

The Art of Psychonavigation

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Intro

In exploring *consciousness* as the cause of reality I wanted one single tool, one single technique that would include all aspects of psychological and spiritual development. One that would be empowering and uplifting to anyone, one that could be applied anytime in an infinite number of variations. A limitless but integral method for exploring perception, awareness, creation, being. Something that is both practical and mystical. Something all-inclusive.

In decades of search and exploration I have not found this tool, this “instant-enlightenment” magic wand.

So I had to create it myself. I have created it and given it a label: *Psychonavigation*. And written this book to present the news to you. I am not promising sex, money and enlightenment, but I am promising that you will find more of yourself and a certain degree of inner peace and creativity. And in finding that ocean of silence and the wellspring of creativity that flows from it you will need less of the smaller goals of sex, money, enlightenment (in no longer needing it you will of course suddenly have *it* chase you, rather than you chasing *it*, by the way).

For more background and theory I would like to refer you to my book “Parallel Universes of Self” as this book leaves off where the other ended. This book is understandable and applicable in and of itself, but will make even more sense in the context of my former work.

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Psychonavigation

Before we talk about where this technique comes from and how it is totally comprehensive and fantastically effective in any area of reality, I will describe the tool itself. If you are well-versed in psychospiritual topics or simply have some common sense, you will already start understanding its precious value before I’ve even talked about the background.

“The Art of Psychonavigation” is at first simply the art of guiding, directing, removing, focussing, intensifying, softening your **attention** or awareness. What you put attention on is where your energy goes. What you put attention on grows. What you continue to put attention on becomes more important, perceivable, familiar and ultimately more solid and real. Attention is the prime tool with which you create your reality. What you release attention on dissolves. Release attention on everything and you have a type of meditation that evolves into a blissful ocean of consciousness. But that’s a topic for later. In this book we are therefore not primarily talking about what the eye

(and the inner eye) sees, as billions of other books would, but about the eye (and the inner eye) **itself**. We are looking at the looker rather than the looked-at. We are putting attention on attention. Self is looking at itself. Learning about attention and using it is a core ability, a rare and useful one and I look forward to describing how it contains everything you will ever need for spiritual and psychological growth. I look forward to educating you on something “they” failed to tell you at school.

Psychonavigation can be viewed as a “guided attention exercise” that combines hundreds of methods into one single action. In its most basic form it involves softly and gently *focussing* on something for 60 seconds. And then, after that, focussing on something else for 60 seconds, and then, after another 60 seconds, switching to something else and so forth and so on. In “Basic Psychonavigation” the 60-second-rhythm is kept for about 15 Minutes. Once in awhile during this period, attention is rested, put on nothing specific in a 60-second break.

Attention can be focussed on the inner universe of thoughts, concepts, memories, ideas and fantasies or on the outer universe of objects, forms, spaces, structures, people, plants and events. It can be focussed on the near (immediate surroundings) or on the far (somewhere else).

During practice you alternate attention in a 60-second-rhythm thereby including the **negative**, the **neutral** and the **positive**. For the sake of simplicity we will identify only these three modes, “negative” meaning something you currently view as unpleasant or problematic, “positive” meaning something you currently view as pleasant or desirable, and “neutral” meaning something you neither desire nor resist. The three modes do not have to be focussed on consecutively though. You might for instance have three 60-second-rounds of something you deem positive or any other variation that arises. In the beginning stages of Psychonavigation it is more important that you keep a self-determined flow of attention (energy) for a certain time span and that you learn to **decide** what to focus on next. In the later stages it becomes more important what you focus on.

But the main point for the beginner is to even be able to deliberately focus on anything at all. Most people aren’t even yet quite aware that they can direct where their attention goes independently of what is going on around them and independently of what others tell them to think and do. And if they are aware of it, they rarely make use of it because the untrained ability seems difficult or they do not know how powerful it is. Most people’s attention jumps around like a nervous ping-pong ball, reacting to environmental stimuli and inner cravings and resistances in a random fashion. Alone the step of taking conscious control of one’s attention for 15 Minutes is a quantum leap in power and realization...before even beginning with “what you can put attention on” and “how to focus attention”.

The mere act of focussing on something, anything at all, will calm the stream of thoughts (clear the mind) and let you regain a sense of willpower and purpose. This is where to begin on your journey. A later chapter will show you a suggested step-by-step training program should you want to take this nice and easy.

The Negative

Within the framework of Psychonavigation, when you focus on the negative, some problem, misemotion or unwanted issue, you are experiencing something entirely different than either “negative thinking” or denial-of-the-negative. Firstly you are doing it on purpose (this implies and facilitates creative-control over the issue) and secondly you are doing it a way that is specific to this technique and has the result of de-sensitizing the issue rather than prolonging it. Automatic focus

on the negative is “negative thinking” which undermines the quality of your life. Ignoring and suppressing the negative is an even stronger half-aware focus on the negative which has even stronger detrimental effects on your life. The purposeful and intentional focus on the negative for a Psychonavigation-Session stops this automatism and allows you to regain a handle on it.

When incorporating the negative, difficult and heavy into the exercise you do this by on the one hand **confronting** (courageously facing) and on the other hand gradually releasing your own resistance, reactivity, judgement, fear-of and “wanting to get rid of it”. You do not resist, you de-identify. Paradoxically full acceptance equals de-identification. What you push against, you empower. Trying to get rid of something means giving even more attention and energy to it than if you were simply observing it in a relaxed, non-reactive way. It is true that focussing on the negative will initially make the negative grow, will make it more real. This is why Psychonavigation-Sessions does not involve deliberately looking for negative things to focus on. The negative that is included in the Session is the negative that is already there, **already created** within your field of consciousness. Ignoring it or pushing against it means giving even more attention to it than if you were simply observing it. The way to focus on it is the same way you would notice clouds in the sky...they are there, they “just are”, but they don’t have much to do with you. It is in this manner that you can gain an emotional and psychological handle over any problem whatsoever.

In the case of an especially charged or emotional issue it Psychonavigation is used in the following manner: You alternate back and forth between the uncomfortable subject and the neutral and positive. An example (in 60 second intervals):

Problem X

Neutral Object

Problem X

Neutral Object

Problem X

Positive Thought.

Problem X.

Neutral Memory.

Problem X.

Nice object.

Problem X

Neutral object.

Etc.

This sort of back and forth movement, this way of turning a problem on and off deliberately, de-charges the emotion surrounding an issue, initiates new insights and eventually allows you to regain total creative control of your attention and emotions towards it. Focussing on it deliberately presupposes you are no longer afraid to look at it. Switching presupposes that you can do that and directs your awareness to things you would prefer to be focussing on. You will experience this to be a very magical variation of Psychonavigation.

In general the negative or problematic is not included into the Session on purpose but only in

cases in which things arise in your daily life or during the exercise, that you want to handle. You do not force bad things to come up just because you want to see how you handle them. Nevertheless we will later talk about the usefulness of so-called “negative” issues and in which way you can utilize “bad vibes” to your growth benefit. Sometimes swimming upstream can make you stronger. But the beginner definitely ought to learn swimming first, and this is best done downstream: With the positive.

The Neutral

When deliberately focussing on the neutral you do this to relax. Something that is neither charged negatively nor positively has a most relaxing effect on body and mind. In this way the neutral is a gateway to allow dissolving the negative or immersing yourself in the positive, to be easier. The neutral is also focussed on when it seems difficult to make the immediate transition from the negative to the positive. In this case the middle “stepping stone” of something neutral is taken. The neutral is also used to collect and centre oneself or to even “get into the exercise”. Focussing on neutral or only mildly interesting or boring objects in your surroundings seems the easiest for most practitioners and is a good way of starting a Psychonavigation-Session before using this stable platform to dive into the darkness or fly up to the light.

The Positive

When deliberately focussing on the positive, you do so to come into energetic (emotional and psychological) alignment with things you would like to experience as reality. Rather than being a non-reactive observer looking at something from the outside (as you would do for the negative), you are here allowed to become more identified, “go into the creation”, enjoy it, feel pleasure about it. This usually happens by itself though and you don’t have to put extra effort into enjoying things you like anyway. If it takes too much effort to feel joyful emotion when focussing on the positive, then this means that it is not something you **currently** really enjoy or it is something that is currently too far out of your reach (experientially). In Psychonavigation there is this slight difference in your behaviour between focussing on the negative and focussing on the positive. While on the negative you relax more, breathe softer. While on the positive you become a bit more interested or involved. One is “releasing-resistance”, the other is “letting in”. But from a higher vantage point “letting in” is the same thing as releasing-resistance. You might be surprised to read that many people not only resist the negative but also the positive (more on this later) . In advanced stages of Psychonavigation you will find out that the ultimate purpose of the exercise is to gently guide your attention towards more and more beautiful, joyful and positive thought forms and feelings and in this way become accustomed to higher levels of energy and consciousness.

The Audio Tool

A helpful tool that supports your practice is the 60-second-pulse audio recording included with this book. It does include hemispheric brain-synchronisation sound but that is secondary to the fact that it provides a tone-signal every 60 seconds. The mere ritual of putting on headphones, hearing the sound and the 60-second-signal can discipline you in following through with the exercise. The Recording was made specifically for Psychonavigation and is to be used with headphones only. Without headphones the sound will neither work nor sound pleasant.

Of course you don't need this tool for practice. You can switch by your intuitive "inner clock", you can use breathing-rhythms to pace your time, walking-rhythms, stop-watches or whatever else you wish. After your beginning stages you don't even have to necessarily use a 60-second pace anymore but can try 20 seconds or 3 minutes or whatever other rhythm seems interesting to you. 60 seconds was chosen and is recommended for beginners because it is the approximate time your mind needs to properly identify with something, to feel something, to "come into energetic alignment" with it. What Psychonavigation definitely is about is that you do define a pace, you do define a time. Failing to do so is not Psychonavigation. The reason for this is that the mind tends to drift, be distracted, loose track, wander off, get stuck on something and fall back into non-self-determined attention. Keeping a pace strengthens your "muscles" of self-determination, centeredness your ability to make decisions (of where attention goes next) and ultimately your sense of inner power.

Unlimited Use

The wonderful thing about Psychonavigation is that there are no limits to the variations in which it can be used. You can vary the pacing, you can include other techniques and exercises into this one, and you can learn to extend your field of thought and attention outside of habitually programmed patterns. An example of including other techniques into Psychonavigation:

- 60 seconds of eye-training
- 60 seconds of breathework
- 60 seconds of chakra-energizing
- 60 seconds of an affirmation
- 60 seconds of pranayama-breathing
- 60 seconds of push-ups
- 60 seconds of no-mind-meditation
- 60 seconds of muscle-tensing and relaxing
- 60 seconds of Visualizing
- 60 seconds of...whatever you want.

Once you get a regularity going in your practice, perhaps starting out as a daily session of 15 minutes, you can re-utilize any psychological, spiritual or body-technique you have ever learned, including the ones you might have failed to follow up on. Or you can choose to dedicate a whole session to a specific topic. Topical Examples:

- 15 Minutes of "Beautiful Visions" (60-second-pace)
- 15 Minutes of "Gratitude" (60-second pace of different things to be grateful for)
- 15 Minutes of "Remembering my Childhood" (different memory every 60 seconds)
- 15 Minutes of "This painful Issue" (noticing various aspects of it every 60 seconds)

It is the all-inclusive nature of Psychonavigation that makes it to my personal Nr. 1 tool.

What makes it enormously powerful is that during practice time the world and its ever changing waves of circumstance, brabble, noise, confusion and urgency are no longer source of your reality, **but you are**. If you do not consciously determine where your attention ought to go and what is really **important** to you, the world will. Guiding your own attention – no matter to what – is an already potent source of power. It means you have stopped the world for some minutes and taken charge of what goes on in your mind and feelings. You stop the bombardment of overwhelming input from the world, and start guiding your attention...which is a prerequisite to guiding your thoughts, words, deeds and ultimately your reality. There are many things to be learned by guiding your attention on a regular basis. One of them is, that what you put the most attention on, will eventually grow, start attracting similar thoughts and feelings and finally manifest as reality in your everyday life. Attention is accumulative. Put it on something and watch it grow. Stay with it repeatedly and watch it manifest in your life. The reason you are experiencing something similar everyday is because you focus your attention in a similar way and on similar things from day to day, filtering out the trillions of other options of things you could be focussing on (thinking about, looking at, remembering, hearing, listening to, smelling, feeling, touching, tasting, perceiving). Expansion of Awareness means to perceive things you haven't perceived before, or have only peripherally perceived before.

