



# KNOWING SCHOOL

## SECTION 2

< THE KNOWING MYSTERIES >

ORIGINAL ENGLISH VERSION

# KnowingSchool

## Section 2

### Lesson 14 - 23

**English Version**

**Knowing Inc.**

© Copyright 2007-2016 Gary Bonnell and Knowing Inc. All Rights Reserved.  
Never reproduce, republish or disclose to the third party/person without written permission.

© Copyright 2007-2016 ゲリー・ボーンネル及び株式会社ノウイング  
著作権者の許可なく複製、転載、第三者開示等の行為を禁じます



# Knowing School

Tokyo, Japan.

© Copyright 2007-2016 Gary Bonnell and Knowing Inc. All Rights Reserved.  
Never reproduce, republish or disclose to the third party/person without written permission.

# Knowing School

Tokyo, Japan.

© Copyright 2007-2016 Gary Bonnell and Knowing Inc. All Rights Reserved.  
Never reproduce, republish or disclose to the third party/person without written permission.

Yuriko Ohno 12期



# Knowing School

Tokyo, Japan.

## Index

<b>Lesson 14—Week 14</b>	<b>The Structure of Life</b>	<b>06</b>
<b>Lesson 15—Week 15</b>	<b>Universal Mind and Human Knowing</b>	<b>22</b>
<b>Lesson 16—Week 16</b>	<b>Dimensional Reality</b>	<b>28</b>
<b>Lesson 17—Week 17</b>	<b>Parallel Lives</b>	<b>36</b>
<b>Lesson 18—Week 18</b>	<b>Initiation into the Knowing Way</b>	<b>48</b>
<b>Lesson 19—Week 19</b>	<b>Developing and Using Mystical Sight</b>	<b>64</b>
<b>Lesson 20—Week 20</b>	<b>Effectively Reading the Human Aura</b>	<b>76</b>
<b>Lesson 21—Week 21</b>	<b>Developing Psychic Telepathic Communication</b>	<b>98</b>
<b>Lesson 22—Week 22</b>	<b>Developing and Using Psychometry</b>	<b>108</b>
<b>Lesson 23—Week 23</b>	<b>Blending Mystical Abilities into Daily Life</b>	<b>116</b>

### **Reference Data**

<b>Reference data 1</b>	<b>Vision Quest</b>	<b>127</b>
<b>Reference data 2</b>	<b>Fasting</b>	<b>141</b>
<b>Reference data 3</b>	<b>Week 20 Hands' Aura photos</b>	<b>153</b>
<b>Reference data 4</b>	<b>Week 20 Concentration Exercise</b>	<b>154</b>
	<b>First Concentration Exercise</b>	<b>155</b>
	<b>Second Concentration Exercise</b>	<b>157</b>
<b>Reference data 5</b>	<b>Week 23 Antahkarana</b>	<b>161</b>

© Copyright 2007-2016 Gary Bonnell and Knowing Inc. All Rights Reserved.  
Never reproduce, republish or disclose to the third party/person without written permission.

# Knowing School

Tokyo, Japan.



# Knowing School

Tokyo, Japan.

## Week 14

### The Structure of Life

**Learning Outcome** – A mystical overview of the structure of our universe and how human life is formed

**Hypothesis – The Hierarchical Structure of Non-Matter Matter and Dimensional Substance.**

Modern science, through the disciplines of law-based physics, organic chemistry and microbiology, allows us a very detailed look at how life is structured here on Earth and even gives a hint at what we might expect off-world life to be like as we reach out beyond our solar system to other worlds.

We have intimate knowledge of how all animate and inanimate forms are atomically and molecularly constructed, how they individually and collectively respond under certain circumstances. We are finally beginning to recognize that all matter on Earth is intelligent within the framework of evolutionary dynamics. Our knowledge of the universe is pushing past the tight boundaries of western religion with expanding views of how creation was originally formed and where it might find itself in a few thousand or even a few million years.

We have found remedies for diseases that previously disfigured, disabled or even took human life. We are even beginning to understand the profoundly far-reaching impact our human species is having on Earth, this very unique place within creation's ever-expanding macrocosm.

But do we understand the structure of life beyond the scientific disciplines or suppositions we so proudly know as facts? Is there a structure to life that is beyond the five senses' ability to comprehend? Does that physically unobservable structure affect us in any manner?

# Knowing School

Tokyo, Japan.

By observing the oldest light in the universe, scientists now have evidence to support the concept of rapid inflation, the expansion of the universe many trillions of times its original size in one single moment. When the universe was less than a trillionth of a trillionth of a second old, changes occurred within the base structures of energy that allowed for the creation of stars and galaxies hundreds of millions of years later. Looking back a few hundred years, we began to understand the nature of that beginning energy:

**all matter is formed of the same base energy – stringlets of subatomic particles – that link together through a basic attraction to each other and whose very movement toward one another forms the basic force of matter – electromagnetism.** As those basic forms become more complex they are attracted to other similar forms giving us the gases, solid particles and base chemicals needed for even more complex formations. These composite forms extend matter into its various and sundry manifestations to ultimately create what we call our universe, which science states was brought into existence in a single moment – a big bang.

There is some very basic information in the Akashic Records about the beginning of life. In the beginning moment two forms of “life” were generated and completely liberated into the void. The first form of life generated was “consciousness.” In order for a single molecule of consciousness to exist separately from its creator, it was constrained within a field of pure energy; we humans call this pure energy “thought” energy. Together, consciousness and pure thought energy produce a third property – the Divine Urge. The mixture of consciousness, thought energy and the divine urge are referred to in the Akashic Records as a First State Being, or Triad soul. A First State Being, or Triad soul, is an Eternal Constant that cannot be altered or changed even by the forces and powers that created it. Each Triad soul is considered to be a single molecule of Creator God. Creator God released its previous configuration sending countless molecules out into the void as its first creation.

The second form of life created was a primary form of evolutionary energy smaller than the subatomic particles that make up the stringlets of energy that ultimately form matter.



## Knowing School

Tokyo, Japan.

These particles are so small that nothing modern science has devised can detect their presence. A singular particle form is comprised of a single molecule of consciousness energy but without the field of thought energy encapsulating it. This second form of life is referred to in the Akashic Records as **Dyad, or evolutionary awareness.**

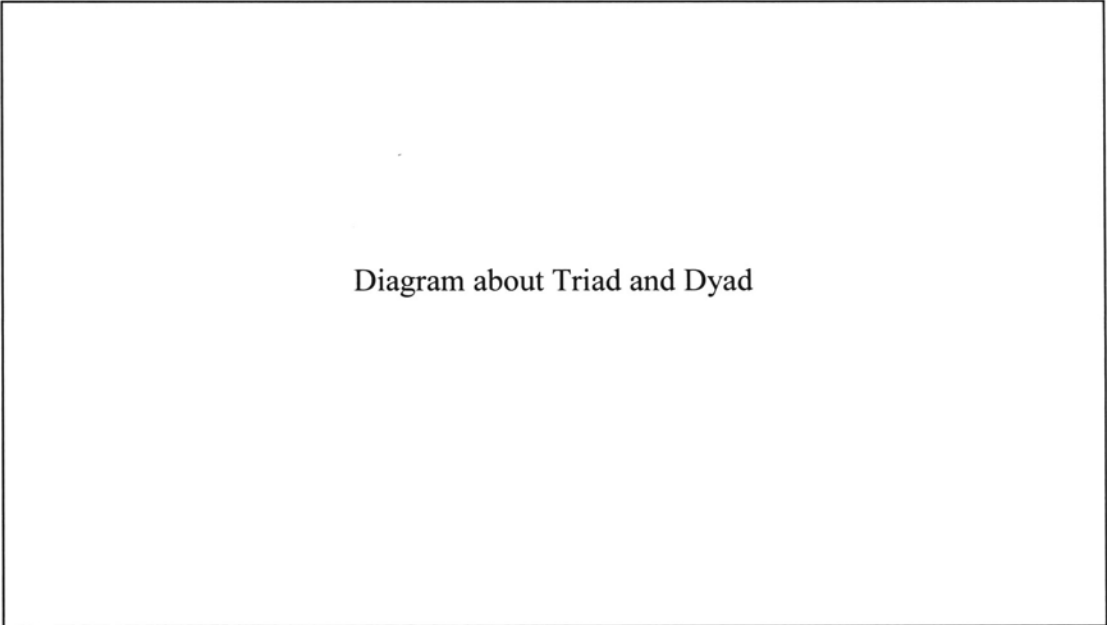


Diagram about Triad and Dyad

A First State Being's purpose is defined from the First Moment by the thought energy encapsulating it and thereby stabilizing its harmonics. Evolutionary energy is different, in that, without the encapsulating thought energy that surrounds a molecule of consciousness, the harmonics of each molecule of evolving energy can take on ever changing definitions. Instead of having a built-in urge that defines its purpose from the First Moment, each Dyadic, or evolving particle's purpose adjusts to its constantly changing harmonic properties. The ever-changing properties of evolutionary matter have the general purpose of filling in the details of Creator God's first vision of all that would be.

# Knowing School

Tokyo, Japan.

(Please note: Many of the Earth's previous global civilizations have given Dyadic awareness the term of human spirit. This is accurate and, unfortunately, the term "spirit" can have a negative connotation when studying "spirituality." Dyadic awareness – the human spirit – survives each of its bodies and has done so since its first awareness form.)

Physical matter, in all its myriad forms, is only the shadow of creation, the dimensional stuff hanging out at the defined edge of creation. The profound forces of electromagnetic energy, and then gravity, are also just shadows of life. From the macro view it is easy to state that the forces that motivate matter into existence are beyond science's ability to consider because the macro view exists outside the boundary of intellect, beyond the proof horizon. We are only once again reaching an understanding of our place within creation that will allow us to consider this macro view.

**All parallel dimensions are governed by the same universal law of harmonic attraction.**

What then is the primary structure behind all that we observe in creation?

Everything is generated from the same non-matter matter, a substance the Akashic Records list as etherioplasmic matter.

This was the beginning substance – god stuff. Like dyadic energy, this matter is conscious awareness without the encapsulating thought energy so it is not defined and can exist as vast structures or minuscule particles. The difference between this substance and the evolutionary substance that makes up dimensional matter is that it remained in its pure form – it did not combine with pure thought energy or other particles to form ever changing complex structures. This energy is the vast molecules that hold solar systems in place. Science calls the physical effect of these vast structures gravity. The Akashic term for this is etherioplasmic radiation (EPR).

The harmonics of EPR allow at one end of the scale the observable base structures of



matter to exist as sub-atomic particles, atoms, molecules, etc., and at the other end of the scale are super-large structures, where one atom can be the size of a galaxy. In other words, etherioplasmic radiation is the energy, the cosmic glue behind all dimensional matter, from the miniscule particles in cosmic rays to solar system sized atoms that generate gravity.

Let's take a step back to what science knows. Particle physics states that all matter is comprised of atoms – the smallest particle of any element that still retains the characteristics of that element. Atoms consist of a central, dense nucleus surrounded by one or more lightweight negatively charged particles called electrons. The nucleus is made up of positively charged neutral particles called protons and neutrons. An atom is held together by forces of attraction between the electrons and the protons. The neutrons help to hold the protons together. Protons and neutrons are made up of sub-atomic particles called quarks.

Etherioplasmic substance (non-matter matter) or dark matter, as science now refers to it, is basically the same construct as atomic matter, but on a much larger scale. Example: Our sun is the positively charged nucleus; the planets are the negatively charged electrons of an etherioplasmic atom. The force, or energy, that holds our solar system together is the exact same energy that holds atomic structures in place – one force that is static; the other force that is dynamic. Just like their miniature counterparts: the electrons of an atom, the planets in our solar system revolve around their nucleus (the sun) with ever-changing orbits. The electrostatic field surrounding electrons directly equates to the etherioplasmic substance that surrounds each planet.

Continuing with the solar system analogy: A proton's positive charge is equal to the negative charge of an electron; for every electron there must be a corresponding proton in the nucleus of the atom. In the case of the solar system as an atom of etherioplasmic substance: the sun's singular positive charge is equal to all its satellite's combined negative charge. This is the case with all solar system sized etherioplasmic atomic like structures. A star may only have one satellite or it may have hundreds, it simply depends on the density and harmonics of its positive charge.

# Knowing School

Tokyo, Japan.

There are a couple of significant differences between the electrostatic energy fields demonstrated in particle physics and the energy fields of multi-dimensional etherioplasmic substance. The pure energy of light can exist as both a particle and a wave. Pure etherioplasmic energy exists as a particle, wave, field and radiation simultaneously. In particle physics opposites attract; etherioplasmic substance concerns harmonics in which there are no opposites; all matter is like. This etherioplasmic substance is immeasurable in volume, filling the entire universe and interconnects everything. It is gelatin like in behavior with each atom or molecule corresponding equally to the next no matter their comparative sizes. **They behave with each other according to a single law of harmonic attraction. Etherioplasmic substance permeates everything in all parallel universes and is the very substance that holds all of creation within a controlled expansion outward from a single point in creation.**

Each parallel dimension has both forms of creation – First State Triadic souls who freely observe creation and evolutionary Dyadic awareness that builds in the details of The First Moment's First Vision. **All parallel dimensions are governed by the same universal law of harmonic attraction.**

## **Human Life – Devolution (Descending)**

As humans, we are first a soul (First State Triad) that has existed as continuous consciousness since the First Moment eternally. The soul's primary function in creation is to observe all the many different dimensions and forms that Dyadic energy takes as it fills in the details of the First Moment's First Vision. Alone, we souls are vast beings with each soul reflecting the eternally constant image of The First Moment – Creator God. Our soul has three distinctly different energy layers:

- 1) Consciousness, which is pure etherioplasmic substance,
- 2) pure thought energy, which can only be described in human terms as pure joy,
- 3) the product of consciousness encapsulated within thought energy as the divine spark, or divine intelligence, or divine Urge to know creation as ourselves.

## Knowing School

Tokyo, Japan.

Alone, that is to say, without enjoining with another soul to awaken the full expression of our soul, thus generating the radiance of Christ consciousness, we can observe all the many different dimensions and expressions of life. However, it is through descending into dimensional realities, such as enfleshing in human form, that we are most able to completely observe creation from within creation. Living within the governing limitations of a physical body, we souls can glimpse the unfolding Final State of the First Moment's First Vision.

As a soul, we exist in six simultaneous energy bodies that are multi-dimensional. We retain all memories of all the systems through which we have observed creation unfolding. In some of those systems we have had dimensional forms; in others we have remained in our soul form.

To incarnate into dimensional reality in any system, we must enjoin with another soul of near identical harmonics. This enjoining awakens the highest express of our harmonics which produces a "certain" radiance energy whose harmonic resonance, at least in this dimension, is called *Unus Animus*, or Christ consciousness.

This enjoining allows our individual souls a point of radiation into dimensional reality (the taking of a dimensional form) and offers an opening for ascending out of the dimensional realms once we are through observing. If we attempted an dimensional incarnation without enjoining, we would become lost in the many different vast streams of Dyadic awareness (evolutionary awareness) that exist in dimensional realms.

This is important to know: once enjoined with another soul, our combined frequency is automatically that of Christ consciousness, which radiates into the physical realm through our physical bodies. The only thing that can block the full radiance of this energy is the concentrated energy of dyadic awareness that gathers around inner conflicts. This Christ radiance does diminish when our human consciousness is distracted by the drama of inner conflicts. Once we are free of inner conflicts, our Christ consciousness becomes the dominant radiance, which

# Knowing School

Tokyo, Japan.

transforms the molecular matter of our physical bodies back into pure etherioplasmic matter. Some have referred to this as the ascension of the physical body.

## **Our Seven Bodies**

By virtue of our enjoining souls, through our oversouls, we humans exist in four bodies and three forms simultaneously:

- the Physical body (The evolving Dyadic awareness of each human body.)
- the Etheric form (This is an overlaying combination of the Dyadic etheric form (spirit) with the soul's etheric envelope.)
- the Astral body (The astral body is layered into three distinctly separate energy fields: the lower, middle and upper astrals.)
- the Causal form (Is the first dimension that is completely free of human conflicts.)
- the Mental body (In most systems it is said to be the point of thought energy.)
- the Celestial form (The primary envelope for soul consciousness.)
- the Christ body, or God Head (A radiance of pure energy and a complete form.)

Our Christ consciousness radiation shines through all our forms and bodies, from the God Head to the physical.

# Knowing School

Tokyo, Japan.

Without enfleshing in dimensional reality, our soul individually exists as an Etheric form, Astral body, Causal form, Mental body, Celestial form, with the Christ radiance body being the God Head, or the pure energy from the moment of its creation. Our physical bodies exist as a macro biology governed by a continuing human awareness (human spirit). When our Triadic souls enjoin with another harmonically similar soul, for the purpose of one, or each of the souls to incarnate into a matter body, the enjoining activates the highest harmonics of both souls, which activates the Christ consciousness radiance out from the God Head. This generates an oversoul, a linearly capable conscious awareness, which projects itself along a given set of determined timelines.

Timeline projection happens after a soul has entered the manifesting matrix of a dimensional system. In the Earth system, the manifestation matrix was generated by the Twelve Logos – souls from other systems that have already developed linear incarnation structures within similar solar systems as that of our star.

The observable matter of our physical universe is the outer most dimension of seven parallel realities with each reality having an expression of one of those seven bodies. Each dimension is equally “real,” having collectively imposed definitions and limitations through which to express.

The saying, “As above, so below,” refers to the characteristic of our physical form being generated from a sacred union: soul consciousness infused (enfleshed) into evolving Dyadic awareness matter. Just as our Christ radiance body is activated by two souls enjoining to form oversouls, our human awareness is activated when the eternal soul enters the physical body. As soul dependent life forms, we humans are artificial to this world. All other life forms here on Earth are not soul dependent, but instead are evolving awareness that began with each life form as it responded to the changing conditions within its circumstances. As each life form grows to become a more complex structure it develops survival strategies to ensure its longevity and the continuation of its particular species. Over time, a surviving dyadic awareness can begin to jump from species to species until it finds a final form through which it expresses life.

## Knowing School

Tokyo, Japan.

As Triad souls, we are made in the image of our creator and as such are the emissaries of The First Moment – Creator God. As humans we are capable of reflecting the Christ union level of the enjoined souls because, through the enjoining, we are Christ (anointed) Beings. You might have guessed that our physical bodies are the least permanent, and therefore the least real of the other six forms.

Many ancient documents list our physical forms as a mere shadow form of the other six dimensional forms and bodies – they are not. The first six forms and bodies take structure from each other as the combined radiation of pure joy moves through the enjoined soul's Christ radiance bodies. **Each soul has an inherent quality, which is born of the particular combination of their consciousness, pure joy energy and divine urge, giving each soul latent characteristics** as they observe creation. No two individuated souls experience creation in a completely identical fashion. When two souls enjoin they blend their individual inherent qualities together enhancing their pure joy energy and divine urge with the added inherent qualities of the other soul with whom they enjoin.

As was stated: the Christ body radiance is activated as the two souls enjoin to generate the oversoul. Once enjoined, each soul has a separate, but identical twin Christ radiance – their twin soul. This allows them both to observe the Christ realm on a “sensory” level. Each subsequent body is now infused with the combined inherent qualities, forming a renewed “lower” body as the radiance extends outward toward the physical dimension from the Christ Body of each soul.

The Celestial form's characteristics are generated by the influences of energy “shadows” as the radiance of the two enjoined souls extends toward the physical dimension, down through the harmonic fields of the Celestial parallel dimension. The Celestial forms of each soul now begin the preparation for physical incarnation by attuning to Earth harmonics. Once the Celestial forms are fully energized, the radiance further extends from the enjoined souls through the Celestial form toward the physical dimension passing through the harmonic fields of the Mental parallel dimension.

## Knowing School

Tokyo, Japan.

The exact same thing occurs at this level, energizing the senses of the Mental body. The Christ radiance continues through the combined “shadows” of the Celestial form and Mental body acting on the next adjacent parallel field and the Causal form is energized. The astral realm, the next parallel dimension to the Causal realm, has three very distinctly different layers: the upper, midway and lower astrals. The astral body is identical in every way to a physical human form. The physical human experience has three distinctly different observing dimensions:

- physical, which corresponds to the lower astral
- emotional, which equates to the middle astrals
- mental that reflects the upper astrals.

The three layers of the Astral body acts as a filter for the many different energy impressions radiating from the Mental and Causal realms as Christ radiance continues toward the physical dimension. The Christ radiance now balances and energizes the Etheric form (the etherioplasmic encasement substance of the soul that carries the life memories that form the basis for personality/ego of the soul). Once the etheric form is completely balanced and harmonically attuned to the surviving Dyadic awareness’ etheric form, the incarnation is complete.

A soul is attracted to a physical form at the exact moment of inception. When the sperm from the male pierces the outer walls of the female’s egg a penetrating harmonic “call” is released that travels multi-dimensionally in search of a recipient. A soul with a similar harmonic resonance answers that call by surrounding the new life with its Etheric form. Simultaneously, the new life has also attracted a reincarnating (surviving) Dyadic awareness, usually incarnating from within the same bloodlines. Surviving Dyadic awareness begins after a single cell merges with another cell to create a life form that can actively and intelligently respond to the changing circumstance and conditions of its environment.

**On average, each human has between 350 and 550 incarnations, holds all the memories of all its incarnations.**



## Knowing School

Tokyo, Japan.

The etheric form of the soul holds all the memories of all its incarnations. The total of those memories forms the personality/ego, which in turn, casts an attitude over each of the soul's incarnations. The Etheric form of the soul body blends with the etheric memory field of the surviving Dyadic awareness, which is the sum total of all its incarnation memories from its previous forms. Soul memories pair with similar memories held within the Dyadic memory fields and the new physical body grows to the desired conditions of both soul consciousness and Dyadic awareness.

At some moment in the last trimester, the Christ radiance lowers the vibration of 144,000 etherioplasmic cells of the Celestial body to match the harmonics of physical dimension. The soul is then said to inhabit the physical body through the physical body's thymus gland. The etherioplasmic cells of the soul carry within their substance the complete memories of all previous incarnations that will influence the life events of this present incarnation. If the personality/ego of the soul lacks balance, karma dictates certain conditions and circumstances to facilitate balance.

Once the human child is birthed, the surviving Dyadic awareness takes complete control of its continuing development through repetitive life-ensuring patterned responses it has developed through several incarnations. This Dyadic dominance usually continues for the first seven to fourteen years and then slowly gives way to soul consciousness as puberty begins to alter the physical body. Once the physical body moves through puberty, soul consciousness begins to take its rightful dominance over Dyadic awareness through beginning reasoning.

If the physical form is overly abused (physically, emotionally or mentally) during its first seven years, Dyadic awareness will struggle to remain in the dominant position to ensure survival – instinctual patterns will overwhelm reasoning. This conflict between instinct endurance and circumstantial interpretation will put the new human at considerable risk, not only to themselves but also to others.

