

### 1.3 Neutral state and feeling of objects

Besides connecting to the space around you, breathing has one more important role. With this kind of breathing you are bringing yourself to the absolute neutral state – like when you are asleep or you are in the state of expectation. Balanced rhythm of breathing removes the inside oscillations and creates inner balance. Neutral state is the most necessary step at the beginning of every exercise, because it will prevent you from concentrating on exercises. Concentration would momentarily intensify your interior signals – your blood stream, organs, ongoing processes etc. For you to feel any object and the quality of low energies all of your frequencies need to be toned down; your head needs silence. Otherwise, any high signal you receive will become a meaning behind your feelings. You might think that it is a victory you felt something, but it is not. You are the one who should choose what you want to feel and when. Therefore, the goal is not to feel something you picked up, but rather what you want to feel. Amidst the range of possible feelings is rather vast. In the following lessons you will learn to feel where the problem lies – in low-level frequencies or in high peaks. But first, you need to learn how to set your priorities.

All exercises are done with your eyes closed. Why is that? Eyes are the most sensitive sensory organs. The amount of information that enters through open eyes is literally causing the maelstrom of information and signals inside your body. With your eyes closed, the overwhelming number of information from the outside world would not bother you and you can feel all the low signals.

For starters, you will learn how to feel objects in front of you. You will be trained to register a huge diapason of signals, both high and low. To do this you will use your hand. Why a hand? Because it is a part of your body with high sensory potential and this “tool” evolved along with the human race for this, and other, purposes. Should you compare your hands to your leg or even something closer like an elbow or shoulder, you would notice the overwhelmingly higher sensory capability of your hands.

When you are about to bring your hand close to the object, all of your attention should be on your inner state in order to maintain the situation under your control and remain neutral. Your neutral state should not waver. When you are about to move your hand a bit, your system will start waking up. Try not to allow this and instead stay in neutral state so you can continue to control and manage processes.

Exercise 1: place an object on a table in front of you (a pen or a marker). Bring yourself to the neutral state (thoughts disappear, your head is not working), then put your palm above the object and do not feel anything. Remain in the same neutral state, regardless of your hand.

With this exercise you are training to control your passive state, so that it stays independent from your feelings. In the beginning, it might be hard for you to turn off your feelings. But in time you will learn that what you feel does not bother your neutral state, because those feelings are not important and you should not pay attention to them.

Exercise 2: place an object on a table in front of you (a pen or a marker). Firstly, bring yourself to the neutral state. Put your right hand above the table and try to feel the table, feel the matter below your hand. Pay attention to yourself only. If a desire to feel something builds up inside you, do not follow this desire. You should follow only your inner state, so it does not change. Then, move your hand so that your palm is above the object. The point of this exercise is for you to feel different matter beneath your hand. Do the same thing but with the top of your palm. After this, try the same but with your left hand. Many of you will notice the difference straight away.

You will probably doubt yourself and your feelings. Your doubt is your integral part. But do not rationalize your doubt because you are just starting to practice this process. For now, it is enough that you know that an object is in front of you, which means there is a way to it, there is a way to feel it. All you need is the right position and to learn the technique.

*Homework: do these exercises with different objects for the next three days. Also, read about the human muscular system.*