Basic Session Examples

This chapter is to give you examples of the amazing bandwidth of this one simple technique. I will put some of sessions with myself and others into written form. As you will notice, there is absolutely no limit to where attention can go. As your life and experience change, include it all into your regular session. Daily, Bi-Daily, Weekly, the choice is yours. In parenthesis I will note the purpose of some of the specific attention switches. These notes were not part of the sessions but I add them for the reader who will want to use Psychonavigation for self-therapeutic purposes or in order to achieve altered states of being.

Session: Myself, 40 Minutes

Intention: Feeling overwhelmed by the day, intending to regain calm

Pacing: 60 seconds each

Pacing-Tool: Audio-Recording "60 second pulse".

Location: Lying in Bed

Lamp in front of my bed

Spot on the Wall

My right foot + Breathing

My left foot + Breathing

Back to the Lamp

Back to my Body

Back to the Lamp

Back to my Body

(Note: Would I repeat this body-object alteration it could induce a phenomenon called "out of body experience")

To a tree outside

To a memory of another tree

To my favourite actress

To me going to bed with my favourite actress

My favourite actress nude from behind

To my work

Again to my work

Overview of my work

To Melbourne, Australia

To a shopping mall in Melbourne

To a pair of socks in that shopping mall

To the lamp in front of my bed

To a Hotel in New York City

To my body

Again to my favourite actress

(Note: When looking away from something and back to it again later, acuity is increased)

To nothing in specific (relaxing attention)

To no-mind (stopping thoughts as they start to arise, as in "This cat is....")

To that beautiful sports car

To my breathing

To breathe-counting

To a person I appreciate

To a daydream

To the wall of my room

Through the wall of my room

(Note: If attention is relaxed this could lead to extrasensory-perception of what is behind the wall)

Softly to a problem I have (causes rush-through-body as energy is discharged)

To a point in the air

To the planet Mars

Exploring the surface of that Planet

Back to my left foot

Back to my right foot

To breathing.

Result: A sense of complete peace and freshness.

Session: Myself, 20 Minutes

Intention: Wanting to Intensify my Focus on a desired Car

Pacing: 60 seconds each

Pacing-Tool: Audio-Recording "60 second pulse".

Location: Sitting in a hard-back chair (increases focus)

Breathe-Hold-Pace-Technique

Breathe-Hold-Pace-Technique

(Note: Near the end of the first 60 seconds I decided to continue with the breathe-holding-technique for another cycle. This is permitted in Psychonavigation as long as it is deliberately decided).

Breathe-Hold-Pace Technique (I decided for another 60 seconds of it)

Spot on the Wall

Beautiful Shiny Sportscar

Driving that Car
Driving that Car in a beautiful landscape
Driving that Car with people I love in a beautiful landscape
Notebook on my Desk
Purchasing that Car
Seeing people impressed by that Car
Spot on the Wall
Breathing
No specific focus (break)
No specific focus (thinking about what to focus on next)
Selling the Car later
Driving the Car, feeling and smelling the leather of the seats
Silence, Observing, Meditation
Silence, Observing, Meditation
Silence, Observing, Meditation

Important Note: When “visualising” for the purpose of “manifesting desires by mind alone” as it is known in the new age movement there are three major rules to be aware of:

- a) You do this without expectation-pressure that the thing you are visualizing “must” manifest in reality. In fact, forget about it after your session by doing other things. Visualize only in a light-hearted and playful way, without any neediness whatsoever.
- b) You don’t visualize so that it happens “later, in the future” and “out there in reality”. You visualize so that it happens right now, “in here”, in other words you can feel the joy of it **as-if-it-has-already-happened**. Do not fragment your inner reality between now and future or between “inside” and “outside”. This knowledge will help you use Psychonavigation for magical purposes.
- c) Gradually move towards not only visualising a two-dimensional picture in front of your forehead or in your brain, but embodying, feeling, being, moving-as and in a three-dimensional, touchable, joyful reality. Do not continue to visualize something you do not feel or you are not happy about. Make your visualisation a whole-body event. It is the energy-frequency that effects physical reality. It is belief/intention, not desire. Closing the gap between desire and belief means no longer looking at something from an outside viewpoint, “desiring” it, but merging with it, becoming it, being it.

Result: I actually forgot about this session. Years later I found this session and realized I am driving the exact car I had visualized back then.

Session: Myself, 5-10 Minutes

Intention: A refresher or separator between work and private-life

Pacing: 30 footsteps each

Pacing-Tool: Taking a walk, Footsteps

Location: Outside, after work, before going home

Footsteps (starting out by counting 30 footsteps)

A building in the distance

A building close-up

The window of another building

A person walking towards me (without staring. Attention can also be focussed without the eyes!)

Footsteps (I restart the exercise because I got distracted and forgot about pacing. But rather than berating myself for it I simply restart!)

The concrete I am walking on

Thinking about what I am going to do tonight

Rethinking what I intend for tonight.

Intending a great evening (vocally spoken)

The clouds in the sky

Wide Focus (focussing on everything in my view, nothing specific but general).

Result: My mind is off work-time and on to play-time. So much that I have even forgotten what the problem was at work today.

A Basic Course

If I were to teach Psychonavigation in a seven hour or seven day or seven week course in a step-by step fashion, this is what it would look like from easy to challenging.

Week 1: Outside & Neutral

You start with neutral objects in your immediate surroundings. These are the easiest for most people. This is also the mode I use when someone is too distracted or overwhelmed to apply any other variation of Psychonavigation. Look at that lamp. Look at that spot on the wall. Look at that Picture. Look at that Floor. Look at that spot on the floor. Look at that vase, and so on. If someone is totally fresh to focussing, meditation or energy-work I would start in a pace of 20 seconds and not 60. 20 or 30 seconds is also the pace I personally often use when taking a walk (using Psychonavigation while moving the body).

Week 2: Inside & Easy

Here you focus solely on thoughts, inner impressions, images, memories or fantasies. In week one you focussed on the “immediate surroundings” in the physical world, and here you focus on the “immediate surroundings” of the inner world. What would that mean? It would mean that you choose thoughts that are “easy to think” or “easily activated” or “easily remembered”. Thoughts that are not too far away from your “inner surroundings”. The thoughts that are the most easy to think tell you a lot about your current condition or state of being, by the way. Finding out what type of thinking comes to you easily allows you to define where you stand (energetically) and thus improve your state. But for now, simply alternate attention between different thoughts. For men thoughts of sex might come most easily. Or memories of what just happened yesterday. Do not yet reach for “too positive” thoughts, this would cause a strain between current situation and desire. If you don’t know what to think about or focus on then use objects in your immediate surroundings by copying them, thinking them or seeing them in front of your minds eye. “Not knowing what to focus on” is a main stopper when it comes to living a powerful life. If you cant decide what to focus on, others will decide for you. Psychonavigation eventually solves this problem. Visualisation is helpful to keep focus, but you don’t have to be an expert in visualising in order to focus on the inner world. It can also be a vague impression, a feeling, a “sense of something” or a memory. Inner Psychonavigation is preferably done with eyes closed.

Week 3: Inside and Outside

Here you start alternating between outer objects and inner “objects” (thoughts). In relation to other variations this is still quite simple. When you alternate between an object in your immediate surroundings and a thought or imaginary image you will probably notice a difference. But when you alternate between a thought and something “outside” that is not in your immediate surroundings you might come to the point where you realize: There is no difference between “inside” and

“outside”! Here’s an example. But your attention on the wall in front of you. Now put it through the wall, to the other side of the wall. If you don’t know what is on the other side of it, speculate about it. Now put your attention even further “outside” to the Empire State Building in New York. Alright, now put your attention “inside” and think about what is behind that wall. And now think about or imagine the Empire state building. What is the difference? Is the Empire State Building “out there” or “in your head” or neither nor? I’ll leave that up to you to figure out for now. Just understand and realize one very important thing though: Your consciousness is not limited to your brain or to an area around your forehead. Don’t have everything happening in that tiny space. You are welcome to **extend** your attention all the way to the actual Empire State Building and “touch it” with your attentions-fingers. Awareness is not limited to your body or mind, it is limitless and can travel anywhere. Later on we will figure out the difference between imagination and perception in order to use Psychonavigation for extrasensory or remote viewing.

Week 4: Neutral and Positive

By now it doesn’t matter if your attention is inside our outside and in context of Psychonavigation you are welcome not even to differentiate too much anymore. Rigid separation between “imagination and reality” is one of the main things that keeps you from fulfilling your dreams! In this sense, focussing on a thought of a car, seeing the car on TV, seeing a picture of it and seeing a “real car” have the same overall effect on consciousness. The differentiation and separation is only made by you (for certain reasons we will go into in depth later). Focus on the neutral and the positive. By positive I mean things you feel good about, things that interest you, things you like, things you enjoy, things and people you love, places you are fascinated by and so on. See if you can find things that actually spark an emotion within you. The ultimate purpose of Psychonavigation is emotion, as emotion is the energy that gets things moving in your life. Your perception, your actions, what you notice and do not notice, your intentions, your vibes...it is all directed by emotion.

Week 5: Neutral and Negative

By alternating between the negative and the neutral you give yourself a rest for a little rejuvenation before you dive back into the unpleasant. The more emotionally charged or problematic an issue is, the more important it is to pace your time, because attention easily gets either distracted from the process (resistance) or gets lost in the negative. Being able to switch back out of it on purpose will give you a good handle...and being able to switch back into it on purpose an even better handle over it. With unpleasant issues you will find that you might need a longer time frame than 60 seconds to “get into it”. In this case you can pre-define something like 3 Minutes or you can decide to repeat 60-second-cycles. Of course the neutral should then be focussed on in a similar length of time. I repeat what is important when processing the negative: Relax, breathe, release resistance. Alternate between the issue and something else. Don’t be shy to face what is really bothering you...several times. Shying away from it will not solve it.

Important Note on Loosing Track

What to do if you do get distracted? What to do if you find you have forgotten the time-cycle? What to do if you have gone overtime or undertime? This is no problem at all. Do not berate yourself for it, otherwise you heighten the probability that it happens again. Don’t be too strict with yourself. The purpose of pre-defining a pace before you start was so that you can re-instate it when you loose track. Loosing track is a typical symptom of “modern life”. So when it happens in your session, merely acknowledge that it happen and use the event as an opportunity to re-start the pacing. You will sometimes loose track within a session. This does not make the session invalid.

Just like in “real life”, when you loose track of your goal you can either use that knowledge to get back on track or to forsake yourself. Do not put yourself down just because you have a break in concentration. Praise yourself for even having started a session with the best intentions.

If you frequently loose track during sessions then experiment with changing the pacing (e.g. 20 seconds) or restart with the easy mode of neutral and outside. Another very helpful trick to get back on track in a session is to devote an entire cycle to conscious breathing. I might notice myself having drifted off and think: “Alright. Lets get back to the Session. 60 seconds of breathing.”

Week 6: Negative-Neutral-Positive

Now you involve all three modes, with eyes open for the “outer world” and eyes closed for the “inner world”. You don’t have to do that in the succession of negative-neutral-positive, but it is interesting if you do so. If no more negativity pops up automatically or offers itself to you in your field of awareness, then don’t include it. In this case you only run neutral and positive. Some practitioners will have deeply seated traumatic incidences to handle, while others will only notice mild disturbances in their daily life. All of this can be included into Psychonavigation. In fact, anything and everyone can be included and any aspect of this “anything”. In the advanced section of the book we will talk about how to handle the more problematic issues.