We are territorial omnivore mammals whose survival is based on instinctual conditioning and intellectual reasoning. Our survival does not depend solely on the ability of our physical

## Knowing School

Tokyo, Japan.

bodies to adapt to ever changing conditions, as it is with other species, but rather on our ability to collectively work toward a set of goals that we have identified as necessary for our collective survival. Without cooperation between our soul consciousness and Dyadic awareness, and the collective cooperation of other individuals, we all diminish and perish. Because we are not purely mammalian human, but are also eternal souls, we possess certain qualities capable of allowing a macro view of Creation.

**On average, each human has between 350 and 550 incarnations.** The memories retained from the first incarnation's experiences and observations are carried into the next incarnation and form what science calls the personality/ego and Id. The Oversoul holds incarnation information within the soul's etheric form to be used by each incarnation as a means of rapidly gaining personal knowledge of Earth's dimensions and realms. Each incarnation – from the first to the last – has full and complete access to all the information of all the Oversoul's incarnations. Some of this information is held to be completed, while other aspects of this information are stored as abilities and unique points of view to be referenced again in comparable “future” moments.

If an Oversoul is overwhelmed by the experiences Earth offers, it will leave unresolved experiences as conflicts that will build until the pressure for balance, completion and liberation is so great that the Oversoul must completely override all Dyadic will. This leads to a series of final incarnations that are carefully chosen for certain DNA structures and epigenetic influence that work with the unique properties of the Oversoul to bring about self-knowledge, self-realization, self-actualization, enlightenment, illumination and liberation from incarnations.

After “learning” all that life has to offer here on Earth, our soul begins to plan a series of incarnations that are designed to return the soul to the harmonic signature it expressed before its enjoining. As these incarnations progress, the success/failure strategies of the ego/personality give way to paranormal abilities that exist outside of intellectual reasoning. Once the individual has released all inner conflict and has gained the willingness to live outside the collective mind

# Knowing School

Tokyo, Japan.

of human consciousness, they regain the full abilities of their Oversoul.

The willingness to be fully awakened to all super-natural abilities is at first a roller-coaster ride of living life on the edge of human concern in a state of compassionate indifference to all the drama of projected inner conflict still being demonstrated by those who have not yet decided to become whole and complete.

Paranormal abilities, such as, those rooted in the five senses: clairaudience (hearing), clairgustation (taste), clairolfaction (smell), clairsentience (precognitive knowing), clairvoyance (seeing) and clairpathic (feeling) impressions through psychometric energy fields, are the natural state of Oversoul consciousness.

**The true paranormal abilities of levitation, psychokinesis (PK) and telekinesis (TK), teleportation, invisibility, regeneration and cross-dimensional telepathic communication can be easily developed once the willingness to be wholly alive is reclaimed through dropping conflict as a tool for survival.**

## **Human Life – Ascension**

Once we have begun to live life in a whole conscious manner, free of inner conflicts, we begin to develop extra sensory abilities that allow us to experience life beyond our senses. Each time we incarnate into a life that has this more expansive view, we transmute the cellular structure of the Dyadic human form we incarnate through. This shifts the harmonics or vibration of the current Dyadic form, as well as ancestral forms along both genetic lines for seven generations back in time and descendent forms for seven generations forward in time. Once a Dyadic body is ascended, those seven generations are automatically liberated through the final shift in their harmonics. They are now free to incarnate for the express purpose of ascending a Dyadic form.

# Knowing School

Tokyo, Japan.

## **Suggested Procedure –**

At the beginning of each day, as you are preparing yourself for the day's activities, focus on how having a more expanded view of your life would generate greater forms of knowing. Once you begin to operate from the more expanded view of how we exist, your connection to life will become more intimate and your journey more personal.

**Using affirmations as self-prayers is an excellent way to integrate knowing into the cells of your physical body.** In this sense you are talking yourself into having a full presence in your body with soul consciousness commanding the experience.

The following is a typical week's program of personal commands. Each command should be said aloud three times in a monotone voice just before you begin to start the day. There is no need to repeat the command during the day. State the commands with deep sincerity and commitment to the stated intention/outcome.

- **Monday** – “With each breath I make I am more aware of my life and all the life surrounding me.”
- **Tuesday** – “With each breath I make I am conscious of the divine agencies that help guide my awareness as my conscious awareness uses my sense of sight, hearing, smell, taste and touch to observe the details of life.”
- **Wednesday** – “With each breath I make I can see clearly how time and space build around me to make my experience a personal journey.”
- **Thursday** – “With each breath I make, my conscious awareness is filled with the understanding of how I fit into the world.”
- **Friday** – “With each breath I make I integrate my soul consciousness and body awareness.”
- **Saturday** – “With each breath I make I am precognitive to the details in forward time.”
- **Sunday** – “With each breath I make I allow my oversoul to use all my abilities from all my incarnations to form a better life experience.”

**Above affirmation in original English follows**

© Copyright 2007-2016 Gary Bonnell and Knowing Inc. All Rights Reserved.  
Never reproduce, republish or disclose to the third party/person without written permission.

# Knowing School

Tokyo, Japan.

## **Affirmation in original English follows**

It is important that you fashion your own affirmation prayers. Using the affirmations of others is fine in the beginning and only you can really know your heart's desire. Your affirmations can be on any subject.

**Also during the week** – While you are moving through the day, be present in everything you do. Examples: While eating snacks or meals remind yourself that, “I am eating this food to help nourish my physical body.” When drinking, remind yourself that, “I am drinking this to cleanse and lubricate my physical body.” If you use tobacco do nothing else when smoking; give it your fullest attention. When someone is talking, pay close attention to every word they say and also be aware of the hidden meanings of their communication. Speak clearly and stay focused when it is your time to share your thoughts. Notice if you feel any disconnection or judgment during the day.

**At the end of the day** – journal your thoughts and feelings without judging. Make notes to yourself on where you might want to strengthen your awareness. Just before going to sleep – make an affirmation prayer for the following morning. If you write it down, you can simply read it aloud first thing the next morning. Also, going to sleep in an inspired mood will set your dreams to a divine channel.

# Knowing School

Tokyo, Japan.

## Week Fourteen

### Universal Mind and Human Knowing

**Learning Outcome** – A clear understanding of the role of universal mind within the human experience.

**Hypothesis** – Mind is everywhere, permeating all matter and consciousness as the interconnecting medium of creation. The “mind” being referenced to in this study is the sum total of all the interconnecting forces of dynamic divine will set into motion as the universe was created. This mind of creation universally knows of itself from the most minute particle of matter to most complex form of etherioplasmic substance (non-matter matter), just as this mind knows every thought and deed and every observation of reality. Without this universal mind as a medium of exchange between souls, it would be pointless for souls to observe creation; without this universal mind our lives as souls incarnated into flesh would never have taken place within any system of dimensional reality.

Many mystics believe that the universal mind is really just the First Moment’s First Vision of all probabilities filling in the universe. The universal mind is that and so much more:

- Universal mind could be referred to as divine will, the basis of everything.
- Universal mind knows of you as an aspect of itself just as it knows an entire galaxy of stars as an aspect of itself – neither one is more than the other within universal mind. If you sneeze, universal mind captures that moment within its vast record – the Akasha – of All That Is; if a star is born in the farthest of all galaxies, universal mind captures that moment within its vast record of All That Is.

# Knowing School

Tokyo, Japan.

- Universal mind unites the substance of all life and the dynamic of life's observation.
- Once you have reached cosmic consciousness you exist as an active aspect of universal mind and have access to All That Is as your playground.

Regarding this study, it is impossible to rapidly progress toward self-realization without understanding the basic dynamics of universal mind as it pertains to the human experience. Universal mind is without any bias or judgment, readily accepting everything as an aspect of itself, without limitation.

If you are to attain a constant state of self-realization and enlightenment, it is critical that you begin to observe yourself and others (all forms of life) in dynamic terms that mimic the role of universal mind. Once you consciously connect to universal mind through behaving as universal mind, all the knowing of all ages of humanity becomes available to your conscious awareness, giving you the ability to hold enlightenment as your frame of reference.

How is self-realization and enlightenment possible? The human mind (Dyadic awareness) integrates with soul consciousness when our soul enters the physical form. The human mind is an active aspect of universal mind. As we release judgment, we release conflict. As we release conflict, soul consciousness fully integrates with our human mind, thus becoming an active aspect of universal mind. Soul consciousness connects to universal mind through the Super Subconscious connection our Dyadic mind has with all evolving structures in all systems.



## **Guided Imagery**

Over the past fifty years, medical researchers have mapped the activity of our brains with such accuracy as to narrow down each single synaptic connection responsible for each of our observations and actions. Through modern scanning equipment it is possible to show even the slightest activity within the human brain. The brain itself is the motherboard (MB) and central processing unit (CPU) for our bodies. The brain is not the mind, nor is it consciousness; the brain serves as the connecting point for these individual aspects of universal mind.

Recently, a comatose woman in her mid thirties was having a CT scan so that the amount of brain damage she received in a car accident could be determined. During the CT scan, she was asked to imagine different physical actions that related to the activities of her lifestyle. Her brain activity indicated that for each of the guided imageries that the correct corresponding area of her brain responded well within the normal range. This prompted fellow researchers to further investigate the use of imagination as an effective tool for bringing stimulation to damaged areas of the brain. Activated areas of the brain receive more of an oxygen-rich blood supply.

With this in mind, everyone, no matter how badly you feel you are with guided imagery, gains full benefit from guided meditations. So please suspend the idea that you cannot use your imagination.

### **Suggested Procedure –**

Sit in a comfortable position; feet flat on the floor, with your palms facing upward on your thighs were your thighs join your lower torso. Focus on your breathing: be aware of the entire inhalation and then the exhalation. Keep your focus on each aspect of the breathing process. Notice if there are any areas of your entire body that feel tight or cramped. Tell them to soften and expand. Whenever we think of a body part, our body's intelligence responds by sending that

# Knowing School

Tokyo, Japan.

area more oxygen-rich blood and chi.

The following exercise should take about fifteen minutes. When doing this exercise, imagine your thoughts of each body part as including any and all the bones, connective tissue, muscle tissue, vascular tissue, nerve tissue, lymph tissue, all organs, all glands, skin, hair and nails for each area. Thankful thoughts are gratitude for how your body supports your life experience. If you have an area that is bothering you or is presently ill, spend a few more breaths with that body part or general area. It would be good to have a basic working knowledge of the body's general anatomy. Any general charts or images will do nicely. This will reinforce this exercise.

- 1 Think of your toes, sending them thankful thoughts. Do this for three complete breaths.
- 2 Think of your feet, sending them thankful thoughts. Do this for three complete breaths.
- 3 Think of your ankles, sending them thankful thoughts. Do this for three complete breaths.
- 4 Think of your lower legs, sending them thankful thoughts. Do this for three complete breaths.
- 5 Think of your knees, sending them thankful thoughts. Do this for three complete breaths.
- 6 Think of your thighs, sending them thankful thoughts. Do this for three complete breaths.
- 7 Think of your hips, sending them thankful thoughts. Do this for three complete breaths.
- 8 Think of your pelvic area, sending them thankful thoughts. Do this for three complete breaths.
- 9 Think of your lower abdomen area, sending them thankful thoughts. Do this for three complete breaths.
- 10 Think of your diaphragm tissue, sending them thankful thoughts. Do this for three complete breaths.

## Knowing School

Tokyo, Japan.

- 11 Think of your mid torso, sending them thankful thoughts. Do this for three complete breaths.
- 12 Think of your chest, sending them thankful thoughts. Do this for three complete breaths.
- 13 Think of your shoulders, sending them thankful thoughts. Do this for three complete breaths.
- 14 Think of your upper arms, sending them thankful thoughts. Do this for three complete breaths.
- 15 Think of your elbows, sending them thankful thoughts. Do this for three complete breaths.
- 16 Think of your lower arms sending them thankful thoughts. Do this for three complete breaths.
- 17 Think of your wrists, sending them thankful thoughts. Do this for three complete breaths.
- 18 Think of your hands, sending them thankful thoughts. Do this for three complete breaths.
- 19 Think of your fingers, sending them thankful thoughts. Do this for three complete breaths.
- 20 Think of your neck area sending them thankful thoughts. Do this for three complete breaths.
- 21 Think of your lower jaw, sending them thankful thoughts. Do this for three complete breaths.
- 22 Think of your skull, sending it thankful thoughts. Do this for three complete breaths.

Adjust your body so that it is completely comfortable. Give lift to your spine and an openness to your chest. Focus on your breathing, the inhalation and exhalation. Your body will feel more and more relaxed with each complete breath.

# Knowing School

Tokyo, Japan.

Imagine a great sphere of light floating in the air a meter above your head. The more you think about it, the brighter it gets. You can feel your eyes turning upward as more and more light concentrates at the center of the sphere of light.

The sphere of light is gaining in size and power, with rays of light lightly touching the top of your head. The tip of your tongue moves up to the roof of your mouth as the rays of light begin to penetrate into your skull through three very small openings at the very top of your head.

The rays of light are turning into shafts of light as they move into your neck and upper chest. Your arms and hands begin to lift upward as the rays of light move deeper into your body. Your legs and feet feel lighter as the brilliant light pours into your feet.

It is as if your whole body is gently lifting upward off its resting place. A voice from deep within you speaks to your awareness with thankful thoughts of support.

Every part of your body is being renewed as you bask in the glow of the great sphere's radiance. Feelings that you have never felt before flood upward from below, bathing you in a warm fluid energy.

The voice speaks again, giving you words that will guide you as you go about the activities of your day.

Let the warmth begin to cool as you think about the details of your coming day. Remind yourself to be comfortable and joyful as you encounter the day.

# Knowing School

Tokyo, Japan.

## Week 16

### Dimensional Reality

#### **Learning Outcome –**

An alternative primary view of how dimensional reality is fashioned as a precursor to commanding material substance.

#### **Hypothesis –**

Our dimensional world consists of a series of intertwined multi-dimensional realms that intersect one another to form layered probable realities, each with its own set of unique properties and governing influences. Our physical realm, which consists of the entire known universe, is one of twelve known universes, each with its own First Moment Creator God and evolving First Vision.

Each of the twelve known universes was begun within the same moment and intersects each other as probable realities while maintaining their separate governing influences. The First State beings of each of the twelve universes are consistent with each other; the evolving Dyadic matter and Dyadic awareness varies greatly from one universe system to the next. The First State beings of a given system are basically confined to the universe in which they were liberated as individuated creations of the First Moment generating that system. In each of the twelve universes, there is a point of overlap that allows for the transmigration of Triad souls from one system to the next. Earth is a natural portal of sorts between the twelve known universe systems. Because of this, Earth gets a lot of attention from “beings” that originate in other galaxies within our own universe.

Our planetary Logos consists of twelve enjoined First State souls, each from one of the twelve known universes. This type of cross-universe enjoining is for the express purpose of

## Knowing School

Tokyo, Japan.

allowing souls from other universes to gather together for the sharing of Akashic information as a way of building other multi-dimensional gateways between the twelve existing known universes. As souls from other systems take 1-5<sup>th</sup> dimensional forms within our universe, they give the full knowing of all their sojourns to the Akashic Records of every system in which they take a manifest form. As other gateways, or portals, between systems are opened, thus allowing souls to transmigrate universes, great advancements suddenly happen in a given universe system.

As soul groups transmigrate to our solar system from other star systems within our known universe, they bring very specific knowledge that may be used to advance the life forms in our star, or solar system. The implementation of this knowledge happens over vast periods of time so as to compliment the natural evolution of the existing life in this system.

When soul groups from other known universes transmigrate to our solar system, they most often remain in a support role to the souls from our known universe who take human form. The 6-11<sup>th</sup> dimensional life forms on the other planets within our solar system are more hospitable to many of the migrating inter-universe souls observing and guiding the advancement of soul consciousness here in our solar system.

This “advancement of soul consciousness” refers to the ascension of surviving Dyadic awareness off the cycle of birth and death to enter into the realm of pure energy, such as was created with Triadic souls as First Sate beings. The eternal outcome being: the return of all evolving matter to the pure energy state that existed prior to the First Moment’s First Vision of All That Is. The Akashic Records indicate that this exact scenario has happened prior to our First Moment and will happen again.

### **Consciousness and Dimensionality.**

Our human bodies are designed to observe and experience dimensional reality as only having 1-5 corresponding dimensional layers. This view of dimensionality happens within the confines of our brains as the incoming information is restricted to form a consensual space and time based reality that can be shared as a framework of focused information. The information initially gathered by our senses is really multi-dimensional to include 1-11 dimensions of information. Once enlightened and illumined, a human can fully experience the other dimensional information being gathered by the physical body's senses giving the full macro knowing of consciousness and energy.

This is true simply because **the chemical generated and released by the brain when Dyadic awareness judges is no longer present as the inhibitor to knowing the full spectrum of dimensional reality.**

**Everything, the beginning, middle and end of All That Is, is happening within the same moment.** Space consists of interlaced holographic dimensionality and time is simultaneous outside the dynamics of comparative observation. All space, from the smallest point of pure energy to the most expansive dimension of etherioplasmic substance, consists of ever expanding layers of exactly the same substance – everything is exactly the same substance.

Time exists for the smallest point of pure energy in exactly the same way it exists for the most expansive of all substance. Soul consciousness, that aspect of the First Moment observing Itself as Itself, linearly delineates proportionally variable observations to “mark” corresponding aspects of the First Moment's First Vision thus giving a set “time” to a given observation. Linear time exists as soul consciousness holographically indexes Dyadic (evolving) dimensionality.



# Knowing School

Tokyo, Japan.

In essence, the harmonics of time exists as a thread linking the First Moment to an Eternally Constant state, as a balled up thread with the beginning and end existing as the same approximation, not a stretched out thread with its beginning and end expressing as opposite points. Take a thread of yarn, with a beginning and end, ball it up and then place the two ends together – that is a correct diagram of time.

The ball of yarn represents a holographic dimensionality with a time rift singularity happening in the dimensionality at each point of overlap. Soul consciousness can shift time sequences at each time singularity to move multi-dimensionally along a given dimensionality's time path.

It is observed that certain matter exists only within certain time harmonics – this is an extension of the Universal Law of Attraction. Because time exists as a construct of Triadic consciousness that directly influences both time and matter, no one can be certain if the harmonics of time organizes matter, or if the harmonics of matter generates the condition of time. This phenomenon of time/matter harmonics allows consensually sequential time experience on Earth for all Triads no matter which of the twelve known universes they call home. It is also this time/matter harmonics that allows First State beings to collectively and uniformly index their observations of creation.

## **Humanity**

Here on Earth, time and space come together within the conscious observations of human awareness. Again, our instinctual judgments of Earth's dimensions release certain molecules into the brain inhibiting its ability to use all the information being reported. Once survival thoughts and expectations are released, comparative dimensionality covers a full range of harmonics, giving humans the ability to know the full spectrum of energy – etheric and substance.

One of the great scientists, Isaac Newton, spent a great deal of time and effort keeping his true beliefs away from officials of the Church who could jail him and completely ruin his life's work in alchemy. He did manage to publish alchemy articles under a non de plume, but kept his

## Knowing School

Tokyo, Japan.

secrecy on anything relating to the art of God's Will as he referenced the old science. Some speculate that his most important notes were posthumously published through fellow alchemist Robert Doyle.

Newton's interpretation of the Emerald Tablet (the caps are his):

*"It is true without lying, certain and most true. That which is Below is like that which is Above and that which is Above is like that which is Below to do the miracles of the Only Thing. And as all things have been and arose from One by the mediation of One, so all things have their birth from this One Thing by adaptation. The Sun is its father; the Moon its mother; the Wind hath carried it in its belly; the Earth is its nurse. The father of all perfection in the whole world is here. Its force or power is entire if it be converted into Earth. Separate the Earth from the Fire, the subtle from the gross, sweetly with great industry. It ascends from the Earth to the Heavens and again it descends to the Earth and receives the force of things superior and inferior. By this means you shall have the glory of the whole world and thereby all obscurity shall fly from you. Its force is above all force, for it vanquishes every subtle thing and penetrates every solid thing. So was the world created. From this are and do come admirable adaptations, whereof the process is here in this. Hence am I called Hermes Trismegistus, having the three parts of the philosophy of the whole world. That which I have said of the operation of the Sun is accomplished and ended."*

Note: The Emerald Tablet of Hermes Trismegistus is none other than a flawless emerald stone mounted upon the crest of a caduceus (the symbol of spiritual illumination) that was impregnated with all the history and gained knowledge of Earth's previous four civilizations. This is contrary to the notion that the Emerald Tablet was an interpretation of Tehuti or Thoth's original works. Just as we have compression technologies for the storage of information, the Lemurians were able to "download" from the etherioplasmic substance of the Akasha the Records of Humankind on Earth. The small portion above is all that is left of Newton's original translation.

# Knowing School

Tokyo, Japan.

## Matter

The idea that all matter is alive is a very old mystical realization. The Lemurians and Atlantians worked in a very accommodating manner with the intelligence and very active life in all substance, so much so that their individual human lives were effortless. Once an individual realizes that all matter is comprised of the same substance, life becomes an extremely cooperative experience – as above, so below.

Life is currently defined as an organismic state characterized by capacity for metabolism, growth, and reproduction as a group of cells, organized through a set of codes (DNA) capable of responding to and changing to stimuli (epigenetic evolution). Intelligent awareness in one thing; conscious awareness is a very different matter.

All matter, even the most dense and lifeless, is intelligent – aware of its condition and circumstances. Usually, intelligence is defined as a term referring to a variety of mental capabilities. In the greater knowing, intelligence begins as stringlets of pure energy (the foundation of all matter) join together in response to the harmonic stimulus of consciousness caused by Creator God. In this sense, all intelligence exists as a response to a reverberation that began in the First Moment and exists as the basic eternal quality of divine, or Universal Mind.

When we (humans) begin to respond to all matter as an aspect of divine, or Universal Mind, in turn, universal mind immediately responds to our recognition. We only need get beyond our “fact” oriented minds and allow the intelligence in all matter to correspond directly to us through impressions. This impression based communication happens in a variety of ways. Here is where it gets a little tricky for our intellects – which are governed by social consciousness.

**It is important to know that “imagination” is the power of the mind and that everything here in dimensional reality is constantly changing – always.** Imagination is thought of as a child’s game, but until an individual allows imagination an equal place with

## Knowing School

Tokyo, Japan.

intellect, “facts” will crowd out any corresponding response from matter. Usually our relationship to inanimate matter is of an extra sensory nature – sensing beyond the intellect. Psychometry – an impressionistic knowing that is transferred as a complete understanding of an inanimate object’s existence is the most common of this type of communication.

