

Chapter 3: Do this while I wait

Annette had time to go to the studio Tuesday and Thursday mornings. Really she made the time, scheduled time where she should be there giving at least eight hours per week to make her work. If she had the energy to go outside of her job hours and time with Darien or other family members it was a bonus. This is how she structured a small percentage of her life to maintain her identity as an artist. Over recent months her time in the studio had been relatively unproductive but she was getting pretty good at doing meditation tapes while lying on the floor instead of making work or focusing on applications. She didn't know if she could turn it into a kind of inquiry or justify it by saying something about how all studio activity is artistic activity but it was becoming a part of her routine taking her 8 hours of studio work per week down to 4 hours studio work + 4 hours meditation tapes. The good thing was that the meditation tapes did encourage a lot of visualization and she thought she might start to make artworks from the various containers and instruments of psychic manipulation, imagined by the limited mental vocabulary of someone whose primary object interfaces were with digital technology and not "things".

Recently she'd started to pause the meditation tape at the point in which the narrator says he will wait while the student considers the proper type of container for their excessive thoughts and material concerns. She liked to sit there in the conjuring space and had started to spend an increasing amount of time accumulating tools.

The guided meditation tapes she had been listening to were sent to her by a friend who was constantly scouring the internet for interesting finds related to witchcraft, the zodiac and new-age forms of mental training exercises. This same friend had gotten pretty good at hexes and was dabbling in casting spells and other rituals that Annette found interesting but was not as willing to get deeply into, often for her, knowing about the existence of something was enough. She felt that some things should remain unknown to her so she could continue to be only partially aware of them and allow them to remain mostly mysterious to her. Annette loved to hear her friend talk for hours about her latest interest and the deep dives she reported into various corners of esoteric traditions. Maybe it was boredom that prompted Annette to start doing these meditations or maybe it was her curiosity about what magical powers she might have been suppressing, but she asked her friend for the files and illegally downloaded the files onto her phone.

There were six tiers to the lessons, all aimed at building a skill set for the listener which would train the mind to expand its reach and enable total control of one's personal energy-system as it connects to the energy systems of the universe. Some version of this training program had been used to train agents working for the CIA to practice remote viewing, a form of espionage that could be practiced without sending any physical equipment or personnel into harm's way. Annette thought maybe this is how she would unlock her psychic powers which she had longed for so deeply as a child.

The idea was to progress through each lesson in the 6 tiers of the program sequentially, repeating a lesson as many times as was required for the student to have a sense of mastery over the skills shared. Once the first lesson was fully absorbed, the student would go on to the next, repeating as many times as necessary and so on.

When she first started this practice, Annette diligently worked through the first four lessons, practicing daily, sometimes twice a day. It was new and exciting and she wanted to see if she could unlock her superpower like so many TV heroines before her, she just had to find the key to her magical metamorphosis. She was aware it likely wouldn't involve wiggling the tip of her nose, turning into a puddle of goop, an animal or making a special gesture. Some things happened for her during this flurry of enthusiasm: she thought she saw and met her great grandmother, she felt and worked through blockages in her energy system (unnamed but perceived blocks) and she practiced counting techniques during stressful moments at work or before her weekly phone call to her mother.

This is the first step along your path to discover your portal, a portal beyond which is discovery, your own discovery of who and what you are, of reality, of the truths that cannot be seen through unopened eyes and minds.

Now a simple preparation. Because of the aural techniques being used, we must first test that your headphones are aligned properly, some sounds will only be heard in your right ear and others in your left ear. It is important that sounds are being perceived by the intended ear which corresponds to the side of the brain these sounds are meant to reach. This stimulation of the two halves of the brain is essential to preparing your mind and body to traverse the limitlessness of the earth's energy. You should be hearing my voice in your right ear, my voice, in your right ear. If you are hearing my voice in your left ear, turn your headphones around or switch your ear buds. You should be hearing my voice in your right ear.

Now as you listen to natural sounds of water and dirt, move your body into a more relaxed position. Release any tension points, support areas that need support. This can be whatever position is most comfortable for you. The sound of ocean surf, of waves crashing on the shore, a sound that for many people is pleasing and relaxing. This is the sound of one kind of natural energy, an energy that is always present in the world. Think of this sound of waves crashing on the shore as a symbol that represents the natural energy that flows through all things. This is why at the beginning of each training exercise, you will hear the sound of natural energy, of waves crashing on the shore so that you can think about your own waves of natural energy. In this training, you will learn to recognize and control your own waves of natural energy, waves that are within you and all around you. You will learn to focus and direct these waves of vibrational energy that are a natural part of you. Your heart for example is pumping waves of blood through your vascular system and through your entire body. This is vibrational energy at work. You breathe air in and out of your lungs, slow pulsing energies you create and consume. You talk and produce waves of vibration into the air around you, you listen and take in vibrations and patterns and then your brain takes in these waves of energy and turns them into sounds that you are taking in and understanding, just like you are doing now. All of this and so much more is part of this world of energies and vibrations and patterns that you are using everyday and are all around you in the world. For the most part, you are not consciously aware of these energies and that brings us to this point in time. This exercise and those to come will help you to consciously create and use for your own physical and mental well-being, these and other natural energies and forces. You will learn how to perceive, channel and use such energies, to direct it whenever, wherever and however you choose to use it. You will learn to control these forces with your conscious mind and not be controlled by the energies and their unconscious rhythms. You can learn this safely and have no reason to fear these great powers which you are about to unlock for

