

# Psychic Training

using the

# SQUARE/square

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Clear your mind of thought as you focus on the SQUARE/square visual aid drawing. The drawing is the top view of a flat topped pyramid.

Focus on the small square in the center of the drawing. See if you can visualize pulling it up into a three-dimensional form. Hold the image for a few seconds and release it to be it's two-dimensional shape.

Focus again on the small square and visually push it into a hallway, hold that form for a few seconds and release it to go back to a two-dimensional shape again. The "hallway" that you created is a 4th-dimensional form.

With a kitchen timer set for five (5) seconds, visually hold either form for the the 5 second interval.

Setting the timer for 10 seconds, again focus on the smaller square, this time for the 10 seconds on the kitchen timer.

Repeat for 15 timer seconds.

Repeat for 20 timer seconds.

Holding that three or fourth dimensional. And repeat for a twentyfive (25) second timed interval, and rest your eyes and mind for a bit.

An experiential caution is needed here. At this stage of focus training, some students have experienced astral dislocation. Their body and self transported to an unknown location. If this happens to you, don't panic, play detective to discover where and when you are. Architecture style is a good clue, clothing styles are too. A newspaper, or the age of a

computer are good clues. To get back to your starting point, just say "Return." And you will.

The focus training will enable you to develop all of the psychic skills, and with a bit of practice to refine your control of them.