### **Suggested Procedure –**

#### **Technique:**

Several times during the day, take a moment to imagine yourself in an etherioplasmic gelatin where every stringlet of energy (the smallest energy at the base of all substance) is known to all other stringlets; every atom is known to all other atoms; every molecule is known to all other molecules, every cell is known to all other cells, every part of your body is known to all other parts of your body, your body is aware of all other bodies, your consciousness is aware of all other consciousnesses, the collective consciousness of your culture is aware of all other cultural consciousnesses, the planet’s collective consciousness is aware of all the other planetary consciousnesses, our galaxy’s collective consciousness is aware of all other galaxy consciousnesses, **our universe consciousness is aware of all other universe consciousnesses.**

Then reverse the process from the universe level back to the smallest stringlet of pure energy.

#### **Technique:**

Discernment is vital to prolonging our observation of life. The act of judging shuts out any information except the immediate data you need to survive and sets up expectation. Judging – the need to be right – sets expectation as a given set of boundaries. Discernment has no effect on our physical bodies while judgment keeps our brain chemistry from knowing and utilizing all the information collected by the senses.

# Knowing School

Tokyo, Japan.

Block out a small period of time each day to set aside all judgments and feelings of disconnect. Decide on the time period as you begin the day and stick with that particular block of time. Do not change it no matter what happens to your schedule.

During that time, do the following: No matter what you are doing, no matter where you are, and no matter what is going on around you stay focused on just observing your circumstances. Simply suspend any judgment that attempts to crowd into the moment. Feel how you are connected to everything and everyone during that time. For this particular time, set aside disbelief. Allow the full spectrum of information being collected by your senses to be known to your conscious mind. See beyond the most immediate information and look for what underlies the obvious. Allow your imagination to freely collect information being observed outside of your intellect's ability to understand.

## **Technique:**

For twenty minutes – (The best time for this would be right after the above exercise), consciously connect your first moment here on Earth to your last moment. Every breath you make in the moment is connected to the first breath you made as you entered this world and every breath you make in the moment is connected to the last breath you will ever make.

At some point in your life you will, or might already have, passed the exact midpoint in your stay on Earth when each breath you make in the moment is closer to the last breathe than the first breath. Observe any feelings associated with this acknowledgment. Just mentally watch your feelings as you sit observing the conditions and circumstances of the space around you.

**Week 19**

**Parallel Realities**

**Learning Outcome** – A mystical understanding of our parallel probable realities and how the present incarnation influences and utilizes parallel realities to direct our overall existence.

**Hypothesis** – As was previously stated: Our dimensional world consists of a series of intertwined multi-dimensional realms that intersect one another to form layered probable realities each with its own set of unique properties and governing influences.

**There are thirty-three dimensional realities within the matrix of our universe** with Triadic souls existing in all thirty-three dimensions simultaneously. Each successive dimension is governed by the next more expansive dimension and **all dimensions are governed by Universal Consciousness and Universal Mind**. On Earth we are able to consciously experience up to eleven of the thirty-three dimensional realities while still in human form. The nervous systems of mammalian life on earth is not capable of withstanding the enormous amounts of primary energy – chi – if soul consciousness were to suddenly shift to the twelfth dimensional reality.

**As humans we exist equally in each of the eleven dimensional realities with our entire being – from Christ body to physical human body.**

We already exist in six consensually dependent forms, each coexisting parallel to the next: the Christ body, the Celestial form, the Mental body, the Causal form, the Astral body, the Etheric form, and then to be human, the physical body. These seven expressions of a soul are one aspect of parallel life expressions.

# Knowing School

Tokyo, Japan.

In this particular mystical approach, it is taught that each more expanded body can overshadow the body of a more contracted harmonics, i.e., the Christ body can inspire the Mental body, The Mental body can influence the Astral body, the Astral body can manipulate the physical body. The forms – the Celestial, Causal and Etheric – are considered to be more accommodating to soul consciousness and Dyadic awareness without imposing their unique characteristics.

Examples:

In astral projection, the Etheric form acts as a vessel to move conscious awareness away from the physical body to the Astral body without altering the inherent characteristics of Dyadic conscious awareness sensory perception, thus allowing for a fully linearly progressive out-of-body experience. Full Dyadic conscious awareness can then move from the Astral body to the Mental body through the Causal form allowing the phenomenon of soul travel, such as is taught through Eckankar. As the practitioner opens to the more expanded harmonics of its Oversoul, full responsive Dyadic conscious awareness can move from the Mental body to the Christ body through the Celestial form.

In this Christ consciousness communion state the practitioner is in complete at-one-ment with their enjoined soul and can view all simultaneous incarnations as parallel realities, each with their own set of seven parallel body/form expressions, each lifetime with their Triadically projected parallel probable selves.

(Note: The Oversoul is a body/form created when two Triadic souls enjoin to incarnate once, or through a series of incarnations. Oversouls are linked in Siamese-twins like connections between the enjoining Triads. All Oversouls are harmonically connected to all other Oversouls, communicating through the band of thought energy that governs their position within collective consciousness and consensual time/space.)



# Knowing School

Tokyo, Japan.

## Parallel Expressions

### View A:

Each of our bodies and forms corresponds directly and fully with the like bodies and forms of all our simultaneous incarnations, and to a slightly lesser degree with the bodies and forms of other incarnating souls. The overall harmonics of one of our physical bodies match with the overall harmonics of all our physical body incarnations. The harmonics of our Etheric forms match with the Etheric forms of all our incarnations; the harmonics of our Astral bodies match with the Astral bodies of all our incarnations, etc.

At the Causal level, we are suddenly and inexplicably united, not with just our own simultaneous incarnation's Causal forms, but with all other soul's Causal forms originating within this known universe; incarnated or not, enjoined or not. We are united as individuated souls in constant communion with the collective through a complete simpatico with the Causal forms, Mental bodies, Celestial forms, and Christ bodies of all other souls. **Beginning with the Causal form level we are telepathic with everyone.**

### View B:

We all have any number of parallel lives for each incarnation. These parallel lives look surprising like the Oversoul's main incarnation path for a particular time line, with increasingly subtle shifts in thoughts and behaviors the more removed a parallel probable reality is from the Oversoul's primary time-line incarnation.

It is thought that there can be hundreds of parallel probable selves for each time-line incarnation. Usually, only **two of the parallel probable selves are considered to be directly reciprocal to the main path of a timeline, while the others exist unaware of the realms around them in dream like, non-dimensional shadow reality.**

## Knowing School

Tokyo, Japan.

Because these two alternative selves reside in mimic adjacent holographic dimensionalities created by Triadic soul consciousness as it enters the womb, they are simpatico to the point of being able to contain the primary Triad soul consciousness of a timeline.

Triadic soul consciousness will shift its observation frame of reference to one of the two alternative parallel probable selves only if there is an unplanned traumatic event or perpetuating conditions or circumstances that harms the primary physical incarnation, incapacitating its ability to hold Triadic conscious awareness. The two alternative selves will encounter identical events but might have different names and be in slightly different timing along a very similar timeline.

While the two alternative realities believe themselves to be real in every sense of the word, they are Triadic projections that exist as a form of consciousness and energy without being imbued with the Divine Urge from Creator God. It is the primary incarnation path that is a direct emissary of the First Moment Creator God, being wholly and unalterably created and completely liberated in the First Moment through Creator God.

If a primary timeline were to shift its full conscious awareness to one of the two parallel selves, once the trauma that caused the shift is over, the Triad soul consciousness completely shifts back to its primary timeline body. Sometimes this shift can alter the personality/ego of the primary timeline. In cases of prolonged physical, mental and emotional abuse, Triadic soul consciousness can shift back and forth between the two alternative selves and its primary path body. This can be very unsettling for the personality/ego of the primary incarnation timeline, causing additional injury through acute and persistent psychosis and/or neurosis.

## **View C:**

Each of the twelve known intelligent universes has within its reality thirty-three dimensions of soul conscious expression with each Triadic soul having an equal expression of itself in each one of those separate universes.

**Uniting the Views:** The three separate views of parallel probable realities are true and together form the macro view of overall creation.

1. The oversoul sets into time/space a predetermined number of primary incarnations designed to allow a complete overall observation of a dimensional reality and, in turn, the radiance of First Moment Creator God's pure joy. The primary incarnation is the only channel for the radiance of pure joy. Once enlightenment is attained, pure joy radiates through all timeline paths. Also, parallel probable selves are incapable of radiating energy from the First Moment Creator God. When the Triad consciousness shifts to one of the two alternative selves, it is consciously aware of the fact that it cannot radiate joy into dimensional reality. This causes it to find resolution to the trauma that created the shift.
2. Each of the seven bodies/forms of a primary incarnation act as separate points of observation and radiance for that timeline incarnation, sharing those observations with like bodies/forms. This sharing extends to the two alternative parallel probable selves even though those alternative forms are not true manifestations in holographic dimensionalities but exists as projections.
3. Other than the two alternative parallel probable selves, that act as doppelgangers to the Triad soul, all other parallel probable selves of a primary incarnation are non-dimensional holographic projections of its response to the prevailing conditions and circumstances as it travels along a particular timeline incarnation.

# Knowing School

Tokyo, Japan.

This type of non-dimensional, yet holographic projection is allowed as a means of keeping the primary incarnation's personality/ego from manifesting the entirety of its what-if and if-only conflicts directly into an incarnation path. Those parallel probable selves experience the what-if and if-only conflicts of the primary timeline path as their only reality.

This multiplication factor of parallel probable scenarios gives the primary timeline incarnation the probable outcomes of each of its conflict's without having to directly experience them on the timeline path.

4. Once a primary timeline path is self-realized, the number of parallel probable selves is reduced to the two alternative parallel probable selves created by the Triad soul as it enfleshed. The two alternative selves experience the primary path incarnation just as they experience each other – as only a parallel probable reality. Once the self-realized state is stabilized, the remaining two parallel selves integrate with the primary timeline. This leads to the enlightenment state.
5. Once enlightened, all timeline incarnations are integrated as one expression along the primary timeline path of the enlightenment. In this state there are no longer any parallel selves. Having released all conflict, this individual is free to express their mastership of life by creating each moment just as they would want to experience this reality. All unenlightened individuals of a similar harmonics will feel compelled to participate in the enlightened master's creation. The lives of Buddha and Confucius are examples of this. Enlightenment leads to illumination.
6. Once illuminated, the enjoined souls separate to allow for complete liberation, releasing the need for the oversoul body/form as a timeline governance. This is due to the integration of all timelines at the moment of enlightenment. The Triadic soul is now a pure channel of radiance from the First Moment, transforming the Dyadic awareness that is its host into an angelic entity. If the illumined master stays enfleshed in its Dyadic

## Knowing School

Tokyo, Japan.

host's body, the dyadic body becomes truly multi-dimensional, giving off a divine luminescence and continual radiance of pure joy.

This prepares the surviving Dyadic awareness for ascension back into pure energy. The surviving Dyadic awareness drops that illumined body and immediately helps to generate its final human form.

7. Once liberated, the singular Triad soul may manifest a human form within the dimensional realm of its liberation, or the liberated Triad soul can incarnate into a human form to assist in the ascension of a Dyadic awareness' final physical form. The Triad carries within it a matrix signature of that particular manifest form.
8. Once cosmically conscious within Universal Mind, the Triadic soul knows of its individuated harmonic doubles, one in each of the twelve known universes. To many mystics these are the only true parallel selves. To the adept mystic all other parallel selves mentioned in this work are merely shadows of the twelve harmonic souls known to Universal Mind.

### **Suggested Procedure –**

We are amazingly vast beings with energy beyond the ability for the intellect to begin to remotely comprehend.

The true miracle is that we can become completely focused in a single incarnation timeline. **Once we begin to remember who we are, why we exist and how we were derived we can awaken to knowing All That Is for all that it is.**

Until a human becomes enlightened, they can be subtly affected through the influences of each of the seven bodies/forms, each of the different timeline incarnations, to a limited degree,

# Knowing School

Tokyo, Japan.

the two alternative parallel probable selves, and any external guides that provoke and inspire it toward balance, unity, completion and liberation.

**The method for uniting all of this consciousness and energy begins with the knowledge of how everything is interlaced as was just outlined above.** Once the mystical initiate has an a deeper understanding of how consciousness and energy plays within the confines of its holographic multi-dimensionality they can utilize all the relationships to advance a greater understanding of who they are and why they exist and how they were derived. The following techniques offer a beginning approach to the vastness of our being:

**Technique:** Read through the entire instructions before beginning. Use a metronome set on sixty cycles or the counting of your pulse to regulate the timing of each breath.

Invoke the presence of an avatar or master in the space just in front of you. It is not important that you image them so much as feel their presence. Then take a moment to connect with the intention of your heart – the strong desire of self-realization, or a healing for self or others. Any intention is fine when it allows expansion and joy.

Sit in a comfortable position, preferably in full lotus or half lotus, with your spine lifted and hands palms upward over the fold where your thighs join your torso. Lift the spine by thoughtfully placing space between each vertebra, from your tailbone to the top of the neck. Without pausing your breath, focus on the point between the inhalation and exhalation; the exhalation and the inhalation. Just observe the natural flow of gases and chi in and out of your lungs. Do this for eleven complete breaths. Remember to keep lifting the spine.

Without moving your position, begin to breathe in the following pattern:

inhale for a count of three, hold for a count of three and exhale for a count of three, hold for a count of three, inhale for a count of three... Do this for eleven complete breaths.

# Knowing School

Tokyo, Japan.

Pause for one complete breath.

Without moving your position, breathe in the following pattern: inhale for a count of four, hold for a count of four and exhale for a count of four, hold for a count of four, inhale for a count of four... Do this for eleven complete breaths.

Pause for one complete breath.

Without moving your position, breathe in the following pattern: inhale for a count of five, hold for a count of five and exhale for a count of five, hold for a count of five, inhale for a count of five... Do this for eleven complete breaths.

Pause for one complete breath.

Without moving your position, breathe in the following pattern: inhale for a count of six, hold for a count of six and exhale for a count of six, hold for a count of six, inhale for a count of six... Do this for eleven complete breaths.

Pause for one complete breath.

Without moving your position, breathe in the following pattern: inhale for a count of seven, hold for a count of seven and exhale for a count of seven, hold for a count of seven, inhale for a count of seven... Do this for eleven complete breaths.

Pause for one complete breath.

Without moving your position, breathe in the following pattern: inhale for a count of eight, hold for a count of eight and exhale for a count of eight, hold for a count of eight, inhale for a count of eight... Do this for eleven complete breaths.

# Knowing School

Tokyo, Japan.

Pause for one complete breath.

Without moving your position, breathe in the following pattern: inhale for a count of nine, hold for a count of nine and exhale for a count of nine, hold for a count of nine, inhale for a count of nine... Do this for eleven complete breaths.

Pause for one complete breath.

Without moving your position, breathe in the following pattern: inhale for a count of ten, hold for a count of ten and exhale for a count of ten, hold for a count of ten, inhale for a count of ten... Do this for eleven complete breaths.

Pause for one complete breath.

Without moving your position, breathe in the following pattern: inhale for a count of eleven, hold for a count of eleven and exhale for a count of eleven, hold for a count of eleven, inhale for a count of eleven... Do this for eleven complete breaths.

## **Special instructions to be done while holding the breath.**

The mind will naturally become calm as you in inhale and exhale. The following mantra (a statement that protects the mind) is stated in the mind in a clear, commanding inner voice. The full mantra while holding the eighth through eleventh round is the mantra of Padmaasmbhava, the mantra of all Buddhas, masters and realized beings and is recited for transformation, healing and protection in this chaotic age.



## Knowing School

Tokyo, Japan.

For the three count hold, on each old state in your mind, “AUM AH HUM.”

For the four count hold, on each old state in your mind, “AUM AH HUM VAJRA.”

For the five count hold, on each old state in your mind, “AUM AH HUM VAJRA GURU.”

For the six count hold, on each old state in your mind, “AUM AH HUM VAJRA GURU PADMA.”

For the seven count hold, on each old state in your mind, “AUM AH HUM VAJRA GURU PADMA SIDDHI.”

For the eight, nine, ten and eleven count hold, on each old state in your mind, “AUM AH HUM VAJRA GURU PADMA SIDDHI HUM.”

# Knowing School

Tokyo, Japan.

This pattern can also be done with, “AUM Shanti,” by using this pattern –

(3 hold) AUM, AUM, AUM

and then (4 hold) AUM, AUM, AUM Shanti

and then (5 hold) AUM, AUM, AUM Shanti Shanti

and then (6 hold) AUM, AUM, AUM Shanti Shanti Shanti

and then (7 hold) AUM, AUM, AUM AUM Shanti Shanti Shanti

and then (8 hold) AUM, AUM, AUM AUM Shanti Shanti Shanti Shanti

and then (9 hold) AUM, AUM, AUM AUM AUM Shanti Shanti Shanti Shanti

and then (10 hold) AUM, AUM, AUM AUM AUM Shanti Shanti Shanti Shanti Shanti

and then (11 hold) AUM, AUM, AUM AUM AUM Shanti Shanti Shanti Shanti Shanti AUM.

Meaning of the sounds that are used in the mantra (in Japanese)

# Knowing School

Tokyo, Japan.

## Week 18

### Initiation into the Knowing Way

**Learning Outcome** – A beginning knowledge of the teachings from the Atlatian and Lemurian periods as they have been passed along in time through the Law of One and Brothers of Light.

#### **Hypothesis** –

If we are to become self-realized and enlightened, it is important to know the collaborative dynamics of soul consciousness to Dyadic awareness (human form). If we are to awaken to selfless-self (self-realization), it is paramount that these two contradictory dynamics act as one being. This is a major undertaking and goes against the collective nature of humankind – to be in the world and not of the world.

As has been discussed in previous lessons, conflict stops our mental, emotional and spiritual progress. Conflict is the single dynamic that keeps full consciousness from expressing. The soul is an eternal constant that was created whole and complete in its first moment; the human form is an ever changing, evolving organism.

A certain form of conflict is generated the moment a soul enters its human form. This conflict is lessened as soul consciousness takes its dominant place in the soul to human relationship. If the soul is kept from taking its rightful place in this union, the original stress will become exaggerated keeping the soul from fully integrating into the body, thus triggering the body's aging process.

Our soul observes the world through extra-sensory perception and paranormal knowing, while the Dyadic awareness that helps to form our physical body uses the five senses and past experiences to guide its journey. The physical body is constantly watching for signs of danger

## Knowing School

Tokyo, Japan.

and exclusion; soul consciousness is one with all energy (matter) and consciousness (intelligence) and continuously finds similar harmonic beings with which to share its observations.

The conflict generated by these two very different experiences of reality adds to the original conflict of the soul entering its human form. This further guarantees our impending death through the aging process, that is, unless we can find a way to lessen this type of conflict/stress.

Then there is the question of the conflict being generated by living in relationships and cultures that are dysfunctional, not to mention the personal habits of how we eat or rest our bodies, or where we live. Every time we deny our feelings and thoughts, we create more stress. Every moment we allow ourselves to be humiliated by the overwhelming details of life, we create more stress.

Our physical bodies are designed to live approximately nine-hundred years. In our current state of compounded conflict we are dying at a rapid rate of seventy-five years. For many people it would be hard to imagine living to be nearly one thousand years old. Most of us are so bored with life by the age of fifty that living fifty more years would seem unwanted. This is true because we live life from an unknowing reality – we live life from the physical experience almost exclusively.

Imagine how exciting life would be if you did not have to learn daily lessons but could instead know how life is truly ordered just by being alive in a human form. **What if we could know all that we had gained from previous incarnations and could experience life at the extra-sensory level with paranormal abilities?** Perhaps one thousand years would be too few.

Individuals naturally become more interested in the paranormal as their soul consciousness begins to become dominant in their life experience. Once soul consciousness is dominant, the human experience shifts from doing – learning and survival – to being – actualization and realization. The fear of the unknown lessens and they become more aware of the subtle forces

## Knowing School

Tokyo, Japan.

that inspire life on Earth. Organized religion is the socially accepted way of expressing this shift. Unfortunately, organized religion is built on the same survival model of inclusion within greater numbers as a measure of safety. If we are to become different, we must do different things differently.

### **The definition of insanity is expecting different outcomes by doing the same things.**

Social consciousness uses inductive and deductive reasoning to guide the masses forward in time and space. Inductive reasoning is constructing a general principle from special cases. The problem with inductive reasoning is that the premise of an argument supports a certain conclusion, but does not guarantee it. Modern example: If all nations are given the same type and a set number of weapons, the non-escalating stand-off will ensure global peace.

Science uses this same reasoning to formulate its laws. It is used to ascribe properties or relations based on one, or a small number of observations, or experiences to formulate laws based on limited observations of recurring phenomenal patterns. Deductive reasoning is logically valid and it is the fundamental method in which mathematical facts are shown to be true. Deductive reasoning is used to give snapshot meanings to life by distilling the relevant facts and details of a situation from a wider body of evidence and generalizations.

These two approaches continue the broader game of hide and seek being played by soul consciousness and Dyadic awareness because they keep the collective mind locked in a looping dynamic. We cannot get a more expanded view of creation using inductive and deductive logic of intellect – we must do something different.

In our current collective experience soul consciousness begins to take its dominant place in our human experience not as the all knowing guide to a complete Earth experience but as the intellect – that aspect of ourselves that is a combination of Dyadic instinctual survival skills and

## Knowing School

Tokyo, Japan.

mental reasoning. As we become more comfortable with the images we have of ourselves, our Dyad's survival instincts give way to the intellect's push to use reasoning as the ultimate survival strategy.

Once the intellect is dominant, our senses behave according to what we believe is real as opposed to what actually is real. In other words, most humans exist in a perpetual state of sensory unawareness. This state only allows a limited range of sensory experience that is meant to validate existing expectations.

Because we know there is much more to experience and know, we keep searching for a grander view of creation.

Disciplined meditation is the most effective way to unlock the vast potential knowing of the mind.

**It is stated in texts from all over the world that conscious nothingness is the ultimate state of the meditative mind** – the “other” known existing beyond the intellect's uses of sensory perception.

While in human form, the soul's range of perception includes the consciousness and energy of eleven dimensionalities. It is calculated that we acknowledge only ten percent of the soul's ability to perceive reality. Our physical senses can include much of this other information, but because the senses are increasingly narrowed by the intellect for survival, the other information is regarded as useless to immediate needs.

The intellect's use of senses even narrows further as we age. **Through meditation we can begin to release the intellect's control of conscious awareness to include the information being collected by the five senses into an overlaid broader template of unknown probabilities.** The inherent qualities of a soul, the soul's genius, are revealed where the combined information of soul consciousness and Dyadic awareness presents itself as a unified observation of dimensionality.

# Knowing School

Tokyo, Japan.

