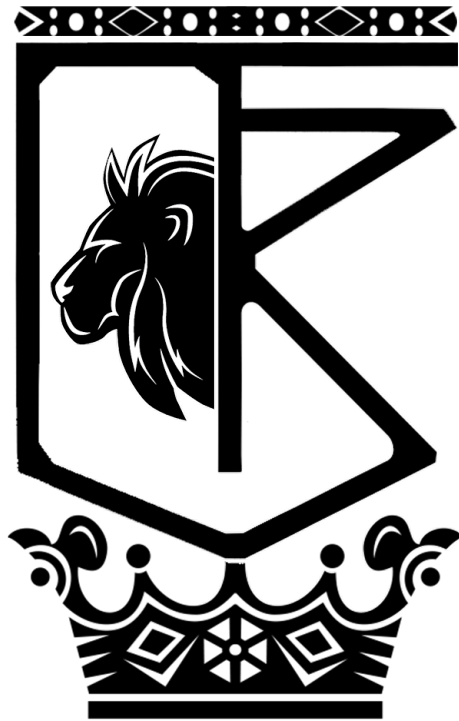


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IMAGINATION TECHNOLOGY

BY TRENT RHODES

Imagination

“Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world, and all there ever will be to know and understand.” - Albert Einstein

March 14, 1879, one of the most famous scientists was born in Ulm, Wurttemberg, Germany. He would start his journey attending elementary school at Luitpold Gymnasium in Munich, quickly alienated by his classmates because of his speech problems. He learned to speak fluently late in life. At the same time, he developed a love for the violin and classical music and grew to be known for his strong curiosity. During his teenage years he wrote his first scientific paper: "The Investigation of the State of Aether in Magnetic Fields."

Fast-forward, this soul secured a job at a patent office, using the uneventful time to solidify his theories on what is today known as the Theory of relativity. This soul was Albert Einstein.

Known for his genius-level work in physics and recognizing that there are some weird things happening at the quantum level, what he effectively called "spooky action at a distance," Einstein is less well known for his focus on imagination.

Mr. Einstein gives credit to what he called "thought experiments." These tests involved him going to the park and sitting on a bench. He would then close his eyes and allow his imagination to form pictures; his mind would travel. In other words, Albert was performing his own brand of visualization and meditation. A man considered to have little prospects in the field of science was able to formulate some of the most influential ideas in science by means of his imagination and intuition.

Another influential scientist but with less credit, Nikola Tesla, was known for creating his inventions entirely in his mind before physically going to work on them. This man, among many inventions, was responsible for showing us how we can power cities using electricity and earth power for free. You'll also find him closely connected to "wireless technology."

Just what is imagination? Can we touch it? See it? Smell it? Hear it? Where is it? Imagination is considered the faculty of forming mental images or concepts of what is not actually present for the physical senses. This ability gives people the power to see, smell, taste, touch and hear in experiences that are not manifested in the physical world.



If I say, "Think of a glass of water," you can create a picture in your mind of what that glass looks like, and the water inside. If I say, "Pour the water out," you also have the power to create actions in your imagination, forming in your mind the experience of the water being poured out. Maybe you also see a hand holding the glass, and maybe you also create where the water is being poured.

Are you in a room? Are you standing or sitting? What are you wearing? Do you see other people while pouring the water out? Like a puzzle master, by intentionally leaving out details you have the power to fill them in, creating your personal version of the water being poured.

Not only can we create intentional mental pictures and scenes, when not checked our imagination can perform the most radical feats like:

- **Frighten us when we imagine a worst-case scenario, like failing a test or doing a presentation!**
- **Give us those well-known butterflies and warm fuzzy feelings when imagining a crush/partner**
- **Give angry feelings if we imagine our crush/partner crushing on somebody else!**
- **Make us feel sick, healthier or more confident by just thinking about it - Allow us to influence our physical states through conscious intent**

This is a remarkable power.

People might take imagination for granted, but let's take a look at how others use the gift:

- **Tibetan monks use imagination in a training called Deity Yoga. In this practice, monks literally visualize their chosen god/goddess form, create the best image possible to interact with it and acquire the qualities of that particular deity.**
- **Qigong practitioners, Chinese energy cultivation, use the imagination to see their Qi or energy in various forms and colors, moving through the body for healing, general wellness and other cool effects.**
- **Olympic athletes use a form of visualization that involves putting themselves in training situations as if they were training physically. They've been known to enhance their abilities just by imagining they're training; the brain doesn't recognize the difference.**
- **Actors /Actresses use visualization techniques to help them "become" their characters. By a combination of imagining and acting like their fictional characters, they literally become them on screen.**



There are numerous examples that show us what we can do when we actively develop imagination.

Principle: Where the mind goes, energy flows.

Intuition Language

Close your eyes and slowly count to 10. As you count, give attention to the images that enter your mind. They may flash, seem bizarre or peaceful, or make no sense. You might be thinking about what you should have for dinner. Maybe you're thinking about the coworker who made you laugh today, or how you're not sure about asking someone out to dinner. Allow the thoughts to show up. In Buddhist terms, this is the result of the human monkey mind running rampant, thinking what it wants to think, taking in forms spontaneously, without the owner's control. While this may be true, it also demonstrates just how turned on our imaginations are most of the time.