these are natural energies that are really just a part of you and the natural world around you. This Is your life energy and it belongs to you and no one else, there is no reason to fear it.

Many wonderful things can happen when you control your own vibrational energy and you will discover these as you move through the training. To help you develop your own coherent mind and body, there are specific sounds you will hear and it's important that you understand how they work.

Allow me to demonstrate:

First a tone in one ear, notice that it is even, without fluctuation or expression of any kind. Now a slightly higher tone in the other ear. Notice it is also steady and without expression.

Now, when I reintroduce the first sound back into the first ear, the combined sound of hearing them both at the same time, you start to hear a difference in the sounds, now one sound and wobbly, vibrating, it is not steady any longer. This is how you know your brain's two halves have started to act as one brain. The two hemispheres, electrically wired to work in synchronization. This is the greater power of the mind that you will learn to control and use. Relax for a few moments and enjoy this new feeling of synchronization.

Annette liked how passive it was, just sitting there allowing the brain to synchronize with sound waves, letting vibes do the work.

It was really relaxing.

Now you are more relaxed and comfortable but your mind is alert. You are ready for the next step of your preparations:

Create now in your mind or just simply think about it, a large strong box with a heavy lid, a box so strong that it can contain and hold anything you put into it. Think of such a box now.

Making the box was different every time she tried this for at least the first ten tries. She thought about a number of different materials. Being a sculptor gave her more range of material options than she needed and definitely more than what was helpful to her for this process. Sometimes you can know too much. Finally after eleven or twelve versions, she settled on something between a chest freezer and a chiseled marble box with a kind of vacuum-like suction device inside it. Obviously this box had to be enormous to fit everything in it or it had to be magical, like the carpet bag carried around by Mary Poppins from which she pulls any number of objects that would never fit dimensionally inside of a bag like that. Having a vacuum element to this vessel gave Annette extra insurance that things she put inside wouldn't float off into the space of her mind she was trying to empty out.

Now raise the heavy lid of your box and place in it for the moment all of your physical matter, worries, anxieties and concerns, you will not need them during this exercise and they will simply get in the way. Place in the box, for the moment all of your physical matter, worries, anxieties and concerns, you will not need them during this exercise and they will simply get in the way. Do this while I wait.

The mess of these elements, “physical matter, worries, anxieties and concerns” and the threat of them “getting in the way” made Annette take this section of the guided meditation really seriously or literally. There seemed to be too much of it. And how was she to get it all into this box? Was she supposed to grab each of these in her hands and place them into the box? But what about her physical matter, how would she use her hands to move all this material if her body had to go in also? She reasoned that the body had to be the last to go in the strong box with the heavy lid so that she could still use her body to shepherd the unneeded things into their container. Each day the tools changed as she tried out different tools to clear out her mental clutter. This whole exercise started to echo her studio practice where the right tool was never where it was supposed to be or she didn’t have it or at the moment she needed it the battery needed to be charged or a part needed to be replaced that wasn’t in stock at the nearest store.

Persevering through these feelings of failure, Annette glanced down at her hands in her meditation, the hands she couldn’t place in the box with the heavy lid until she had finished up putting everything else in there.

What had her mind conjured for her today? The past four weeks it was only brooms. She would think about something else like a backhoe or a leaf blower and look down in her mind to her mind’s hand and some broom was there.

The first two were technical writing books that had been shredded at the page-edges with spindly warped handles. Instant Vocabulary was meant to train the mind on word parts so even an unknown word could be pieced together through its roots while Plain Words tried to train the writer on clear and intentional language use for the purpose of being understood. Annette had read these both and still had trouble writing anything beyond a grocery list, now here they were in her meditation, useless to her for writing assistance and only capable of clearing her mind of language, one particularly clunky element of her matter that created great messes in her life in general. The next day, another broom made from a book appears, this time one about parrot-human relationships, strange photos of people kissing pet birds and training them to mimic the language of their captors. It didn’t clean much up in her mind so mid-meditation she put it aside, looked down at her hand again and found another broom, this time, this one was more of a shop-broom, a pushbroom like the one she used to clean the floors of the woodshop after class. This broom gave her more confidence, maybe now she could get on to the next phase of the training. As she pushed this one, dust seemed to be flying from the broom itself and not the matter it swept. Stopping, allowing the dust clouds to settle down, Annette peered at the bristles, recognizing them as little casts of what appeared to be crow’s feet made from lint. Each push across the floor of her mind dissolved the talons in mid-air. At some point Annette had accumulated three brooms made of books, one of matchsticks which would light on fire if the broom were used, one of the crows foot-dryer lint, a mop made from ceramics (impossibly fragile) a handbroom with charred carrots for bristles, another hand brush with bristles made from the dead house plants she had killed recently (and felt a lot of guilt for!) some kind of mop with a white shirt as the sponge, a broom made of every verb she could imagine using to describe the manipulation of matter and feeling, and many many more which were receding and emerging from the depths of her memory. Later attempts produced buckets with soft bottoms made from porous materials, unusable and overflowing dustpans all of which together with the brooms, filled the space of her mind to the point of it being more cluttered than her own mind. Now