## **Suggested Procedure –**

A very easy method for establishing the integration of soul consciousness and Dyadic awareness is through ritual and meditation. It is important to remember that any words you offer and actions you take as part of these rituals will quickly become a part of your every day consciousness. The ritual rites of The Knowing Way teachings are for the empowerment of the individual and not the empowerment of a special group of people. The Knowing Way teachings are for the integration of body, mind and spirit that each person undertaking the rites will be self-actualized as all that they can be for themselves, their families, communities and cultures. Each meditation is designed to liberate the soul to greater knowing that the initiate can be of the greatest value to all.

## **First Ritual:**

Things you will need:

1. A fresh clean towel that is used only for this ritual
2. A small vial of lavender essential oil
3. A small vial of citrus (tangerine or lemon) essential oil
4. An earthen ceramic or glass bowl big enough to place both cupped hands in at the same time
5. Small pad of paper and lead pencil

## **First Step:**

Find a special place where you can easily set up this ritual and where it might stay in place. It should be done in the same place every night and as close to the same time as is possible.

## Knowing School

Tokyo, Japan.

Place the bowl so that it will be directly in front of you. Place the two vials of essential oils in front of the bowl. Place the hand towel in front of the oils. Recap: nearest you in front of the bowl is the folded hand towel. Between the towel and bowl are the essential oils.

### **Second Step:**

Sit for a moment and recount your day's activities. Notice if there was anything you did not get to complete that you had wanted to finish. Write that down on a piece of paper as a reminder for tomorrow. Take a moment to look ahead to tomorrow's activities.

### **Third Step:**

This should be done with an attitude of generosity and gratitude.

With your mind centered on gratitude, pour enough very cold water into the bowl to lightly wash your face and hands once. Notice how pure the water is and how freely it conforms to the shape of the bowl. It is completely relaxed in the bowl. This is how your soul is in your body – fluid and relaxed.

With your mind centered on generosity dip your hands into the bowl cupping enough water to lightly splash onto your face. Softly state, "I AM gratitude and generosity personified."

Without drying your face, pause, and then dip your hands in the bowl cupping enough water to spill back and forth between each hand. Softly state, "I AM the fluid grace reflected in the easy actions of this water. I AM."

### **Fourth Step:**

Unfold the towel, first blotting your hands dry and then your face. Do not rub. Refold the towel, returning it to its resting place. Open the vial of lavender oil, placing a drop on the middle finger of the left hand. In one steady movement, touch the tip of your finger over the third eye position on the forehead leaving lavender oil on the skin. With your finger tip still on the skin,



## Knowing School

Tokyo, Japan.

say softly, **“I AM witness of life. I AM.”**

Place the tip of your finger at the center of your right palm, rubbing the remaining oil in a clockwise circle. Say softly,

**“I AM in harmony with all life. I AM.”**

Open the vial of essential citrus oil, placing a drop on the middle finger of your right hand. In one steady movement, touch the tip of your finger on the throat chakra position leaving oil on the skin of your throat. With your fingertip still on the skin, say softly,

**“I AM commanding life. I AM.”**

Place the tip of your finger at the center of your left palm, rubbing the remaining oil in a clockwise circle. Say softly,

**“I AM in balance with all life. I AM.”**

**Fifth Step:** Rub both hands together in a circular motion. Say softly,

**“I AM, I AM, I AM.”**

Replace the lids to the essential oils.

The use of ritual to unlock paranormal knowing originates from the Lemurian culture just before the Atlatian cycle began around 13,500 years ago. One of the most fundamental rituals is the calling of avatars for the cleansing of body, mind and spirit. This cleansing assures that the individual is able to know beyond the senses while still honoring all that the senses report.

### **Second Ritual:**

**First Step:** Take a moment (usually about 10-20 minutes) to set your personal intention for your commanding help from the avatars. In this particular ritual you are setting the intention to know

## Knowing School

Tokyo, Japan.

beyond intellectual reasoning, to observe life beyond the senses and to radiate peace and harmony that it might guide, heal and inspire all you encounter.

You are the commanding force that sets the intention for your work with the avatars. They can only help you in ways that align to your intention. You can help set the working intention by bringing up altruistic feelings toward family, friends and colleagues, feelings that inspire generosity and gratitude. Dwell on your thoughts of intention until you feel a shift within.

**Second Step:** Burning incense will attract several different types of watchers and helpers. Burn some incense with the intention that its smoke will clear the air and that its fragrance will call beneficial devic, elemental and angelic entities to the setting. Invite them to be with you in support of the expanding energy of the room, making it hallowed ground.

**Third Step:** Once the energy of the area is set with intention, stand facing the rising sun (east). You will say the following words so that each word is spoken in each direction. The words are spoken with a commanding, strong voice.

Facing east say the first word, Ator (ATH HOR).

Turn to your right, facing south and say the second word, Malkuth (MALK UTH).

Turn to your right, facing west and say the third word, Vegevurah (VEH GEV HUH RAH).

Turn to your right, facing north and say the fourth word, Vegedulah (VEH GED HUH LAH).

# Knowing School

Tokyo, Japan.

Turn to your right, facing your beginning position (east) and say, Elohim (ELH O Heem)

Turn to your right, facing south and say, Ator.

Turn to your right, facing west and say, Malkuth.

Turn to your right, facing north and say, Vegevurah.

Turn to your right, facing east and say, Vegedulah.

Turn to your right, facing south and say, Elohim.

Turn to your right, facing west and say, Ator.

Turn to your right, facing north and say, Malkuth.

Turn to your right, facing east and say, Vegevurah.

Turn to your right, facing south and say, Vegedulah.

Turn to your right, facing west and say, Elohim.

Turn to your right, facing north and say, Ator.

Turn to your right, facing east and say, Malkuth.

Turn to your right, facing south and say, Vegevurah.

Turn to your right, facing west and say, Vegedulah.

## Knowing School

Tokyo, Japan.

Turn to your right, facing north and say, Elohim.

**Step Four:** Turn facing the east and state in a commanding voice,

**“YOD HEY, VAV YEH, IDO NAI, EH HEH YEH, AH GAH LAH, ATH HAH ONK.”**

Pause, then say,

**“I call upon, Siddhartha Gautama Buddha, Mary Christ, Sananda Christ, Kuthumi Christ, Lanello Christ and Deserkara Christ to forever join my soul consciousness and Dyadic awareness that I might know and observe life to its fullest and that I willingly allow the radiance of pure joy as the demonstration of innocence that will guide all my relationships.”**

Pause, then say,

**“YOD HEY, VAV YEH, IDO NAI, EH HEH YEH, AH GAH LAH, ATH HAH ONK, ATON.”**

Do this ritual in the same place, at the same time, on the same day of the week, once a week for four weeks. Most initiates choose Sunday and any day will do. Make certain that you can do this ritual in the same place at the same time four consecutive weeks.

**First Meditation:**

Sit with your spine lifted. Using the power of your mind, your imagination, place an equal amount of space between each vertebrae, beginning with your lower back and working up to the base of your skull. At the top of your spine, let your head move upward from a point just behind mid skull. This will cause your chin to tilt inward and downward just slightly. Touch the tip of your tongue to the roof of your mouth and keep it there for the duration of the meditation.

Breathe in a natural yogic pattern. To complete the posture, your hands should be placed upward, resting at the juncture of your thighs and torso. This will give a backward tilt to your shoulders and open the top of your chest. Your feet should be easily resting flat on the floor. If you are using a full or modified lotus position, make certain that your torso feels completely supported.

**For the first five minutes:** for the duration of each inhalation mentally chant the sound “hong.” For the duration of each exhalation mentally chant the sound “sau.”

**For the next ten minutes:** Starting with your feet, begin to relax every muscle and all the connective tissue including the deep muscles of the scalp. You can do this by contacting and relaxing each muscle grouping, or just by commanding each grouping of soft tissue to relax.

Check your posture and make any adjustments, including more space between each vertebrae.

Focus on your breathing. With each inhalation, tighten the anal sphincter muscle. Feel your breath going as deeply as it can into your lower torso. Hold that inhalation for two beats and then tighten the anal muscles even tighter as you exhale. Repeat this for ten minutes.

# Knowing School

Tokyo, Japan.

Let go of everything except the idea or visualization of you sitting at the base of a large tree. Your tailbone is sitting on the soil exactly where the trunk joins the roots as they make their way into the Earth. Your spine is directly up against the trunk of the tree with the back of your head gently resting against the bark.

Your breathing pattern is exactly the same rhythm as the fluids moving in the tree. The tree is also breathing except with the opposite results – you breathe in oxygen and give off CO<sub>2</sub>; the tree breathes in CO<sub>2</sub> and gives off oxygen.

Imagine that with each of your inhalations the fluids in the trunk move upward; with each of your exhalations the fluids pause. Imagine how important this relationship is to both you and the tree. Continue to focus on the phenomenal circle of life you enjoy with this tree. It is how it is meant to be with you and nature.

As you continue to imagine, notice that you and the tree are becoming one expression of nature. You can actually feel the branches moving with the breeze high above your body, which in turn gently vibrate the roots spreading away from the base of the tree as they search for water.

Focus on how the sun's rays are urging the tree's photosynthesis. The rays warm each leaf, which pulls in CO<sub>2</sub> as the fluids move to and from the branches, and the branches to and from the trunk, and the trunk from the roots.

There is no conflict within the tree.

**Feel that innocent reality of no inner conflict spreading into your own torso, your own trunk.** From deep within the tree to deep within your body the conflict-free innocence becomes your reality. The tree's steadfast knowing and non-judgment is filling you with a profound sense of self-realization. You can feel long-ago conflicts moving from your body up through the tree, out into its branches and out into the atmosphere as life giving oxygen. What was once the energy of your conflict is returning to the world as something all sentient life needs.

## Knowing School

Tokyo, Japan.

As the conflict moves out of your body, notice how Earth's life force energy pours into your body to fill any void left by the released conflict. You feel completely refreshed and renewed; free and innocent once again. With your imagination, bless the tree with long life.

Stand up and bow to the complete innocence of the tree's nature. Notice all the watchers and helpers that have gathered to watch your release of conflict to a more expanded use by all of nature.

Pull your thoughts and sensations back to your physical body. Focus on your breathing. With each inhalation, tighten the anal sphincter muscle. Feel your breath going as deeply as it can into your lower torso. Hold that inhalation for two beats and then tighten the anal muscles even tighter as you exhale. Repeat this for three complete cycles.

### **Second Meditation:**

Sit comfortably with your feet firmly planted and hands palms up where your thighs meet your torso. Lift your spine with the power of your mind, your imagination. We are not concerned with straightening the spine but more with subtly lifting the spine by simply imagining more space between each vertebra. Encourage the body to be longer and lighter by imagining a beautiful cord of energy lifting you upward from the top of your head.

Mentally command the body to relax. Watch your breath, breathing first into your belly, filling out your ribs and finally your chest. Count three such complete breaths and mentally command your body to relax.

Gently touch the tip of your tongue to the forward roof of your mouth, just where the roof of your mouth begins to move backward toward your throat. Close your eyes and mentally command your body to relax. Imagine this commanded relaxation as moving through your body in waves beginning from your toes upward to the top of your head; then from the top of your

## Knowing School

Tokyo, Japan.

head to the tips of your toes as one wave. Allow three such waves to move through and over your body. At the end of the last wave verbally, in a quiet whisper, command your body to relax.

A couple of inches below the top of your breastbone is a very sacred point that connects the energy of the etheric body to that of the physical. It corresponds with the thymus gland of the endocrine system. As a new infant this gland is at its largest and diminishes over time as we march toward puberty. Begin to see this gland as a radiant sphere of pinkish gold energy. With each new inhalation bring more and more chi into this gland. Imagine it getting brighter and brighter, filling up the top and center of your chest.

Allow the brightness of this pinkish gold energy to spread upward into the throat chakra. Without allowing it to actually happen, notice any sensations that might want to act out the movement of this energy - a cough or a sneeze, a tickle at the back of your throat. Let the sensation be there as you continue to spread chi upward from the thymus to the throat chakra.

Continue to spread the energy upward as you listen to this next little bit of information. The thymus gland processes a type of white blood cell known simply as T-cells. These specialized cells govern cellular immunity, which means they help cells recognize and destroy invading bacteria and virus, any abnormal cell growth such as cancer, and foreign tissues that might enter the body. It is important to know this.

Take three complete breaths, breathing deeply into your belly, expanding the ribs outward and now into the chest and shoulders. On a whisper, command your body to completely relax. Feel that relaxation as three very distinct waves of contentment spreading over and through your body. With the power of your mind, your imagination, mentally command the thymus to process and release T-cells to your lungs. Imagine this as a cascading flow of tiny white lights moving from the thymus up into the throat and then down into each lung. Watch with your mind's eye as each lung becomes bright with tiny points of light. Your lungs are now clear of any disease.



## Knowing School

Tokyo, Japan.

Take three complete breaths, breathing deeply into your belly, expanding the ribs outward and now into the chest and shoulders. On a whisper, command your body to completely relax. Feel that relaxation as three very distinct waves of contentment spreading over and through your body.

**Chi is all around us - it is the life force of all that is evolving.** It is the energy that moves into the body with each breath and can be coaxed into the body through the skin just by having the thought. Imagine your lower body as being fully surrounded by the purest particles of chi hanging in the mixture of your etheric energy and the air around you.

With the power of your mind, your imagination, take your next breath into the large bones of your legs - imagine that the breath is moving into your body through the bones of your legs and up into the lungs. As you inhale bring the chi into your body as tiny white points of light gathering immediately around your upper legs moving from outside your body into the soft tissue of your muscles and connective tissue. Bring that chi up into your lungs and exhale on the breath all stress, disease or conflict.

With the next inhalation, pull more chi into your bones, holding it there for a moment. Notice how the deep center of each bone is awakening to your intention. Bring that inhalation up into your lungs and exhale any and all stress, disease or conflict on your out breath.

On the next inhalation, bring in as much chi as possible. Imagine your leg bones as glowing white. Notice that as those tiny points of chi entered the bones they immediately transformed into clear miniscule spheres of pure life. Move the inhalation upward, pulling those spheres into your lungs. All the wear and tear that your lungs have experienced over your life is now being repaired. Feel the tiny spheres of life forming new lung cells. You can immediately feel more oxygen in your system. Your thoughts are clearer and focused. Your body feels vital and strong. Move any left over chi out of your lungs and into your heart. Any wear and tear is now repaired.

## Knowing School

Tokyo, Japan.

Take three complete breaths, breathing deeply into your belly, expanding the ribs outward and now into the chest and shoulders. On a whisper, command your body to completely relax. Feel that relaxation as three very distinct waves of contentment spreading over and through your body.

**Chi is all around us - it is the life force of all that is evolving. It is the energy that moves into the body with each breath and can be coaxed into the body through the skin just by having that thought.** Imagine your entire body as being fully surrounded by the purest particles of chi hanging in the mixture of your etheric energy and the air around you.

With the power of your mind, your imagination, take your next breath into every pore of your skin, from your toes to the top of your head, one giant inhalation of chi. Mentally command that chi into every bone in your body.

On the exhalation release on your breath any and all stress, disease, discomfort or conflict. Notice the chi that has gathered around your body.

On your next inhalation bring that chi in through the pores of your skin directly into every bone. Notice how each bone of your body is glowing outwardly into your body, sending tiny spheres of life into all your organs and structures bringing immediate health and balance from your toes to the top of your head.

Take three complete breaths, breathing deeply into your belly, expanding the ribs outward and now into the chest and shoulders. On a whisper, command your body to completely relax. Feel that relaxation as three very distinct waves of contentment spreading over and through your body.

## Week 19

### Developing and Using Mystical Sight

**Learning Outcome** – A beginning understanding of the use of extra-sensory forms of “sight” as a secondary form of observing time and space.

**Hypothesis** – The lessons to date have been centered on balancing consciousness and awareness through understanding our place in creation and our birthright as souls. Once we are aligned in body, mind and Spirit, resulting in the full integration of soul consciousness into Dyadic awareness/physical form, we begin to naturally gain certain paranormal and extra-sensory abilities.

The first of these is usually mystical or spiritual sight. Spiritual sight is first experienced spontaneously by individuals and then later developed if there is sufficient interest. Not all beginning experiences are the same, with some individuals having only one single type of repeating ability, while others might have a combination of several different modes of sight. Whatever the case, they all fall within the range of paranormal abilities that are generally listed as Psi-Gamma abilities with several different subcategories:

- Intuition – sensing events with the emotional and etheric bodies
- Clairvoyance – envisioning random future sequences of events
- Remote viewing – looking within a specific time and space
- Precognition – looking forward through time
- Retrocognition – looking back through time
- Mediumship – receiving information through partnering with an entity or being that is outside the controls of specific time/space

# Knowing School

Tokyo, Japan.

All of the above mentioned abilities are natural and occur within human awareness when Dyadic awareness is no longer concerned with survival and the soul gains dominance as the guiding aspect of their life path.

Paranormal activity usually happens in extremes: in the case with prepubescent children whose parents do not have to concern themselves solely about survival and older individuals who have retired from the competition of surviving in social consciousness and can allow soul consciousness to become the driving dynamic.

On rare occasions, individuals will enter into young adulthood still connecting with high intuitive impressions, lucid dreams, sudden images of present-time events in distant places, an immediate awareness of events to come, sudden detailed insights of past experiences and episodic clairaudience. It is rarer for an individual to consciously keep the Psi channel open and actively develop a broad range of paranormal abilities.

Pure, innocent psychic ability seldom occurs – maybe once in ten million births. This range of mystical sight is extremely broad and is present at birth and cannot be denied by the individual. Their ability is usually considered a divine gift and the person is placed in religious tutelage.

Unfortunately, the individual's connection to the “other” side will make it difficult for them to fully understand what it means to be human, leaving them with few social options except some form of religious or spiritual pursuit. If this type of individual is born to a household that lacks religious or spiritual perception, that person will suffer greatly at the general lack of acknowledgement and inevitable mental and emotional abuse.

In this course of study it is important to take the traditional mystical approach: the student is not encouraged to develop certain paranormal abilities, but is encouraged to allow them to surface as an aspect of their Triadic soul birthright. This is to ensure that the student stays true to their developing innocence (conflict free state) and knows all souls to be capable of what they are experiencing.

## Knowing School

Tokyo, Japan.

Each soul is unique and as such will naturally develop certain abilities over others. If the student focuses on just one single ability, that focus will diminish and eventually shut off their ability to experience the macro view of creation.

As was stated: Each soul has the inherent ability to perceive future events through means other than deduction. This is referred to as precognition. **Every soul, without exception, while in human form, is ninety days retrocognitive and precognitive. This means that every detail of every moment is known ninety days past and future.** Conflict keeps us locked into just experiencing what we expect to experience.

When events occur outside our expectation boundary, we close off sensory awareness through instantaneous judgment of anything that is not normal. If our past is filled with events and reactions that are outside our expectations, we will not allow ourselves full access to the past. Most everyone projects the past into the future. If we are unhappy with the past, the future will be unavailable. Our Dyadic awareness is very powerful when we are just surviving.

In survival mode we tend to second-guess ourselves to ensure our safety. Self-doubt generates a solid awareness barrier between our senses and paranormal knowing. This schism between the subconscious mind (Dyadic awareness) and the conscious mind (soul consciousness) keeps us from being fully conscious in each new moment.

All Psi-Gamma knowing emanates from the preconscious process – that area of mind where Dyadic awareness and soul consciousness enjoin – and is outside the boundary of time. Its experience of “now” is one hundred and eighty days – ninety past and ninety future with the immediate moment as its point of sensory observation.

Until we release inner conflict, we seek external validation. As we release inner conflict we

# Knowing School

Tokyo, Japan.

become self-validating. Internal validation opens all Psi-Gamma channels of observation. **Again, we only “see” what we expect to see.** Met expectations are the external validation of our keenly focused observation. External validation strategies are developed from our first moments of physical life and continue to develop as we manipulate our way through intricate familial and cultural dynamics.

In the very beginning, most paranormal knowing comes through images and visions that are largely symbolic. This type of symbolic communication must be turned into usable information if it is to be valued by the intellect and acted upon by Dyadic awareness. The decoding of symbolic data is an art, not a science, because it is filtered through biases driven by inner conflicts. The interpretation process, which tends to be logical and rational, can rework paranormal (non-logical) information into incorrect conclusions. It is because of the interpretive “unreliability” of such data that Dyadic awareness disregards its usefulness in helping to ensure survival.

To begin the full conscious use of paranormal abilities it is first important to know that the intellect does not trust this process. Next, it is necessary to accept the existence of the phenomenon, whether or not the user knows how or why it happens. Next, the more practical the information, the more useful and accepted the source.

## **Suggested Procedure:**

It is critical to your body, mind and Spirit that you actively become aware of that preconscious place where Dyadic awareness and soul conscious enjoin. We tend to resist anything we do not understand. For your natural soul abilities to function within your human awareness, you must momentarily suspend any doubt or concern and have the faith that you are on the right path to attaining self-realization. To completely loosen the grip of self-doubt, it is important for your Dyadic awareness to have the soul’s ability to see beyond time boundaries.

# Knowing School

Tokyo, Japan.

## **First Technique:**

The breathing rhythm is: breathe in for a count of seven, hold for a single count, and release for a count of seven (7-1-7-1-7...). This cycle will give you four complete breaths in sixty-three seconds (approximately one minute).

The intention of the following breathing technique is to infuse the connection between Dyadic awareness and soul conscious. You can do this by using the power of your mind to bring added chi to the area of that connection – the small hollow space at the top of the breast bone where the collar bones meet.

Begin by focusing on your breathing – on the point between each inhalation and exhalation. Do not change your breathing pattern while observing that still point between each movement of your diaphragm. Just watch its occurrence for seven complete cycles.

As you inhale for a count of seven, imagine a steady stream of golden particles of light pouring into your body through that small hollow at the base of your throat. Completely fill your lungs with the glowing light.

Hold one count.

As you exhale for a count of seven imagine a stream of gray liquid-like energy leaving your body out through the nose. This is the inner conflict that drives your feelings of survival. Release it to its highest form.

Hold one count.

As you inhale for a count of seven, imagine that the skin at the base of the throat is changing color from a normal tone to a bright yellow tone with each inhalation.

Hold one count.

## Knowing School

Tokyo, Japan.

As you exhale for a count of seven, imagine a stream of liquid-like energy leaving your body out through the nose.

Hold one count.

As you inhale for a count of seven, imagine that the solar plexus chakra is also becoming brighter in response to the stream of bright yellow chi entering through your thymus gland. This gland is the seat of the soul and its point of entry into your physical body.

Hold one count.

As you exhale for a count of seven, imagine a stream of liquid-like energy leaving your body out through the nose.

Hold one count.

As you inhale for a count of seven, imagine moving your senses, one at a time to that small point at the base of your throat.

Hold one count.

As you exhale for a count of seven, imagine a stream of liquid-like energy leaving your body out through the nose.

Hold one count.

As you inhale for a count of seven, imagine your sense of sight moving down into your lower throat.

Hold one count.



## Knowing School

Tokyo, Japan.