Week 7: Reaching out further

Finally you reach out further. By habituation we keep putting attention on the same things. As we keep putting attention on the same things, we keep invoking similar types of energy. In invoking similar types of energy, we keep experiencing the same things or variations thereof. If you want to experience something new in life, you will have to learn to gently guide your attention towards other realities and higher octaves of joy. Have you ever put your attention to the other side of the world? Ever put it to the Antarctica and flown over its icy surface? That would be an example of stretching attention beyond your habituated focus in a relatively neutral mode (though that might be somewhat enjoyable). In the positive mode you would be reaching for higher, lighter, better thoughts (without straining yourself). So if that sportscar has been your focus in many sessions you might up the level one notch by putting your attention not only on the sportscar but actually driving it yourself. And one notch higher you might put your attention on driving several different types of sportscars. And even one level higher you might ask yourself why you want a sportscar, find out that it’s a feeling of joy that you **actually** want and focus upon that joy, bringing what you really want into the here and now. One notch higher you might focus on flying a designer-spaceship rather than only a car. “Reaching out further” is the highest level of Basic Psychonavigation and a stepping stone to the advanced levels. Staying on this level of sessioning for the rest of your life would teach you to gently and gradually climb higher and higher levels of intelligence, creativity and happiness. You begin to understand that consciousness does not differentiate between “reality” and “imagination”, and the two begin to blend as you walk through the day feeling high. **This** is where Psychonavigation is heading.

Priority Management

Psychonavigation means that you are directing your energy (mental, emotional, spiritual) to places and things that are good-for-you, right-for-you, appropriate-for-you. In this context let me advise the most serious consideration of what has been called "Priority-Management", "Attention-Management" or "Selective Sifting".

As a participant in this society you are most probably living in a state of constant **overwhelm**. This is due to the constant bombardment of Information and attention-grabbing offers coming from all around you but especially from Television, Internet, the Press, Mobile Phones and Colleagues, Employers and Friends who have been influenced by such media. When you do not define what is important to you, on a near daily basis, what happens is that you, without wanting to, allow in any random type of information (vibration). You are then focussed on the immediate rather than the important. And because of the intense forms of multi-media, the "immediate" has become everything and anything that is happening in the world. Bombarded by too much information, choice and offers, you close-down, the mind shuts off, becomes hypnotized, you become numb and lose your ability to **feel**. Occasionally some offer might come along that awakens your senses a bit, that seems interesting or inspiring, but because you are on overload, you rarely have the energy necessary to pursue it.

It is not an exaggeration to say that this numbing-down and dumbing-down of people by information-overload has already reached way beyond the advanced-stages with a majority of people. To such a degree has the overload progressed, that the personal Will doesn't go beyond "ok, just tell me what to think and do, and I will do it".

What you give your attention to will grow, but when you give your attention to too many things, your energy field is a muddled mix of randomness out of which nothing specific will grow.

The way out of this situation in which you most probably find yourself to some extent (as a participant of society) is to become a "selective sifter", an "options-manager", a "priority-hound", making decisions on what is important on a daily basis...or even segment by segment. The sad alternative is: The world directing attention for you, making decisions for you.

One of the most major distractions to this type of life is the authority you have given others. Having become lazy in thinking for yourself (because of overload), you prefer the creative thoughts of others, rather than your own. This is how the minority of the world influences the majority.

By allowing yourself to define your **Importances** on a weekly, daily or even segmental basis and letting this become the same type of effortless habit that the hypno-trance you once called "life" was, you reverse your state from confusion, overwhelm, "feeling nothing", exhaustion to freshness, eagerness, loving-to-act and eventually regain complete creative control of your life. May this writing serve to re-emphasize that a lot of **actual magic** can be regained by simple priority-management, rather than what many associate with the term "magic".

Some wise fellows have defined 4 Zones in which your time can be spent:

ZONE 1: unimportant and not urgent

ZONE 2: unimportant and urgent

ZONE 3: important and urgent

ZONE 4: important not urgent

Examples:

ZONE 1: Watching TV for 12 hours in a row

ZONE 2: Doing Tax-Statements (unimportant to you, urgent for outside sources)

ZONE 3: Doing your Job

ZONE 4: Having a massage, going Windsurfing

People who spend too much time in one of the Zones, I label:

ZONE 1: **Zone of Stupidity**

ZONE 2: **Zone of Slavery**

ZONE 3: **Zone of Success**

ZONE 4: **Zone of Happiness**

The approach is to spend hardly any time in Zone 1, as little time as possible in Zone 2, some of your time in Zone 3 and even more time in Zone 4.

In order to achieve anything energy is required, and energy is available from Zone 3 activities and even more from Zone 4 activities.

There are many ways to go about Defragmenting attention, managing time and priority, but the following "Weekly Awareness Page" is a good example of how it can be done.

Weekly Awareness Page

What my attention has been on:

- *
- *
- *
- *
- *
- *
- *
- *
- *
- *

Rate each item by which zone it is in and define if you wish to finish (F), delegate (D) or abandon (A) the item.

Things I want the Universe to take care of for me this week:

- *
- *
- *
- *
- *

Things I want to do myself this week:

- *
- *
- *
- *
- *

Who I want to be this week (write about states of emotion or "I am's" here)

- *

*

*

Wouldn't it be nice if the following things happened this week (use joyful imagination without any expectation-pressure that it must happen. The purpose is to direct your attention and intention higher, not necessarily that these things "must" manifest. Some of them will, some of them won't).

*

*

*

*

*

Things I appreciate (the purpose of gratitude and appreciation lists are, again, to direct your attention to higher energy levels)

*

*

*

*

*

Some will understand that the "Weekly Awareness Page" in and of itself would suffice to maintain almost full creative control of your life.

Contextual Definitions

What now follows are some Definitions that the prospective Psychonavigator might be interested in. In the frame of the Psychonavigation concept there are some things you want to know before we proceed to the advanced levels.

Free Attention

The state of having no unfinished business, unclear issues, urgencies, outside pressure, time-pressure, unfulfilled cravings or fears or any overwhelm whatsoever. Attention is fixed on nothing in specific and therefore free to be directed on any reality of your choice. Free Attention is mostly accompanied by feelings of inner peace, joy without reason, elation, and curiosity. Freeing attention without having interests leads to boredom. Ways to free attention: "Guiding Attention Exercise", "Priority Management", Releasing Fixed Attention and Neutralizing Attention, Taking a Walk, Clearing Clutter, Humor/Laughter and high quality entertainment (movies, writings, music).

Fixed & Charged Attention

Resistance (fear, aversion, rage) or unfulfilled desire (craving, neediness, wanting but not being up-to-speed with what is wanted) Fix attention so that you either keep having to think about something, keep using compensation-actions to make up for mis-creation.

Intensifying Attention

Examine something closely. The longer you examine in, the more you find out about it. Unknowns are converted into knowns. This is the basis of learning. The more free attention you had, the more you can invest into what you are examining. Continue to focus on that subject/object and you begin to lose yourself in it, forgetting everything else, including your surroundings, time and space. Your energy-frequency starts vibrating in sync with it as you gain familiarity with it, immerse yourself into it, become it. This is the basis of reality creation.

Imagination

Imagination is something attention can intensify on as a substitute for it not being in your immediate surroundings. If you have something you would like to create or experience as reality, intensify your attention on it regularly. If the reality is not at hand, use your imagination. From an energetic standpoint there is hardly any difference between focussing on a real car, a car you see on a picture, a remembered car or an imagined car. They are all the same concept and will produce the same sort of energy within your being and therefore create the same sort of energy-field-interaction with the Universe.

Physical Emulation

An even more intense form of magical “visualizing” is to copy what you imagined into real life objects, events, places, behaviours and action. You are imagining in a physical way, or “acting-as-if” or embodying a certain reality.

Out-of-Body-Experience

Put attention on three places on or in the body. Then put attention on three places outside of the body (near or distant). Continue this while your body falls asleep and your mind stays awake. If you sense “falling sensations”, “astral noise”, “temporary body paralysis”, or “rapid heartbeat”, these needn’t distract you from the exercise as they are pre-pavers of the so called “out-of-body-experience” in which a copy of your energy body projects into a standpoint outside of your body. “Falling asleep while staying awake” is the key to this.

Remote Viewing

Put your attention anywhere you want, beyond what your five senses could perceive. While residing there you will begin with imagination but then allow your attention to soften and neutralize while you become more “receptive” than “creative”. This is the key to extrasensory perception. If afterwards you can test your perceptions (see if what you perceived is what was really there) you will soon be able to discern between imagination and ESP).

Resting Attention

In the “Guided Attention Exercise” it was suggested to occasionally “take a break” or “let attention run on idle”. This however, is also a form of attention. In fact there is never any time you do not practice some sort of attention/awareness (even during sleep). “Resting attention” during practice will allow you to see what topics come up without you deliberately focussing on them, give you ideas for what to focus on next or allow you 60 seconds to think about realizations you have had during the exercise up to then.

The Observer Mode

De-identified, peaceful, closer to source, neutral attention. Does not create or identify-with, only observes what-is.

The Experienter Mode

Does not look at an experience, but as it. Dives into. Feels and thereby creates.

Spaces and Spaces within Spaces

Everything other than the infinity of pure awareness is defined as a space. Any reality is a space. A space can be entered and left. Everything you can perceive is a space that has size, weight, texture, structure, borders and limits. Infinite awareness has incarnated to this Planet by entering a space, and within that space another space, and within that space another space, millions of times.

Putting attention on something means to open a space. Keeping attention on it means entering that space. Observing something without reaction until it discharges transports awareness to an outside viewpoint is akin to leaving a certain space.

Belief

A belief is a thought-form (inner object) that has been repeatedly given so much attention (in the form of looking at, talking about, thinking about, agreeing with, and especially giving-reasons-for) that it develops a life of its own. It is a thought you have identified with to an extent that you can no longer view it from outside, but view through it or as it. You are not seeing the sunglasses, you are seeing through the sunglasses. It is no longer seen as a mere thought, but as a fact. It is taken for granted. This type of mega-thought that you are not entirely aware of **as** a belief, controls your attention, emotions and actions and therefore your entire reality. It will filter out anything that does not match it and emphasize anything that does match it.

Advanced Psychonavigation

You could easily come up with your own variations and extensions of Psychonavigation, and I encourage you to do so. This chapter is merely to give you a few hints of what is possible with this amazing tool. The basic tool is based on a few simple principles:

- a) What you put attention on, you create (unless you neutralize it with putting attention on something which contradicts that). If you want something in life, continue to put attention on it and watch it grow. It will start as something small, but as you continue to focus on it, it will emerge more and more and more...first as feelings and other equivalent and similar thoughts, then as intentions, plans and actions (which follow naturally and effortlessly from your focus) and then with certain events, coincidences, nightdreams and people “popping up” which uncannily match that exact focus, that exact emotion you were practicing.
- b) It therefore follows that it is more fulfilling and effective to put attention on what you want rather than putting it on what you don’t want. Being “against war” will produce more war, as the attention remains on war. Being “for peace” will produce more peace. Understanding and learning this does need some practice as we have forcefully been conditioned to believe that putting attention on problems will solve problems. This will never work. Putting attention on solutions, on what is wanted instead, on the good, will create more good.
- c) We therefore do not use Psychonavigation to focus on the negative just for the sake of focussing on the negative. The negative that is focussed on is only the negative that is already there, **already created**. Because of your past focus you have created something unwanted. With lots of willpower you can uncreate it by focussing solely on the positive. But there is an easier way: The negative that you create intentionally (rather than having it pop up automatically), you can creatorhood over, you become cause of. And as cause of it, you can easily let it go. You can let go of something that you **have**. If that negative is only a slight disturbance, it is advised that you do switch to the neutral or positive or both. If however it is deep seated or a bit more persistent (meaning it keeps coming back no matter how much you switch attention), then start focussing on it deliberately, creating it deliberately, in alternation with something else. This on and off switching will make it much easier for you to then, in the end, remain with the positive.