before starting her training exercise she first had to get into her mental landscape and clear out the imaginary tools that were there waiting for her.

Now close the heavy lid tightly, close the heavy lid tightly and turn away from your box. Say in your mind, say to yourself, I am more than my physical body because I am more than physical matter. I deeply desire to expand, to experience, to know, to understand, to control, to use such greater energies and energy systems as may be beneficial and constructive to me and to those near and close to me. Also, I deeply desire the help and cooperation, the assistance and the understanding of those individuals whose wisdom, development and experience are equal or greater than my own.

Here is the next step on the path of your discovery. Breathe as I guide you, when you inhale, take fresh energy up into all parts of your body and into your head. Then, exhale from your mouth, pursing your lips as if you were blowing out a candle and imagine all the tired, used up energy leaving your body as you exhale. Here it is again. Inhale, take fresh energy up into all parts of your body and into your head. Then, exhale from your mouth, pursing your lips as if you were blowing out a candle and imagine all the tired, stale energy leaving your body into the air around you. I will guide you. Inhale, eyes open, fresh energy into your body and up into your head, hold. Exhale, eyes closed, stale tired energy out of your body. Breathe normally now. Inhale, eyes open. Fresh energy into your body and up into your head, hold. Exhale, eyes closed, stale tired energy out of your body. Breathe normally now.

Inhale, eyes open. Fresh energy into your body and up into your head, hold. Exhale, eyes closed, stale tired energy out of your body. Breathe normally now.

Breathe normally and relax, your eyes still closed. Breathe normally now and relax, your eyes still closed.

Begin again to breathe, inhaling through your nose and exhaling through your mouth, blowing out a candle.

As you exhale, use your physical vocal chords to hum or sing as you release stale, used-up energy. Use your physical vocal chords to hum or sing as you exhale, go at your own natural pace, inhaling fresh energy and blowing out stale used-up energy. Begin now.

Breathe normally now and relax, breathe normally now and relax. Now you are complete in this first lesson. Perceive and experience this new sense of being. I will wait while you enjoy this new feeling.

To take another step along the path I will guide you to stage two, the starting point of this training exercise. I will count from 1 to 3 and when I reach three, your mind and body will be much more in unison, much more coherent, more complete. I am going to count now. One, Two Three. Relax, explore, enjoy and experience the patterns of stage two, the synchronized body and mind, I will call you when it is time to return.

I am going to count now from three to one. When I reach the count of one all of your five physical senses will be operating sharply, cleanly and perfectly. You will be completely wide

awake, physically and mentally. You will be completely refreshed and feel better in every way all when I reach the count of one. I am going to count now.

Three, two...your senses are waking up, all of your senses are waking up and becoming more and more aware. When I reach the count of one all of your five physical senses will be operating beautifully, you will be completely refreshed, all when I reach the count of one.

Annette was already late for work when she started washing the plaster off of her hands but she didn't realize it yet. The plaster ideas never really worked out but she kept trying when she couldn't think of a more interesting material to use. Plaster never seemed like a material for actual things, just a material used to get to the thing, as a cast, it could be used to make a mold, as a mold to make a cast. As a surface it seemed too fragile, too close to returning to the powdered dust it starts out as. This kind of material reformation was kind of a tripping point for Annette. She didn't mean to get so lost in things but often couldn't help herself from tracing the materials as far back as she could in her mind.

The plaster before mixed with water is made from gypsum and sand. Gypsum is a crystal with a transparent form, related to selenite, a cleanser stone in the world of crystal magic, or made up of Calcium, Sulfur, and H₂O/ water, another cleanser.

And then with sand the same problem of its traces. How does sand even come to be? By the erosion of rocks through other elements like water and wind and gravity and force. And then some rocks are formed from a compression of SAND so what is really the line between being and becoming?

When she visited her local occult supply store she noticed selenite wands and little cards that indicated its healing properties, one note she read even called it a vacuum. She wondered if plaster casts used to set broken bones contained enough selenite to aid the healing process for bones as well as auras.