It's a fascinating experience: we can shut our eyes from the world and still manage to "see" color, "feel" heat or cold or rain, "smell" fresh scents, "hear" what someone is saying to us. Yet, these experiences are not taking place outside of us. How is this possible?

The very word "imagination" holds mysteries to this great power. The "I" shows us this ability takes place within the self, verified by how our senses, most particularly the eyes, pull in (or sense) light, matter and vibrations, convert them within and then project them back out as the mundane experiences we're accustomed to having. All of what we sense "out there" might very well originate from "in here."

In metaphysics, we recognize that the power to create change and affect energy in accordance with the will sources from the subconscious mind.

Scientifically, to recognize an object in the mundane, light from the material has to connect with the retina. The eyes' structures bend these light rays so they focus when reaching the retina; the lens and cornea are responsible for this feat. The lens sharpens this light while the cornea bends. The lens may change shape, supported by the ciliary body, which houses the muscle fibres pulling on it. The lens can curve (or convex) based on the light's angle. When this takes place properly, light can accurately focus in the back of the eye. Like a classic film projection on screen at the movie theater (Tell me you love the IMAX), we are receiving and projecting at a speed that's unrecognizable in daily living.

I – Mage – Nation Image – Nation Imagination

The "Mage" in imagination reveals to us that mental picture making is a natural power of the mage, or magus or magician: the alchemist. The strength of this power depends upon its conscious development.

Dictionary.com describes "Nation" as "a large body of people, associated with a particular territory, that is sufficiently conscious of its unity to seek or to possess a government peculiarly its own." But if we look deeper at its synonyms, we find that



“nation” also refers to land, kingdom, realm and domain. In other words, a “nation” can be a location, level or space.

Combined, we find deep meaning in the word “imagination,” as a space where the self can act as a true magician and create mental pictures.

When we decide to I-Magine (imagine) something, we are activating that mage within who is capable of venturing off into the unseen space and creating an experience without the limitations of the physical laws. Like the movie Inception or the recent Dr. Strange, our imagination operates in a space that seemingly feels unlimited in what can be formed, and broken apart. We can fly, float, move underwater, fall 50 feet off of a cliff, enter space, and see people we've never met before or someone who we do know but annoyingly keeps entering the realm. We can see color swirls, strange beasts, become plants, have no bodies and just exist in the vastness of space. Who wouldn't want to build up this power!

Cognitive scientific research shows us that even our memories, the most influential that seep into our pores tend to have alterations when we recall the experience. When we “recall,” we are literally calling back or activating a past experience in the mental space, bringing back the people, places and things in as accurate a picture as possible. We try our hardest to re-member how people behaved, what they said, how they said it, where we were and other details surrounding the experience. Often we have the gist of the experience, enough to retell the story and have a laugh. And sometimes we can have a tough time with the replay and mix it all up.

Remember the telephone game? One person tells a story, who tells another person who tells another, and by the time it reaches the end, the ending story is nothing like the original. Like a morphing puzzle, each time we re-member a “nation,” a realm, we're rebuilding the environment that may not be as precise the very first time. With an unlimited source of energy unrestricted by physical laws to work with, it's no wonder!

Dreamer's Dream

Dreams & Science

According to the poet, Wallace Stevens, the imagination is a “necessary angel,” and “The world about us would be desolate except for the world within us.”

From our journey together in this course, you may experience greater evidence that the world “out there” is a manifestation of what's “in there.” It's truly a personal, intimate connection.

And so we reach the realm of the dream.

“We are such stuff as dreams are made on, and our little life is rounded with a sleep.”

– William Shakespeare

The average person may view dreams as a passing fleet of random images and scenes. People we've met during the day might show up, or we might have a terrifying view of a ghoulish monster from a horror movie. Are these mere visuals “seen” by us by chance?



New dream science suggests there are deep, relevant purposes for why we sleep. Physically, sleeping enables us to recuperate from injuries, mental and emotional stress. Our internal systems are given the opportunity to perform their functions in harmony in the sleep state. These include:

- **Circulatory System:** This is important for maintaining nutrition, waste and poison removal among other processes.
- **Digestive System:** This system includes the digestive tract and accessory organs that process food into molecules absorbed and used by the body's cells.
- **Respiratory System:** Responsible for absorbing carbon dioxide and producing oxygen, necessary for us to live.
- **Integumentary System:** This system protects our organs, guards against infectious diseases, dehydration and extreme changes in body temperature.
- **Excretory System:** This beautiful system helps us get rid of bodily waste.
- **Reproductive System:** This system has four roles: produce egg and sperm cells, transport and maintain them, nurture the developing offspring and hormone production.
- **Nervous System:** This is responsible for communication in the body.
- **Skeletal System:** Our bones provide the frame for our muscles to attach.
- **Muscular System:** This system is composed of special cells called muscle fibers. They allow us to move the way we do.
- **Endocrine System:** This system is in charge of hormonal balance, metabolism and electrolyte production.
- **Immune System:** This system protects our bodies from parasitic, bacterial, viral and fungal infections, as well as tumor cell growth.