As you exhale for a count of seven, imagine a stream of liquid-like energy leaving your body out through the nose.

Hold one count.

As you inhale for a count of seven, imagine your sense of hearing moving down into your lower throat.

Hold one count.

As you exhale for a count of seven, imagine a stream of liquid-like energy leaving your body out through the nose.

Hold one count.

As you inhale for a count of seven, imagine your sense of smell moving down into your lower throat.

Hold one count.

As you exhale for a count of seven, imagine a stream of liquid-like energy leaving your body out through the nose.

Hold one count.

As you inhale for a count of seven, imagine your sense of taste moving down into your lower throat.

Hold one count.

As you exhale for a count of seven, imagine a stream of liquid-like energy leaving your body out through the nose.

## Knowing School

Tokyo, Japan.

Hold one count.

As you inhale for a count of seven, feel your senses gathering in your lower throat exactly at that point of bright yellow light.

Hold one count.

As you exhale for a count of seven, imagine a stream of liquid-like energy leaving your body out through the nose.

Hold one count.

As you inhale for a count of seven, imagine a brilliant stream of yellow gold light radiating out from that small hollow at the base of your throat. The energy of your senses are carried off into every direction simultaneously on the radiant shafts of yellow gold light.

Hold one count.

As you exhale for a count of seven, imagine a stream of liquid-like energy leaving your body out through the nose.

Hold one count.

As you inhale for a count of seven, imagine the information collected by your senses as they radiated out from your body is now returning as immediate distance knowing.

Hold one count.

As you exhale for a count of seven, imagine a stream of liquid-like energy leaving your body out through the nose.

## Knowing School

Tokyo, Japan.

Hold one count.

As you inhale for a count of seven, imagine the information collected by your senses as they radiated out from your body is now returning as immediate distance knowing.

Hold one count.

Exhale naturally.

This seven-one-seven-one pattern can be used without guided visualization as a method of balancing the breath. It can also be used to release toxins from the body on the breath.

### **Second Technique:**

**Your intention for this exercise is to open the deep centers of the brain, blending soul consciousness and Dyadic awareness.**

The point where the skull sits upon the neck is an entry point for chi into the brain stem. Breathing additional chi into that point increases the amount of chi available to the deep visual centers of the brain.

Using the 7-1-7-1 breathing pattern, breathe a stream of deep blue light into the brain stem through the center point of the upper neck where the skulls comes to rest on the spinal column.

Hold one count.

On the 7 count exhale, imagine a black stream of energy leaving out through the mouth. (The proper manner for doing this is to form the lips as if you were going to make the sound, “OH,” blowing the liquid black energy out into the space in front of you.)

## Knowing School

Tokyo, Japan.

Hold one count.

On the 7 count inhale, imagine unlimited soul consciousness gathering in the base of the skull in a shimmering ball of brilliant blue light.

Hold one count.

On the 7 count exhale, imagine a black stream of energy leaving out through the mouth.

Hold one count.

On the 7 count inhale, imagine instinctual Dyadic awareness gathering in the base of the skull as a shimmering ball of bright green energy.

Hold one count.

On the 7 count exhale, imagine a black stream of energy leaving out through the mouth.

Hold one count.

On the 7 count inhale, imagine unlimited soul consciousness and instinctual Dyadic awareness blending in the base of the skull as a radiant sphere of bright violet energy.

Hold one count.

On the 7 count exhale, imagine a black stream of energy leaving out through the mouth.

Hold one count.

On the 7 count inhale, imagine your entire skull incased in that radiant sphere of bright violet energy.

## Knowing School

Tokyo, Japan.

Hold one count.

On the 7 count exhale, imagine a black stream of energy leaving out through the mouth.

Hold one count.

On the 7 count inhale, imagine that radiant sphere of bright violet energy flashing outward in holographic dimensionality.

Hold one count.

Exhale normally.

# Knowing School

Tokyo, Japan.

**Week 20**

**Effectively Reading the Human Aura**

**Learning Outcome** – Developing the ability to use physical senses and non-sensory observation for detecting the condition of the human aura.

**Hypothesis** – Much has been written in mystical and metaphysical literature regarding the human aura and the existence of life force energy called chi or prana. It is the physical body's consumption of chi that is responsible for the radiance of the human aura.

Chi or prana is to human existence what sunlight is to photosynthesis; without this life force energy we would wither and die, just like a plant without sunlight. Because of its lack of physical properties and characteristics, chi/prana is everywhere, permeating everything from the smallest of molecules to the grandest life forms.

With inanimate objects the chi/prana takes on an even flow through the substance and only varies its speed and flow slightly for denser matter. With animate forms the chi/prana is absorbed through tissue into the energy centers (chakras) of a given biological form before it disperses out into the tissue and skeletal structures of that form. In air-breathing life forms, the chi/prana is absorbed through tissue into the energy centers (chakras) and brought into the body on the oxygen molecules with each inhalation. **The chakras pull energy into their centers, a densely concentrated matrix of etherioplasmic substance (non-matter matter) and then bounces that energy back out into the body in an amplified state through the nervous system and corresponding chi channels.** It is thought that each chakra has a corresponding physical equivalent with each of the ductless glands.

The human system is slightly different than other mammals, in that, the chakras act

# Knowing School

Tokyo, Japan.

independently of the physical form by absorbing the chi/prana, and then concentrating it at their core by compressing the chi/prana into increasingly smaller structures, then radiating that energy back into the body along nerve channels and tissue a single etherioplasmic molecule at a time. Of course, chi/prana is not only absorbed through tissue it is also brought into the body on the breath and through twelve minute openings: three at the crown of the skull, three at the base of the brain stem, three at the top of the breast bone and three at the tip of the coccyx.

All chi/prana is unconsciously used by Dyadic awareness and is ultimately at the direction of soul consciousness, being easily influenced by the use of willful, intention driven thought. Chi/prana, much like the stem cells of the human form, is independent of its own characteristics, taking on the inherent qualities of the energy centers in which it is stored. Each chakra is a harmonic radiance of energy that is directly attuned to thought and intention.

## **Auric Description**

The separate components of the human aura:

- 1) the physical body's harmonic radiance,
  - 2) the radiance from the core chakras,
  - 3) the ovum,
  - 4) the Etheric form,
  - 5) the soul's Etheric form and
  - 6) the collective energy of the aura.
- 
1. The physical human form has a radiance that appears to be at the center of the overall human aura as a solid field of energy from just below the heart area to the top of the head. This radiance is the sum total harmonics of the Dyadic structure containing genetic and epigenetic information.
  
  2. The seven primary layers of chi energy radiating outward from each of the seven core chakras creates the colorful layered upside-down egg-shaped form that surrounds the physical body. The aura extends upward about six feet above the head with the wide

© Copyright 2007-2016 Gary Bonnell and Knowing Inc. All Rights Reserved.  
Never reproduce, republish or disclose to the third party/person without written permission.



## Knowing School

Tokyo, Japan.

point of the upside-down egg being at shoulder height and the narrow point being about ten to twelve inches below the feet.

3. When observed, there will appear to be a clear space between the physical body and the beginning of the aura that is an average of one to three inches thick. This is the ovum of the physical form, the connection between the physical body and the Etheric form. This energy field carries information about the health of the physical form's structures and organs. The surface of this clear space that is against the physical body will seem active and to some extent, sparkle slightly, which is sometimes confused with the Astral (star) body.
4. The Etheric form of the physical body is a pure energy form that contains all Dyadic incarnation memory of all the many different forms the surviving evolutionary awareness has been, from the first molecular structure to its final human form. The Etheric form has the same upside-down egg-shaped form of the chakra radiance but is basically colorless with varying degrees of opaqueness.
5. The soul's Etheric form is a formless, colorless shape that is much larger than the physical body's Etheric form and is the memory boundary for all incarnation memory of all lifetimes.
6. When we view human auras we are experiencing a combination of all the aforementioned presentations – the physical body's harmonic radiance, the radiance from the core chakras, the ovum, the Etheric form, and the soul's Etheric form.

During sleep, especially during REM, or Delta brainwave cycles, the human aura expands to near twice its waking size. The waking size of the aura is usually determined by inner stresses (conflicts), the general vitality of the human form, as well as external influences, such as, Earth energy radiance, atmospheric density and ether tide. Living circumstances, such as shelter and diet can also influence the shape of the aura.

# Knowing School

Tokyo, Japan.

## Light Everywhere

From infancy we are literally talked out of seeing auras. At first we learn to ignore those energy forms that are not a part of our adult's preference selections. As we become toddlers, we quickly learn which energy displays help us by supporting the weight of our bodies, further hypnotizing us into the collective mindset of our adult's preferences. By the time we would be old enough to debate our reality with others, we only see the duller reflected spectrums of light. At some point, all non-light radiances become part of make believe or imagination that are mimicked in our crayon drawings but not acknowledged as viable to our human experience. The vibrant colors given off by all elementals, devic forms, angelic forms, Spirit forms, all Dyadic structures and other soul and spiritual forms have little to do with our social minds and therefore are not of our waking expectations.

**When an individual returns to an innocent, conflict-free state, the non-light radiances naturally begin** to show themselves in gentle waves that appear much like the aurora borealis. As the individual begins to adjust their new sight, they cannot even imagine how it was possible to miss so much information. The hypnosis of the collective mind is so overwhelming as to blind our personality/egos to the volumes of real energy that shines everywhere from everything. The only thing needed to shake off this dulling of our individual mind by the collective agreement is to shift our expectations to include all that is present – from the physical to the spiritual realms.

This is important – you do not have to be a highly sensitive spiritual seeker to observe or fully sense auras; you need only expect to observe them. Shifting individual expectation is the last barrier for most individuals and usually takes place without much effort once all inner conflict is released. Each individual can begin to shift their overall vision while still releasing the deep inner conflicts that support being active in the socially conscious collective mind. It is a matter of consistency as to the new outer boundaries of knowing.

## Knowing School

Tokyo, Japan.

**All our senses (less with the sense of smell), only give us the information we want to experience – nothing more. It is important to begin to want to experience auras and expect to have them as part of your moment-to-moment experience.** Once you fully experience auric energy you can let go of expectation before it becomes an externally validating need.

Auric sight depends upon an active cooperation between normal optical sight and non-physical sight as a single form of perception that allows our brains to perceive reflective light and radiant chi particles, as a single “sight” image. Our physical eyes receive light energy onto light sensitive nerve tissue at the back of the eye, connected to the optic nerve. This light sensitive tissue changes focused light energy into a stream of complex electrical signals. These signals are passed, via the optic nerve, to the sight center of the brain. The brain interprets these signals into a detailed picture that supports all expectations of what is supposed to be present within our immediate reality.

The third eye, or brow center chakra, receives radiant chi energy patterns that are passed along with the electrical signals generated by the information collected through our physical eyes. The brain interprets anything it receives in the sight center as symbolic images that are interpreted as visual pictures. Because the chi energy is passed along at the same time as sighted electrical signals, the brain interprets chi energy as being a reflective part of the subject but not as a boundary of the subject.

The process of auric sight may sound complicated, but is really very simple, when you compare it with the process of normal, optical sight - that simple, visual thing we all take for granted. Look around the room you are in now, look out of a window - what do you see? Think about all the millions of objects and colors and tones you are seeing - all at once - in incredible three-dimensional details. Think about how, no matter how fast you turn around, your brain keeps up with the fantastically complex image you are seeing.

Your eyes pass on an incredible amount of information to your brain - but your brain interprets it all instantly. Normal optical sight is an incredibly complex and powerful ability. Compare this, with the few colors and swirls of light you see in a human aura - no matter how

# Knowing School

Tokyo, Japan.

beautiful and complex it might seem - it is still a very simple picture. There is really no comparison between these two abilities - normal optical sight is vastly more complex, and requires much more of the brain's power, than auric sight does.

Auric sight is linked to and depends upon normal optical sight, in order to function. **What you see, when you see an aura, is your brain's interpretation of reflected and radiant energy, emanating from your subject.** Your eyes are used to tune and focus your brow center into this energy. An electrical representation of this energy is passed to your brain's sight center, where it is interpreted as a sight picture by your brain. In the case of an aura, your brain shows you colored bands of light surrounding your subject.

## Basic Hue Classification

As stated above, there are many different colors and forms in any person's aura, but the basic hue is usually seen first. The physical body's harmonic radiance is the basic hue at the center of the aura, which is generated by genetics and surviving Dyadic awareness. Many people suggest that individuals can be classified, as being a particular type of person, by the basic hue of their aura. For example:

<b>Basic or Dominant Color</b>	<b>Positive Attributes</b>	<b>Negative Attributes</b>
Red	Creative, Sensual	Aggressive, Defensive
Orange	Seductive, Charismatic	Abusive, Emotional
Yellow	Powerful, Confident	Forceful, Divisive
Green	Compassionate	Indifferent
Blue	Commanding	Demanding
Violet	Authentic	Egocentric
Gold	Selfless	Arrogant
<b>Extreme examples:</b>	<b>Inspiring Spiritual Leaders</b>	<b>Dictators – Kings</b>

## Knowing School

Tokyo, Japan.

Many basic hues have a graduating effect with a more basic color at the center changing slightly as the color moves outward from center. The most concentrated area of the basic hue is observed at the top of the breastbone just below the throat.

It is important to note that while basic color presentations can indicate a tendency toward certain attributes, the human aura is a complex and changeable dynamic energy presentation. Example: if a person, with a predominantly blue aura, is experiencing an emotional crisis, their aura will be flooded with large patches of orange. This is a temporary state only, and once the crisis is resolved, their aura will revert to its natural base hue. Other, more will directed changes take affect through activities such as ritual work, meditation, focused breathing or devotional worship that can momentarily generate a hue shift in the core presentation.

To use our extremes in the above table: a defensive, emotional and aggressive person, whose aura is naturally reddish orange, can generate the hue of an authentic individual during devotional worship. This hue shift will temporarily flood the core of their aura, giving them the appearance of being a very spiritual person, hiding their true colors, and therefore, their true nature.

Unlike reflective sunlight the aura is constantly radiating. Some believe that it is easier to see the aura at night without the influence of sunlight. This is not true. It is true that the aura is best observed when the person is in front of a solid light background. Certain reflecting background colors interfere with the aura's saturation making it difficult to give a good reading.

The core of the aura indicates the Dyadic awareness and genetic structure of the human form, while the layered radiant bands of color radiating from the chakras to form the outer area of the aura indicate the overall harmonics of the soul. Together they give a general snapshot of an individual's true nature – their authentic self – at any given moment. **The energy field of the complete aura can indicate everything from the nature of an individual's inner conflicts to very specific details of physical and mental illness.**

# Knowing School

Tokyo, Japan.

In general, **the more colorful, clearer and brighter the aura, the more balanced and authentic the individual is likely to be. The more uniform the energy distribution, the**

**healthier the individual.** Being able to observe the consistency of energy distribution is a powerful medical diagnostic tool, and usually requires more advanced training to fully observe. In addition to consistent dominant colors, the aura reflects thoughts, feelings and desires, which appear like "flashes," "translucent clouds or thickening" or "flames," that spread away from the core energy. The full color spectrum of the aura is identical to the bright, shiny, monochromatic color layers of a rainbow:

**Purple:** indicates spiritual thoughts. For the average individual, purple is never a strong point in the aura. It appears only as temporary "clouds" and "flames," indicating truly devotional spiritual thoughts and prayers.

- A bright clear violet aura relates to crown, pineal gland and nervous system. The most sensitive and wisest of colors. This is the intuitive color in the aura, and reveals powers of attainment. The personality is genuinely intuitive, a visionary, a futuristic, an idealistic, artistic and magical.

**Indigo Blue:** A bright indigo blue aura relates to the third eye, the spiritual visual center and pituitary gland. The personality is intuitive, clairvoyantly sensitive and deeply empathic with a tendency toward psychometric impressions.

**Blue:** indicates balanced existence of soul consciousness and Dyadic awareness. Individuals with blue strong points in their aura are relaxed with their life circumstances and internally validating. Strong areas of blue in the upper aura indicate an individual who is able to communicate telepathically.

- A bright blue aura relates to the throat, thyroid. Cool, calm, and collected. The personality is caring, loving, loves to help others, being empathically sensitive and intuitive.

## Knowing School

Tokyo, Japan.

- A soft blue aura indicates peacefulness, clarity and high communication skills with a personality that is truthful. This is usually a high intuitive.
- A bright royal blue aura indicates a clairvoyant. The personality is generous, always on the right path and is open to new opportunities.
- A dark or muddy blue aura indicates fear of the future, fear of self-expression; and a fear of facing or speaking the truth.

**Turquoise:** indicates a dynamic, highly energized personality, capable of directly influencing other people. People with strong turquoise points in their aura are excellent organizers and multi task well. They are usually generalists in business who easily explain their goals and influence their team rather than execute commands.

- A light turquoise aura relates to the immune system. As a personality the individual is sensitive, compassionate, a healer or therapist.

**Green:** indicates a soothing, restful, modifying energy that naturally heals. People with strong green points in the upper layers of the aura and along the yin aspect of the arms and hands should always be healers.

- A bright emerald green aura indicates a healer, also a love-centered person. Relates to heart and lungs. When seen in the aura this usually represents growth and balance, and most of all, something that leads to change. The personality usually has a love of people, animals, nature and is an excellent teacher or social worker.
- A yellow-green aura indicates a highly communicative person.
- A dark or muddy forest green aura indicates jealousy, resentment, feeling like a victim of the world; blaming self or others; insecurity and low self-esteem; lack of understanding personal responsibility, and is overly sensitive to perceived criticism.

## Knowing School

Tokyo, Japan.

**Yellow:** indicates freedom, non-attachment, freeing or releasing vital forces. Individuals with overly strong yellow areas in their aura can be naturally dominating and take charge types. A bright yellow halo around the head usually indicates a spiritual adept. A Dyadic soul, Bodhisattva or an avatar will have a double halo of a broader yellow glow surround the head and a smaller deep indigo blue concentrated around the face.

- Light or pale yellow: Emerging psychic and spiritual awareness; optimism and hopefulness; positive excitement about new ideas.
- Bright lemon-yellow: Struggling to maintain power and control in a personal or business relationship; fear of losing control, prestige, respect, and/or power.
- Clear yellow gold indicates a spiritual energy and power that is activated and awakened; an inspired person.
- Dark brownish yellow aura indicates an individual who is straining at studying; overly analytical to the point of feeling fatigued or stressed and is trying to make up for "lost time" by learning everything all at once.
  
- **Orange:** indicates uplifting creative energy. In the extreme negative this indicates a profound need to control people. In spiritual people, when orange becomes a strong point within the aura, it usually contributes to a yellow halo, which then becomes gold, indicating not only a spiritual teacher, but a very powerful spiritual teacher, someone capable of physically demonstrating his/her unique abilities.
- A strong clear orange aura relates to the spleen and life energy. It is the color of awakening, inspiration, intelligence and action shared, creative, playful, optimistic and easy-going. These individuals are usually consistent arbitrators and mediators and make excellent litigation attorneys.
- A strong clear orange aura relates to reproductive organs and personal intimacy.
- A deep orange aura indicates vitality, vigor, good health and excitement. Lots of energy



## Knowing School

Tokyo, Japan.

and stamina, creative, productive, adventurous, courageous, outgoing social nature.

- Muddied orange aura indicates that the individual is currently experiencing stress related to appetites and addictions.
- Orange-Yellow: Creative, intelligent, detail oriented, perfectionist, scientific.

**Red:** indicates creativity and desire. An overly predominant red aura indicates a materialistically oriented person who is usually self-centered.

- A strong clear red aura relates to good overall physical vitality; a powerful, energetic, competitive and sexually passionate personality.
- Muddied red aura indicates obsessive-compulsive behaviors, general anger or rejection, anxiety or nervousness.
- A deep red aura indicates a grounded awareness, realistic attitude, an active, strong will-powered, survival-oriented individual with a healthy ego.
- Orange Red indicates confidence and creative power.

**Pink:** indicates the individual has achieved a perfect balance between spiritual awareness and the material existence. Individuals with an expanded conscious awareness have a yellow halo around the head (a permanent strong point in the aura) with a pink aura extending as much as twelve meters in every direction. This type of aura is quite rare on Earth.

- A bright pink relates to a loving, tender, sensitive, sensual, artistic and affectionate personality. This also indicates purity, compassion; new or revived romantic relationship. Can indicate clairaudience.
- Dark and murky pink indicates an immature and/or dishonest nature

# Knowing School

Tokyo, Japan.

## **Special considerations:**

**Silver Aura:** This is the color of abundance, both spiritual and physical. Lots of bright silver can reflect to plenty of money, and/or awakening of the cosmic mind.

- Bright metallic silver: Receptive to new ideas; intuitive; nurturing
- Dark and muddy gray: Residue of fear is accumulating in the body, with a potential for health problems, especially if gray clusters seen in specific areas of the body

**Gold Aura:** The color of enlightenment and divine inspiration.

**Black Aura:** Draws or pulls energy to it and in so doing, transforms it. It captures light and consumes it. Usually indicates long-term vindictiveness and if concentrated in a single area of the aura indicates severe chronic health problems. This also could indicate the attachment of an entity within a person's Etheric form; an energy veil over a specific chakra from a curse; past life hurts; or unreleased grief.

**White Aura:** Reflects off-world energy. An innocent, pure state of radiance. Relates to all divine projections of purity and balance of non-physical qualities, transcendent, more expanded dimensions.

**Dirty brown overlay:** Holding energies. Insecurity.

**Dirty gray overlay:** Blocking energies. Guardedness.

**White opaque overlay:** serious disease, artificial stimulation from drugs.

Note: A white opaque color is like a noise, rather than a set of harmonious tones (monochromatic colors) that indicates a lack of harmony in the body and mind. Several hours before the death, the aura becomes white, and greatly increases in intensity.

### **Suggested Procedure –**

**Alternate Nostril Breathing Pattern** Our Dyadic awareness naturally alternates nostrils throughout the course of a twenty-four hour period. Our nostrils are designed to alternate the direction and volume of the pranic energy attached to the molecules of oxygen. This is necessary to maintain the proper balance of the subtle life force energies (chi) that give vitality to the “sight” centers of the brain. We can actively stimulate that visual center by forcing an alternate pattern of breathing specifically designed to gather chi at the back of the brain. This will help energize the connection between sensory sight and extra-sensory perception.

Side note: The teachings of pranayama, the study of influencing the movement of pranic energy (chi) through the vital centers of the body, goes back several thousands of years and is central to the study of yoga. The work of B. K. S. Iyengar, a renowned master of hatha yoga, brings profound understanding to this subject. His book entitled, *Light on Pranayama*, offers subtle insights into the workings of these vital forces and how we can stimulate them to achieve expansion within our conscious awareness.

# Knowing School

Tokyo, Japan.

