

the first morning of each new week, read the daily and nightly affirmations aloud several times to help you remember and get the feel of them. Start with the daily affirmation. Read it several times and then cover the text and recite it without looking. Write the affirmation on paper a dozen times or so until it is committed to memory.

During the day, whenever you think about it, recite the affirmation to yourself (or out loud if you can) over and over again like a mantra. Consider writing down the affirmation several times a day to really saturate your brain with it.

Do the same thing with the nighttime affirmation before going to bed. Once you're in bed, spend a few minutes relaxing and settling yourself. When you are ready, clear your mind and mentally repeat the nighttime affirmation slowly and carefully as you drift off to sleep. Some people lose track of affirmations or fall asleep before they have repeated them sufficiently. For best results, nighttime affirmations should be repeated about thirty times. Use your fingers to keep track of the number of times you recite a particular affirmation; this will prevent you from having to mentally count. Alternatively, move a knotted string through your fingers to do the count.

The more you use affirmations, the more you will understand and value their power to program your goals. You will find they have many uses and possibilities. Just remember to always keep them simple, active, first person, present tense, and avoid negatives like *not*, *don't*, *cannot*, and so on.

It can help if you listen to the nighttime affirmations while going to sleep. Consider recording each week's nighttime affirmation thirty times on a tape so you can fall asleep while listening to it.

For the technologically oriented, the affirmations are included in audio form (WAV and MP3 files) on the CD included with this book. Use the MP3 with your PC or portable media player, set it to repeat, and then just listen. For those with the know-how, the affirmations have been included in WAV format should you want to add your own quiet music or ambient sound effects.

About the BrainWave Generator

The CD that accompanies this book contains a shareware program called the *BrainWave Generator*, which can be used to supplement the exercises in this book. Unlike recorded sound, the BrainWave Generator produces sound programmatically through the sound card on your personal computer to create a consciousness-altering sound presentation. The controls for each sound program are pre-set to play for a certain amount of time at given frequencies; often there are different voices and layers of sound, and sometimes they are modulated to create a rich, overall experience. Each program's pre-set sound controls are referred to as a *preset*.

Listening to a BrainWave Generator preset through headphones can enhance relaxation, increase the depth and speed with which trance meditation is achieved, and even bring

on an OBE (especially when used with the techniques given in this book). Presets can also be used with light and sound machines. Light and sound machines include light goggles that, when worn over the eyes (with eyes closed), flash at given speeds and intensities to increase the effectiveness of the sound program.

The BrainWave Generator, like CDs containing prerecorded sound, music, and/or guided vocal instructions aimed at inducing an alternate state of consciousness, should be considered a supplemental tool only. *Use of these aids is definitely not required for the ninety-day program to be effective.*

If you are using the BrainWave Generator in conjunction with this program, you will need access to a personal computer from your meditation practice space. A laptop PC is ideal, as this will free you from having to practice your exercises in front of your desktop computer. There is always the option of temporarily moving your desktop computer near your practice space for the duration of the ninety-day program.

Note: You should never listen to any BrainWave Generator preset while driving or operating heavy equipment as the programs are designed to make you drowsy. For full instructions on how to install and operate the BrainWave Generator, refer to appendix B.

Optional: BrainWave Generator Preset "Week 01: Relaxation"

The steps in the deep physical relaxation exercise can take several days to learn. We do not recommend using the BrainWave Generator

for the first five days while you are still getting the hang of the steps.

On Day 6 you can begin using the first BrainWave Generator preset, "MAP Week 01: Relaxation." Put on the headphones, select the preset, and press the play button at the very beginning of the exercise. Start with the relaxation routine, then go straight into the breathwork and energy body stimulation techniques.

If you are eager to use the BrainWave Generator from Day 1, you can sit and listen to the relaxation preset with your eyes closed for fifteen to twenty minutes before you practice the day's relaxation, breathing, and energy work. Sitting with no head support is recommended instead of lying down. This promotes slight discomfort, which will reduce the chances of you falling asleep during the preset. We recommend setting a timer for a warm-up BrainWave Generator session so you don't have to keep looking at the clock to keep track of the session length.

Keep your mind clear during the BrainWave Generator session. The breath awareness technique will help with this. If you start falling asleep, suspend use of the BrainWave Generator for your current session and go straight into your exercises. You do not want to condition yourself to fall asleep when using the relaxation preset; rather, you want to become deeply relaxed while remaining alert and lucid.

The full relaxation preset lasts a total of ninety minutes. This is programmed to take ten minutes to get you from a fully awake to a fully relaxed state, and it will take at least that long for the preset to be effective. A fifteen- to

twenty-minute session will thus provide you with a good “warm-up” for deep relaxation.

There is another advantage to using the relaxation preset fifteen to twenty minutes before beginning your daily energy work: the preset has a mild stimulating effect on the energy body. You might notice a faint localized or whole-body tingling. This is further enhanced when combined with the relaxation and energy work routines.

On Day 6, once you’ve learned the entire relaxation procedure, you can still spend fif-

teen to twenty minutes with the BrainWave Generator preset while relaxing, and then go straight into the breathwork and energy work while still listening to the preset.

Reminder: The presets in this program are designed to induce drowsiness. Do not listen to this or any of the presets in this program while driving or using heavy or potentially dangerous equipment.

WEEK 1

DAILY PAGES

Breath awareness: Breathwork is an essential tool for directing energy. On your first week of developing breathing skills you will be focusing on becoming aware of your breath cycle. As the weeks progress, more layers of technique will be added to refine this core process.