Current dream science approaches the esoteric aspects of dreaming from the creative perspective. Dream science researcher David Watson recognized a pattern among high-performing creators: when they invested time in daydreaming and slept deep enough, their dreams were more vivid and easier to recall. He also noticed that these creative dreamers showed a greater tendency to approach life from unique and open points-of-view. This makes for an effective recipe if innovation or taking on an old problem from a new position is the goal. As Albert Einstein explained, "You can't solve a problem with the same level of thinking that created it."

Science shows us that our sleeping states run on a cyclical pattern of approximately 90 minutes, of which we shift through five sleep stages. Of the stages, the first four comprise of non-rapid eye movement or NREM sleep, while the final stage is reported to be when we experience rapid eye movement, or REM sleep.

During NREM sleep, we transition from stage 1 to 4, starting with a light rest and gradually moving into a deeper experience. Evidence can be shown of sleep depth by monitoring



the brainwave activity or simply trying to wake someone up; it can be difficult to wake a person up who's asleep at stage 4. There is also minor muscle activity and the eyes do not move much. In this stage, the muscles are still able to move.

In REM sleep, we experience rapid bursts of eye movement, and researchers believe this is when most dreaming manifests. Eyes may or may not constantly move, typically with darting up and down, back and forth. It is speculated that the eye movement is due to the visualizations occurring in the dreams. This is also the level where our bodies may experience paralysis. No worries, vital muscles like the diaphragm and heart continue to function normally!

These sleep cycles are more complex and everyone's experience will differ based on:

- **The time of day or night when we go to sleep**
- **If our sleep is interrupted throughout the night**
- **Our health condition**
- **Stress levels**
- **If we're on some form of medication**
- **How tired or energetic we are upon first going to sleep**

While psychology and neuroscience develop their theories on dreams with a mundane touch, the metaphysical arena incorporates both spiritual and physical spheres based on our understanding of imagination.

Shamanic Dreaming

Imagination is the great space-builder and provides a link between the higher and lower realms of perception. It's at the same time the spiritual paint, the brush and the canvas. In metaphysics, nothing experienced within the mind is taken for granted or seen as useless. Every inch of information holds meaning, or synchronicity, and it is up to the aspirant to develop the intuitive powers to recognize the value of that meaning, how it may be used for personal growth. And the shaman is no different.

A shaman is a person who works as a bridge between the mundane and energetic realms, using means to perform various feats including healing, divination, communicating with spirits and sharing general wisdom for the community. The shaman is a traveler, and in that sense, has direct confirmation that the world we consider as real (the realm of physical things) is only one of many "real."

As the shaman may directly communicate with a person about an issue or question and perform a ritual that takes her into an altered state of consciousness; from tapping into the subconscious mind, she is able to travel to various planes, meeting plants, animals, people, symbols and other elements of meaning that may hold keys to the solution. From these active dreams, the shaman becomes skilled at discerning knowledge from what's experienced and bringing it back to the mundane world.



Dr. Michael Harner, founder of the Foundation for Shamanic Studies, offers seekers on the dream path a simple set of core principles:

- 1 – Spirits are frequencies.
- 2 – Spirits produce dreams.
- 3- Spirits / frequencies have different traits, powers and motivations.
- 4 – Spirits that produce dreams may be souls, guiding or guardian spirits, suffering or mischievous spirits.
- 5 – Terrifying dreams or nightmares can be warnings from the subconscious or guardian spirits, or produced by spirits with no intent to help.
- 6 – People with strong power tend to be able to resist having nightmarish dreams from non-helping spirits.
- 7 – Powerful spirits can manifest as deeply penetrating dreams that offer spiritual power and knowledge.
- 8 – The above principles apply to all forms of dreams: visions, daydreams and sleeping dreams.
- 9 – To realize the dream's meaning, people can bond with a helping spirit to recall them for study, or have ceremonial shamanic journeys to obtain knowledge.
- 10 – Shamanic dream journeys should include deep study of metaphors

To Dream or Not to Dream

The shamanic path is one of many to take. Its core principles are vast and in alignment with the metaphysical nature of dreams and spiritual systems throughout the world: the more awareness we gain about how our dreams operate, the easier it will become to gain a sense of lucidity.

Lucidity is awareness and clarity of expression, and with dream work it's lucidity we're after.

Imagine the fish in your tank, swimming about, speeding under the rocks, enjoying the filter's bubbles, mingling with the other fish, perhaps fighting some of them, going after the food. Yes, this is the fish life. But the fish doesn't recognize it's in water swimming, only the externals of the experience swimming brings: food, other fish, the rocks. And what if that fish suddenly became aware of being in the water, in a tank, inside of a house where large-sized human beings are walking around and sometimes looking in? What if it then heard the sounds of the water and realized it was actually inside of the water? That it was possible to jump out of it? That would be a lucid fish indeed.



Like the fish, we humans often find it difficult to see outside of our “tank” unless we have an experience that jolts us into a different realm: seeing beyond the water. We step outside of the mundane faculties and experience. The dream is an ideal channel for this precisely because it uses the imagination and stimulates our ability to extract meaning.

Imagination Technology

When we hear the word “technology” we typically think of advanced sci-fi machines, devices that perform special tasks and make life easier for people: E-mail, the Internet of Things, Amazon. But there is also spiritual technology, tools that we can put to use for our inner growth. Seen from this view, we could say much of our Qi practices are indeed technologies, employed to raise our vibrations and connection with the Oneness. They themselves aren't the goal, but are the resources we use to reach the goal.