Advanced Psychonavigation involves the very same things as Basic Psychonavigation, except that you are adding other forms of attention to the process. Attention is not only looking at something with the eyes. It can be hearing something. That would be audio-psychonavigation. Do you hear the birds whistling outside? Your attention is there. It can be smelling or tasting something. It can be sensing something. Have you ever sensed someone behind you staring at you? That is “sensing”, another ability you have not been told about at school. But you know about it. You can put your attention on that person behind you without actually turning around and looking at him. Try this right now: Put your attention on the wall behind you without turning your head. Verbal Psychonavigation would be to talk about something or write about something. When processing negative issues this can be somewhat more effective than purely mental attention, because talking

and writing are more intense forms of focussing. Write about the problem. Write about something else. Write about the problem, write about something else. After awhile the whole thing will dissolve in the light of your awareness and understanding. Or dialogue and talk as the person you want to be. Then dialogue and talk as the person you normally are. Switch back and forth between these two roles until your body and consciousness learn the difference in “life scripts” and can actually enter the new self easily. This is a form of very advanced psychonavigation. In courses I have used this exercise for many hours with phenomenal results. Collecting a bunch of beautiful pictures in a box or computer file is a form of advanced positive psychonavigation. Giving your eyes something good to focus on, and it will grow...not only in that box or file, but in real life.

Extra-sensory perception involves putting your attention someplace else, releasing imagination and waiting for “what comes up”. Its really that simple. Imagination is the anchor to get you there, but once your there simply receive and perceive, without adding any of your own flavour. In this way you train your ability to perceive things that you cant see in your immediate surroundings. It would be helpful if you then actually go to check if what you perceived there is really over there. It may take some time until you get some “hits”, but it can be fun and worth the while.

In advanced psychonavigation we are no longer as strict with the time pacing. We only return to time pacing when your energy level or life circumstances have dropped. The pendulum of life has its ups and downs and time pacing can be returned to when we want to regain that sense of control, clarity and awareness. If you are in a high state of energy and awareness you don't need to pace your time rigidly. Just see where your attention wants to go and take it there. Remain there for as long as feels interesting. Then remove it to somewhere else.

As long as you are consciously directing your attention without getting totally lost in something or drifting off, you are practicing psychonavigation.

Very advanced psychonavigation applies this tool to conduct healing sessions, induce lucid dreams, quickly shift events and create realities, or explore other dimensions and planes of existence. The next book section will give you an idea of all this.

Advanced Session Examples

This chapter will contain side-notes with lots of new information for psychonavigators or facilitators using the tool to help others. These side-notes were not part of the session (not part of what attention was focussed on) but are for learning more about the background of some steps implemented.

Disclaimer-Note: I can and will not make claims that Psychonavigation is a substitute for contemporary medicine and doctors. Not only would this denigrate the healing ability of doctors and medicine and create a false "good guy bad guy" duality often found in new age circles, but also put too much pressure on the Art of Psychonavigation. Although I have healed a number of issues with it, it is better to be seen as an add-on to contemporary medicine, rather than a substitute.

Session: Student with Allergy

Intention: After having tried dozens of approaches from contemporary medicine to alternative medicine, she still has allergic reactions to chocolate, nuts, apples and a few other foods. The reactions range from itching to dark red rashes and in extreme cases heart- and circulation problems and fainting. She would like to improve her situation a bit.

Method: I am using Psychonavigation without her knowledge in that I am directing her attention to and away from the issue repeatedly, inserting several different types of approaches and methods in between. It is the seeming professionalism, diversity and interesting approaches that heighten her belief in the idea that "something significant is happening". In my opinion the **belief in the process** may be more vital than the process itself when it comes to healing. For this reason it is sometimes very helpful when the client is not totally aware of everything that is going on. Where she aware the questioning and doubting mind might arise. Some things remain "coaches secret". This does not mean that trickery or manipulation is applied (as you will see in the sessions), but that the healing power of belief is best nurtured if there's a little bit of naivety or awe on the side of the client.

Pacing: Freestyle. Estimated Session Time: 3 hours.

Location: Sitting and lying on a couch.

Although warned not to touch certain foods anymore I ask her to bring a bag of cashew nuts, a chocolate bar and an apple to the session.

Conversation about the Issue, asking her when it started, when it's worst, etc. (3 Minutes)

Asking her to describe her life before the issue started (2 Minutes). Note: Already directing her attention to the absence of the issue.

Asking her how she will react when the issue is gone (who she will tell, how she will feel, etc.) (2 Minutes). Note: Again directing her attention to the absence of the issue.

Meditation / Guided Imagery to a sunshine beach "for relaxation". (10 Minutes). Note: I tell her this

is for relaxation, but what it actually is, is guiding attention to something else, something uncharged and unrelated to the negative-positive talk we were having.

Asking her why she thinks she can't get rid of it. (1 Minute). Note: This is a deep dive back into the negative, to uncover some of her beliefs about the issue. It is here she gets tears in her eyes.

Asking her what foods she can't eat and has no reaction to. (1 Minute). Note: This guides her out of her current low state.

Asking her what all she has tried to heal it. (1 Minute). Note: Guiding her back into the other side of the pendulum. Tears well up again.

Asking her to focus on a neutral object. (3 Minutes). This is where psychonavigation begins with her knowledge. Before that she wasn't quite aware of what I was doing.

Asking her to close her eyes and mentally focus on the issue that wants to be healed. On her skin. On memory of rashes, fainting, problems, etc. (5 Minutes). Note: The way I guide this is that she does this not in resistance or self-hatred but curiosity and a sense of adventurous exploration.

Meditation / Visualisation on imagined-medicine colour (mint green) flowing through the sensitive areas. (1 Minute). Note: This is very pleasant, back to the positive side.

Meditation on her ideal healthy self. (3 Minutes). Note: Even more positive processing. This gives consciousness / body an example of how she wants to be instead. Her attention has been fixed on how she "is", rather than how she wants to be.

More conversation and Smalltalk. (1 Minute).

I tell her to take a break and go for a walk. Note: While she is thinking of this as a break or as in "maybe he has to make a phone call or something", this is of course returning to the neutral, to a discharge. (15 Minutes).

Meditation: I ask her to re-visualize her "ideal self" who never had, doesn't have and never will have the issue. I ask her to "enter it", looking from that person's viewpoint rather than looking at the person. (5 Minutes).

A short break

I ask her what the symptoms and reactions were when eating chocolate. (1/2 Minute). Note: I am saying "were" and not "are".

I ask her to eat a tiny piece of chocolate, so tiny it shouldn't make a difference. I tell her that we will eat tiny pieces of the stuff and then wait for the symptoms to come up "because we can work best on them when they are actually there". (5 Minutes of waiting for the symptoms). Note: While it is

true that you can best process and heal an issue that is currently active, this is not the reason we are doing it. We are doing it because its difficult to believe that such a tiny piece will cause anything. And once she experiences that this upgrades her belief that it might be healed all the way.

After the waiting period I ask her: "So, where are the symptoms?" She laughs and shrugs it off with "I don't know". I ask her to eat another small piece, just slightly bigger. And then I ask her to watch out for symptoms. (10 Minutes of waiting and conversing casually). Note: Again nothing happens as she sits there slightly puzzled by nothing happening.

I ask her to take a slightly larger piece of chocolate and start talking to it in a friendly, loving, appreciative way. At first she finds this silly but then follows through with it. (5 Minutes). Note: Something you fully appreciate is unlikely to harm you.

I ask her to eat the whole piece, which is obviously larger, and really enjoy it, fully taste it. And then we again sit and wait for symptoms...which is already starting to get silly in her eyes. She says: "You know what? I think it was purely mental. I think I'm over it." – "Yeah, but we just wanna make sure, so lets go on with this". (15 minutes of waiting. This time a longer wait just to "make sure"). Note: Nothing happens.

We have a conversation about why it might be that there are no adverse reactions whatsoever, although her last doctor had warned her that she could die (!) from eating chocolate. She does not know, but she is in a very good mood. (5 Minutes).

I ask her to eat the whole apple. (3 Minutes). Note: Now we are going for the big stuff.

She says she thinks she feels very slight symptoms in her body. I ask her to close her eyes and flow with them. Soon she opens her eyes and says: "No, actually it was nothing." (1 Minute). Note: There might or might not have been an adverse reaction arising. If it had I would process it like anything else and continue with the program. The belief-barrier however, has already been broken by now, so the rest of the session would have gone more easily (should she have needed it).

Afterwards she starts eating up everything on the table. She does not get rashes from it or faint, but instead gets a bit full.

Result: In a check-up a week later and another one after a few months she reported that she never had the issue again. Her allergy had been healed. Unfortunately she went around praising me as a "healer", until I explained to her what we had done and that she did all of it herself. This session was a good example of combining Psychonavigation with "using every trick in the book".

Session: Myself

Intention: Attract new business

Method: Attention Magic and Affirmation-Combos

Pacing: While walking I define objects in the distance where I will shift attention. Reaching them I first define the next object and then shift my attention. Estimated Time: Undefined.

Location: Taking a Walk

Note: Each line represents my activity until the next object is reached.

Voicing reasons I want more business

Voicing reasons I can have more business

Voicing examples of past businesses I am grateful for

On the inbreathe I focus something distant, on the outbreathe I focus something near (Note: This improves, among other things, spatial perception and the idea of bringing “things far away” closer)

Visualizing emails with orders for my services and products

Visualizing conducting my services for large companies

Beginning every sentence with “Wouldn’t it be nice if...” (Note: This type of speculative and playful talking without the pressure of expectation is a great vibe-increaser).

Result: About 4 days later (I had already forgotten about the whole intention and was busy with other things) I got one of the largest orders in my personal business history.

Session: Myself

Intention: Attract even more new business

Method: Massive focussed action

Pacing: None

Location: Computer Desktop

Take care of all unpaid bills (owed to me and owed by me)

Book several avenues of Internet Advertisement

Email special offer to a hundred especially selected people

Get rid of excess clutter by selling it all on ebay or throwing it away (Note: Letting go of things creates a vacuum in which new things may fall into).

Calling 5 different former customers just for fun (without expectation of them ordering anything)

Result: This type of action-focus gets its magic from the mass of things done in succession. Any type of discouragement or disbelief is taken care of and a momentum is built in which techniques like the previous one (attention magic) work even better. The result was that from the momentum I had already gained with the result of the previous session, I added even more boost and ultimately tripled my income that month.

Session: Student

Intention: She wants to stop her employment as a secretary and become successfully self-employed as a massagist.

Method: Physical Emulation (Roleplaying, Acting-as-if, Vibratory Alignment)

Pacing: 1 Minute per role

Location: Seminar room

Note: Acting-as-if or “becoming the role” is a magical technique that is, for certain purposes, even more powerful than the “acting in order to” shown in the previous session. Each of the following lines represents a one minute cycle.

Demonstrate your old (employed and fearful) self with your body, posture and style of walking.

Demonstrate your new (self-employed and joyful) self with your body, posture and style of walking.

Imagine the old self and enter it (switching viewpoints, not looking at but **as**)

Imagine the new self and enter it. (switching viewpoints, not looking at but **as**)

Talk like your old self talks intentionally.

Talk like your new self talks intentionally.

Do something your old self would do.

Do something your new self would do.

React to a problem as your old self.

React to a problem as your new self.

React to financial shortcomings as your fearful self.

React to financial shortcomings as your joyful and confident self.

Be someone with financial shortcomings in mimics, gesture, posture, talk and emotion.

Be someone with financial abundance in mimics, gesture, posture, talk and emotion.

Be the old self.

Be the new self.

Be the new self that embraces the old self.

Be the new and the old self, be strong enough to be the entire self.

Being the whole self, talk about your doubts in this new life.

Being the whole self, talk about why this new life is important to you.

Being the whole self, talk about why you believe you can do it.

Be the old self wishing it were the new self (verbally and emotionally)

Be the new self remembering the old self (verbally and emotionally)

Be the new self not wishing anything (verbally and emotionally)

Be the old self knowing it is already the new self.

Be the new self.

Be the new self even more.

Feel the new self.

Talk like the new self.

Write an email as the new self.

Make a list of typical things the new self does on a regular basis.

Do one of those things right now.

Make a list of places the new self likes to go.

Make a list of typical objects the new self owns or will purchase.