Relaxation: Each day this week you will concentrate on relaxing a different area of your body. Focus your efforts on relaxing the assigned area thoroughly. If possible, memorize the day's relaxation steps to avoid having to reference the book.

Energy body stimulation: You begin this week by directing your awareness to specific parts of your body. As you learn to move your attention from one body part to another, you'll feel your energy body being stimulated. These early energy body stimulation exercises are the first step to strengthening your secondary energy centers and energy pathways. The more you develop these centers and pathways, the more sensitive you will become to energy movement in your body.

DAY 1

Relaxation, Breathwork, and Mobile Body Awareness

Date: _____

TASKS

MORNING	Write dream key words in bedside notebook
	Recite morning affirmations
AFTERNOON	Prepare meditation practice space (pp. 9–10)
	Optional: Week 1 BrainWave Generator (20 min.)
	Relaxation: Legs (3 min.)
	Breathwork: Breath awareness (5 min.)
	Mobile body awareness (7 min.)
	Write program notes/observations
NIGHT	Optional: Read supplemental OBE material
	Recite nightly affirmations

Estimated energy work time: 15 minutes

AFFIRMATIONS

MORNING	I am a spirit in a body capable of experiencing dimensions beyond physical existence. I have the ability to separate from my body, return safely, and remember.
EVENING	Every morning I faithfully write dream key words in my notebook. I recognize each morning as a fresh opportunity to hone my astral memory. I attract dreams that help me achieve my goal of conscious out-of-body exploration.

Preparation: Set up your meditation space as directed earlier on pages 9–10. Have a ruler, stick, or capped pen handy. These exercises are best done sitting upright.

Times: Note that the times given for each exercise are suggestions only. These can be varied to suit your needs and available time.

Optional: BrainWave Generator “Week 01: Relaxation” (20 Minutes)

Listen to the preset with your eyes closed sitting quietly. Use a hard-backed chair without neck support to prevent you from falling asleep. Set a timer for twenty minutes. Turn off the preset when you begin your relaxation exercise in order to refer to the instructions.

Relaxation: Lower Legs (3 Minutes)

1. *Feet and calves:* From your hard-backed chair, stretch back all toes and tense both feet and calves at the same time. Hold for about five seconds, then relax them. Hold the relaxed position for five to ten seconds. Now curl your toes downward and repeat, tensing both feet and calves. Hold for five seconds, and relax them for five to ten seconds. The timing need not be exact. When you relax body parts after tensing, focus on releasing all tension from them.
2. *Thighs:* Tense both thighs, hold for five seconds, and then relax them. Press down with both heels and tense them again, then relax.
3. Repeat steps 1 and 2, memorizing both steps. When you're done, focus your attention on relaxing every muscle in your lower legs. Tense and relax them. When they feel completely relaxed, move on to the next exercise.

Breathwork: Breath Awareness (5 Minutes)

Stretch your arms and legs and arch your back and neck the way you might when waking from a nap. Sit upright, preferably still in a hard-backed chair. Close your eyes and spend five minutes practicing breath awareness as described earlier on page 12. Keep your mind clear. Do not change your breathing; merely observe it. *Keep it simple.*

Mobile Body Awareness (7 Minutes)

Body awareness actions are key to energy work. Scratching your skin causes a light tin-

gling that helps target specific areas as your point of body awareness.

1. Lightly scratch or rub your right knee with your ruler, fingernail, or capped pen just long enough to cause a tingling sensation there. Then close your eyes and forget about the rest of your body. Focus and become intensely aware of the area you just scratched. Now become acutely aware of your entire right knee joint as a whole. Center all your attention on feeling your right knee with your body awareness. Hold this focus for about fifteen to thirty seconds.
2. Shift your attention to your left knee. Feel its shape and outline with your mind, with your body awareness. If it helps, also scratch this knee first to get the tingling sensation, close your eyes, and continue focusing on this knee for another fifteen to thirty seconds.
3. Now shift your attention to your right big toe. Scratch on top of the large joint or wiggle it until you get the feel of it, and then focus your body awareness on it. Hold it for fifteen to thirty seconds.
4. Move your point of body awareness to several other parts of your body—anywhere you like. Scratch or rub these parts as necessary until you can target them easily, until you can *feel* them easily with your body awareness with your eyes closed.
5. Now trace a pathway from the base of your left thumb along the sensitive inside of your arm and on up to your left shoul-

der. Close your eyes and concentrate on the sensation of the tracing. Imagine someone is tracing the path again for you. Retrace the path again and again with your body awareness to get the feel of it.

6. Now trace and follow a path from your left big toe, up the outside of your shin, over your kneecap, and on up the outside of your thigh to your hip, then back down to the big toe again. Do it first with the finger-nails or ruler and then try tracing out the path mentally with your body awareness alone. Move your point of body awareness up and down your leg several times. Repeat this exercise for your right leg.
7. Practice the above exercises until you become familiar with mentally shifting your point of body awareness to different parts of your body.

Daily Tips

Robert: Practice the body awareness technique until you can trace a pathway to anywhere on your body with your point of body awareness alone, feeling your way along the surface of your skin without having to follow a manually highlighted pathway. But rub and scratch and highlight pathways as often and for as long as you need to in order to learn this technique.

Brian: The first time I tried body awareness exercises I found it easier to use a washcloth dampened with warm water. Do whatever works best for you. The idea of an aid of this sort is to help you focus your attention on a specific part of your body with your eyes closed. If you can get by with using nothing but your body awareness, that is ideal.

Your Program Notes/Observations