



# **U Hypnosis**

**Secret Power Strategies 2**

# Reality Boxes – Power Strategies

## Re-Introduction of Ingo Swann

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- Ingo Swann is the author of *Secrets of Power: Individual Empowerment and Societal Depowerment*, and *Reality Boxes and Other Black Holes In Human Consciousness*.
- He is also the creator of the Remote Viewing protocols for Army Intelligence and the CIA.
- This is a continuation of the information in Secret Power Strategies Part I of the U Hypnosis Course.

# Reality Boxes – Power Strategies

## Paranormal vs. Normal Reality

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- 75% of Americans have had a conscious “paranormal” experience which they could not explain.
- We have been trained since about the age of 7 to believe these extra-normal experiences are “hallucinations” – not “real”.
- This 75% majority actually makes these experiences “normal”.
- A mindset or paradigm is now called a “reality box” which is formed by our parents, teachers, peers, media and society to limit our beliefs of what is possible for us to experience.

# **Reality Boxes – Power Strategies**

## **Context of Reality Box Information**

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- We can be more powerful if we go out side of these rigid reality boxes.
- Most past civilizations considered “successful” such as Egypt, Samaria, Babylonia, Assyria, the Roman Empire, Chinese Dynasties and Nordic cultures were based on massive slavery or serfdom. Slaves were owned by and served their masters.
- In America today, the rich are getting richer and the poor are getting poorer. How can we each realize our own potential?
- We only use about 10% - 15% of our “brainpower”. Human consciousness is much greater than we might have imagined.

# Reality Boxes – Power Strategies

## Intuition and Cosmic Mind

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- Our ability to tap into the Cosmic Mind is actually limitless. It depends on our training, awareness and our perceived ability.
- Focus on individual experience, which usually exceeds what can be predicted in a theory or a laboratory.
- Most people have a “sense” that they are more than what is defined in textbooks as human consciousness. In our dreams, fantasies or meditations, we can go far deeper into reality.
- We can know more intuitively than what is defined by the culture as “normal”, or what our parents told us we can or can not achieve. We can do whatever we set our mind to do.

# **Reality Boxes – Power Strategies**

## **Divine Intent and the Unconscious**

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- It takes belief, action and a connection with Divine Intent to make “coincidences” happen.
- Research on the unconscious is not complete. Information in occult, esoteric or mystical traditions, not included in scientific studies, shows much is not known.
- Have you had a sense that there is more to life? Have you asked “What is the meaning of My Life?”, “Why am I here?”
- I want to give you information to get you out of the Reality Box that you and others have put you in.

# **Reality Boxes – Power Strategies**

## **Philosophers and Individual Experiences**

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- Philosophers such as Descartes, Locke, Hume, Kant, Hegel, Schopenhauer, Kierkegaard, or Nietzsche all have something to say about the meaning of existence.
- They deduce theories with their own observations from which they generalize as if it applies to everyone.
- You might do better to focus on the individual experiences of someone you know, such as a grandparent or elder, who can describe the hardships and pleasures and the meaning of their life to you. They can tell you what existence means to them.
- Ultimately, each of us has our own experience. How do we make our Reality Boxes larger and under our control?

# **Reality Boxes – Power Strategies**

## **Intuition as Part of Consciousness**

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- Think about your conscious linkage to your intuitive Self at the subconscious or unconscious levels of Mind.
- Think about the human characteristics of sympathy, insight and intuition.
- Where does intuition reside? We all are conscious and have consciousness.
- What is the definition of consciousness? Scientists say it comes from your physical brain patterns. Then how do patients describe the detailed events in an operating room after their brainwaves have flat-lined? They can come back from a near-death experience and report everything that happened.



