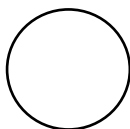

CLÉMENCE TORRES



INSTRUCTIONS

FOR EXTRASENSORY POTENTIAL



METHOD AND TRAINING

FOR THE AUTONOMOUS PRACTICE OF
CLAIRVOYANCE

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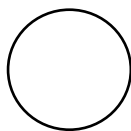
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BEING ALL EYES

IMMERSION

The practice of clairvoyance requires a knowledge of the images of the future. In order for an individual x to control the accuracy of a vision, and to perceive with precision the environment in which it came to be, it is necessary for him or her to pick up on flashes, visions, and even premonitions that come in the form of dreams. The individual x will also obtain information through emotions and physical sensations, and will be led to places that are normally inaccessible, and will bring unobtainable data. To clear one's thoughts by cutting oneself off from everyday messages. The individual x should be able to acquire visual points of reference and spatial-temporal anchors in order to provide information outside of his or her five senses: a vision of the near future (a premonition), a lucid observation of the present moment (telepathy), an analysis of the past in order to glean lessons (retroognition).

LESSON 1

KEEPING ONE'S EYES PEELED *OPENNESS AND RECEPTIVITY*

To open one's mind. To take care of one's mental health. When an individual x visualizes a life free of barriers, taboos and contradictions, he or she is apt to receive information coming from external sources. This method is often masked by a lack of self-confidence. Information must be received with a strong conviction that nothing can disturb, and it can be a source of serenity if it is received with equilibrium and moderation. On the other hand, it is dangerous to attempt to open oneself while leading a chaotic existence. It should come as no surprise that a strongly negative effect will result if the individual x employs clairvoyance to a singular and exclusive end, and depends on it like a newborn depends on his mother. In this case, a state of continued confusion and anxiety, or the loss of this coveted or overused technique becomes inevitable. The individual x must be responsible and confident.

LESSON 2

EVIL EYE *REVELATORY SIGNS, SIGHT*

Perceived visions appear similar to what an individual x sees in his or her mind while daydreaming. They play out like a scene, but do not appear to the individual x only during meditation or while concentrating on a subject or other individual. If one's mind is constantly receptive, it will be possible to capture rapid visions of the future, short scenes that reach the spirit without warning (flashes). These provide clues on events. A single, fixed image might also be perceived, or, it is possible that multiple elements will project from a specific setting. For example, in visiting a close friend, the attention of the individual x is oddly drawn to a trivial object. In asking questions about it ("What does it signify? To whom does it belong?"), the individual x gathers details about the message that the object wishes to transmit to him or her.

LESSON 3

BRINGING A TEAR TO ONE'S EYE *REVELATORY SIGNS, FEELING*

Beyond mental images, the individual x may feel emotions and physical sensations that provide information about a situation that is to come. Clairvoyance includes all coded messages that are sent and require deciphering, depending on their intensity. Before starting, ensure that one is in good health or aware of one's physical ailments. The individual x cannot interpret back pain if he or she has a bad back. By contrast, a passing stomach ache could signify something if he or she rarely experiences such discomfort. This sensation allows the individual x to analyze his or her counterpart's health, to localize the problem and to understand its significance. Together with other forms of messages and sensations, the individual x can piece together an analysis. Be careful not to ask questions about an overly worrisome topic. Possess a minimum level of control and detachment over the situation to avoid the possibility of erroneous interpretation. Positive sensations may be transmitted, to the point that the individual x experiences a powerful physical feeling of lightness that pushes him or her to move forward with great serenity.

LESSON 4

KEEPING AN EYE ON *REVELATORY SIGNS, HEARING*

The third way to receive visions of the future is by listening. Just as the individual x can see visions passing before his or her eyes, and can feel sensations overcoming his or her body, he or she can also hear words extract themselves from speech. In conversations taking place around the individual x , sentences may echo. It is also possible that a word will resonate because it is different, and doesn't seem to fit within its context. It is as if a gap exists between the statement made by an interlocutor, and the true meaning of the words. Occasionally, the individual x will hear words and understand immediately why he or she knew them to have a different meaning. Perhaps because the person speaking them attempted to twist the truth by lying. Or, by contrast, perhaps this person wished to reveal information to the individual x without appearing to. Remain vigilant.

LESSON 5

A FRESH PAIR OF EYES *RIDDING ONESELF OF EXTERNAL STRESS*

Symmetrical preparation of body and mind. The ability to achieve physical relaxation is a prerequisite to achieving mental relaxation. All of the body's functions (posture, breathing, circulation, digestion) must be enhanced. There is nothing more important for the individual x than to wear comfortable clothing – one must be able to inflate one's belly and chest, to run without constraint or discomfort, to sit anywhere cross-legged, or in any position. One must also be attentive to diet – to gradually eliminate caffeine, tea and meat, – because it is important for the digestive system to be light, calm and empty. The individual x must ensure that everything functions well. Finally, to learn to control breathing. To relax. Take long, deep breaths, with eyes closed. Breathing must happen naturally, exactly as it does in children and animals.