Close your eyes and feel the joy of being the new self already.

Result: We repeated this session and variations of it a few times in the course of a week. The transformation that occurred was remarkable. She had been wanting to take this step since years but hadn't out of fear. Within 2 months was she not only long gone from her company but also running a successful massage business. "Coincidences" from all over the place kept coming up. One of them involved getting a message room for free (in conjunction with a seminar house that offered various other things). Another one involved being able to afford a massage bed and advertising because of a lucky "unexpected income" that had arisen. Today she runs a very successful business and can't even remember what her "old self" was like.

Session: Myself

Intention: I want to find out what is on the Planet Mars

Method: Attention Travel

Pacing: None

Location: Bed, before falling asleep

Note: The day before the session I had bought an "Atlas of Mars" which show pictures of the planet. In Bed, I am flipping through the book in order to focus my mind on the Sessions issue. This is an initial anchor for my session.

Note: There are several realities and parallel universes my perception could be attracted to. But in this session I want to know what is on Mars in the context of this current state of earth society and this specific timeline. I intend this, make this clear to my consciousness with a brief conversation. Otherwise all kinds of bizarre images will interfere. Also, there is the problem that I have been indoctrinated by certain books, TV shows and lectures as to what is allegedly on Mars. According to scientists it is a red, rocky desert with no signs of life, and according to others there are artificial structures such as the "Face on Mars", and even an ancient pyramid city called "Cydonia", which is apparently a duplicate of the Egyptian Pyramids, blablabla. I will have to release any opinion on any of these stances in order to **perceive** what is really there. This is easy to do. One puts attention on Mars in **neutral mode**, neither for nor against perceiving something. Anything not coming from neutral mode is dismissed. Once something **is** discovered though, excitement may arise. This is something different than going into the session with an excitement or resistance based on pre-conceived notions or in order to "prove" something.

Note 2: Sometimes, when practicing remote viewing sessions such as this one, there are apparent "barriers" to what you can access and perceive. These barriers can be acknowledged or effort can be invested to break them (ultimately there is no limit to where attention can go). These barriers or blackscreens are either put there by a hidden aspect-of-yourself (what some call "higher self") that doesn't want you to see something at this stage in your life or by someone else that wishes to conceal or hide something. It is a rare occasion (at least when the intention of your sessions are sincere and integral) but when it does happen it is either experienced as a black screen, fog, blur, a sudden onrush of sleepiness, slight nausea, or the inability to concentrate (supposing you were able to concentrate a moment before).

Note 3: Each of the following lines represents an attention switch. Some took a few seconds while

others were explored several minutes. As I did not record the time I will not give any estimates here. These are only examples. You will come up with your own timing, your own style and your own method.

Orbiting Mars, seeing it from the distance and slowly zooming in. (using the memory of a picture I saw in the book).

Improving the reality of it: Adding more colour and three-dimensionality to the sphere. Rather than only seeing a small ball in front of my forehead, I re-locate my viewpoint to the orbit around mars. So now its my small body floating and hovering in front of the sphere. (Note: This step creates a jolt in my body and heightens my emotions. This is something that often happens when you shift from a vague two-dimensional image in front of your forehead, to a huge, "real-scale" 3-D reality).

Floating around the Planet, examining and studying. Releasing expectation as to what it is and what is on it. (Note: The moment I release expectations and opinions about it, the colour of the planet automatically darkens slightly).

Still Floating around the Planet, releasing science-fiction fantasies that occasionally pop up.

Feeling it. By now I have been focussing on the planet for a few minutes and really get the vibration, the "feel" of the Planet. It does have a certain vibe that is different from anything I know on earth.

Before even having landed on the Planet, two things are obvious in the context and frame of this earthly timeline and reality: The feeling that this planet is most definitely not inhabited with intelligent life and the feeling that the planet most definitely has been inhabited by intelligent life long ago. This information comes up in the form of feeling, after having rested there with neutral attention for several minutes. As strange as it may sound to readers of this time and age: Neutral, undistorted attention followed by a feeling is the most reliable type of information in the Universe.

I move up closer. The sphere becomes a landscape I fly over. It is indeed similar to the pictures taken by NASA, but what these pictures fail to capture is the mood, the energy-field, the feeling of the place. This gives me an impression of Mars that is **quite different** from what I thought it was. There is a lot of historical significance in the air, but I cannot yet quite grasp what it is.

My attention starts blurring after several more minutes and I adjourn the session.

Result: I can later return to Mars for deeper exploration and finding out even more (for example: Are there artificial structures on it?). But for now I am quite happy with the information I got.

Session: Myself

Intention: Increasing my state of energy

Method: Psychonavigation higher and higher

Pacing: 60 seconds, using audio tool.

Location: Couch, sitting upright.

I will not outline the exact types of focus I had here as they are private. Instead, this is the process: After each 60-second-gong I ask myself: "What is an even higher thought than that?" and then proceed to spend the next 60 seconds with that. In this way my focus goes to higher and higher and higher levels of fascination, admiration, love, joy and bliss.

Result: Being in a state of joy or ecstasy, even only for a few minutes, does have real-life effects. When you change the energy you emanate, the occurrences and realities of your life are shifted... what you magnetically attract is shifted. You don't necessarily attract what you visualized but more what you **feel**.

States of Bliss

States of bliss can either be experienced by psychonavigating yourself towards higher and higher thoughtforms or by practicing neutral attention. Neutral attention does not mean neutrality or a neutral attitude or point of view. It is a word that expresses a state of mental relaxation, in some ways the opposite of “focussing attention”. Rather than focussing or identifying with something you **be still and observe**. “Be still and observe” is the purest form of Meditation and is taught in any Meditation school that knows what it is talking about. “Be still and observe” is the only command needed to understand how it is done. Still I will elaborate on synonyms for it to make sure every reader gets the point. Falling back on, relaxing into zero-point, pure awareness, non-reaction, pure being-ness...without falling asleep, are other ways to describe what is going on. You should be well-rested or have had a good sleep the night before when practicing eyes-closed silence. Otherwise you will just fall asleep. You are observing what-is without analysing, reacting, labelling, judging, agreeing, disagreeing, pushing away, pulling to you. You are observing your stream of thoughts without wanting, needing, intending, not-wanting, having to, shoulds, do's, don'ts and so forth. But this doesn't mean that you are just drifting away or letting yourself become immersed in senseless thinking. You do remain aware, clear and observing. When practicing this, what happens is that first surface thoughts drift by. Not reacting to them, they soon disperse and open a gateway to deeper, more intelligent and creative thought. Once the surface layer disperses you'll be surprised at the depth of well-being and creativity at a deeper level. Should you find yourself reacting, judging, drifting away, etc. then observe **this**. Make it part of the process. You needn't react to reaction. You needn't resist resistance. You needn't intend not to intend. These things happen, these thoughts come and go. By getting impatient or angry that you are not in “neutral attention mode” you go even further away from that mode-of-consciousness.

I practice “silence” at least 15 minutes a day, sometimes longer and will continue to do so because I understand the benefits. For example, many talk about “creating reality by the power of focussing their thoughts”, but how do they suppose they will focus their thoughts when they have 100 000 thoughts random thoughts racing through their mind a day? Before something is created it can be beneficial to experience nothing and then place that something into that nothing. Otherwise you will just be piling up thoughts upon thoughts upon thoughts and nothing will be “created”. Another benefit of “be still and observe”: You begin to see through the flimsy nature of the thoughts that appear to be bothering you in your daily life. And soon, not much of anything will bother you any more. The sense of calm and peace will be carried over to the day and you will find yourself staying present and confident even in situations that you once found “challenging”.

For our purposes these words suffice. If you wish to find out more about Meditation, there are plenty of books out there (also see my book “Parallel Universes of Self” for more on the topic). As the years of your life pass, you will find a deeper and deeper self. And when you think you have reached the deepest level of consciousness and find your self in a vast ocean of silence, this is only the beginning...it gets even deeper, it gets even higher. There are states of being to be experienced in meditation that no drug in the world can emulate.

Reality Creation Procedure

Background and method of the Reality Creation Procedure are detailed in my book "Parallel Universes". Here I will only give a short summary of "how its done".

Preparatory Exercise: "Viewpointing"

Look at any object without expectation, in a relaxed, receptive manner for a few seconds or more. Next, look **as** the object. You are no longer looking **at** the object, but **as** it. This means you identify with it, be it, get a real body sense or feeling of being it, and view your surroundings from this new viewpoint. From this new viewpoint, look at the next object. Then look **as** that object. From the new object, look at your surroundings and choose the next object to look at. And then merge with it and look **as** it. Continue this until you experience an obvious shift of energy, feeling, and consciousness to the better, until you can clearly discern between "looking at" and "looking as" and have the impression that you can effortlessly and easily take on any viewpoint or identity.

Preparatory Notes

While "wanting to manifest a desire" is required as a first step to this technique it is, paradoxically, also a obstruction to actually creating the reality desired. Why? Because desire implies separation between the "I" that is desiring and the object of desire. Desire implies lack. Contrary to most new age teachings, you cannot "have everything you desire". You can have what you believe you already have. Reality Creation therefore means closing the gap between what you believe and what you desire. Furthermore "reality creation" is not about creating circumstances, conditions or physical evidence. Why? Because the circumstances you experience are a reflection of your belief. Reality corresponds to whatever Identity or Viewpoint you are looking at the world from. This specific and very powerful technique involves no longer looking at what you desire but looking **as** the person for who the desire is already fulfilled. This is how belief is created...a belief with which physical reality then corresponds. But you do not "make anything happen" in physical reality, you simply take on the viewpoint/identity of someone for who it has already happened, rest in the fulfilment and reality takes care of the rest. The supreme universal intelligence which creates hearts, bodies, planets, galaxies effortlessly will have no difficulty in creating the things you identify with. Once you truly identify with something you no longer desire it, try to get it, try to make it happen, work for it, go for it, achieve it, look for it, wait for it, demand evidence of it, or ask how, where and when it will happen. You also no longer visualize or affirm it. You wouldn't be doing any of these things if you were resting in the viewpoint of the person for who it has already happened. Furthermore: In this technique "imagination" is no longer viewed as mere imagination or "opening to possibilities" but as already existing, already real parallel-reality versions-of-yourself that do exist here and now. Physical reality and its circumstances are viewed as irrelevant when you are truly identified with who you want to be. In this technique you are not trying to have more but be more. You will not get the mirror of physical reality to smile before you smile. Before anything can show up "out there" something has to change "in here". But you are not looking for any "evidence" "out there" because there really is no such thing as an "out there" that is independent from the observer, independent of consciousness. Consciousness is all there is, and it comes in two modes: Observing and Identified. In an identified mode it starts attracting everything that is like it. In a neutral observer mode it attracts nothing.

The Technique

Before beginning this exercise, define which reality you would like to experience.

1. Relax into Zero-Point (Be Silent)

Before receiving a new somethingness we return to nothingness. Call a time-out, sit or lie down, close your eyes and become very silent and relaxed. Retrieve attention from any issues and problems of the “outside world” for now. Gently and gradually release any wants, needs, have to’s, should, could, would, and breathe gently. Gradually release any judgements, labels, concepts, knowledge, opinions, definitions and reactions about anything and everything. How to do this? You don’t do it. Instead you stop doing anything. You stop doing anything but observing/noticing. But observing and noticing is not even something you have to “keep” or “hold”...it’s always present anyway. Behind the clouds of the mind lie a clear sky of awareness, ever present, ever silent. This does not have to be created. It happens naturally when you become silent, open and receptive. Once an ocean of silence is experienced (and this may take from a few minutes to many minutes, depending on your willingness to release resistance to the here and now) enjoy it. You are in neutral observer mode, neither desiring nor resisting. Nothing is being created, nothing is being discreated. Thoughts may come and go, but they are irrelevant, like clouds passing in the sky. Do not advance to step two before you feel at ease. Wellbeing is not the goal of reality creation, but it’s prerequisite.