# Reality Boxes – Power Strategies

## Definitions of Consciousness

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- In 1630 consciousness was defined as internal knowledge or conviction, testimony within oneself. Also, the state of being mentally conscious or aware of anything.
- Modern psychology still defines consciousness as awareness within oneself; a state being characterized by a sensation, emotion, volition or thought. Also, the normal state of conscious life; the upper level of mental life as contrasted with unconscious processes.
- So normal and abnormal are defined and the abnormal are treated by psychologists as defective.
- Note that the definition has been changed from the state of being aware of anything, to the normal state of conscious life.

# Reality Boxes – Power Strategies

## Pre-Conscious Processes

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- That Reality Box says that consciousness is only what we are normally conscious of, and excludes the subconscious.
- Although now there are many accepted activities that are officially recognized as subconscious activities.
- Without these pre-conscious systems or processes information inside and outside of us would not be able to enter our waking conscious awareness.
- There wouldn't be any deductive or rational processes if we didn't have these pre-conscious levels.

# Reality Boxes – Power Strategies

## States of Consciousness

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- These subconscious activities there are larger and more extensive than what goes on in the conscious mind.
- Waking consciousness is only a transient wave in an infinite ocean of consciousness potential.
- Everybody experiences dreams in the sleep state which shows that you experience consciousness activities even when you are not conscious.
- States of consciousness exist that we are not aware of in our waking state.

# Reality Boxes – Power Strategies

## Strange Mind Experiences

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- You may have had experiences outside of your normal Reality Box called strange mind experiences where the boundaries between waking and unconscious activities break down.
- Examples are precognition, telepathy, clairvoyance or a sudden solution to a problem. You might have amplified senses or hearing or touch or awareness.
- It might include remote viewing, involving access to deep mind and far-out dimensions, which are added to your everyday awareness.
- Water dowsers are sensitive to water locations. Some people are sensitive to electromagnetic fields, or martial arts skills, or sexual vibes.

# Reality Boxes – Power Strategies

## Exceptional Human Experiences

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- These strange mind activities were not categorized until 1990 when Rhea White a psychologist published her list of Exceptional Human Experiences now at [www.EHE.org](http://www.EHE.org).
- Examples include accelerated learning, alien abduction, altered time perception, automatic writing, channeling, crop circles, lucid dreaming, or an out-of-body experience.
- Strange mind activities tend to be accidental while exceptional human experiences can be repeated and used to expand your consciousness to include continual EHEs or consistent peak performance levels.
- Most people experience consciousness as infinite or at least very large, cosmic, oceanic measured in space, time or distance.

# Reality Boxes – Power Strategies

## Aspects of Consciousness

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- But strange mind events and exceptional human experiences take place with many people with almost any level of intellect.
- There is a wide spectrum of consciousness in everyone although some of it remains inactive and latent because of circumstances or events after we are born.
- Everyone has access to deep consciousness if they develop it.
- Consciousness has three major aspects:
  - 1) Average or usual consciousness of the individual
  - 2) The consciousness potential of the whole human species
  - 3) Universal or Cosmic Consciousness

# Reality Boxes – Power Strategies

## Meditation and Altered States

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- Meditation allows us to connect with the 2<sup>nd</sup> and 3<sup>rd</sup> aspects of consciousness. Even gazing at length at the stars allows us to feel a part of All That Is.
- When you have experienced this connection you know that it is real and it is felt with your senses and interpreted with your intellect, even though it may be difficult to explain.
- Altered states have also been associated with inventiveness, as used by Thomas Edison and the scientists discovering DNA.
- It might be advantageous to develop our access to these deeper levels of consciousness.

# Reality Boxes – Power Strategies

## Mind Can Challenge Masters

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- It is generally agreed the three main parts of each person are:
  - 1) the body
  - 2) the emotions
  - 3) the mind
- It is also generally agreed that everyone has the same general body profile and the same human emotions, but that the mind is different from one person to the next.
- Especially in class societies the overlords don't want the lower classes to think that they can use their minds to challenge their masters. This can be done by keeping them as dumbed-down, ignorant and illiterate as possible.



