

1.4 Attention management

You are continuing to train your feeling process, when it should start and when it should end while snuffing the automatic processes that are just a distraction. Furthermore, what you feel must not influence you. The result of these exercises is that you will be free of the shackles of emotions – you will stop being their slave and instead become their master. It will be very useful for later. For example, when you are in a group of people where everybody is paying attention to you, you will be able to single out one object and keep attention on it – nothing else will influence you or bother you. For now strive towards that kind of a neutral state. Later on, when you are about to work with human beings with organs of different shapes, sizes and functions (it is a huge world out there), you will be able to work with just a single organ, while other organs keep on influencing you. The kind of mastery you are learning now relies on you to feel only what you want to feel and nothing else. This is the wanted accuracy of your work, the one your work will depend on.

Exercise 1: bring yourself to the neutral state. Put your palm above the object and just divert your attention to that object. Don't try to feel anything. Keep your attention on that object for a while longer. And now, with your eyes still closed, move your hand aside for 10 cm. Your attention is on the object, not your hand. Now move it back, your attention is still on the object. Once more move your hand aside, with your attention on the object. Bring it back. Open your eyes.

This was a bit harder version of the exercises from the previous class. What is important to practice is blocking your feelings from appearing as soon as you place your palm above an object.

The secret of your results and success is within you. In fact, the state of environment matches your own. Not in some rudimentary way where a bad person next to you means you are a bad person yourself. You are influencing someone in the same way as the environment is influencing you. Earth itself functions in the similar fashion, and its environment is made out of 200 million of stars.

Any change, of anything, needs to have a starting point. It starts in microscopic dimensions and it is practically invisible. Every new change reflects as a vibration/frequency in its environment, and later on the environment starts resonating with this frequency. Healing process starts in much the same way. Your healing needs to start with a microscopic frequency. And for it to appear in the first place, it has to be right – in the right time and at the right place. This is why the healing process and working with people is a work of art. Every human

being represents a certain combination of different vibrations. You need to learn how to adapt to a different human being, to transfer it from point A to point B, to know the method, how to do that, and what are you doing. Let's assume you have to work with a tiny vein, with some thrombus inside it. Surely you would not take a shovel to do it, because this is a delicate case where you need to activate a very low signal. Being a master of energy is not about being strong, but about being right and having insight into those subtle energies. When you get to know them and learn how to control those subtle energies, you will then activate only those frequencies that are necessary for the entire organism to work perfectly.

Exercise 2: bring yourself to the neutral state, put your palm above the object and pay attention to the feeling in your palm, for 30 seconds. Then open your eyes.

You have to be the manager of the entire process. Now you will flip your hand and your attention will switch to it. With the previous exercises you practiced with your attention directed at the object. Now you will practice with it being on your hand instead.

Exercise 3: for starters, bring yourself to the neutral state. Put your palm above the object and pay attention to your hand. After a couple of seconds, flip your hand (the top of your hand is above the object). After a couple of seconds, flip your hand (your palm is above the object). After a couple of seconds, flip your hand (the top of your hand is above the object). After a couple of seconds, flip your hand (your palm is above the object). Repeat the same actions, just faster. Flip your hand four times in total.

Depending on the intensity of the energy state you are in, the energy connection between you and the environment changes. When you are walking around the room, the space changes in some way with every step you take and should you jump, it will change differently, yet again. Trillions of cells inside you suddenly change the way they work and this has the capacity to influence space. The influence exists constantly, whether you jump or not. It is like the sea that keeps overflowing. And here you aim for it to overflow the way you need it to. The secret to this is in knowing one-self. In fact, you need to change yourself so that your influence could change something in space or any object. In conclusion, the range of influences is enormous. Jump differently every time and the space changes accordingly. While you sleep the space also changes.

Exercise 4: bring yourself to the neutral state. Put your palm above the object and pay attention to your hand. Flip your hand and move it 10 cm to the right and then to the left. Again, flip your hand and move it 10 cm to the right and then to the left. Notice the difference in feelings.

For us to feel low vibrations we need to move away from the object. When we do so, the outer influences intensify – the further away the object is, its influence lessens in effect and the space intensifies. In this process it is also important to notice the difference in intensity of feelings in the top of our hand and middle of the palm. We are simply used to feeling with our palm, we use it all the time in our daily lives. And the top of our palm we use when we need to feel low vibrations. That is why feeling with the palm and the top of it differs. Only after we realize and practice this can we feel exactly what we need.

Homework: do these exercises for the next five days. Also, read about the human circulatory system.