Since imagination is a capacity we use and it is not who we are, we can also say it's a spiritual technology that allows us to connect the worlds of matter and spirit, metaphysical and mundane. It's a tool that gives us power to travel the astral planes, meet people and beings and build creations that have no limit of time or space. We can forecast from the golden threads of fate, tapping into our divination powers, feeling paths and choices and consequences, knowing the past, present and future.

Thinking

When we think, we're actively using the imagination in connection with what we call “reason.” This reasoning is an organizational capacity. We work the imagination in a way to structure an idea or stream of thoughts into a concept that's coherent, that “makes sense.” Since the imagination is immaterial, we have infinite resources to work with as we build a concept.

Typically, we engage in two kinds of thinking, active and passive. Active thinking requires more energy and focus on our part. This is where we perform plenty of conjuring, seeking out more information, analyzing it, combining knowledge, challenging our own concepts, all to arrive at some desired conclusion. Sometimes we can think so much we become hungry, feel exhausted or tired. That's all evidence of how intense active thinking can be.

Passive thinking is subtler; we're more receptive to information coming in and our minds sit in a semi-autopilot state. We're not working to come to a defined conclusion, but our minds are still working, processing information. We may not do anything with that information, so it sits in the imagination, smoothly sinking into our subconscious mind. A common example of passive thinking is television. We can also actively think while watching TV, but it's likely when we're home from a long day at work and sit in front of the tube, we're not aiming to actively figure something out. The channel's information hits us and we absorb it in. The danger with this kind of thinking is if we're watching toxic content (the kind that doesn't stimulate us to grow in any way), that information goes directly into our subconscious magickal mind. Watch out!



Daydreaming

We know this feeling: maybe in a class or boring meeting or seeing a movie, our mind wanders. Before we realize, we're imagining a scene in another world. Or playing out what might happen in a few hours with a blind date we're scheduled to have that night. Daydreaming is literally dreaming while awake, a quiet, semi-passive experience where our minds journey to other realms. It's a series of pleasant thoughts that distract attention from the present. The difference between this kind of dreaming and others is our physical senses are relatively active at the same time our inner senses are operating. I remember in statistics class I daydreamed plenty, but remained aware enough to know when the professor asked a question or a friend called my attention.

Sleep Dream

The classic state we think of when discussing dreams. Dreaming is an experience of a series of thoughts, images, or emotions occurring during sleep, especially during REM sleep. Our physical senses go dormant while our astral senses become active. In dreams we can see, smell, taste, hear and touch with varying intensities, depending on how developed they are. Often our dreams are uncontrollable; we may see or communicate with unrecognizable things, experience them in the first person or see oneself in the dream. Sometimes we encounter people we do recognize, or it may seem by coincidence that a person we met just two days ago end up meeting us there. If not skilled, our dreams can appear bizarre and nonsensical. This is a potent example of imagination.

Lucid Dream

In a lucid dream, you're aware that you are dreaming. The dreamer realizes the dream! In this state, all of our spiritual senses are activated just as the sleep and waking dream, but we've attained the director's role. It becomes easier to build environments, travel the astral realms and have conscious communication with the beings on these journeys. Over time, we realize the lucidity of both the astral realm and the physical. Two sides of the same coin of existence, we strengthen our ability to operate in both states. Sleeping then becomes not just something to do to rest, but to enter another world just as alive.

Desiring

Desire is a strong feeling of wanting or wishing to have something or for something to happen. A flavor of dreaming, desire is an outreaching emotion. To desire is to have an idea of what we want, and with that idea comes the spark of our imagination. We cannot desire something without conceiving it! This is why the more exact the desire, the more accurate our image becomes. Also conversely, the more vague we are about a desire, the less focused our image of that desire will be. Our energy scatters. The image resembles a cracked mirror instead of a perfect reflection.

Here, the desire and its visualization are especially important but operate a bit differently.

"It's my will to become a person who attracts a loving relationship" is more effective than "It's my will to have XYZ from bio class fall in love with me."



Thoughtform / Tulpa

A Tulpa is a being or object created through spiritual or mental discipline focus. In Tibetan Buddhism, monks train to create Tulpas for numerous purposes. They are essentially thought forms, energetic creations we can design with enough concentration. Like creating our astral environments in dreams, we can construct energy beings within our imagination. With enough focus, we can build a thought form for a specific purpose. If we think about these forms being projections from our imagination, all of our creations in the form of story can be seen as thought forms. These include:

Fictional Characters: Indeed, when we create a character, we infuse it with a persona, habits, tendencies, drives and reasons for existing in the fictional story we design. The more details we add to the character, the more independent it becomes. One way to test this out is to write your character in a storyline that's out of line with its personality. Doing it may be difficult! We inherently know the new actions don't fit the character. Each personality we create for the story becomes another thought form directed in the fiction.

Emotion Projection: We can use imagination to personify a deep emotion. Love? Despair? Passion? Joy? Imagination can create a thought form of these feelings so they may extend outward, beyond us. Ever heard of, "love personified?" From this position, we can "speak" to the emotion objectively, perhaps to understand it, always to integrate it.