# **Reality Boxes – Power Strategies**

## **The Mind Extends Beyond The Brain**

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- It was greatly feared by the controllers that if the illiterate discovered knowledge about the power of mind that they might rise above their station in life and become mind power equals to the ruling class.
- Most of us are taught that the mind is in the brain and the brain produces the aspects of normal mind and consciousness. And anything without a physical basis is just a hallucination.
- The documented cases of telepathy show mind to mind communication beyond the limits of the physical brain.
- Human knowledge should be based on what people actually experience via their mind, their seat of consciousness.

# Reality Boxes – Power Strategies

## 20<sup>th</sup> Century Age of Progress

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- However, in many cultures, human knowledge is dependent on the traditions of the culture, because of what is allowed and what is taboo.
- And of course, some members of the society are allowed to experience some things and others are not.
- With these limitations, it is difficult to discover what humans might be able to do.
- The 20<sup>th</sup> Century was supposed to be the Age of Progress in science. But what is the human being capable of experiencing or what is their potential of consciousness.

# **Reality Boxes – Power Strategies**

## **Normal/Abnormal Are New Taboos**

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- Scientists began labeling normal and abnormal experiencing by studying psychotic patients in mental institutions.
- But these normal / abnormal categories are very theoretical and is a way for modern society to continue the age-old controls over what is acceptable and what is taboo and keep people from going beyond their place in society.
- There ends up being a large vacuum or black hole about the true knowledge of human experiencing available to each of us.
- Control by the power elite might explain why there is a lack of studies into the area of human consciousness.

# **Reality Boxes – Power Strategies**

## **Expand Knowledge of Consciousness**

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- New knowledge creates a collision of Reality Boxes.
- Knowledge can be intellectually understood if you have something in your mind to relate it to.
- Knowledge may be easily accessible but may not be useful unless it fits within your Reality Box.
- We want to expand our awareness and knowledge of consciousness even if it is being intentionally kept from us.



# **Reality Boxes – Power Strategies**

## **Metaphor of Light and Black Holes**

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- Knowledge can be understood with the metaphor of light traveling through the vacuum of space. There are black holes which suck light into them.
- Knowledge is available if it's allowed to be. Sometimes knowledge is sucked into a black hole because society doesn't accept it.
- An example is the fact that ancient civilizations in Sumer and Egypt knew that the Earth orbited around the Sun. But during the Dark Ages, the Church taught that the Sun circled around a flat Earth. And anyone who didn't accept that was burned at the stake.

# **Reality Boxes – Power Strategies**

## **Reality Boxes Imposed by Threat**

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- In modern times, we have had people diagnosed with different mental challenges who were treated with electroshocks or a lobotomy in order to make them “normal” again.
- Societies impose their Reality Box on people with the threat of being tortured or even killed. We have in fact exterminated over one billion human beings in the last 100 years through the two World Wars, Korea, Vietnam, Afghanistan and Iraq wars.
- There must be a powerful group that loves war because they keep taking us into one war after another, sometimes on the flimsiest of pretexts (Tonkin Gulf and Weapons of Mass Destruction lies).

# **Reality Boxes – Power Strategies**

## **Sheeple Need to Become Conscious**

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- To restore sanity, increase your knowledge and interaction with Consciousness and encourage others to do the same.
- The elite intellectuals fear an increase in consciousness or the waking up of those they consider below them.
- I want the sheeple to stop following blindly and to become more conscious.
- As long as we look to others to find out what consciousness is, others will determine what it should and should not consist of, or who should or should not have more or less of it.

# **Reality Boxes – Power Strategies**

## **Consciousness Potential Within You**

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- We must discover Consciousness for ourselves within us.
- Go beyond the security felt by staying within the approved Reality Box and aspire to find out this unofficial information to see beyond the Reality Boxes of others.
- This may involve ridicule and the stigma of seeing things others don't see, or knowing things others say is ridiculous.
- You have to want to be an empowered person to study the consciousness potential that you already have, and lose the sense of belonging to your current social order.