2. Allow yourself to look at the new Version-of-Yourself

Once silent allow an image to appear that represents the Version-of-Yourself that is already experiencing the reality you want to experience. This is not so much a “Visualisation” in the sense of creating something with effort or concentrating on something, it is more a relaxed receiving of something. You are not merely “imagining” something or “opening to possibility” but perceiving a version-of-yourself that already and really exists in a parallel reality. You are becoming aware of someone who is already there. (Analogy: Maybe you’re familiar with the “Magic Eye” books where you first look at a picture and notice nothing coherent. Defocus your eyes or change your viewpoint and suddenly a picture comes up that was there all along).

3. Enter the New Viewpoint

Rather than continuing to look **at** that Version-of-Yourself as a separate observer, as someone “desiring” it, enter the viewpoint (energy field) of this Person (who is already experiencing the fulfilment of the reality) and look **as** the Person. As the person who is living in the fulfilled reality. Immerse yourself into it, enjoy it with **natural** ease, gratitude and happiness. You may have a smile come to your face. Rest in it for a few minutes, before releasing it and ending the closed-eyes part of the exercise.

4. Rest in the Viewpoint

In the hours, days and weeks after the exercise you “rest in the viewpoint” of the fulfilled reality. This means you don’t try to “make it happen” because it’s already real. You don’t affirm, visualize,

repeat or wait for it. You don't hope for it in some future. Instead you simply do "what's before you to do", which are the usual and normal activities of your daily life (example: washing the dishes). Your daily life continues in a natural manner without any hint of neediness or lack. Once in awhile you may want to re-activate the body-sense or feeling of your new viewpoint, but most times not even that is necessary. Furthermore you also will not be "acting-as-if" the desired reality has fulfilled. For "acting-as-if" still presupposes that it is not already so. You will cease to do anything that presupposes that the reality you formerly desired is not already so. There are only two wilful things you are allowed to do when using this procedure: you can refuse to ascribe any relevance to events that seem to contradict your newly chosen reality. And you can turn any "expectation" concerning the reality into a "memory". Notice the felt difference between expecting something to happen in the future and remembering something happen. Because you are resting in a new reality, you "remember" that reality. Rather than thinking "So be it" you are thinking "So was it". The corresponding physical manifestation will appear when you stop looking for it and are truly identified with it. It is not done by you, but by universal consciousness that has more effective (but sometimes mysterious) ways of bringing about reality.

If you have any questions concerning this technique, you may ask the author. But before you ask me, ask yourself: "What Version-of-me is asking this question?"

Have fun!

Exciting Experiences

I have already described many of my personal experiences in magic in many other books. This habit gives the readers examples of what is actually possible in this life, and at the same time reminds me of how beautiful and truly magical life can be, as I too sometimes forget. All of these events happened to me personally just the way I describe them. Experiencing magic or something previously considered impossible ups your self-confidence and lowers your need of “proof” or the need of legitimation from others or “authorities”. I will focus on events that happened from 2005-2007.

Pre-Cognitive Dream

It was while I was writing this book that I dreamed of two women that I had never seen. One was a red-haired woman, who appeared first in the dream, the other was a black-haired woman, who appeared second and seemed to be observing me and the red-haired woman. Both were somehow admiring something about me in that dream, but I couldn't tell what. Upon awakening they were still vividly in my awareness and I went to take a shower wondering who they were and what the dream could possibly mean. That day I was scheduled to do a Coaching for a group in a building in town. I was renting a room from another company. At around 10 o'clock the red-haired woman entered the rooms. She was not there for my coaching but visiting the owner of that company. I stood in the “coffee room” stunned. She must have noticed the awkward look on my face because she smiled at me. This was not a woman that was “a bit similar” to the one I dreamed of the night before, but the exact same one. I didn't tell her I had dreamed of her lest she misunderstand it as an attempt to flirt. She was Spanish and hardly spoke any English, but we exchanged Smalltalk the best we could. And then she was off into another room. I stood there considering what had happened. Pre-cognitive dreaming had happened to me many times before, but just like many times before, I had forgotten all about it and it took me by surprise all over again. The linear mind is a curious thing. It will sometimes easily forget, trivialize or ignore the most lucid states of awareness. Standing there I understood that the second black-haired woman would probably be showing up too. And some hours later she did. I went back to the coffee room in the afternoon and she was sitting there talking to the owner of the rooms. She too smiled when she saw me, almost as if in recognition. Had I been in her nightdream like she had been in mine? Quite possible. We seem to meet different kind of people on dreamscape, some of which we don't even know in our waking life. We too exchanged a brief chat about this and that and when I returned to my room I was beaming with fascination by the occurrence. I tried to explain what had happened to the group, but they did not find it as entertaining as I did. Maybe it reminded them that they had not experienced a pre-cognitive dream recently. Maybe they thought I was making it up. In any case, maybe I ought to stop being surprised about it and just take it for granted by examining my dreams more closely. In this way it may occur more often. What did the dream mean? It doesn't matter what it meant. No need to do a “dream interpretation”. As far as things developed it didn't mean anything because I never saw the women again after that...neither in my dreams nor in waking-state. What does matter though is the fact that time is so much more fluid and non-linear than we believe. And **that** is exciting.

Synchronicities that “Built” up on each other

This story is not spectacular but it is rather funny because it shows what intense focus of attention can lead to. In October 2006 I was conducting a “business English Course” for a company that does civil engineering and construction and building planning. During the three weeks I was conducting courses I was immensely focussed on Vocabulary and Concepts that concern Construction, Building and Engineering. I became aware of procedures and words I had never heard of before (having to learn the words I was supposed to teach my students myself first). In the November and December weeks after these lengthy courses I had several registrations for single-sessions of my reality creation coachings. This was nothing new. What was new though, were the professions that these people had. Without having any relation to the construction planning company I had worked for, they **all** related to buildings, building, real estate or architecture! No, not some of them, but for the remainder of 2006 **all** of them. There was a House builder from Germany, another building planner from Austria, an architect from Seattle, a real estate agent from Sydney Australia, another home builder from Nottingham England and another architect from Toronto, Canada. There were really a few more related to buildings and building but I don’t remember their exact professions or locations at the moment. Some might think that this is due to satisfied customers referring others, but I have established that none of these clients had anything to do with each other. I asked them if they knew person x and company x but they didn’t. They found out about me either from my books, my website or from speeches I had held. This was an excellent example of “coincidences” referring to the same or a similar topic (building) stacking up on each other. The more you focus on something, the more of something you get. The more of something you get, the even more of something you get. Energy is accumulative. This was by no means the only occurrence of that kind that year, but it was one of the most massive and obvious, as if the Universe wanted to drive the message home by exaggerating the events.

The Woman from the Billboard Ad

I was travelling to Zurich, Switzerland on some business I had to conduct. I took the train instead of the car so that I would have enough free attention to conduct some experiments in reality creation. In the train I applied a marathon psychonavigation session to up my vibe. By the time the train arrived at its final destination I was feeling high as a flying dragon. My mind was nearly on zero, totally empty, while I felt rushes of energy through my spine and elating tingling sensations in my head and solar plexus. My perception was such, that everything seemed brighter and sparkling. I stood at the station for awhile, observing with fascination. I was quite obviously in an altered state of consciousness. I could stare at the most mundane objection with fascination and without a trace of boredom or impatience. Enlargened pupils, the eyes of a little child, wandered around and looked, and listened and felt. Sounds appeared warmly filtered, meaning even noise didn’t sting or make me react in a nervous way. I walked passed a billboard ad featuring the most gorgeous looking woman I had seen in a long time. It was an ad for jewellery and the brunette, brown-eyed lady looked out mysteriously at the pedestrians. I stood there and thought: “Well, I wouldn’t mind meeting her today”. Little did I know that I would be meeting her that day. This thought was formed without any expectation of it really happening whatsoever. After I had conducted my business I returned to the train station in the evening and took a seat in my train. I was no longer on my

meditation-high as I was that morning, but still felt quite refreshed and mentally acute. As you might have guessed, the brunette model entered the part of the train I was in. I did not recognize her as the model from the billboard though. I had completely forgotten that ad and that morning.

Although there must have been more than 30 free seats to sit at (there was nobody else in the part of the train) she approached me and asked if she could sit right across from me. Quite obviously she wanted to strike up a conversation during a long ride back to Milano (I was staying in Italy at the time). We did converse and eagerly so. The train started filling up and we were so immersed in our conversation that we didn't even notice that the train had become full and there were people sitting beside us. Somehow we had managed to talk for a whole hour without even telling each other what our professions were. Now **that's** a good conversation...one that is fun enough to forget to define oneself over a profession or place of origin. Finally our jobs were brought up and she told me she worked as a Model. She said something to the extent of: "Maybe you have seen the billboard ad all over Zürich. The one with the jewellery." In that very moment it struck me like lightning. It was her. It **was** her! Rushes of energy returned, oscillating and flowing and vibrating through my body. I had created this. "Yes, I saw the ad this morning and thought 'I wouldn't mind meeting her' I admitted". She found this quite interesting and started talking about how thoughts sometimes become real – a conversation I could truly relate to. The train had arrived at its final destination, everyone had already left, but our eyes and emotions were still interlocked as we remained on our seats not noticing our surroundings. I broke the spell by saying "The train has arrived and is already empty". We walked along the platform curiously silent, realizing that we had just experienced a magical encounter out of the blue and would probably never see each other again. At the end of the platform we both had the urge to hug each other, or to exchange phone numbers, but we didn't. We said our goodbyes. Upon leaving each other I turned around to look after her, and she did likewise. We both simultaneously turned around for each other twice, asking ourselves "What was this all about? How can you fall so deeply in love with a complete stranger?" That is the story of a spontaneous creation and being in love for a few hours.

Music from Beyond

In the year 2007 I build up a little home music studio to produce music for meditation and entertainment. There were phases and weeks I was so immersed in that creative work that I would get up in the morning at 9 and sit at the keyboard, computer and other musical equipment until 3 in the morning, day after day. On some days I overdid it, neglecting my other work (coaching people), my partner and friends and even forgetting to go to it. My attention was clearly lost in the world of music. Loosing yourself in something, immersing attention has the benefit of really getting things done and the disadvantage of not doing everything else that has to be done. It was during this time I started having dreaming about music at night. But one of these many dreams was different. In it I was completely lucid and aware of dreaming. I was floating through a universe made of sound. It was some kind of astral plane in which the most awesome types of sounds were accompanied by energy swirls, sweeps, sparkles, clouds, dust, geometric formations of the most intense colours and shapes. As I drifted through this universe of sound I felt elated beyond imagination. The elation of being on a higher spiritual plane was not new to me, but the musical aspect was. There were some unseen beings accompanying me. I felt their presence and acknowledged them as something like mentors. "Why don't you transfer some of this sound to your world?" one of them suggested. "Listen carefully" another explained. As the dream continued it did become quite clear that they wanted me to try to "channel" certain music of this plane "back down" to earth. And I fully agreed, because I liked what I heard. "I don't know if I have the means and skill to replicate this kind of music" I recall myself saying (most astonishing to me personally was that I was still able to produce doubts in my elated state of awareness). I was lucid enough to recall the entire conversation...something rather rare, as one mostly forgets a dream once waking up. "Let it come" a third being suggested. "Make it similar" the first one chimed in. "Yes, I get the overall feel of this" I offered. There was much more said and explained but I leave that to your imagination. I awoke

feeling like a helium balloon, a wide grin on my face. I laughed frequently throughout the day, something I hadn't been doing since days, taking the music all too seriously. The sounds fresh in my memory I started looking for them in the millions of soundfonts my music and synth software had. It took an entire day to compose one single piece of music. As I understand it since this experience, a musician "downloads" certain musical concepts and combinations from the field of consciousness. What is downloaded is filtered by one's on specific taste and preferences, but at the end of the day, all music is godly.