Talk Buddies: Children are famous for having imaginary friends. At the time, we truly felt we had someone else present, going on journeys, having deep conversations! When we eventually learned from adults that they're "fake" and it's time to give them up, these friends disappeared.

Reading

If you're going through this course, you have direct experience of the imagination when reading. From everything we see but especially in print, words almost automatically put our imagination to work. This is partly why reading can have a deeper impact than visual or audio stimulation. Based on our unique understanding, words create a paintbrush upon the mental space. It requires much more effort for us to do this, and so the energy we invest in creating the mental pictures from words helps us exercise the imaginary muscles. One of the surest ways to expand creativity and self-expression range is to read diverse material. Read topics you adore and subjects you disagree with. Read sci-fi, historical and bios and narratives. This gives a wider range of possibilities to consider. Our mental space grows with every story, and different genres provide varying ways of extending the mental bridge.

Meditation

Meditation is a practice of concentrated focus on a sound, object, visualization, the breath, movement, or the attention itself. In our western society, we often use meditation to reduce stress. No matter the level, meditation offers its benefits when we turn our focus inward; activate the mind's eye. Meditation techniques incorporate visualization. Techniques can include imagining light and colors moving to specific parts of our bodies for healing. We can enhance bodily awareness by focusing on it. Guided meditations



stimulate our imagination to go on scripted journeys that can provide us access to knowledge and understanding.

Deja Vu

Deja vu is a feeling of having already experienced the present situation. Sometimes we may say the exact words, see the same people, hear the same music or be in the same environment when the internal signal touches us. We recognize we were there before but may not be able to accurately decipher how.

Poetry

Poetry is literary work that emphasizes expression of feelings and ideas using distinctive styles and rhythms. In our busy world today, poetry may not have the high regard as centuries ago, but its nature continues to tap the deepest aspects of our being. The poet is capable of experiencing existence beyond the veils of the physical world. And like a mathematician who creates formulas using symbols and numbers, the poet shares these insights within a few lines or several; the words tend to reflect the abstract, a realm of symbolism and an often-difficult place to condense into language.

When we write poetry or think poetically, we build a relationship between the imagination and words, so we can convey our meaning that evokes deep emotions in the reader. A variant of telepathy, our poetry can take a reader or listener to the realms we experience, using just the right diction, tone and rhythm.

Concentration

Concentration is the power of focusing attention. When we concentrate, we co-centralize our awareness on some thing or idea. Using the imagination, we turn on a mental flashlight, directing it towards what we intend to notice. This power gives us direct evidence that the coveted multitasking skill is really false. We do not focus on many things at once, but rapidly change our attention many times. A quick test to validate this from within is to try and think of two ideas at the same time. We'll find that we're unable to hold them simultaneously in attention, but we can switch between the two at a fast rate.

Play / Acting

We can find immediate experience of imagination at work with children at play and the thespian on stage (thespian is an older term for actor). Without any instruction, children are capable of accessing their imagination to come up with inventive games, plenty of ways to entertain themselves; kids are rarely bored. With minimal resources, we can see how children can pull creativity from the mental space and actualize it. They dance, sing, shout, laugh at what to an adult may make no sense.

But the child's sense of play is connected to the vast possibilities of the imagination. For them, there are no limits and consequently, they can express themselves without limits. The thespian demonstrates this ability to play in a more focused form. Let's dissect this performer. To do the job well, the actor must learn about the character to be played: habits, dislikes, clothing and motivations are understood in-depth so the actor can



become the character, to take on the personality. The actor uses the imagination to “undress” the current persona and “wear” the new one. Some thespians are capable of deepening this experience with method acting, a technique that often involves living the character off set in daily life.

Acting can be considered a powerful imagination technology in how it trains a person to see personalities as changeable. This takes us into the realm of yellow chakra, or the ego and charisma. Energies and emotions can be inflamed, toned down and the worlds of the real and the meta become one. With enough practice, we come to realize these personas, even the one we usually wear, are masks we can choose to put on or take off at will.

There are many more technologies available to us and with enough ingenuity we can create ourselves. This list offers you a collection of the common tools we can immediately learn and put into practice.

Enter Intuition

Introduction to Intuition

“It is through science that we prove, but through intuition that we discover.”
– Henri Poincare

Monotheistic lore provides the description of two figures sitting on each side of a person. One is clothed in pure white garments, owning wings and a glistening, golden halo. The second also possesses wings, but they appear a bit more mischievous. The garments are also vastly different, and this little being holds a pitchfork, flaunting dangerous-looking horns on the head. Ah, and his skin is red. These would be considered angelic and devilish influence, the good and evil aspects of the conscience acting upon a person's inner thought process.

The ancient Greeks referred to a power that just might not be of one's own, but a particularly solitary force operating within a human being. It co-hosts in the body and provides momentary euphoric experiences, delivering radical insights, and these electric understandings push the boundaries of what's possible. This was called the daemon. Today, we use language like “I feel it in the gut,” or “my gut tells me” and even “trust your gut.” The gut represents itself well when we're about to face a situation unknown; we feel that anxiousness there in the gut. Somehow, our minds and guts seem connected. They indeed are and we'll cover that.