# **Reality Boxes – Power Strategies**

## **Human Potential and Ideological Wars**

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- Most experts won't even acknowledge that there is a vacuum or black hole around the study of consciousness.
- Vast human potential might be unleashed by the study of human consciousness.
- There is an ideological war going on – between capitalism and socialism, between the individual and the government, and between religions.
- We must know where we stand to benefit from these wars or at least protect ourselves from harm.

# **Reality Boxes – Power Strategies**

## **Ideology Is Just a Mental Construct**

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- So much of human history is caused by an expansion of an ideology to justify the land grabs or power grabs by one group over another group.
- Remember ideologies are just mental constructs – a product of our consciousness – which are manipulated by these groups.
- Ideology thinking reflects only an assumed version of reality, for example, that a few rich people can take care of masses of poor people. An unintended consequence is they may stop producing rather than let the government take all of the fruits of their labor to give to someone who is not producing.
- Ideologies are created and can also be changed.

# **Reality Boxes – Power Strategies**

## **Perceiving Ideas Instead of Reality**

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- The philosopher John Locke can up with the idea that in fact we do not perceive the electromagnetic vibrations around us directly. We create mental ideas about reality and perceive that as our reality. Our understanding is of our ideas about reality.
- We then project or perceive reality based on the understanding of the ideas in our mind about reality.
- The resulting versions of reality act as our frames of reference and our basic formula for our Reality Box.
- Understanding this makes it relatively easy to change our Realty Box.

# **Reality Boxes – Power Strategies**

## **Mental Framework Determines Reality**

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- Before the 1960's everyone assumed that reality was external and absolutely objective and people just had their opinions and viewpoints about it, which could conflict.
- Then an intellectual leap took place where people started thinking about their ideas about reality as their reality.
- Scientists showed that reality was dependent on observation.
- So the term Reality Box came to mean a frame of reference that a particular individual used to guide their thinking process. It was their constructed mental framework that determined the reality for that individual.

# **Reality Boxes – Power Strategies**

## **Rigid, Impermeable and Self-Contained**

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- Different people could have different realities (even without doing drugs) which would determine how they responded to others or to events outside of their own Reality Box.
- Some people's Reality Boxes include suppositions, hypotheses and assumptions, and maybe even illusions or hallucinations.
- Reality Boxes can incorporate information or knowledge vacuums and can be so rigid, impermeable and self-contained that they keep new ideas on the outside from coming in.
- It doesn't do much good to compare Reality Boxes by disparaging others because they may be doing the same thing.

# Reality Boxes – Power Strategies

## Peak Performance Reality Boxes

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- Even though people could accept the idea of Reality Boxes and point out other's Reality Boxes, most individuals don't experience their own realities as “boxed” or rigidly limited.
- People can also have more than one Reality Box, as when someone turns into a completely different person after drinking too much alcohol.
- Someone can experience a completely different Reality Box if they have a severe emotional trauma, such as when a mother lifts a car off of her child to save his life.
- We should look at the Reality Boxes of anyone who exhibits Peak Performance or has become successful and model them.

# **Reality Boxes – Power Strategies**

## **Cunning, Ruthless, Amoral, Unscrupulous**

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- There are two basic types of Reality Boxes: those that contain ethics and compassion, and those that contain little or none.
- There are cunning, ruthless and amoral Reality Boxes, such as those written about by Machiavelli in 1532 in “The Prince”, which describes how a politician can gain and maintain power, sometimes in ruthless, cunning and unscrupulous ways.
- This activity causes the society to become morally and economically bankrupt.
- Read Ayn Rand’s “Atlas Shrugged” which describes the Reality Boxes of inventors, industrialists and managers who make the world go and work.