Teaching my Teacher

This occurrence taught me how silly our concepts of rank and order can be. This does not mean that I believe that everyone is the same. I do appreciate and respect everyone to be a unique individual to be respected as such. But sometimes the respect turns into believing someone is "higher" than you. It was early morning when I received a phone call from across the Atlantic ocean. Someone had read my book "Parallel Universes of Self" and wanted to have me as a personal coach for a few days. I had just woken up and felt a bit groggy and therefore didn't put too much interest into the conversation...at first. "What was your name again?" I asked. That's when I found out that this "someone" was one of the most famous and highly regarded spiritual teachers and motivational speakers on the planet. I woke up pretty suddenly. "Is this a joke?" I was thinking at first. I will omit the name of the Teacher here to protect his identity. The funny thing was, that I was a fan of this Teacher and had used some of his teachings in writing the book that he was referring too as "a brilliant book"! I had not mentioned his name in my book, nevertheless his influence was in there. So there I was, standing in my living room in my underwear and a dirty t-shirt, unshaven, uncombed being asked my one of my idols to coach him. "Alright, how about a 3-day get-together?" I heard myself say, getting my act together. "That'll be fine. I wouldn't mind grabbing a beer with you and just talking, but I'd also like to help me with an issue that the regular counsellor wouldn't even begin to grasp." My spiritual idol grabbing a beer with me? Alright. I responded: "Well, as you give so much to the people you need to make sure you are on the receiving end too sometimes." – "Exactly my thinking". We arranged a date, he arranged and paid for my flight. We had not agreed on any coaching price, but after our session he paid more generously than my website-prices indicated. I spent the entire flight meditating on the coaching-session, ridding myself of my beliefs of inferiority. The trick was not to think of him as my idol or guru, but as a mere human being that needs some assistance too. And that did the trick. We met as equals. He was an impressive person to be with though and our first day started out with coffee and breakfast and plenty of hearty-laughs at the expense of the new age movement. We both had a certain antagonism towards cheap new age teachings in common and both valued higher quality coachings. His "lets cut the bullshit" attitude helped in exchanging our thoughts authentically. The issue he was dealing with, was indeed "out of this world" and that morning I indeed could not imagine anyone else but me dealing with it. My confidence was totally re-instated. That day I led him through several guided Meditations. My Meditations are a bit different in that I conduct them freestyle and spontaneous, according to the intuited input of the moment, and specifically for that person. This is one thing I am rather good at...a sort of "channelling" of information specifically for that person. By the end of the day he was saying: "Give me more of that!". I understood his sentiment, as it was normally he who was transferring energy to others and here he could finally sit back and take something in. On the morning of day two we re-worked the issue he had come forward with, but it had actually already dispersed the day before. By midday we concluded that the issue was gone and took the rest of our time together to talk and work on a few other details. This had been by far my most exhilarating coaching experience, because the person I was doing it with was, in a sense, very advanced. I indeed had to "channel" energy from a "more advanced" level than his in order to create some relief and refreshment with him. Had I coached him as my regular-self nothing would have happened. This shows how challenging tasks allow us to rise to the occasion, step out of our previous boundaries and allow ourselves to become more than we were.

Fun Extra Techniques

In this chapter I add some teachings that were not included in my previous works.

Everything is a Concept

What we do not have any conception or idea of, we cannot experience. This can be an advantage or a disadvantage. A little child has no Concept or Definition of the idea that the oven is hot and can touch its plates without burning its hand. This is especially so if the child has already touched it several times when it was cold and therefore “knows” that it is not hot. If you repeatedly teach the child that it is “hot” and that this is connected to pain, than your well-meaning words will be transferred to the child. If the parent says them with enough conviction or anger and fear, they will be engraved into the child and soon it will be able to experience what “hot” means. This however, is not a bad thing at all because what would life be like if you couldn’t experience cold & hot? Rather boring I’d say.

Still, in the course of our education and self-education billions of concepts are created, perhaps a bit too many. We talk and talk and talk and talk, and when we are finished talking a worldview has been created we experience as reality. Some concepts have to be re-affirmed the next morning to really sink in because some kids “just don’t listen”. That’s why it’s a “good idea” to talk about them again right after we wake up. Repeat the concepts and then repeat several concepts that require other concepts to be true before that new concept can be true. Have you ever gotten angry when someone said something that is only true when presupposing other things? Something that is only true if one has accepted other things to be true without questioning them? Once we have established a certain amount of basic concepts, basic beliefs, we can automatically **derive** other concepts from these “fundamental truths”.

An example: In order to take the feeling of sadness walking around a cemetery for granted or as something natural and normal, we would have had to learn several other concepts previously: That the biological death of the body may be the final death, that being freed from this life is something tragic, to postulate that we will never see the deceased again...those are only a few definitions that have to be fixed before we can experience walking around the cemetery as something sad or serious. But all these concepts are arbitrary, indoctrinated by society and often accompanied by compulsive behaviour and cultish acts. One could also define concepts in which death represents a freeing and has to be celebrated. That would be a more joyful illusion.

An interesting question for study of anything would be: “What concepts have to exist before so that “concept x” can even exist? An example on the level of physical matter: What has to exist before a car can exist? For a car to exist, thousands of concepts must have existed before that. The concept that it would be desirable to get from place A to B quicker, the concept of wheels, the concept that you can take use gasoline as a drive, the idea that you can get gasoline from oil, etc.

Every word that comes out of your mouth, every word that is typed into an email presupposes certain concepts. Most of these concepts are hidden from your immediate awareness because you don't want to examine everything that is running just fine on automatic. But just by looking at the words you use, you can find out what you really believe about reality. By questioning the concepts your words are based on, you can **discover, release and replace** your beliefs.

Since you cannot experience anything without a concept (belief, knowledge, definition), it can be very beneficial to become stupid and naïve towards realities and things you don't want to experience...to an extent where you really become so stupid about a certain reality you don't know anything about it. Not knowing about something protects you from certain experiences. This is something different than ignoring something, for if you ignore something, then you already know about it. Before you can believe and fear something, you have to know about it first. As strange as it may sound: If you don't know about it, it will not happen to you. If you know a lot about it, it will happen to you. Some of my "wow-experiences" on this:

On travels in Africa I was once stung by an insect of which I later found out that the sting is "deadly" if not treated immediately. But since at that time I did not know about that and was "stupid" enough not to get vaccination, I did not even fall ill. I simply wiped the bug off my arm and continued my trip. As my girlfriend insisted I should get examined, it turned out that "I could have died".

Some time ago an acquaintance of mine sold a car worth about \$2600 for \$15 000. Not because he was being deceitful but because he did not know that the car isn't worth that much. Had he spoken to me before, I would have "drawn his attention" to the "fact" that he "cant" sell the car for that much. I am glad that he was spared my "knowledge".

On my 2006 vacation I was sitting in hotel palm-gardens looking out at the Indian Ocean every morning for breakfast. I had already sat there every morning for a few days without noticing any squirrels, because in my world squirrels did not exist on a tropical island. According to my mind they only existed in north America and Europe. It was only when my girlfriend talked about how many squirrels there were, me making fun of her, and she reinforcing her statement that I began noticing them everywhere. Scurrying across the floor, beside and on tables, running up trees and even nibbling on the sugar beside the coffee machine...they were everywhere, and not just a few of them. This incident really got me thinking. I have been teaching "beliefs filter reality" since ten years, but still I was stunned. I hadn't seen a single squirrel all those days. Once I learned there were squirrels I saw them all over the place.

When talking about "Beliefs" in my reality creation coachings, I am not talking about some deep, hidden patterns, but about all these simple concepts that we presuppose and take for granted on a daily basis. My opinion that there were no squirrels on the island was not some "deep, traumatic, self-sabotaging, subconscious pattern" but simply something I saw so self-evident and normal that I would not question it. And that's how I experienced an entire reality without them. I had been living in a parallel reality.

Concepts are tools for creating reality. If you want to experience success, then gather very many useful concepts about success, your abilities, and loose your knowledge about failure. You don't need to know anything about failure, you don't have to learn anything about it, you don't have to prepare yourself for it, or have someone "teach" you about it in order to "protect yourself from it". The issue may become a non-issue, completely irrelevant. This may go as far as not even understanding someone who is talking about failure. What he is saying sounds distant, alien, strange, improbable. Someone talking about failure sounds like Science-Fiction. "What is he talking

about? Interesting, but I can't relate to it." "I would like to understand it, but I don't. It sounds so very foreign to me" Even the word "failure" may sound like a foreign language word. If I say "Xoxolkyczeresz" to you, you do not associate any concepts with that do you? And you do not react emotionally either (except perhaps with a laugh). You can take this as far as becoming unable to think about failure, unable to move and cope in the area and environment of failure. When it seems all too easy for you to understand or imagine something concerning failure, you are still very connected to that level of energy. "Failure? Yeah! I know exactly what you mean! You know what happened to me last week...". Instead be an expert on success: „I am very familiar with that. Yes, I understand what you mean. I can tell you a lot about that."

Because of my own alienation from concepts surrounding "failure", my ability to be a reality creation coach, was somewhat impaired for a time. I listened to the words and could pick up some meanings, but I had no emotional connection to them. People talking about a certain federal law that limited there unemployment support sounded like the words of aliens to me. I didn't know what they meant and didn't even want to know. And still, while writing this, I can't even recall the name of that federal law. But the person, who was telling me about it, knew very well what it was, because he wants to explain and justify his situation so that he can immerse his attention even deeper into victim-consciousness. "Don't you watch the news?" he asked me. This is akin to asking me "Don't you follow consensus-reality that teaches us all about failure?" Meanwhile I have learned to fragment my awareness so that I can relate to the failure-stories of my students without getting pulled into the abstract worlds of "what if..." and "poor me" myself. But if success is your intention, then cultivate an awareness in which you cannot really develop much interest for failure. Your interest, curiosity, eagerness to learn and explain shall flow to other directions. If there is an undesired reality you want to release, then:

- Stop talking about it
- Stop writing about it
- Stop justifying it
- Stop emotionally reacting to it
- Stop feeling pity for people who are in the same situation
- Stop wanting to find out how the situation was caused
- Stop wanting to find out who's fault it is
- Stop explaining the situation
- Stop trying to gain other peoples interest for the situation
- Stop informing yourself about the situation
- Forget what you think to "know" about the situation.

In short: Loose your concepts about the undesired situation and gain concepts, knowledge and interest-in things you want instead of that. Rather than pitying the failure, admire success. Talk about, write about, justify, explain, remember, enjoy success.

Being Real

I know purposefully present a section that seems to contradict the previous one on Concepts. That was about forgetting undesired realities, while this one is about admitting to undesired realities. Isn't this a contradiction? Of course not. "Forgetting undesired concepts" does not mean ignoring them or denial. If that is the way you understood and interpreted the last section, then you have misinterpreted it. Ignoring and denial means that you already have belief in and knowledge of the subject and is something very different than releasing interest in it. Sometimes, before a subject can be released, it must be admitted to and acknowledged. That is what this section is about.

John Lennon and Paul McCartney of the Beatles were once asked what the secret of their success was. In this rare moment they shared a saying they told themselves in their early days: *"The more real you get, the more unreal things get"*.

To "get real", to become honest, authentic, clear about what you are really thinking and feeling and doing, to confess to what is really going on, implies getting a better handle on **Reality**. Before being able to influence reality on a grander scale, you must get more real yourself. In this sense "the more real you get, the more unreal things get"...unreal in a very positive sense. In comparison to your own real-ness you see through the illusions of the world and are thus enabled to play the illusions rather than them playing you.

This is where popular techniques such as "Confession", "Writing a Personal Journal", "Admitting to Mistakes" come in handy. They bring to awareness things you have been keeping from yourself, and in the light of awareness, burn away. It's enough for something to be brought to awareness to loose its subconscious power over you.

The technique suggested here is writing down the **blunt and unvarnished truth** about self, life, the universe and everything. Writing down your deepest secrets, hidden agendas and pay-offs, instances in which you acted out of lack, anger, apathy, fear and shame...to get it all out on paper, out of your system. Beneath the pile of manure you will find yourself...pure Gold. You needn't show these Confessions to anyone but yourself. Reveal yourself to yourself. Write about your fake identities, fake smiles, fake approaches, fake life. But do not write in an atmosphere of self-judgement and self-invalidation, but simply to get the facts straight. "Getting the facts straight as they really are" will uncover some of your most deep-seated beliefs and pay-off-strategies.