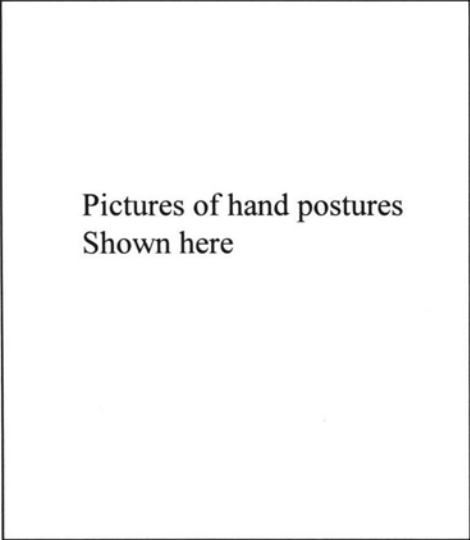
## Technique #1:

**Body Posture:** Always sit comfortably with your spinal column erect and lifted. When sitting on the floor, a small pillow, or two, can make the difference if your hamstring muscles or hips are tight. Do not use the back of a chair for support; keep your back straight by adjusting your hips. Using the arm of the chair to support your right arm will put you into the wrong posture. Imagine the crown of your head being attached to a string hanging down from the ceiling that is gently pulling you upward. Your chin will naturally tilt slightly downward as you imagine the lift.

**Hand Posture:** The last two fingers of the right hand control the flow of oxygen into and out of the left nostril, while the thumb of the right hand controls the inhalation and exhalation of the right nostril. Overlap your fourth finger with the third finger, creating a mass equal to that of your thumb. See the photo below.

**The Breath:** This breath is not a balanced breath and should not be done for extreme lengths of time. For the average person fifteen to twenty minutes is enough. If you feel any nausea or dizziness while doing this breath, stop for a moment, then continue your focused breathing, replacing the exhalation through the mouth with exhaling through the left nostril. This breath is designed to awaken the spiritual centers at the back of the brain that allow for greater “vision.”

Nadi shodana



Pictures of hand postures  
Shown here

## Knowing School

Tokyo, Japan.

Always begin this breath with three conscious exhalations through both nostrils. Expand the diaphragm as you breathe deeply into your belly through your nostrils, then contract the diaphragm as you exhale through both nostrils. Repeat two more times.

### Basic Version

- Close your left nostril and breathe in through right nostril.
- Close both nostrils and breath out through your mouth.
- Open your left nostril and inhale.
- Close your left nostril at the top of your inhalation, open your right nostril and exhale.

– Repeat –

- Keeping your left nostril closed, inhale through the right nostril.
- Close both nostrils and exhale through your mouth.
- Keep the right nostril closed. Open the left nostril and inhale.
- Close the left nostril, open the right and exhale.

– Repeat –

- In through the right.
- Out through the mouth.
- In through the left.
- Out through the right.

Repeat this pattern

There is another element to be added once you are confident with the pattern. While using the alternate pattern of breathing, imagine your lungs are now located at the top of your neck.

## Knowing School

Tokyo, Japan.

Example: Inhale through the right nostril as though you were breathing in through the back of your neck exactly where it joins with your head. Feel the energy of the breath moving in through the neck at the base of the skull. Exhale through your mouth. Inhale through your left nostril imagining the breath entering in through the back of your neck exactly where it joins with your head. Feel the energy of the breath moving in through the neck at the base of the skull. Exhale through your right nostril.

This guided visual element is as important as the pattern of breathing itself. This helps to further awaken the visual centers located at the back of the brain and also excites the third eyes of both the physical body and the Etheric form.

At first this will seem like a lot to do. My suggestion would be to focus on the breathing pattern itself for several days, then add the last element. If you are unaccustomed to doing these types of exercises it may seem odd at first. Stick with it, the reward is sweet.

Sometimes it is difficult to breath through one nostril or the other. Clearing the nose with tissue or a saline solution is recommended. If nothing seems to help try spreading the nostril open by gently pulling the skin of the cheek next to the nostril sideways away from the opening. This will widen the airway by pulling the skin on the inside of the nostril away from the turbinates located in the nose.

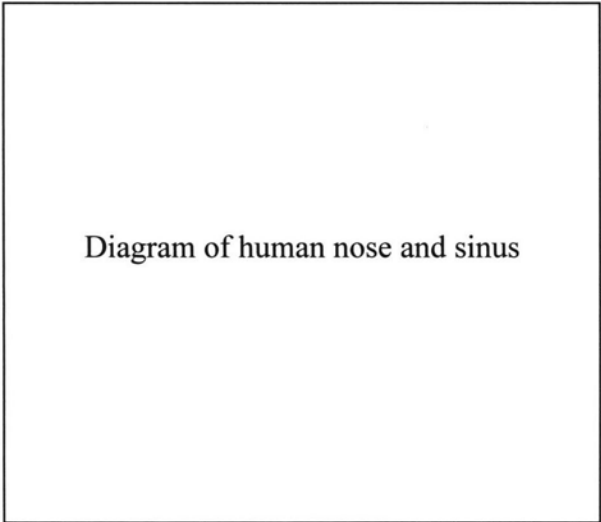


Diagram of human nose and sinus

**Note:** If you lose your place and are unable to remember whether you are breathing in through the left, out through the right, or otherwise – stop for a moment, collect yourself, then begin again. It is very easy for every day thoughts to drop in unexpectedly. Be kind when this happens. Simply remind yourself it is time to do your breathing and continue.

© Copyright 2007-2016 Gary Bonnell and Knowing Inc. All Rights Reserved.  
Never reproduce, republish or disclose to the third party/person without written permission.

# Knowing School

Tokyo, Japan.

## **Alternate Nostril Breathing Pattern**

### **Procedure of Full Version**

# Knowing School

Tokyo, Japan.

## Technique #2:

It is important to practice softening your visual focus. This is easily achieved by focusing in front or behind an object. If you are with a person of like mind, simply stare at their third eye (the point slightly above the eye brows in the center of the forehead) with a softened focus. Looking slightly off to the side allows for a softening while maintaining a full visual image of the person being observed.

At first we must expect to see auras in order to observe them or experience them as an energy field. Remember, **auric energy is not a reflection of refracted light bouncing off matter; it is a radiance of chi energy.** Even though it has a general egg shape, one or more of the layers of color will seem more dominant and distort that egg shape to a certain degree. Allow whatever shape that wants to show itself.

When observing the many different layered auras of sentient life forms, the first thing you may see is the Etheric aura, like pale smoke clinging to the outer surface. Next, you should see the shimmering optical effect in the air extending from several inches to a couple of feet deep, depending on the species and the individual strength of their aura.

With humans, the aura's color will build up and out from the core radiance. It will first appear as a narrow band of color next to the ovum and then layer in bands of color.

The brightness of an individual's aura has a lot to do with how they feel. If they feel rested and relaxed and full of life their aura is stronger, larger and brighter.



## **Technique #3:**

Fingertips – make certain the light in your room is dim, but not so dim that you cannot see the outlines of your fingers. Hold your hands at eye level about ten inches out in front of your face with the tips of your fingers touching each other (see photo at p153). Keeping your gaze where your fingers touched, slowly begin to separate your fingertips. This will keep your eyes out of direct focus and will allow the outer areas of your retinas to report the subtle chi pulling away from each hand. You will see a whitish ghostly looking band of soft substance stretching between your fingertips. Move your fingertips back to the original touching position and then slowly separate them again. Continue slowly moving your fingertips back and forth, touching and moving the finger tips away from each other.

## **Peripheral Connection between Physical Sight and Paranormal Vision**

The focal plane of each eye containing photosensitive cells, our retinas, is less damaged there than in the central part. The central part of retina is constantly in use, and over the years suffers accumulated damage from excessive and/or artificial illumination, especially computers and LCD game screens. Young children naturally see auras because their central vision is not yet damaged. Once they go to school they are told to use their vision in a certain way, and gradually they lose their natural auric sight.

**Increasing exposure:** When we want to do a photo of a dark scene, we need to increase the time of exposure of the film. We can accomplish this for our eyes by concentrating exactly on one spot for 30-60 seconds. When our eyes are moving, or a scene moves in front of our eyes, images are averaged by our eye. When we concentrate on one spot, we increase our sensitivity because we average the incoming light, accumulating its effect with a very small stimulation. Doing this, you can gradually swing your photosensitive cells into large vibration, and this results in a visual chi sensation perceived by the brain.

**First Concentration exercise (P.155)** Place the picture below about 1.5 m in front of you. Look exactly at the black spot for thirty seconds while observing the broken colored circles with your peripheral vision. Resist temptation to look anywhere else but the black spot.



Note that colored areas seem to be surrounded by the “Aura” of a different color. When peripheral sensors are stimulated for some time, we have color sensations, much different than when we use central vision. The longer you concentrate, the brighter the “aura” around the colored areas, because your sensitivity increases. Yesterday you could look at this picture for hours and never see anything. Concentration at one spot for long enough is the key. Rather than the true aura, this exercise demonstrates the principle of how to look to see the human aura by making you aware of certain specific capabilities of your eyesight and your perception.

**Second Concentration exercise (P157)**

This exercise aims to stimulate the communication between both hemispheres of the brain, increasing the processing power needed to see auras.

Place the picture below about one meter in front of you. Stretch your hand forward so that one of your fingers is between and underneath the circles. Soften your focus on the tip of your finger; you should see four circles. Continue to change your vision so that you see one circle with a white cross just above your finger, in the middle between the two. Seeing the cross is the evidence that the left hemisphere of the brain (connected to the right eye) is communicating with the right hemisphere (connected to the left eye).



This exercise turns out to be extremely beneficial: five minutes of focused concentration in this

# Knowing School

Tokyo, Japan.

manner doubles your bio-energy, which in turn promotes self-healing. The cross will initially float and seem unstable. Experiment with the distance from your finger to your eyes to achieve a perfect cross. You gain a significant benefit after three to five minutes, preferably without blinking. The real difference happens at about forty-five minutes. It is best to start with a minute or two and gradually increase the time every week. Short and intensive concentration seems to be better than a longer one that is frequently interrupted by a lack of skill.

Gradually, with practice you should be able to achieve and maintain the cross without spotting with your finger. While maintaining the cross, try to become aware of the other two circles, as well as everything within your overall field of vision using your peripheral vision. You should see auric colors around the colored circles above with your peripheral vision. When you can equally observe your surroundings using peripheral vision, without losing the cross, auras will naturally present themselves to your full vision.

**Increasing levels of concentration:** One diameter in the cross seems usually "in front" of the other. This means that one of your brain hemispheres is dominating the other. Males usually see the horizontal diameter above (left hemisphere dominates), females usually see the vertical diameter above (right hemisphere dominates). Try to get the "hidden" diameter in front as much as possible. The final level of concentration is to achieve and maintain a perfectly balanced cross with all four arms of similar intensity, thereby achieving a perfect balance of both hemispheres.

**Colors and Auric Pairs:** In concentration exercises 1 and 2 we noticed that real colors are surrounded with Auras of different colors. These auric colors are not random. The following is a list of Auric Pairs of colors for all clean colors of the rainbow, or monochromatic colors:

- red gives turquoise aura, turquoise gives red aura
- orange gives blue aura, blue gives orange aura
- yellow gives violet aura, violet gives yellow aura
- green gives pink aura, pink gives green aura

## Knowing School

Tokyo, Japan.

The previous table applies also to intermediate colors, for example yellow green color gives a pink violet aura. A good look around will prove that the Nature is very fond of Auric Pairs. Take any red colored bird and you can be sure, that this bird will have turquoise body parts as well. The same applies to blue orange, yellow violet and pink green combinations, not only in birds, but in fish, butterflies, flowers etc. Occasionally you will see “the next best” color instead of a perfect auric match. Have you noticed that most flowers that grow on trees and are surrounded by green leaves are either violet, pink, purple or red? Auric pairs in nature are very stimulating, and frequently induce an overwhelming feeling of joy and happiness.

In the beginning, knowing the above auric pairs allows you to distinguish between the aura of a color and that of an individual.

## Week 21

### Developing Psychic Telepathic Communication

**Learning Outcome** – Attaining the ability to communicate with others beyond normal speech and body language systems.

**Hypothesis** – Mental telepathy is the conscious use of super-sense interlocution and multi-level image transference between conscious life forms, chiefly humans, through the use of thought energy.

We are constantly dispersing our unique version of the thoughts to which we have attuned our mind. Once we are self-realized, the particular bands of thought we entertain are free of conflict and have a lasting effect on the individuals and groups with whom we interact; once enlightened, we no longer use the bands of thought surrounding Earth, we generate thought energy, adding our soul's unique signature to the thought fields of Earth. Those who are of similar harmonics, but are not as yet enlightened, will attune their minds to the band of energy we create. An enlightened teacher is capable of reading the minds of those who are attracted to his or her thought creations. The reading of minds is not mental telepathy but is the direct intrusion of one mind within the thoughts of another. This type of behavior is usually a form of manipulation.

What we do know about thought energy is that:

- Thought energy exists as a substance, a static field, an active wave and is singular and collective.
- Thought energy is outside the apparent laws of physics and is dispersed along conforming lines of harmonics that travel unimpeded and instantaneously through all

# Knowing School

Tokyo, Japan.

other forms of energy – substance energy, consciousness energy and etherioplasmic energy.

- Thought energy itself has no inherent definable characteristics, existing independent of the information it carries and transmits.
- Thought energy is self-perpetuating, in that, once set into motion, is a non-aware eternal constant that is never diminished or altered out of its originating form.
- The harmonic energy that builds into layers of thought can be used as a template or matrix from which to manifest forms from etherioplasmic substance, but as itself, does not become those forms.
- The harmonic energy that builds into layers of thought can be willfully directed as a force to be used at the sole discretion of the soul consciousness calling it into motion.
- Balanced particles of thought energy can be amplified into grosser waveforms of energy, such as photonic or electromagnetic energy.
- Thought energy is both collective and singular.
- Thought energy can be freely held or shared.
- The original bands of thought energy surrounding Earth were put into motion by the Celestial Being that is the matrix of Earth.
- Each one of the originating bands of thought supports a different substance form and species of life. As originating forms and species are transmuted into new forms and species through evolution, or become extinct, the band of energy supporting those forms and species are folded into adjacent bands or layers of thought energy.

## Knowing School

Tokyo, Japan.

Most of us have had a telepathic experience at some point whether we realized it or not. Lots of things happen in life that we attribute to coincidence or chance that may actually be telepathic manifestations. **As human beings, we are interconnected by the bands of thoughts we entertain or attune ourselves to.**

These bands of thought produce certain behaviors that repeat no matter where that individual is positioned on Earth. Stereotypical behaviors tend to follow species first and then subspecies with a given group. Mental telepathy uses these bands of thought energy to produce image impressions as an instantaneous transference of ideas.

### Telepathic Medium

Both Etheric forms – Dyadic and Triadic – connect through waves of thought energy. The Triadic waves blend unresolved past-life issues into surviving Dyadic awareness memories to give a seeming purpose to each incarnation. Once an individual attunes to a greater knowing, what was once a “higher” Triadic consciousness and “lower” Dyadic awareness blends into a field of conscious awareness that is highly receptive to telepathic communication. This is important: an individual cannot consciously experience telepathic communication if they are not receptive. Receptivity is the single key to using telepathic transference of thought and image.

**Telepathic communication occurs as a willful projection of Etheric energy, both Dyadic and Triadic,** as an individual projects a portion of their etherioplasmic substance as image impressions to a recipient individual or group. This projection is a form of bi-location or remote viewing, except with the intention of transferring in real time an immediate impression. Mental telepathy seems to occur in two distinct patterns, depending on whether the sender and receiver are within sight of each other.

The first type of mental telepathy, and that which seems to occur most often, is called “global telepathy.”



## **Global Telepathy**

In this pattern, the subjects are not within sight of each other, and usually a picture, impression, or feeling is received by one party. The distance in this pattern does not seem to be a factor. Data shows global telepathy has occurred from those who were several streets apart, to those who were half way around the world.

Because thought transfers instantaneously between recipients and has no means of medium, we tend to think of these types of occurrences as being divinely directed – they seem to come to us from a higher plane or spiritual plane. For this reason, many people have ascribed telepathic impressions to guides, spiritual helpers or angels. Those who have surrounding energy fields of similar vibrations are the ones most likely to experience global telepathy. This is why identical twins and brother/sisters within five years of each other are ones with higher telepathy experiences.

Most global telepathy occurrences recorded happened without either party consciously trying to communicate with the other. This usually happens in moments of high stress or with traumatic events, such as accidents.

## **Sight Telepathy**

In the second form of telepathy, “sight telepathy,” both subjects can actually see each other, and communicate sensible, logical thoughts and instructions, without verbal words. In these cases the subjects report an unusual ”warmth”at the back of their eyes. This would indicate that the cells in the back of the eyes are working harder, or are receiving more energy than normal. In either case, to develop your sight telepathy abilities, the back of the eyes will be a part of your body where your attention and exercises will need to focus.

While this is the rarest type of telepathy, oddly enough this form is the most common



# Knowing School

Tokyo, Japan.

perception by the general public as to what telepathy is all about.

## **Suggested Procedure**

In his book, *Physical Control of the Mind* (1968), a medical scientist at Yale University, José Delgado, describes a turning point in human evolution. Using examples of the mind influencing the development and repairs of the body, he shows that it is only a matter of time before the brain can alter its own structure and functions as well. By his studies, it was found that simply concentrating on a part of the body opens up a wide range of mental energy directly related to that part of the body.

The following exercises will help stimulate the areas of the brain that allow for global and sight telepathy. Remember, telepathic communication is natural for Triadic souls and will begin to occur as you release more and more inner conflict. Using the following exercises will not release conflict but will instead prepare you for communicating through the symbolic imagery of the conscious and super-conscious minds.

As in all spiritual exercises, each person progresses at their own speed. Please do not turn these exercises into a competition to decide who is best at telepathic communication. As unique souls, each of us has natural, inherent qualities that reflect in paranormal abilities. While one individual is naturally gifted with a particular ability, that same person might not be proficient at another. Be playful and your results will be swift.

## **Global Telepathy Exercise:**

This exercise requires a willing partner, preferably one that is also studying this, or related spiritual subjects.

## Knowing School

Tokyo, Japan.

Agree on a certain time of the day in which one will be the sender, and the other a receiver. Then do the reverse at another time of the day. For example, at 12 noon person "A" sends and "B" receives, and at 6 pm person "B" sends and "A" receives. Choose a series of images that you both will be telepathically sending to each other.

- Each person should have the exact same set of images. A weeks worth of symbols would total seven
- Both sender and receiver should keep notes as to the image impressions they sent and received.
- The image selection should be random and one image may be used more than once.
- A new set of images should be used for each progressive week, with the images becoming more and more complex from week to week. The first week a simple geometric shape can be used, or a letter or number. The second week a picture of an animal or bird, the next week a human or building.
- Do not try to send thoughts or emotions in the form of words, which are usually associated with sight telepathy. The images you choose should be such that they do not solicit emotions or inner stories. This is especially true if you are telepathically communicating with a sibling or long time friend.
- Each day, no matter where each of you are, open your minds to communicate with each other at the agreed upon times. Do not forcefully do this exercise. The more relaxed and centered you are, the more completely you will experience the images being sent.

If you are feeling that images are at first too difficult, try sending just a color. Once you are comfortable sending and receiving colors, move on to other subject images.

## Knowing School

Tokyo, Japan.

### **Sight Telepathy Exercise:**

As most of us know, sight is the human body's primary sense - its main way of gaining information. Two thirds of the mind's conscious attention is taken up by what the eye sees and two thirds of the information stored in the Dyadic Etheric form has come in by way of vision - pictures, written words and other visual stimuli. The human eye is an amazing little machine - one that transforms light rays into images that can be processed for their informational content. This stored information can be transmitted in a reverse fashion from the Dyad's Etheric form back out through the nerve paths of our physical eyes.

We "see" with our eyes because the light energy reflecting off matter is converted into electronic spectrum impulses on the retina (ganglion cells) at the back of our eyes, and then sent along optic nerve paths to the visual center in our brains. It is this same visual center that is used when we "imagine" an object or situation. Science has studied blindness and has concluded that blindness from birth is not reversible and that unless a child can actually "see" during their formative years, usually age one through five, they will not be able to "see" if their blindness is surgically corrected.

The visual centers in the brain actively group the electronic impulses coming in through the eyes with past visual memories, creating a complete picture of what we are viewing. If our expectations are extremely high, the visual centers will only include those associated past visual memories as part of what we are currently seeing. Without the ability to imagine, to use the stored information from the Etheric form, we would only see what would appear to be flat, unrelated shapes and hues.

Many people who were blind from birth, or shortly thereafter, and have had their sight surgically restored cannot "see" shapes and must use other means to determine if something is round or square, etc. It is also difficult for them to freely associate shapes within depth perception fields.

## Knowing School

Tokyo, Japan.

Sight telepathy uses exactly the same system as physical sight. Three things must happen in sight telepathy:

- The sender must visualize their thoughts as electronic impulses traveling from the visual center in their brain to the ganglion cells in the back of their eyes.
- They then must imagine the ganglion cells converting their electronic thought impulses into light energy within the eye itself. Incoming light energy will naturally blend with this converted electronic spectrum, increasing its projectable potential.
- The sender then imagines their eyes as completely full of converted thought impulses, which are then sent along light waves to the receiver.

This type of telepathy communication is best when combined with complete fields of information. The sender should include all related thoughts, images and emotions as part of their communication.

**Exercise:** Select a partner who is naturally simpatico with your spiritual ambitions. It would be best if this person is genetically related.

Stand at least ten meters apart in clear view of each other. With your eyes open, begin to imagine a particular set of related thoughts, images and emotions being sent from your Etheric form's memory fields into the back of your brain. Hold those energies there, imagining them in a ball of bright yellow energy. The back of your head will begin to feel warm as the ball of energy grows with information. When you feel it is complete, begin to reshape that ball of yellow energy into an oblong flow stretching from the back of your brain equally into both eyes. Allow your eyes to become warm as the energy leaves your visual center and completely fills your eyes. In a sudden stream of energy, feel the yellow light leave your eyes, immediately entering the eyes of your partner.

This exercise might leave you feeling tired the first few times. That tired feeling will lessen as you employ this ability.

## Knowing School

Tokyo, Japan.

**A final note:** It is important to exercise our eyes. Several times each day, take the time to focus and refocus your eyes, especially if you work with computers. It is also important to relax the muscles around the eye and forehead. You can do this by closing your eyes, and then tighten the muscles of your cheeks, eyelids and forehead several times in a row. Then slightly open your eyes in a squinting fashion, allowing as little light in as possible. These simple eye exercises will help you develop your sight telepathy by actively using the entire eye and not just the center of the retina.

# Knowing School

Tokyo, Japan.

© Copyright 2007-2016 Gary Bonnell and Knowing Inc. All Rights Reserved.  
Never reproduce, republish or disclose to the third party/person without written permission.