# Reality Boxes – Power Strategies

## Getting Out of Your Reality Box

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- “Atlas Shrugged” compared them to those politicians who want to gain power and influence over those who produce so that they can “distribute the wealth”.
- Let’s look at the individual Reality Box so we can learn how to get out of the box, to escape our own limitations and access our full consciousness.
- This might depend on how you think about yourself and how you are thought about by others, because they may not want you to get out of your box and make them uncomfortable.
- When you get out of your box you see a vast panorama of other people’s Reality Boxes.



# **Reality Boxes – Power Strategies**

## **Manipulate, Dominate, Influence, Control**

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- The homework from last time asked you to examine what ideas are in other's Reality Box, and also what is missing or absent.
- By keeping people ignorant of empowerment methods, the controllers can easily manipulate, dominate, influence and control the bodies, minds and assets of the masses.
- To affect change in ourselves and our societies we have to at least become aware of these power games and learn how to play them.
- Ideas contained in people's Reality Boxes are translated into their behavior and attitudes, accepted or not by society.

# **Reality Boxes – Power Strategies**

## **Manipulate, Dominate, Influence, Control**

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- The ideas in our Reality Box can be changed by accepting new information which is advantageous to us.
- But learning new knowledge is not enough if we don't feel an energizing power and change our Big Picture mind map.
- Take action based on the new mind map or Reality Box.
- When your personal power begins to unfold, it will do so within the power contexts of others and your society.

# Reality Boxes – Power Strategies

## Three Categories of Empowerment

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- The three major categories of power and empowerment are:
  - 1) the acknowledged power structure which allows a small group within society to control a much larger group,
  - 2) the not acknowledged full spectrum of innate human powers within all individuals,
  - 3) the not yet acknowledged sympathetic and harmonic activity of all fully awakened powers within all individuals.
- You can only incorporate the powers you have within your Reality Box. Begin with what you have now.

# **Reality Boxes – Power Strategies**

## **Vital Energy and Force**

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- Power is a relationship of what is inside and outside of your Reality Box.
- Look outside to identify the factors that will call forth the empowerment from within your Reality Box.
- Power consists of vital energy and force - the opposite of depowerment.
- Vital energy is that immaterial force or principle which is present within living beings or organisms by which they are animated; a manifestation of life.

# Reality Boxes – Power Strategies

## Becoming Consciously Aware

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- Human powers have never been described as a spectrum that is self-organized.
- Human powers recognize empowerment whether you are aware of it or not. A lot of mind dynamic activity takes place without our being aware of them.
- So becoming consciously aware is the first step on the ladder of empowerment. Become aware that our Reality Boxes are limiting our perception of information and what it implies.
- Empowerment implies that we must escape from the confines of our Reality Boxes that have been used to disable us.

# Reality Boxes – Power Strategies

## Awakening, Arousal, Activation

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- How do we recognize empowerment in ways that transcend the limits of our Reality Boxes?
- The answer was expressed by Marcel Proust as “The real voyage of discover consists not in seeking new landscapes, but in having new eyes” or Reality Boxes.
- So we need to have new eyes and new senses to see the best and easiest way to develop our powers.
- Empowerment is the awakening, arousal, activation, incitement and excitement of our senses and mental abilities.

# Reality Boxes – Power Strategies

## Thinking, Memory and Intention

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- Although we have the same human mind, we don't manifest the same intelligence or power.
- The mind has three parts:
  - 1) the thinking part
  - 2) memory
  - 3) intention
- Most scientific studies focus on the thinking and memory parts, but very little is published about the intention part of the mind, and that's where empowerment comes from.
- We have to decide if we will continue to use our mind as a vehicle of passive conformity to our environment, or...

# **Reality Boxes – Power Strategies**

## **Intend, Expand, Increase, Assert**

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- Use our minds as an intentional vehicle to empower ourselves and change our environment.
- Intend is a verb meaning to stretch out, go forth, extend, to expand, increase, intensify, to propose, endeavor or assert.
- The intention part of our mind has been gradually subverted and erased in all of the scientific studies.
- So these activities and actions which are the secret of power have been kept undisclosed from all but a few.