And again you ask: But isn't this in contradiction to focussing on the positive, as I have been taught in this book? And again I answer: At first glance it is a contradiction. But looking deeper you will realize that uncovering what-is-true-for-you is a positive act as well. Being authentic about yourself in the first place will ultimately make it easier for you to be authentically positive and joyful, rather than the superficial positivity displayed by most. Rather than putting cream on top of a pile of shit, remove the pile of shit first and the cream will taste better. Positive focus is the main tool of this course, which is why this Confession-Technique should not be applied too often (maybe once every two years), but focussing on the negative deliberately, on purpose, intentionally and deeply is something entirely different than the automatic and superficial negativity experienced in "normal life". Diving deeply into the dark and shameful intentionally corresponds with taking control of those depths. **What you create on purpose you gain creative control of.** What you

create intentionally is easier to release, because YOU created it. If there is anything unpleasant you would like to release, you may want to try the technique of creating it on purpose (rather than having it come up on automatic) and see what happens to your sense of control and ability to let go of it.

The Confession Technique is a difficult process and the wounds you uncover are not created by the exercise. They were there to begin with, you are only becoming aware of them. While doing this technique, allow yourself to state and recognize things you would normally have never allowed yourself to confront. An example:

You might remember having quit a relationship because your spouse betrayed you. You might have told yourself that you quit the relationship because of that. But if you dig deeper, something entirely different may come up, maybe even highly embarrassing things such as:

Well, actually I was relieved to find a reason to quit the relationship. I was looking for a reason to quit, and his/her betrayal finally offered me that reason. In my mind I betrayed him/her more often than he/she did me. But I was afraid to quit the relationship because I feel highly insecure and lonely in this world. Actually I was using him/her in order to cover up my alienation and feelings of inadequacy that have been part of my life as far as I can remember.

In this example you can see that behind the thin layer of appearance lie something else. And if you dig deeper you might find yet something entirely else even behind that.

It is alright to cry or feel waves of shame during the exercise. You are releasing energy. It is not mandatory that you do so, but if something comes up, let it come up, flow through you and out of you. You will feel much lighter afterwards. And you will feel more real. Your “positive focus” will gain a much more stable and grounded feeling.

Once you are finished writing your overall Confession, burn it. Here are some things your Confession might contain:

- Things you hide from others
- Things you hide from yourself
- Things that embarrass you
- Hidden Agendas
- Secrets
- Painful events
- Pay-off and Compensation-Actions you have engaged in
- Actions driven by fear
- Actions driven by fear of disapproval

- Actions driven by a desire to gain approval
- Actions driven by apathy and tiredness
- Actions driven by anger and rage
- Things you ignore
- Addictions and Bad Habits
- Things you put off
- Things about your body that embarrass you
- Evil deeds you have undertaken
- Things you blame others for that you are guilty of yourself

...and much more.

Another thing that the Confession-Technique will produce is more tolerance of others. When you no longer pose as semi-holy your understanding of others faults will increase. Your level of what you are able to cope with will increase. Your general energy level that has been bottled up, will increase. Recognize that suppressing low emotions keeps energy locked up in your body. This energy could be used for the positive. Also recognize that it is alright to have lows. It is alright to feel down sometimes. You are so very powerful that you can confront it, take it, deal with it. Only someone who creates him/herself as powerless would shy away from confronting the facts.

Once the facts are confronted, re-label the facts as beliefs. **Forgive** yourself for harbouring these beliefs. Then choose what you would prefer to believe.

Advanced Versions of the Confession-Technique

The above mentioned will suffice. Still, some might want to take it further or add some excitement to the process. Here are some variations:

- Write your confession and then send it to yourself in a stamped letter. When receiving it, read it as if someone else wrote it. As an extra you might want to write back how you forgive that person.
- Write your confession and send it to someone unknown, randomly chosen from a phone book.
- Write your confession and give it to someone you know or read your confession to someone you know and you can trust.

Whenever there is a reality you can't seem to release, more honesty is required of you. In most cases the reality will release by simply switching focus to what you want instead. But in some cases honesty (authentic ownership) is needed first.

Life's Purpose Procedures

When sitting down for coaching-sessions with people and they ask me to find their "Life's purpose" I usually respond with "Being alive and happy is already that purpose fulfilled". This is true for me, but will not do for some more insistent students. Some souls have indeed entered earth for more specific missions, so I use one of the following procedures to find out what that purpose might be. You might choose one of the following and give it a try.

1. Reverse Affirmation

Voice the affirmation "I have no life's purpose" with firm conviction. Take a breath. Write down any doubts and objections that wander through your mind spontaneously...even thoughts that arise during practice that seem to have nothing to do with the subject. Once the affirmation becomes "stale", meaning you can no longer trick your mind with it, change it to something like "I don't know my life's purpose" and again jot down any doubts and objections you have to this affirmation. It is in the objections that you will find your life's purpose, but you are not focussing on finding that purpose in this exercise, you are focussing on creating the belief that "you don't know". In this way you are tricking the mind to deliver and your doubts turn into answers when you review what you have written after the masquerade.

2. Fishing for the Unknown

Sit down, close your eyes and get as happy and excited as you can WITHOUT the help of thoughts, fantasy, imagination, background or mental support (as you would normally do). Simply fill your body with an inner smile by intent alone. And if the highest happiness you have allowed in represents 10, then let happiness at the level of 100 in. And if that's the absolute limit, let happiness of the level 1000 in. Become quite happy by intent alone. Until then, don't allow thoughts or images to come in. AND THEN allow them to come in. Observe what thoughts, imagines, impressions, memories come in AUTOMATICALLY, attracted by this vibration. Some images might surprise you. Afterwards, write down what you saw, no matter if it makes sense or not, no matter if it seems appropriate or not. The point of this exercise is that you cannot attract deep seated information in a normal state since like attracts like. Check out what thoughts accumulate in a high-ecstasy state without you intentionally putting them there, and you have some hints as to your life's purpose.

Especially take note locations and people.

3. Addressing Higher Self

Get into a soft trance. If you have no experience with trance, simply lie down, stop moving your body, breathe and get to the VERGE OF FALLING ASLEEP. The trick is to touch on falling asleep without actually falling asleep. This may be tough. You might want to drink coffee before you do this or keep a part of the body in an uncomfortable position or hold something in your hand that would loudly drop if you drift off. Once you are deeply, deeply, deeply relaxed, imagine a being that REPRESENTS "Higher Self". This might be a star, a person, an alien, an angel...whatever you like. Have the being have the following traits: BEAUTY, LOVE and HUMOR (these are the actual traits of higher self). Address QUESTIONS to Higher Self. Address the Questions that are most important to you. Have the answers either come as a) Feelings, Impressions, Images or Words immediately (even if you think you created them yourself) or b) Ask for answers to appear in the next days or c) Ask for answers to appear in your nightmares. End your questioning with the phrase: "Thank you for showing me that these issues are already answered". Then either end the process or fall asleep.

When waking up in the morning, BEFORE getting up, re-run your last thoughts or, if you remember what you dreamed, re-run your dream a few times so that it sticks to memory (if you like, even write down what you dreamed).

4. Follow Interest

Simply follow your interest, self-expression, creativity and courage. These traits are automatically aligned with your secret life's purpose. You are not meant to have complete knowledge of your life's mission, because that would spoil the fun and the training-effect. But you are entitled to have some hints of which directions to go next.

5. Primary Life's Purpose

If you cannot find a main "Life's Purpose" because it is not being revealed to you, then understand HAPPINESS as everyone's general life's purpose. You know this to be true as there is nothing more fun than fun and all the rest of life are dull and stale without a nice state-of-being to be in. You will notice how in a good STATE sometimes questions of "Life Purpose" become irrelevant.

Intention

The Soft Touch Intention

One of my favourite planner-systems for time- and priority management is the franklin-covey year planner based on the book „The 7 Habits of Highly effective people“, with daily quotes from that book and many others, schedules, priority and delegation lists and spaces for daily notes. But despite it being one of the best planner systems available it does not get to the heart of reality-creation-magic. It does invite value defining, goal setting, mission statements, to-do lists and many other attention-defragmenting possibilities, but these are not quite what is meant by “intention-placing”. Some time ago I began misusing my planner-system for intention-placing rather than what it was intended for. In the section “daily notes” I began writing down my intentions (manifestation intentions) for the day or the time or the week or for in general. Intention-Placing differs from all management theory, success coaching theory or anything this planner-system was trying to teach me, in the following ways:

- a) Intentions are not written down as goals you must achieve or work for.
- b) Intentions are not written down as a list of chores you have to work off
- c) Intentions are not written down in the expectation of them fulfilling
- d) Intentions are not focussed on in an attempt to try to “realitycreate” or “magnetize” them.

Instead you write them down in a playful, light-hearted manner and then you forget about them by taking care of other things and business. By “forget about them” I mean that they might still pop up in your awareness once in awhile but you are not attached to them fulfilling, you are not needy of them. By not constantly thinking of them or working for them, you are allowing “the field” to work them out.

This is the “Soft Touch” Variation of intention and is easy, fun and effective. I write down the small things and big things and detailed things one wouldn’t normally even consider intending something about. Most people don’t even realize the things they can place intentions about. You can have an intention about almost anything. Write a few intentions down you have for the week. Then forget about them. Retrieve your list a week later. You might be surprised that at least half of the items on the list have manifested in some way.

The Hardcore Intention

This is an entirely different type of intention which also has its benefits. This is the type of intention you do not deliberately forget but keep with until it manifests. As an analogy, lets say there are five playing cards lying beside each other, all referring to a certain situation or life-theme. You are only aware of three of the cards, none of which you like. The first step is to become aware of the other cards, become aware of the other options. Lets

assume one card says “I don’t have enough customers”. Another card says “I can get customers if I work hard” and a third card says “Do I really want customers?” If your awareness has been limited to these three cards it might be a good time to become aware of other possible options. There IS a card that says “Customers flow to me easily”. But since you aren’t even aware of that card you switch back and forth between the three lousy ones, asking yourself “For which of these options should I decide?”. If you have a hard time making a decision on something its sometimes because all options you could decide on (or the ones which you are aware of) are lousy. To expand the context, to expand your options means recognizing and/or creating further options. Once you formulate the card “Customers flow to me easily” it will be new and vague to you, compared to the other three cards which are very familiar and easily believable. But now at least you have a fourth or maybe even a fifth even better card. You have something you could focus and intend on. You cannot play the cards you don’t have. That’s why the next step would be to decide for the preferred card.

Doing what you love

There is only one instance when not much technique, meditation and exercise is necessary to keep a high level of energy, inspiration and success. And that is, when you are doing a job that you love and can immerse yourself in for hours and hours, forgetting everything else. One of my personal hobbies is music production, and when I produce music I couldn’t care less about anything else. My attention becomes immersed to the point of neglecting all other tasks, realities, errands. Overdone, this is of course dangerous (unless I cultivate the belief that most things will take care of themselves!) but the results of this type of attention, love and eagerness are amazing. “Hard work” is not felt as “hard work” because its an addiction, a passion. Waking up in the morning it is my first thought, going to bed at night it is my last thought. This is like being in love. Recall a time you were not in love and had to go to school in the morning. Your body felt heavy, breakfast was drawn out in time, you had no motivation to go to school. Your mum had to call you out of bed several times. Now remember a time you were in love with someone at school. Suddenly you were out of bed before your mum was even awake, you skipped breakfast and got to school as fast as possible. This is the energy available behind doing something you love. When you are doing something you love, you will lessen the practice in energy and consciousness because you are already full of energy to begin with. Lots of practice and work only becomes necessary (or even obligatory) when you have lost track of the path of your highest joy.

Recommended Reading

Frederick Dodson / Parallel Universes of Self

Esther Hicks / The Law of Attraction

David Lynch / Catching the Big Fish

Robert Bruce & Brian Mercer / Mastering Astral Projection

David Hawkins / Transcending Levels of Consciousness

Recommended Doing

Reality Creation Online Course

10 months of email correspondence

Monthly PDF-Lessons

3 Audio CDs

\$500.-