The little people on our shoulders, the genius force inspiring us on a whim, the messages in our stomach: these are all ways of acknowledging we possess a gateway to information other than the primary five physical senses. This is intuition.

Described as “the ability to understand something immediately, without the conscious need for reasoning,” this definition lacks an in-depth understanding of what this power truly is.

Intuition literally means, “inner teaching,” as the “in” refers to “inner” or “internal,” and a “tuition” is a teaching. When we invest money for a course to learn something, we call



that investment tuition; it is money in exchange for a teaching. There are some European countries, The United Kingdom in particular, that refer to learning as tuitions, "Have you received tuition today?"

So if we continue to break down this definition, an inner teaching implies that we have an inner teacher. Some one or some thing is delivering some form of learning to us, and this operation is taking place from the inside. Recognizing there is a teacher implies that there is something we do not know or unaware of, and this teacher is capable of bringing awareness of that knowledge to us.

Where does the inner teacher live? Who is it?

Our inner world is as vast as the universe "out there." In some ways, that "out there" may very well be a reflection of what's "in here." And that being or awareness "in here" harbors the wisdom to teach our conscious selves what we may already know but do not acknowledge.

And...

Ancient, indigenous traditions alike all acknowledge the inner teacher's power. It is through intuition and reason that we come to learn about the nature of existence in a holistic way.

A strong intuitive capacity can take us from A to C without having to thoroughly understand all of the mechanics of A or even need for B to reach C. In an instant, we simply understand the map. Such insight can confound those listening to someone who receives an intuitive hit, but the receiver of inspiration instantly "gets it." Sometimes this takes place without the receiver even knowing how it formed.

As we embark on this journey of understanding intuition, we will learn some cool, unique perspectives and facts. They all lead to some astounding principles:

- 1. Intuition is just as much a body experience as a mind experience**
- 2. Intuition isn't just about being right-brained; it's a whole-brained experience**
- 3. Intuition doesn't have to be a randomized event; we can learn technologies to consciously generate the hits**
- 4. All our experiences are recorded within our blueprint, conscious of them or not**
- 5. We can live a lifestyle that is conducive to releasing more of our intuition**

If intuition is such an amazing power, why doesn't it receive more credit? Where are the talk shows discussing the radical nature of inner knowing? In today's paradigm, our world still remains dominated by the analytical element of consciousness. This left-brained, excessively masculine vibration influences all realms within our western society. From emphasis on logical thinking to overt focus on structure, acknowledging most what can be physically experienced permeates our world. Consequently, there has been little space for the unseen elements of life to flourish.



With the resurgence of indigenous, ancient and nature-based traditions, we are seeing a collective rising of the unseen, and with that arrives the appreciation of seeing without the eyes, hearing without the ears, tasting without the tongue, smelling without the nose and feeling on a holistic level that a healthy, nourished intuition can bring.

Chapter 6 – Interoception

Interoception: Intuition in the Body

A commonly held belief is that intuition resides only in the ethereal realm, where things are untouched and the unseen holds sway, that receiving a spark of inspiration or knowing the right move for an opportunity sits on an unreachable, mystical throne, unknowable to the soul.

But what if intuition was also in the body?

Scientists acknowledge the power of the five physical senses and now give credit to a discovered sense called interoception. Defined as the “sense of the physiological condition of the body,” interoception enables us to inwardly understand our responses to the environment, whether that is external or internal. Like a monitor that is always turned on, our bodies act like a collective sensor, processing information and delivering it to us without filtering. Once this information reaches the conscious mind, we then can discern what that information means to us.

Example: You have an opportunity to travel out of the country next week and feel excited about it, but you also know that you would be leaving your younger sibling alone in the apartment. He’s an adult, but something tells you that you might not be making the wisest choice. As the date to decide approaches, your body tenses, muscles tighten, you feel a bit less energetic than usual. As you proceed to decide on going, making your plans on the computer, a headache sets in. You never experience headaches, yet without provocation here you are sitting in your seat with a painful throbbing on the side of your forehead. Clearly you have no idea what is going on. You examine the travel itinerary and something inside “clicks.” A mindset shift, you delete the information and turn off the computer. Decision changed, you’re staying home. You decided you could plan your trip another time, after your sibling leaves the house to live on his own. Moments later, your body feels lighter; something left. Your headache also subsides as if by a miracle. Inwardly, without further self-examination you realized you made the correct decision.

An interoception experience may not have to be this dramatic, but the story illustrates just how active our bodily systems are, consistently sensing in co-relationship with the environment. The capacity allows us to become more self-aware of the nuances occurring in our bodies. When we become proficient at this detecting, we begin to discern the differences between a “yes” and a “no” based on our line of questioning. As described in a previous podcast, I explained we are pendulums and can harness this power.

The classical pendulum operates as a divination tool. An object is attached to a string (often a crystal in a geometric shape) and held outward for use. It can be utilized to



discern a truth or understanding by asking the pendulum “yes” or “no” questions and allowing it to swing in a specific direction. What the keen pendulum user recognizes is it is not the device itself providing information; the device serves as a channel for information being given from the body and energy, signaling through the pendulum. The science, called radionics, is the study of “a dowsing technique using a pendulum to detect the energy fields that are emitted by all forms of matter,” and describes how our bodies’ energetic systems can provide us with truth.