**Week 22**

**Developing and Using Psychometry**

**Learning Outcome** – Developing the ability to empathically know the circumstances and conditions of all forms of matter.

**Hypothesis** – It could be stated that all non-matter matter has its origins as thought energy. When thought energy, which is inherently dormant, is activated by consciousness it generates matter from surrounding dissimilar energy forms. Once these forms are generated, they continue to evolve on their own, gathering to them the other energies needed to fulfill the command that set them into motion.

Such was the case when The First Moment – Creator God, spoke the universe into existence on a single command – AUM. **The intention held within the First Moment’s First Vision continues to move about through our universe** as the echo from that first command. This is what creationists call intelligent design.

Because of this, all matter is “intelligent” through its evolving Dyadic awareness. Dyadic awareness survives the destruction of its physical form as a formless energetic envelope of ongoing intelligence. Dyadic awareness is most powerful when the surviving Dyadic awareness is part of a physical form. The form it helps to create holds impressions of its evolution within its holographic dimensionality (physical substance) and within the etherioplasmic substance of its Etheric form.

If the evolving Dyadic awareness of matter encounters sentient awareness it “records” the impressions of that experience as part of its own evolutionary process. This is because Dyadic

## Knowing School

Tokyo, Japan.

awareness experiences itself as part of everything – one stone in a stream experiences itself as simply being an aspect of all the other harmonically attuned substances, such as minerals, stones, sand, dirt and water.

It also records within its energy all the life forms within its immediate environment as part of itself even though it does not consciously interact with those other disharmonious forms. These evolutionary “records” are densely held within each of the particles of its particular matter. In this sense, the impressions are held in holographic fields of thought energy within the dimensionality of the matter as well as in its Etheric form. In this, the thought energy that set matter into motion is in turn generated from within the matter form as its projected equivalent. The harmonics of those two thought energies are near identical and support each other as a looping dynamic of matrix to form to matrix.

**Psychometry is the ability of humans to read the “history” of objects by coming into contact with the Etheric form of that object or the object itself.**

“Psychometry” as the term was coined by Joseph R. Buchanan in 1842, from the Greek words *psyche*, meaning “soul,” and *metron*, meaning “measure.” Buchanan, an American professor of physiology, was one of the first people to experiment with Psychometry. Using his students as subjects, he placed various drugs in glass vials, and then asked the students to identify the drugs merely by holding the vials. Their success rate was more than chance, and he published the results in his book, *Journal of Man*. To explain the phenomenon, Buchanan mistakenly theorized that all objects have “souls” that retain a memory rather than acknowledging all matter as being intelligent. It is still thought that anything intelligent must have some form of communication as to the awareness of its state.

Intrigued and inspired by Buchanan’s work, American professor of geology William F. Denton conducted experiments to see if Psychometry would work with his geological specimens. In 1854, he enlisted the help of his sister, Ann Denton Cridge. The professor wrapped his



## Knowing School

Tokyo, Japan.

specimens in cloth so Ann could not see even what type they were. She then placed the wrapped package to her forehead and was able to accurately describe the specimens through vivid mental images she was receiving.

From 1919 to 1922, Gustav Pagenstecher, a German doctor and psychical researcher, discovered psychometric abilities in one of his patients, Maria Reyes de Zierold. While holding an object, Maria could place herself in a trance and be able to state facts about the object's past and present, describing sights, sounds, smells and other feelings about the object's "experience" in the world. Pagenstecher's theory was that a Psychometrist could tune in to the experiential "vibrations" or thought harmonics condensed or concentrated within the object.

Scrying, a term that is interchanged with Psychometry, is the practice of using an object, most commonly a reflective surface or translucent body, to aid perceived psychic abilities, such as clairvoyance. The media often used to "see" are water, polished precious stones, crystal balls, or mirrors. Scrying, in this context, uses a "visual" process. There are some who believe the art of scrying is not limited to the use of reflective or translucent bodies only, but includes other media. Scrying has been used in many cultures as a means of seeing the past, present, or future; in this sense scrying constitutes a form of divination.

In his book *The Holographic Universe*, Michael Talbot says that psychometric abilities "suggest that the past is not lost, but still exists in some form accessible to human perception." With the scientific knowledge that all matter on a subatomic level exists essentially as vibrations, Talbot asserts that consciousness and reality exist in a kind of hologram that contains a record of the past, present and future; psychometrics may be able to tap into that record. All actions, Talbot says, "instead of fading into oblivion, remain recorded in the cosmic hologram and can always be accessed once again."

## Knowing School

Tokyo, Japan.

### **Psychic Impressions – Scrying**

The older term for this phenomenon is scrying. Scrying comes from the Old English word *descry* meaning "to make out dimly" or "to reveal." Adding the prefix/suffix "be" (often "gye" in Germanic languages), gives us the modern word "describe."

It is generally thought that Psychometry (scrying) is a natural power of the human mind. Some scryers feel that they act as an "instrument" and that spiritual guides do the actual scrying. In some cases if a scryer has been handed an object of someone who recently died of illness, the scryer may suddenly and temporarily suffer from symptoms of that illness. Psychometric impressions may come in the form of emotions, sounds, scents, tastes or images. Scryers are sometimes unable to hold certain objects because of that objects past; for example, if the object had been used in a violent crime. In all cases the impressions or visions are usually very rapid in nature. The visual images occur with no logical sequences but all align to the intention of a specific message.

Psychometrists usually experience a temporary loss of energy and an increase in body temperature when scrying. Some scryers report an irregular heartbeat. Scrying can also be viewed as a form of mediumship, messages allegedly coming from another realm.

### **The Art of Scrying**

Scrying can be an auto-deepening trance process that progresses in stages using tools such as a crystal ball, mirror or other object. Initially, the object serves as a focus for the attention, removing unwanted thoughts from the mind in the same way as a mantra. Once this is achieved, the scryer begins a free association with the perceived images. The technique of deliberately looking for and declaring these initial images aloud, however trivial or irrelevant they may seem to the conscious mind, is done with the intent of deepening the trance state, wherein the scryer

© Copyright 2007-2016 Gary Bonnell and Knowing Inc. All Rights Reserved.  
Never reproduce, republish or disclose to the third party/person without written permission.

## Knowing School

Tokyo, Japan.

hears their own disassociated voice affirming what is seen within the concentrated state in a kind of feedback loop. This stream-of-consciousness process culminates in the achievement of a final and desired end stage in which visual images and dramatic stories seem to be projected within the mind's eye of the scryer, like an inner movie. This overall process reputedly allows the scryer to "see" relevant events or images within the chosen medium.

Scrying has been used for thousands of years by different cultures. Ancient Egypt used scrying in their Initiations. This included water scrying, dream scrying, oil scrying, and mirror scrying. One legend states that the goddess Hathor carried a shield that could reflect back all things in their true light. From this shield she allegedly fashioned the first magic mirror to "see."

In ancient Persia, the *Shahnama*, a semi-historical epic work written in the late 10th century, gives a description of what was called the Cup of Jamshid, used in pre-Islamic Persia, which was used by wizards and practitioners of the esoteric sciences for observing all the seven layers of the universe (their belief of creation).

Ancient Greeks and Celts practiced scrying using beryl, crystal, black glass, polished quartz, water, and other transparent or light catching bodies. Nostradamus is believed to have employed a small bowl of water as a scrying tool into which he gazed and received images of future events. Alchemists Edward Kelley and John Dee employed a form of scrying using a small crystal ball, or shewstone - a piece of polished obsidian. The crystal ball and wax tablets used by Dee and Kelley are on display at the British Museum in London.

*Psychometry - Psychic Gifts Explained*, likens the ability to a tape recorder, since our bodies give off magnetic energy fields. "If an object has been passed on down the family, it will contain information about its previous owners. The psychic can then be thought of as a tape player, playing back the information stored on the object."

## Knowing School

Tokyo, Japan.

Mario Varvoglis, Ph.D. at "PSI Explorer" believes that Psychometry is a special form of clairvoyance. "The individual performing the Psychometry," he writes, "may gain psychic impressions directly from the person to whom the object belongs (through telepathy) or may clairvoyantly learn about past or present events in the life of the person. The object may simply serve as a kind of focusing device which keeps the mind from wandering off in irrelevant directions."

**Psychometry is one of the first natural paranormal abilities to express when an individual has released most of their inner conflicts.** Everyone, without exception, has this ability as a Triadic soul in a Dyadic form. Many confuse this ability with empathic awareness. While both abilities share similar dynamics, they are very different in how the information is acquired and processed.

### **Suggested Procedure –**

It is important to know that you will automatically begin to experience scrying or psychometry as you release more inner conflicts. The following exercise will not release inner conflicts, but is a process through which you can begin to unblock the necessary awareness to use this important ability.

You will need a test object that is given to you by another person. Preferably, the object should be something a person has had in his/her possession for a long time.

Many researchers believe that objects made of metal are best, theorizing that they have a better "memory" given their ability to hold electromagnetic energy.

It is best if the object is placed in an envelope until you are ready to divine its history. The object can be anything. It is important that you do not directly handle the object until you are of a

## Knowing School

Tokyo, Japan.

centered mind. Have a small piece of fabric that you can reach into the envelope with, wrapping the object to insulate it from your touch. Place the object within arms length next to your regular meditation area.

Sit in a relaxed position with your eyes closed. Rest your hands in your lap with your palms facing up and focus on your breathing.

After five minutes of light meditation, with your eyes only slightly open, reach for the object. Unwrap it and hold it in your left hand. With your eyes still slightly open, allow impressions from the object to enter the delicate nerve tissue at the center of your left hand.

Imagine that the object's memories are bundled in complete associated feelings, emotions, tastes, smells, sounds and images. Imagine them as small spheres of energy, tightly concentrated and radiating energy. Allow them to be absorbed into the center of your left hand.

Notice that the sphere of energy is dissolving as its associated feelings, emotions, tastes, smells, sounds and images move into the nerve paths leading into the base of your brain. As images and feelings come into the back of your head, your brain stem, notice that your mind is being excited with sudden awareness.

As the images become recognizable, speak them aloud.

It is best to have a recording device as opposed to making notes.

Do not process the impressions you are getting. Say whatever you see, hear, feel or otherwise sense as you hold the object. As in all work of this nature, do not judge the impressions being released to you from the object. Some impressions will be vague and others might be quite detailed. Do not edit - speak them all. Avoid the tendency to guess at the history

## Knowing School

Tokyo, Japan.

of an object by the way it looks. Often the most unexpected images are likely to be most correct.

This is not about being accurate; this is about developing the ability to listen to the intelligence in all matter. Even the most renowned psychometrists have an accuracy rate of 80 to 90 percent; that is, they are inaccurate 10 to 20 percent of the time.

# Knowing School

Tokyo, Japan.

## Week 23

### **Blending Mystical Abilities into Daily Life**

**Learning Outcome** – The integration of mystical knowing, or the macro view, into every aspect of the human experience while maintaining the foundation of the relationships and enterprise that have been established as the foundation and pattern of life.

**Hypothesis** – Everything is spiritual – every thought, word and action. It is impossible to compartmentally segregate creation into things that are exclusively spiritual or solely non-spiritual, i.e., good/bad; right/wrong; me/them, etc. are misnomers. Once we begin to think in whole (Universal Mind) terms, in a non-judgmental manner, we process our experience as one form of being – Everything is connected through universal mind as one part of a whole.

In this sense, **life is simple, everything is the same.**

When we live in this manner our direct intention is identical to our commanded circumstance and manifest forms – We are living to our purposeful needs as sovereign beings. No other individual or circumstances can influence us or has power over us when we live life from universal wholeness.

**The only influences or powers that sway our experience toward the positive or negative are those that we allow. Living the center path through wholehearted knowing relieves the pressure of life. The technique for doing this is to know that extremes of any condition or circumstance will pass, each turning into the other.** When you feel any contraction toward negative or an expansion toward positive, mentally acknowledge, “This too shall pass.” Once you have gained your center point you will be able to experience life from several dimensions simultaneously.

## Knowing School

Tokyo, Japan.

When we are free of conflict, life is whole and simple. We are aware of the very real connection our soul consciousness and Dyadic awareness has in our conscious awareness and can immediately know all that is needed to live a full and meaningful life.

Because you are a Triadic soul – an unalterable First State Being – this world of form must meet your every direct intention driven command. When we function from expectation instead of direct intention, our life circumstances and manifestations more resemble the inner conflicts and unresolved past-life influences that are distorting the soul and Dyadic life force energies. In this state, our conscious awareness, or that aspect of our human experience that is in the world of form, cannot manifest to purposeful needs. As we release our inner conflicts, we also complete any unresolved (karmic) past-life issues that are linked to those inner conflicts. Once this takes place, expectations are released in favor of direct intentions and we are once again sovereign beings. In this state we experience all life as our egoless self – we are one with life.

We can only satisfy expectations through eternal? Or external? validations. If we are left without expectations being met or validated, we further block the flow of energy from Super Subconsciousness. Mind and consciousness enjoin as one expression through conscious awareness. Missed expectations block highest and deepest energies from paring within conscious awareness. With direct intention, we are self-validating – with full mind and consciousness expressing as one through our human awareness. This is a form of spiritual invulnerability, of **being in the world and not of the world**. This is why all spiritual teachings suggest that we must drop expectations to achieve self-realization and attain enlightenment.

With direct intention we are living from the center of our being, that place that connects all aspects of our being as one point of focus. Our conscious awareness extends beyond the boundaries of consciousness/unconsciousness into super consciousness and super sub consciousness. In this state we are one single point of knowing, a center point that bridges soul consciousness and Dyadic awareness as invulnerable mind.



### Center Point Awareness

If you are to successfully integrate mystical studies into the normal activities of daily life it is so important to develop a center point of balanced awareness. This should be a point within your mind that connects soul consciousness and Dyadic awareness, a bridge between the two dynamics that allow you human life. This center point is the reference from which you live in the world and not of the world's influence. In this state **you become truly invulnerable to the distorted energies of other life forms and can begin to see those other forms and the world in general as it truly is – a place of joy. Without a center point of balanced awareness, it is impossible to release the conflicts and unresolved past-life influences that keep you from knowing.** In The Lemurian and beginning Atlatian cultures there was a study devoted exclusively to centered conscious awareness.

As the Lemurians shifted from their last cycle (separation) into the beginning cycle of Atlatia (unity) they gifted the Atlatians with a symbolic language that included extremely powerful images that generated energy. This symbol knowledge was thought to be lost after the Atlantic Ocean flooded the valley of what is now the Mediterranean Sea. The system was taken into the Sumerian and Greek cultures and then later was revived by Chaldean mystics, and then Cultus Abraxus and finally by the White Brotherhood.

One of those thirteen images was brought forward in time to ancient Egypt by Thoth and is called the Anth Tah Karth Anath Hah (later called, the Antahkarana).

This is the Center Stone of the pyramid – the actual stone resting at the exact center point of the Great Pyramid is the ANTH TAH KARTH ANATH HAH – A white granite block fully engraved with the multi-dimensional image of the “Bridge” between realities – the Center Point. This stone was the first stone to be laid on the foundations of the three pyramids on the Giza plane. The ancients knew the generative powers of these Center Stones and would bring individuals suffering from mysterious illnesses into the central upper chamber (Queen's chamber) where they would spend time in meditation until the illness abated.

## Knowing School

Tokyo, Japan.

The Ankh symbol is one of the original thirteen generators, or thought amplification symbols used by the Lemurians and Atlantians. Interestingly, a Guardian Stone (a circle crossed equally in both directions) rests as the center stone of the Great Sphinx.

Like all thirteen of the Lemurian symbols, the Antahkarana **symbol itself generates its own power without having to be given significance by the person viewing or using it.** Several European mystics of the Eighteenth and Nineteenth centuries popularized the Antahkarana symbol amongst students of mysticism and later the occult through Waite and his student Crowley.

**Because the Antahkarana actually generates balanced energy, in later generations of mystics, it was primarily used as a healing device, or better said, an amplifier of healing intentions. When doing healing work, it focuses and deepens the actions of the healing process by aligning and balancing the energy of the core chakras. This brings immediate relief to the Etheric form and Astral body from the spiraling effect of misaligned core chakras.**

A group of adepts took the thirteen symbols to Tibet and China to be used by the Lemurian remnant residing at higher altitudes. In those cultures it was used primarily as a meditation device. When meditating with the symbol on your person or close by (some pillows were made with the symbol embroidered into the fabric), it automatically creates what Taoist alchemists call, the Great Microcosmic Orbit, in which spiritual energies travel upward from the base chakra up the spine, over the crown chakra, then down through the front of the body to the base chakra and back up again, continuously moving in an orbiting fashion around the core chakras. This action balances the chakras and prevents too much energy building up in one or more chakras.

As we focus our minds through mystical study, the ideas and beliefs that once built our inner image give way to an expanded knowing of exactly who we are as sovereign beings. This expanded sense of self allows us to actualize our existence to purposeful needs. In this state we

## Knowing School

Tokyo, Japan.

are all that we can be in every moment.

### **Suggested Procedure –**

This course of study uses the Antahkarana symbol for centering conscious awareness as an integration point for mind/body and then to amplifying intention. There are two versions of the symbol – female and male. Each symbol is used each time you meditate – the female for bringing balance to feminine energies and the male for masculine energies. Our actual gender has little to do with any imbalances between our male and female aspects. Imbalances in yin and yang usually happen as a result of missed expectations and a lack of personal acknowledgment by ourselves and others.

Prepare for the meditation with a simple ritual cleansing of face and hands. Focus on the intention of opening to a center point awareness while you are preparing for the cleansing ritual and Antahkarana meditation.

Things you will need:

1. Ritual towel
2. Ritual bowl
3. Lavender essential oil
4. Color copy of each Antahkarana symbol (minimum size is print below)
5. Paper and colored pencil

**Preparation:** The room should be dimly lit. Either low lighting or an unscented candle would be fine. Place your ritual bowl on a low table or on the floor in front of you. The water should be as cold as you can get it. If you use ice to cool the water down, remove any frozen pieces before beginning the ritual.

## Knowing School

Tokyo, Japan.

**First Step:** Place the bowl filled half full with cold water so that it will be directly in front of you, with the towel half way between you and the bowl. Place the vial of lavender oil off to the right-hand side of the towel. Place the symbols together off to the left side of the towel.

**Second Step:** Sit for a moment and focus on your breathing until you feel the tensions of the day falling away.

**Third Step:** With your mind centered on your intention for meditating dip your hands into the bowl cupping enough water to lightly splash onto your face. Softly state,

**“I AM centered awareness personified.”**

Without drying your face, pause, and then dip your hands in the bowl cupping enough water to spill back and forth between each hand. Softly state,

**“I AM allowing universal mind to easily pour through me into this world as truth and wisdom. I AM.”**

**Fourth Step:** Unfold the towel, first blotting your hands dry and then your face. Do not rub. Refold the towel, returning it to its resting place. Open the vial of lavender oil, placing a drop on the middle finger of the left hand. In one steady movement, touch the tip of your finger over the third eye position on the forehead leaving lavender oil on the skin. With your fingertip still on the skin, say softly,

**“I AM centered awareness of life. I AM.”**

Place the tip of your finger at the center of your right palm, rubbing the remaining oil in a clockwise circle. Say softly,

## Knowing School

Tokyo, Japan.

**“I AM in harmony with all life. I AM.”**

**Fifth Step:** Touch the middle finger of your left hand to the hollow of your right wrist. Then touch the middle of your right palm to the hollow of your left wrist. Then with your left wrist over your right wrist, gently rub the lavender oil into each wrist. Softy state,

**“I AM, that, I AM.”**

**Meditation:** The following meditation focuses on Center Point Awareness – that still small point within our being that is perfectly balanced masculine/feminine, yin/yang. Carry this intention into this meditation as a concentrated focus. Be very diligent in gently pushing other thoughts away in favor of this center point awareness.

**Sixth Step:** Gently place the female Antahkarana symbol so that it leans upright against the front of the bowl. (It would be best if you could see the surface of the water just above the symbol.)

**Seventh Step:** Sit so that your spine is lifted upward. Focus on your breathing for three complete breaths.

With half open eyes, gaze without blinking at the center of the female symbol for seven complete breaths (one for each of the chakras). Close your eyes, notice the image still in your field of vision. Focus on that image for seven complete breaths while inviting the energy being generated by the symbol to move into the point just above your heart chakra. Let the Antahkarana energy rest above your heart chakra.

## Knowing School

Tokyo, Japan.

**Eighth Step:** Replace the female symbol with the male symbol.

**Ninth Step:** With half open eyes, gaze without blinking at the center of the male symbol for seven complete breaths. Close your eyes, notice the image still in your field of vision. Focus on that image for seven complete breaths while inviting the energy being generated by the symbol to move into the point just above your solar plexus chakra. Let the Antahkarana energy rest above your solar plexus chakra.

**Tenth Step:** Half open your eyes. Without blinking gaze at the male symbol for seven complete breaths. Close your eyes and focus on the image for seven complete breaths. With each breath, urge the male energy resting just above your solar plexus to join the female energy resting just above your heart chakra.

**Eleventh Step:** Leave the male symbol in place but slightly to your right off center. Place the female symbol to the left of the male symbol. They should both now be centered on the bowl.

**Twelfth Step:** With half open eyes, gaze without blinking at the female symbol for seven complete breaths. The male symbol will remain slightly in your peripheral vision next to the female. Close your eyes, notice the images of both symbols still in your field of vision. Focus on that combined image for seven complete breaths while inviting the energy being generated by the symbols to move into the point just behind your third eye chakra. Let the Antahkarana energy rest behind your third eye chakra.

## Knowing School

Tokyo, Japan.

**Thirteenth Step:** Half open your eyes. Without blinking gaze at the point between both symbols for seven complete breaths. Close your eyes and focus on the image for seven complete breaths. With each breath, urge the female and male energy resting just above your heart chakra to join the combined energy resting just behind your third eye chakra.

**Fourteenth Step:** Feel the energy of center point awareness just behind your third eye chakra. This center point awareness looks out through the third eye to see the holographically layered world without bias or judgment.

**Fifteenth Step:** Focus on your breathing. Feel the energy of clarity expanding across your forehead. With the colored pencils and paper, take a few moments to doodle any image that comes to your conscious mind. It is not important to have a complete image or design more than it is important to let your pencils draw. Take whatever time you need. There are no rules: the images could be a simple line or a detailed set of images.

# Knowing School

Tokyo, Japan.



# Knowing School

Tokyo, Japan.

Knowing School

Tokyo, Japan.

# Reference—1

## Vision Quest

© Copyright 2007-2016 Gary Bonnell and Knowing Inc. All Rights Reserved.  
Never reproduce, republish or disclose to the third party/person without written permission.

## Knowing School

Tokyo, Japan.

