if it told you its experience after the fact. So, the GPS parameters you need to locate this person are: you know this person, you just remember it, and its location that is a space familiar to you, which you only need to remember too.

Exercise 1: neutralize yourself and close your eyes. Divide the space where this person is located into four sectors, so it would be easier for you. You may turn your head while moving from one sector to another or even stand up if it would be more comfortable for you. When you register this person, bring it closer to you, at some 20 cm distance. Hold your attention to it for 20 seconds. Then open your eyes.

When dividing a space into four sectors, it is not required to imagine it. For example, you can smell something, but you do not know where this smell is coming from. It is simply there. Even if you are not familiar with the space in question, smell alone should guide you. You are thusly, for example, walking towards the kitchen guided by the smell without paying attention to where you are going or how the space you are going through looks like. When you are searching for objects or persons, it is much like following the smell. The state you are in while searching for people is the same as if you were searching for objects.

For the next two exercises you will also need someone in the other room.

Exercise 2: neutralize yourself and close your eyes. Divide the space where this person is located into four sectors. You may even turn your head while moving from one sector to another. When you register this person, bring it closer to you, at some 20 cm away from you. Then, imagine how you feel the parts of their body with your hand – examine this person's general state as you already learned how. Then open your eyes.

With this next exercise you will bring this person closer to you in the same way and preform a treatment. You could agree on what you should do before you start the treatment.

Exercise 3: neutralize yourself and close your eyes. Register this person, bring it closer to you and preform a treatment. You can put your hands behind your back or under your thighs, because you are still practicing the modeling of your hand with which you preform treatments.

Homework: during the next seven days practice distance examination and treatments as much as you can. Let signals come in their pure state; it is possible you will even surprise yourself.