Our extremities possess energetic frequencies, positive and negative, yin and yang as well as the tips of our fingers and toes. The fingers, which hold the pendulum, are often the thumb, index and middle fingers. The index finger holds a negative polarity, middle finger a positive and the thumb holds a neutral energy. The combination of these forces works with the line of questioning that inevitably causes the pendulum to swing. Some users suggest receiving the answers and directions ahead of time:

“Show me my no,” and the pendulum may swing clockwise. “Show me my yes,” and it may swing counterclockwise.

There are different methods available, but the point is to know which direction means what for the user.

Radionics and interoception have a relationship.

Another interesting connection resides with muscle testing and discerning truth and falsehood. Richard Dawkins, author of *Power Vs. Force* highlights this power of our body to react when we make a statement we know (or not know!) to be true or false. The classical muscle test can be conducted with anyone, at any time:

Person A holds out his arm straight while Person B places a hand on top of the straight arm. Person A will state a truth, “My name is Bob.” If true, the arm will remain strong as Person B pushes. Then Person A will state a falsehood, “My name is Billy.” Person A’s arm will naturally weaken as Person B pushes.

Dawkins tested out this body weakening in a large audience by placing sugar in a small package and asked the crowd to wear it in their pockets. What they didn’t know was the package contained refined sugar, a known immune system suppresser. When he conducted the muscle tests with random people in the audience, those who wore the packets and those without, their arms remained strong and weakened accordingly. This attests to the power of the body to sense truth, falsehood and energies that can harm even without direct skin contact!

To work with our own guidance system, the interoception, we need not hold our arm all of the time. We can begin by practicing sensing exercises, asking ourselves simple “yes” or “no” questions about the most mundane experiences:

Should I drink that soda? Allow the body to respond.

Should I go out tonight? Allow the body to respond.

Is picking the middle cup the best choice? Allow the body to respond.



Chapter 7 – The Gut & the Gland

The Gut & The Gland

So we now know intuition has a bodily component, can be felt viscerally in our daily experience and how our bodies even weaken to tell us we spoke something false. It's an underrated lie detector!

Now we shall focus on the gut. In "Gut: The Inside Story of Our Body's Most Underrated Organ," Giulia Enders describes how important it is to take care of our microbiome. This is the bacterial culture floating around in our stomach space. Think yogurt and kombucha. These beings do us much more good than harm and, without healthy stomach microbes, we can become more susceptible to illness. They protect us as long as we protect them.

Quite the relationship!

But also within the stomach space is an environment filled with brain cells: neurons! The same neurons existing in the brain, firing off electrical signals, allowing our minds to operate seamlessly here in the physical realm also exist in our gut. Although many of us may not need the scientific prove, this knowledge does give credence to further understand why our emotional states or foreshadowing can often be felt in the stomach. The times when we knew someone close to us was hurt, or sad or felt like they needed a call, it was our stomach space that pinched, making us feel slightly nauseas, queasy. The neural environment in our abdominal section is called the enteric nervous system. Much like the usual nervous system we're accustomed to visualizing, this intricate network consists of nervous cells (from the nervous system) and neurons and other factors that interweave in a way that creates a dynamic organization; it can be difficult to isolate on its own. As with the rest of our body, this system works in harmony, the sum greater than its parts and we experience the conclusions of its processing as hunches or the popular gut feelings.

"Knowing others is intelligence, knowing yourself is true wisdom." -The Tao Te Ching"
Imagine a vast land, lush with greenery and trees. Rivers flow with crystal-clear water reflecting the sun shining brilliantly. Then, you see large pyramids, massive in scale and in their adornments. Appearing almost golden, their rich color bounces off into the distance as if rays were shooting out in all directions. Planted on top of one of those pyramids is an image of what looks like...an eye. The eye is drawn large, and it appears to be enclosed within a shape. To you it looks symbolic. To the ancient Kemetite, the original name of the ancient Egyptians, it is both symbolic and literal. This is the Eye of Heru.

This image is popular globally. As the powerful "eye," it represents the deeper eye set inside of our brains. About the size of a pea, the pineal gland is considered as the gateway to our cosmic consciousness and the seat of inner knowing. The pinecone is also a representation of this powerful gland.

The pineal gland develops in the second gestation month in the roof of the third ventricle. It sits slightly above and near the pituitary gland, another important control switch in the brain. Its relationship to light and darkness is well-known: the gland produces



the hormone melatonin during times of darkness and has a profound influence upon the maintenance of our sleep-waking cycles.

Metaphysically, the pineal is revered as the passageway for human beings to astral travel. When the gland is healthy, we demonstrate strong capabilities for connecting to our higher self and the cosmos. Abilities such as remote viewing, inner sight from a distance manifest during meditation and other techniques that tap into this vessel. The pineal is also related to the third-eye chakra. Named Ajna in Sanskrit, this chakra forms the energy vortex centered on the intuition, that inner teacher we've covered in this course. Ajna is often depicted as a transparent lotus hosting two white petals. These are said to represent nadis, thin energy channels likened to the meridian system tapped during acupuncture. Ajna literally means the word "perceive," and it is precisely this ability at work when we describe intuition.