# Reality Boxes – Power Strategies

## The Secret of The Ages

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- The part of our mind which carries a lot of intention is the subconscious.
- This was written about by Robert Collier in 1948 in “The Secret of The Ages” saying, “The subconscious mind occupies the whole of the human body and has absolute control over all involuntary functions, conditions and sensations of the body.”
- “The conscious mind controls voluntary functions, the subconscious controls respiration, circulation, digestion and all cellular functions. The subconscious mind reveals things that the conscious mind has no conception of. It glimpses things that ordinary sight does not behold. It warns of approaching danger. It can see without the use of physical eyes...”

# **Reality Boxes – Power Strategies**

## **Missions of the Subconscious Mind**

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- “It perceives by intuition, and it has the power to communicate with others without the aid of physical means. It can read the thoughts of others. It receives information and transmits it to people at a distance. Distance offers no resistance against the successful missions of the subconscious mind.”
- The subconscious mind has the power of telepathy, intuition and clairvoyance. These have been deleted from most descriptions of the mind because the power structure had rather not encourage any knowledge about their existence.
- There is scientific proof the body has receptors for telepathic information from distant sources, and these have been proven by many double blind tests, especially in remote viewing.

# **Reality Boxes – Power Strategies**

## **Conscious Mind Perceives With 5 Senses**

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- The conscious mind, the part we use while awake, is usually thought of as the largest and most important part of the mind, having domination over all other aspects.
- The conscious mind is actually the smallest part of the body-mind with the subconscious mind containing 90% of the total of mental activities.
- When we attempt to use only our conscious mind, we are limiting ourselves to only 10% of our body-mind capacity.
- The conscious mind focuses on what it perceives through the five physical senses, which just scan the surface of what's going on. The conscious mind only responds to what it's learned.

# **Reality Boxes – Power Strategies**

## **Internal Life Energy Power Source**

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- Let's learn to break out of low gear.
- You can't feel powerless unless you sense an innate power source within yourself that's there even though it might be inactive or deadened.
- You might feel powerless because the educational system has installed an ignorance about the nature of power and the kinds of power manipulations that we've been learning about.
- This internal power source can be thought of as a bio-mind or life energy source so we can develop this vital energy.

# Reality Boxes – Power Strategies

## Four Paths To Empowerment

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- No matter what kind of Reality Box you have, the concept of empowerment implies you have to locate the means of access – the door or gateway.
- Retool your Reality Box so you can acquire more information that energizes you in the direction of your vitality. Increase your awareness of your innate powers to change your “external” circumstances.
- Four Paths to Empowerment are:
  - 1) Change your beliefs and mental filters,
  - 2) Study depowerment and how your are being depowered,
  - 3) The Principle of Enfoldment,
  - 4) Enhance your sensing and perception.

# Reality Boxes – Power Strategies

## Beyond the Five Senses

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- How do you enhance your senses and perceptions? If you can't sense or see something, then you can't gain power over it. And what you DON'T perceive can have a lot of power over you.
- We are taught in school that we have five physical senses: sight, smell, taste, touch and hearing,
- We have known for decades that there are many other methods of human perception beyond the five senses. There are dozens of sense organs that have been discovered beyond the five.
- Our senses and perception are rarely discussed in the context of power and empowerment. More perception gives you more empowerment. Less perception causes depowerment.

# Reality Boxes – Power Strategies

## Physical and Non-Physical Perception

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- Perception is defined in two ways:
  - 1) awareness of the environment through physical sensations
  - 2) direct or intuitive insight, cognition or capacity for comprehension (with non-physical perception).
- Remember that the powerful have always engineered society so that the masses do not have access to empowerment and stay in a state of powerlessness.
- They must conceal the fact that everybody is innately born with a mind that is equipped to be powerful.