**Vision Quest:** This will require one full day – twenty-four hours of sleepless contemplation. In our modern world, many individuals who take up the task of communicating with their spiritual guides and helpers do so as part of a greater spiritual program. In ancient tribes, a vision quest was taken by each child as they entered puberty. The purpose of all vision quests is for the participant to gain a direct communication with the unseen guides and helpers that guide and inspire them as they journey here on Earth. This communication can be through gentle inspirations, sudden spiritual epiphanies, blinding luminosities, or incontrovertible spirit guide messages. Whatever form the transmission takes, the seeker knows they have been given new information with which to continue their life's journey.

In this study program the vision quest is used to help the individual prepare for the final period of their life on Earth. For some the time they have left might be counted in decades, while for others their time might be only a few years. Whatever their time, they have taken the vision quest to accelerate a deeper knowing of life that will allow them to radiate gratitude and joy into all they observe and do. Some individuals gain sudden and very precise details of what is to unfold for them for the balance of their life, while others might find they must interpret symbolic information. In the latter, it is important to note that taking the time to faithfully interpret symbolic communication is an important aspect of the communication itself. No matter the method of transmission, the information usually indicates a specific state of mind or an attitude, or even a lifestyle that is to be focused on for the duration of their time on Earth. It is extremely important to note that once this channel or new form of communication is established, it must not be ignored or broken. Discounting the validity of the information or willfully breaking off the relationship would leave the seeker with a constant background feeling of being disconnected from a sense of self.

## Knowing School

Tokyo, Japan.

Most vision quests require a semi-trance state of mind or an altered state of awareness. This is so because it is important for the vision quest to be focused on supernatural conveyances of information. Simple forms of meditation and breath work are used to induce this semi-altered state, states of mind that can be easily shifted back to full wakeful reality if need be. In this course of study the seeker is asked to use any of the meditation methods or breathing techniques introduced to this point in the study.

Some people take a full Friday off from all activities – work and home – to devote to this day of contemplation. This allows them to be with family and friends over the weekend. They begin and end the twenty-four hour period at sunrise on Friday and sunrise Saturday morning with the hong sau meditation. No ordinary activities are done for the twenty-four hours. All food and environment preparations are done before the vision quest begins. The following points must be adhered to:

- Set your physical boundary for the time you will spend in questing. A small room or well-defined outdoor area is best. Some people stay in a hotel room to be away from their normal distractions. Make certain that you like the room and clear it of any lingering negative energy left by previous guests. If you decide on the outdoors, be very selective and choose knowing that you will remain in that area for twenty-four hours. Traditionally, the person on the vision quest draws a circle in the earth as their boundary. Once you decide on the venue, take a moment to bless it with the deep respect you have for the intelligence in all matter and conscious life.
- No manufactured clothing can be worn. Clothing is an eternal display of inner self- image. It is preferable that the vision quest be done with just a light cotton wrap, such as a kimono or summer robe, or better still, in the nude as is the tradition. The crown chakra must be covered. A comfortable cap or hat is acceptable or a scarf. This insulates the crown chakra from the subtle thoughts and emotional energies of others. The traditional prayer shawl of light wool on one side and silk on the other is best. Once you decide on

## Knowing School

Tokyo, Japan.

the clothing you will wear, take a moment to bless them with the deep respect you have for the intelligence in all matter and conscious life. If you quest in the nude, bless your skin as the outer expression of your soul.

- No animal products can be used for consumption or worn as clothing.
- Gather your questing supplies. Candles, incense, light foods of vegetables, fruits, nuts and plenty of water. No stimulants or depressants, such as, caffeine, sugar and alcohol. If you are under the care of a health professional, take all medicines, including anti-depressants. No Music of any kind. You can use a shamanic drum beat or a constant repetitive mantra that is constant in beat and tone. It would be better if the drumming or mantra was of your own making – recording your voice or drumming. Bless all the material objects that will be used in your quest with the deep respect you have for the intelligence in all matter and conscious life.
- Set up a designated area for writing and ritual work. This could be a small table or a desk. This will be a sacred spot and should be clear of all other mundane materials while you are questing. Bless this sacred place and imbue it with a sense of reverence as the meeting place of body, mind and spirit.
- Decide on where you will meditate or do conscious breathing exercises. Choose a comfortable chair or configure pillows that will support your body in lotus or half lotus position.

**There are additional information about Vision Quest on p138**

© Copyright 2007-2016 Gary Bonnell and Knowing Inc. All Rights Reserved.  
Never reproduce, republish or disclose to the third party/person without written permission.

# Knowing School

Tokyo, Japan.

## **Vision Quest Structure:**

**First** – Setting the intentions. Take a moment to affirm that you are happy with yourself just as you are and that any further knowledge of your place in creation will only add to your self-joy and self-acknowledgement. Reaffirm that you seek a greater understanding of life that you might, in turn, help others find a greater sense of their own journey to resolution and completion.

**Second** – Acknowledging a purpose greater than your immediate concerns for life compliments and further sets your intention. This could be any vision you have for yourself that goes beyond what you now have as your general conditions and circumstance. Usually, this statement concerns the movement of yourself toward your potential as a fully awakened soul in human form. Write this statement down on a piece of paper and place it on your altar so that you can reread it as you progress through the quest. You might want to expand on the statement as your vision unfolds. Write a sentence of declaration for your vision quest intention on a fine piece of paper. This could be paper that would normally be used for celebration events, such as invitation cards or gift paper. Write this sentence on the area you have designated as your sacred place - altar. Once through, roll that piece of paper up in a tight roll, tie a string or ribbon around it and place it on your altar.

**Third** – Calling Avatars, guides, helpers and watchers – Use the method taught in the next page, “Ritual Steps”.

# Knowing School

Tokyo, Japan.

## Ritual Step

**Ritual Step One:** Take a moment (usually about 10-20 minutes) to set your personal intention for your commanding help from the avatars. In this particular ritual you are setting the intention to know beyond intellectual reasoning, to observe life beyond the senses and to radiate peace and harmony that it might guide, heal and inspire all you encounter.

You are the commanding force that sets the intention for your work with the avatars. They can only help you in ways that align to your intention. You can help set the working intention by bringing up altruistic feelings toward family, friends and colleagues, feelings that inspire generosity and gratitude. Dwell on your thoughts of intention until you feel a shift within. This could appear as a smile or sense of clarity.

**Ritual Step Two:** Burning incense will attract several different types of watchers and helpers. Burn some incense with the intention that its smoke will clear the air and that its fragrance will call beneficial devic, elemental and angelic entities to the setting. Invite them to be with you in support of the expanding energy of the room, making it hallowed ground.

**Ritual Step Three:** Once the energy of the area is set with intention, stand facing the rising sun (east). You will say the following words so that each word is spoken in each direction. The words are spoken with a commanding, strong voice.

## Knowing School

Tokyo, Japan.

Facing east say the first word, Ator (ATH HOR).

Turn to your right, facing south and say the second word, Malkuth (MALK UTH).

Turn to your right, facing west and say the third word, Vegevurah (VEH GEV HUH RAH).

Turn to your right, facing north and say the fourth word, Vegedulah (VEH GED HUH LAH).

Turn to your right, facing your beginning position (east) and say, Elohim (ELH O Heem)

Turn to your right, facing south and say, Ator.

Turn to your right, facing west and say, Malkuth.

Turn to your right, facing north and say, Vegevurah.

Turn to your right, facing east and say, Vegedulah.

Turn to your right, facing south and say, Elohim.

Turn to your right, facing west and say, Ator.

Turn to your right, facing north and say, Malkuth.

Turn to your right, facing east and say, Vegevurah.

Turn to your right, facing south and say, Vegedulah.

Turn to your right, facing west and say, Elohim.



## Knowing School

Tokyo, Japan.

Turn to your right, facing north and say, Ator.

Turn to your right, facing east and say, Malkuth.

Turn to your right, facing south and say, Vegevurah.

Turn to your right, facing west and say, Vegedulah.

Turn to your right, facing north and say, Elohim.

**Ritual Step Four:** Turn facing the east and state in a commanding voice,

**“YOD HEY, VAV YEH, IDO NAI, EH HEH YEH, AH GAH LAH, ATH HAH ONK.”**

Pause, then say,

**“I call upon (your avatars name is first in the list), Siddhartha Gautama Buddha, Mary Christ, Sananda Christ, Kuthumi Christ, Lanello Christ and Deserkara Christ to forever enjoin with my soul consciousness and Dyadic awareness that I might know and observe life to its fullest and that I willingly allow the radiance of pure joy as the demonstration of innocence that will guide all my relationships.”**

then say,

**“YOD HEY, VAV YEH, IDO NAI, EH HEH YEH, AH GAH LAH, ATH HAH ONK, ATON.”**

(The following paragraph is not contained in The Knowing Way Book or in Japanese text for the school) Once finished with the ritual, sit in your meditation spot and call on your avatar to open a direct channel to your guides that you will benefit directly from their joy-filled assistance. Command all those entities, elementals and angelic beings who help with your life’s journey to make themselves known to your conscious mind in a manner that is easy to understand, is healing, compassionate, gentle and kind.

## Knowing School

Tokyo, Japan.

### **Fourth** – Empowering the Quest –

Your true intention to live at ever greater knowing empowers your guides, elementals, devic and angelic entities to make lasting effects that inspire and propel you toward being all that it is possible for you to be – you must be what you can be. The last hour of the quest is devoted to writing your thoughts and feelings of the quest that those intentions manifest as your direct experience.

Finish the quest by standing in the middle of the space and recite the Grand Invocation that begins on the following page.

# Knowing School

Tokyo, Japan.

## Grand Invocation

*Per Spiritum Sanctum, qui est in Terra,*

Through the Holy Spirit indwelling on Earth,

*Per Duodecim Verba,*

By the Twelve Logos,

*accitu Conscientiae Christi -*

upon the call of Christ Consciousness –

*Ego iunxi, manifestus et incarnates sum;*

I AM enjoined and enfleshed;

*nomen sanctum redditum, Ego sum.*

Hallowed be the name, I AM.

*Ego sum ventum dominus,*

I AM sovereignty come,

*Ego sum signification gratiae qui daturum esse.*

I AM grace expressed will be done.

*Ego sum in Terra, etiamsi*

I AM on Earth, even as

*in omnibus regnis*

I AM in all kingdoms.

# Knowing School

Tokyo, Japan.

*Nunc Ego Creata genero,*

I AM this moment giving life to all Creation, even as

*etiamsi Creata Me generant.*

I AM all Creation giving life to Me.

*Nunc Ego ex omnibus pugnis effugio, etiamsi*

I AM this moment releasing all conflict, even as

*Omnes pugnae ex me effugunt.*

I AM all conflict releasing Me.

*Ego sum testis sine iudicare arcane.*

I AM the judgeless witness to each unfolding moment.

*Ego sum potestas ad misericordiam prona et laus*

I AM compassionated power, and

*Gratiae, et nunc et semper.*

I AM glory graced, from everlasting unto everlasting.

*Omnia,*

All this,

*Ego sum.*

I AM.

# Knowing School

Tokyo, Japan.

Additional Information and Guide for Vision Quest in Japanese .

# Knowing School

Tokyo, Japan.

Additional Information and Guide for Vision Quest in Japanese .

# Knowing School

Tokyo, Japan.

Knowing School

Tokyo, Japan.

# **Reference—2**

## **Fasting Program**

© Copyright 2007-2016 Gary Bonnell and Knowing Inc. All Rights Reserved.  
Never reproduce, republish or disclose to the third party/person without written permission.



# Knowing School

Tokyo, Japan.

## **The Fast:**

Fasting has been an important aspect of spiritual training for thousands of years, in every culture and religion. The primary reason for fasting is to break the connection of our personality/ego with the foods and food habits we have developed in response to social consciousness. Certain eating habits keep us tied into the cultural and social behaviors that empower inner and collective conflicts. Conflicts keep us from knowing the more expanded view of life and our greater individual purpose within the collective human experience.

## **Do not fast if you are know to be hypoglycemic or diabetic.**

Fasting is to be done with careful consideration for the condition of your physical body, the amount of energy you will need to perform all family and social obligations during the fast schedule and the mental clarity required to fully benefit from the spiritual aspects of the fast. The most desired circumstances and conditions for fasting would be the minimum amount of physical activity and personal interaction during the fasting period. A retreat to an ashram or temple or even a fasting center for complete introspection gives a deep intimate glimpse of who you are as a person. If you must work, keep your physical activity to a minimum, limiting strenuous activity and mental stress. Remember that your emotions will be at the surface and that you will be hyper sensitive to your surroundings, especially if the fast is a week long.

**Keeping a fasting journal** – It is important to understand that this fast is about your intention to know yourself – your body and mind – at a deeper more intimate level. Interaction with family and friends might produce release of inner conflicts kept down through negative eating habits. We often eat in response to our emotions which are driven by inner conflicts. During fasting

## Knowing School

Tokyo, Japan.

periods our body's chemistry change alters our overall mood. Emotions, sometimes unexplainable, will surface as the subtle energies in your body become more active. It is important to feel those emotions and not suppress them in the most appropriate way. Keep a journal of all your sudden emotions and associated thoughts. Notice if emotions surface during certain times of the day more than others. Make a note of any food cravings, especially those that present during any particularly high emotional periods.

We all want to be acknowledged for who we are as beings, not for what we do or what we have. Feelings of hurt associated with a lack of acknowledgement from others often surfaces as anger. Understanding this dynamic is very important. Almost all negative emotions can be assigned to a lack of personal acknowledgement (internal validation) and acceptance and the acknowledgement by others (external validation) for who we are as an individual.

**A final note:** In a balanced body, our digestive system naturally takes care of the amount of toxins and food wastes that accumulate in the soft tissue and organs. Food waste and food toxins have certain harmonics that can interfere with mental clarity and overall consciousness. Fasting helps the body rid itself of these lingering interferences. If you have had to ingest harsh medicines, such as antibiotics or chemotherapy your body needs to have help in sloughing off the residue of pharmacology. This fast will help.

### **Warnings:**

**Be personally responsible for your fast.** Do not fast if you suffer from a serious physical or mental chronic illness. If you are in doubt, consult with your health professional.

It is highly recommended that you consult a physician before prolonged fasting, liver or colon cleansing or altering the intake of carbohydrates by dramatically reducing the fat to carbohydrate

ratio, especially if you are more than twenty percent above the ideal weight for your body type. In short, be very responsible to your body. It is your most important relationship.

The side benefits of fasting from foods are numerous, including, the cleansing of toxins that have built up in body tissues and organs.

It is important to be very careful not to detoxify too quickly on your fast. Keep liquid intake at your minimum level – about one or one and a half liters each day for most people. It is dangerous to drink too much liquid while fasting.

If you smoke or use other tobacco products, only cut back, do not quit during the fast. If you have fourteen or more alcoholic drinks each week, cut back to one drink each day. If you have one drink a day cut back to one every other day. If possible do not drink alcoholic beverages of any kind.

Do not drink power drinks that give sudden boosts of energy. The sugars and caffeine will dramatically alter your blood sugar levels.

### **Normal Fasting Materials:**

- A jar with a twist on lid
- Fresh water source – bottled water is fine
- A sweetener, such as, grape juice concentrate or honey
- Three 1.5 liters of fresh vegetable juice. You can make your own juice as you need it. Make certain that there is no fruit or vegetable pulp in the juice.
- Soft natural bristle bathing brush (a dry rough cloth is okay)
- *Lactobacillus acidophilus*

# Knowing School

Tokyo, Japan.

- digestive enzymes
- laxative

Optional-

Bentonite and psyllium husk

## **Emergency Fasting Materials:**

(These materials are used only if you have a blood sugar emergency.)

- Orange juice
- Two hard boiled eggs
- Tofu

## **2-3 Days Before Fasting:**

- Eat several smaller meals instead of having three planned meal times.
- Only eat cereal grains, nuts, fruits and vegetables. Some sprouted or whole grain bread is okay. Avoid all forms of wheat pasta. No animal products of any nature, including soup stocks. Rice porridge is allowed.
- After bathing and drying off, lightly brush your skin head to toe with your soft bristle brush. This will stimulate your body to release deep toxins.

## **1 Day Before Fasting:**

- Take a gentle laxative, herbal is preferred. It is best for cleansing if your colon is close to empty. Colonics or enemas are okay.

© Copyright 2007-2016 Gary Bonnell and Knowing Inc. All Rights Reserved.  
Never reproduce, republish or disclose to the third party/person without written permission.

# Knowing School

Tokyo, Japan.

## General Instructions for Each Day:

- Continue to dry brush your skin after bathing
- Only drink 8 ounces of juice three times each day for the first three days
- Chew all your liquids
- Take five minutes of conscious breathing several times each day; once each hour is best. Imagine that chi is hanging in the air in front of your nose. Select only the brightest points of chi into your nose. As you exhale, imagine toxins from your blood leaving as the expelled gases.

## Days One, Two and Three:

Take the lactobacillus acidophilus supplement (and digestive enzymes) with your first glass of juice

- If you feel tired or weak, take a moment to consciously breath chi into your body.
- Plan when you will drink your three glasses of juice and stick to the plan.
- Do the hong sau breathing technique for twenty-fourty minutes in the early evening

## Day Four, Five and Six:

- All of the above items for days 1-3
- Instead of three juice drinks, mix one table spoon of sweetener with each of the three glasses of water.
- Remember to chew your liquids.

## Day Seven:

- All of the above items for days 1-3
- Stop using the sweetener with your water. Cut your liquids in half.
- ✘ The plain water is considered as meal, therefore, take 1 to 1.5liter of water aside from your meal.

# Knowing School

Tokyo, Japan.

## **For the First 2 Days after the Fasting Schedule:**

- Eat soups and steamed vegetables.
- Use fruit juice as an energizer. It could be veggie juice as well.

## **3<sup>rd</sup> Day after the Fast:**

- Eat several smaller meals instead of having three planned meal times.
- Only eat cereal grains, nuts, fruits and vegetables. Some sprouted or whole grain bread is okay. Avoid all forms of wheat pasta. No animal products of any nature, including soup stocks. Rice Porridge is allowed.

## **4<sup>th</sup> Day after the Fast:**

- Slowly add back foods that you enjoyed before fasting. Limit the amount of mammalian meats.
- From this point forward, when possible, use vegetable proteins as a substitute to red meat.

## **If at any time that you feel light headed or feel a panic feeling do one of the following:**

- Slowly sip 30cc of orange juice. Chew each sip.
- Slowly eat the egg white of two hard boiled eggs. Chew each bite until it becomes a liquid.

## Knowing School

Tokyo, Japan.

- Slowly fry a small cube of tofu in olive oil. Chew each bite until it becomes a liquid.

General warnings are written in Japanese: Not to push yourself too much, be careful not to stand up so suddenly, there might be chance of fainting. It is important for you to fully observe your mind and body, to know what you're feeling.

### **Modified Fast**

For those with a chronic condition other than diabetes, a modified fasting schedule can be helpful in releasing toxins in deep tissues and organs and effective in regaining a balanced digestive system.

Replacing the evening meal with water and meditation for a seven day period will help the body in releasing and balancing. Chewing your evening water makes it a meal. Your digestive fluids combine with the water to make it more than just a glass of H<sub>2</sub>O. Also, practice breathing in chi as described in the fast.

If you can fast for one day each week for seven weeks, follow the general fasting plan.

Investigate other alternative fasting programs that are available over the internet or library. No matter which fasting program is best for you, the combination of meditation, conscious breathing and fasting is extremely helpful to your body.

<Additional Info on actobacillicus acidophilus supplement, and digestive enzymes in Japanese>

If you are taking any kind of pills, break the pills to pieces.

## Knowing School

Tokyo, Japan.

<Additional Info on actobasillicus acidophilus supplement, and digestive enzymes in Japanese>

Available Web sites, tips on how to purchase, which products to look for on:

Actobasillicus acidophilus

Digestive enzyme- Papaya Enzyme

Laxative

Supplements- It is okay to take vitamins and minerals. Niacin warms your body. Although, Vitamin B-complex may cause nausea- not recommended during fasting.

Bentonite (Optional)



## Knowing School

Tokyo, Japan.

<Continuation of Additional Info on Bentonite in Japanese>

<Other Additional Information on Fasting in Japanese>

# Knowing School

Tokyo, Japan.

< Fasting Program Explanation Chart in Japanese >

Knowing School

Tokyo, Japan.

# Reference—4

## Week20

### Hands' Aura

© Copyright 2007-2016 Gary Bonnell and Knowing Inc. All Rights Reserved.  
Never reproduce, republish or disclose to the third party/person without written permission.

# Hands' Aura

Hands Aura-1



Hands Aura-2



Hands Aura-3



Knowing School

Tokyo, Japan.

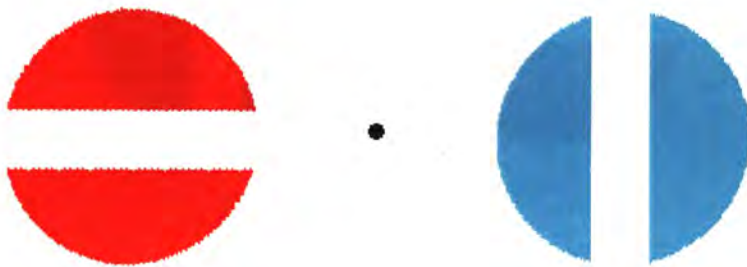
# Reference—4

## Week20

### Concentration Exercise

© Copyright 2007-2016 Gary Bonnell and Knowing Inc. All Rights Reserved.  
Never reproduce, republish or disclose to the third party/person without written permission.

**First Concentration Exercise**

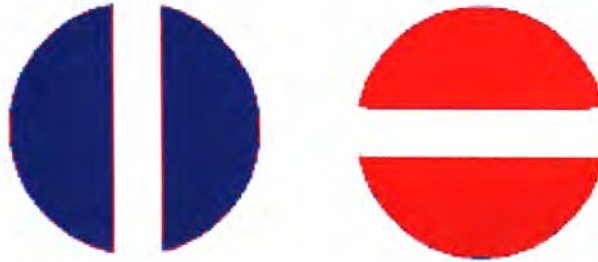


# Knowing School

Tokyo, Japan.

© Copyright 2007-2016 Gary Bonnell and Knowing Inc. All Rights Reserved.  
Never reproduce, republish or disclose to the third party/person without written permission.

**Second Concentration Exercise**





# Knowing School

Tokyo, Japan.

© Copyright 2007-2016 Gary Bonnell and Knowing Inc. All Rights Reserved.  
Never reproduce, republish or disclose to the third party/person without written permission.

# Knowing School

Tokyo, Japan.

Knowing School

Tokyo, Japan.

# **Reference—5**

**Week23**

**Antahkarana**

© Copyright 2007-2016 Gary Bonnell and Knowing Inc. All Rights Reserved.  
Never reproduce, republish or disclose to the third party/person without written permission.

The female Antahkarana (p118)



The male Antahkarana