Thus, we can say that the pineal gland, the intuition and third-eye chakra are feminine aspects, channels of receptivity, of listening, of taking in. When we filter out the noise, distractions that interfere with our natural processes, we automatically invoke this power to simply listen before discerning what to make of the information. And as our pineal strengthens, our intuitive hits also develop, allowing us to receive vaster amounts of information with fuller understanding.

How do we strengthen the pineal gland?

The word I would recommend using instead of "strengthen" is "activate." According to the documentary *The Pyramid Code*, the ancient Egyptian possessed over 300 senses. Imagine that! Those senses included both physical and spiritual, predominantly because their pineal was active. It simply allowed them to experience more. Seeing the gland similar to a muscle, we must feed it the proper nourishment so that it wakes up and continues to grow.

Methods that can activate our pineal glands include:

- **Yogic Breathwork**
- **Drinking alkaline water**
- **Avoiding fluoride as much as possible**
- **Generating positive thoughts**
- **Working with crystals that specifically target the third-eye chakra, such as amethyst, lapis lazuli and sodalite**
- **Reducing toxins from the body**
- **Practicing mantras**
- **Shamanic journeying**
- **Conscious lovemaking**



- Increasing fruits and vegetables in the diet

These are some of many options that will gradually charge the pineal gland so that it increases activity. Eventually we begin to recognize the signs of strong intuition we covered in previous chapters.

The fast-track method to pineal activation can be working with master plants, such as iboga and ayuhuasca. These are considered “master” teachers because of their potency and hallucinogenic capabilities. They do not massage the consumer; they push the consumer off of a cliff and force the person to either fly or fall, compelling her to experience other realms. Approach with caution, however, as they are not to be worked with commercially and should only be connected with while in the presence of an experienced guide.

Chapter 8 – Improvising Intuition

Improvisation for Intuition

How do we apply this powerful inner sense in daily life? What if we don't have aspirations of becoming an all-star mystic, or alchemical virtuoso? As our motivations are different, we also differ on the scale of what we aim to accomplish. The beautiful thing about the inner power is that it is applicable for everyone, no matter the field, vocation or hobby. We can all benefit from understanding ourselves better, learning what helps us to accelerate learning. We can all also benefit from just a little more self-knowledge than we were aware of a day ago.

So in this section we'll cover one simple exercise that anyone can practice. This can be done “in the field” and in a “special place.” Starting to sound weird to you? The practice is... Improvising!

To improvise is to improve on something, but to do so without any preplanned actions. It is to act spontaneously; this is precisely when intuition begins to seep out, because we have no previous roadmap to follow, and a fresh environment still needs to be navigated.

Psychologically, when we improvise, we are resetting the mind (and brain) with new patterns. Our neurons, so used to firing off at the same time in the same way for the same connections, become rattled when we're faced with a new experience and no previous notions to fall back on. This shake up forces us to act in a new way. Consequently, we acquire a new pattern, which then endows us with a new insight, new experience, new intuition.

Improvisation can feel scary because of the unknown. Since we do not rely on the old patterns, the feeling of a safety net dissolves. There is no more safety, only movement. For improvising in your special place...

- Find a mirror and stand in front of it. Think of yourself as a character, your favorite perhaps. Now, act out a scene as the character. Not a previous scene you've seen before, a brand new scene you just invented on the spot. Use the accent, the



mannerisms, speak the language, form the postures. This may feel silly at first, but you're performing an important technique: manifesting on the spot.

Choices, Threads & Fates

The Three Fates were also The Three Muses, known for their powers of divine inspiration. They wove their threads to determine not just outcomes, but the paths towards those many probabilities. When an ancient was captured by the Muse, he could do nothing else, he was possessed in the mind with such grand insight that he just had to express it. We see many examples of this capture today: the Mona Lisa, the Sistine Chapel, the works of Bach, Goethe, Frank Lloyd Wright and the hidden works of less-revealing beings in the Emerald Tablets, master astrologers, numerologists, genius herbalists like Shen Nong, many more.

Unlike a piece of candy we can just walk to the store and purchase, the Muse must be attracted. We attract her by our own habits, the way we live our lives, the karma we accumulate through our experiences, the level of our consciousness.

When we reach a certain state, that state manifesting differently for everyone, the Fates fly in and reveal to us those threads of life itself: in quantum mechanics, scientists call these threads potentiality and collapsed reality. When we focus on something, we "collapse" reality into that concentrated experience and it is ours. When we turn our attention away, that particular experience then disperses into pure potential realities, and we have the ability to "choose" which reality to experience based on intention. Intuition is a wondrous power; the Fates guard it. They hold it tightly, but pour it over the heads of people who demonstrate they are ready and willing to receive it.

The Muses activate Ajnas.

It is my hope that with this brief course you were able to understand the value intuition has in our lives. I hope that you were able to see how it can be developed in relationship to the imagination, and how we can use the body as a vehicle to elevate our spirit.

When our intuition and imagination are sharpened, we grow this internal sense and all of a sudden those insecurities had in the world begin to fall down. They no longer serve a purpose, because we walk more confidently and act with greater knowing. To trust your inner guide, that internal teacher is to trust oneself.

Blessed Be.



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