# Reality Boxes – Power Strategies Beyond the Five Senses

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- The minds of individuals can be conditioned through illiteracy and ignorance not to realize the extensive and amazing dimensions of the individual mind.
- Even in this country all information on power and empowerment has remained totally absent, unknown or inaccessible.
- You have already learned to be more alert to physical cues such as eye movements, tone of voice, etc.
- So we are now going to focus on the methods of non-physical perception.



# **Reality Boxes – Power Strategies**

## **Every Cell in the Body Is a Receptor**

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- With the advent of the electron microscope, scientists have determined that every cell in the body is a receptor to changes going on around it.
- Since the 19<sup>th</sup> Century, scientists have known that cells are sensitive to electromagnetic impulses.
- Here is a list of only a few of the receptors you may not even be aware of. Some of these were covered last time also.
- There are receptors in the nose that can sense other's emotions, motives, sexual receptivity, antagonism or benevolence.

# **Reality Boxes – Power Strategies**

## **Receptors For Temperament and Heat**

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- Receptors in the ears can detect differences in air pressure and electromagnetic frequencies.
- Receptors in the skin can detect imbalances in the bio-body, extending to great distances via the aura. Receptors in the skin detect motion outside of the body even while you are asleep.
- Some receptors in the skin sense the temperament of others.
- Whole body receptors including hair sense fluid movements.
- Subliminal sensory systems locate the pitch and identify sounds, and even heat at a great distance.

# **Reality Boxes – Power Strategies**

## **Neurological and Bioelectric Receptors**

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- Receptors can sense positive or negative charged particles at the atomic level.
- There are microsystems transducing various forms of mechanical, chemical and electromagnetic energy.
- There are receptors that sense gravitational changes, and neurological receptors that interpret electronic information and convert it into signals that our minds can grasp.
- There are bioelectric receptors that sense radiation, including x-rays and ultraviolet light.

# **Reality Boxes – Power Strategies**

## **Admiration, Sex, Love, Danger**

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- There is a neural network which makes meaning out of at least 130 non-verbal physical gestures.
- There are receptors that trigger an alarm even before the sources of danger are perceived consciously.
- Receptors in the pineal gland sense light and darkness, lunar rhythms, solar flares, sun spots and coming earthquakes and storms. That's how animals know how to get out of the way of a coming earthquake or tsunami.
- Millions of whole-body receptors detect pheromones, emotions of fear, admiration, love, danger, sexual attitudes and the intentions of others.

# Reality Boxes – Power Strategies

## Waves, Signals and Impulses

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- We can now start to tap into this information from these sensors and train ourselves for increased awareness just like the martial arts, especially in aikido.
- Use these sensors for intuition and ultra-sensory perception beyond the famous five physical senses.
- We have trillions of these receptors which contribute information to our mind and our intelligence for our empowerment.
- You can now conceptualize yourself not as just a physical body, but as an elaborate array of sensing systems in a Universe of information as electromagnetic waves, signals and impulses.

# Reality Boxes – Power Strategies

## Waves, Signals and Impulses

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- We can empower ourselves with information from physical as well as non-physical sources, the seen and unseen, the tangible and intangible, the visible and invisible.
- Use our powers of intuition, insight and foresight to deduce the proper actions to take in any situation or instance.
- Continue to ponder and meditate on these internal sensing systems to expand your awareness and change your Reality Boxes.
- You can now conceptualize yourself not as just a physical body, but as an elaborate array of sensing systems in a Universe of information - electromagnetic waves, signals and impulses.

# Reality Boxes – Power Strategies

## Homework Assignment

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- Make a quiet attempt to observe others and note the differences between those who perceive primarily physical things and those who seem to detect the implications or hidden meanings behind what they are perceiving
- Identify which you think is more powerful.
- Continue to learn,

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# **U Hypnosis**

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