

HIGHER BALANCE INSTITUTE



THE MOST POWERFUL
TRANSFORMATION TOOLS
ON EARTH



CONSCIOUSNESS HACKING CHEAT SHEET

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NOTE: Check your email for the *Behind the Red Curtain* introduction video, which gives you the inside scoop on where the next generation of consciousness exploration is heading!

[**CLICK HERE TO CHECK IT OUT**](#)

I. HOW TO AVOID THE THREE BIGGEST MISTAKES MOST SEEKERS MAKE WITHOUT EVEN KNOWING

MISTAKE #1: THINKING IMAGINATION EQUALS SPIRITUAL EXPERIENCE

The simple fact is that most (spiritual/metaphysical) schools or teachers either don't know or can't explain what it really takes to attain higher states of consciousness. Sounds counter intuitive, right? The fact is that the actionable tools that lead to real (and not imagined) experiences are few and far between. This stuff can be tricky to explain and it is all too easy to just show imagination-based experiences because they make the student feel good about their progress. In recent years, with the advent of the New Age Movement, a ton of fluff and hype has sprung up in the spiritual genre.

Unfortunately, the vast majority of what you'll find out there will promote imagination and then wrap it up in the terminology of spiritual experience.

If you've fallen into imagination-based spiritual experiences, it's not your fault... It's HARD to filter the authentic from the fluff. However, after reading this section you will have the key ingredients that comprise authentic results!

Don't fall for the trick ever again!



Real experience exists outside the realms of standard human perception because it originates from outside this physical dimension. Your energy body (or dimensional mind) exists beyond the limits of time/space. It is your connection to universal consciousness.

How then, could something from that place so easily be predicted by human imagination, which is limited by the constructs of this dimension? IT WOULDN'T!

If an experience is anything like what you thought it would be, if it is still within the realms of something you could have imagined, then it is little more than a product of suggestion.

Here's the good news:

Authentic metaphysical/spiritual experiences are easy to identify!
They are visceral, they feel more real than the moment that you are in right now!

Authentic experience often has nothing to do with mental images. If there is imagery, then it is secondary to the experience and is usually just your brain's dreamlike interpretation of the experience.

Authentic experience is often a bit frightening because you're stepping outside your comfort zone. This is natural and to be expected. As humans, we naturally fear what we don't understand.

MISTAKE #2: FALLING FOR GIMMICKS

Crystals, binaural beats, rituals of all shapes and sizes are nothing more than gimmicks used to help the practitioner believe that they can have an intended effect.

Do they work? To some extent, yeah, they actually do!

That being said, the reason that they work is the placebo effect. Because you believe that the ritual, device or technology is supposed to do this or that, it allows your consciousness to have some effect.

So, if all that extra stuff works, then what's the problem?

These adages will never allow you to understand how you're actually creating the result! You will wind up lost in a maze of elaborate (and usually faulty) beliefs that leave you unable to attain results on your own. Additionally, they tend to cause the seeker to become seduced and stuck. It becomes (emotionally) difficult to evolve past spiritual gimmicks and many seekers will continually seek out the next new thing compulsively.

Gimmicks lead to stagnation and halt meaningful growth.

The solution, again, is fortunately simple: True experience is based on principled understanding and application of universal principles. In the end, the quality of the information and tools you use matter tremendously. It is vital to strip away the fluff and focus on the hows and whys of what really happened after an experience.

MISTAKE #3: BECOMING AN “ARMCHAIR PHILOSOPHER”

We have all heard that knowledge is power, but that is only true if you know how to use it. So how do you leverage knowledge to have an effect?

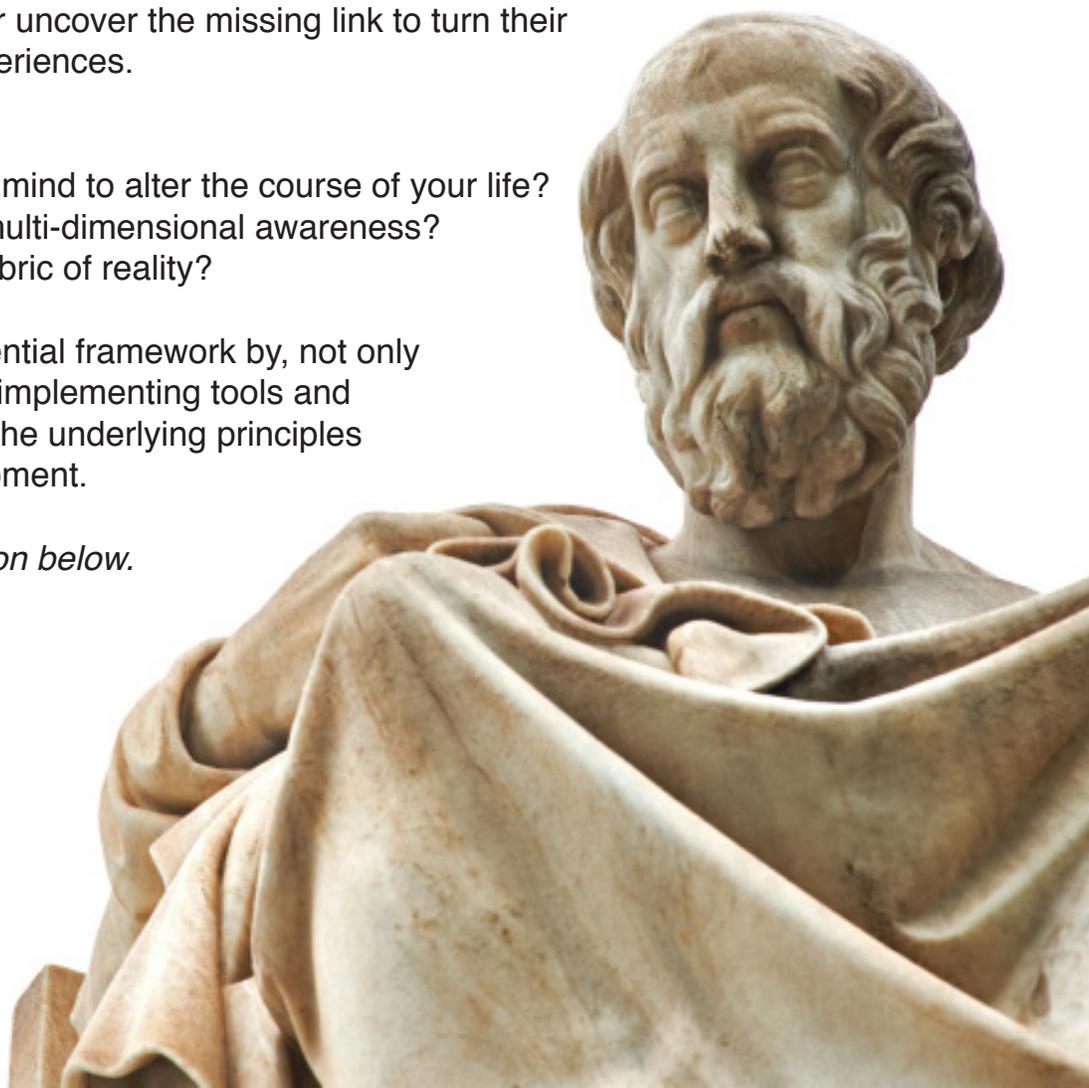
Too many seekers revel in their insight but never act. Despite having an excellent understanding, they never uncover the missing link to turn their theories into mystical experiences.

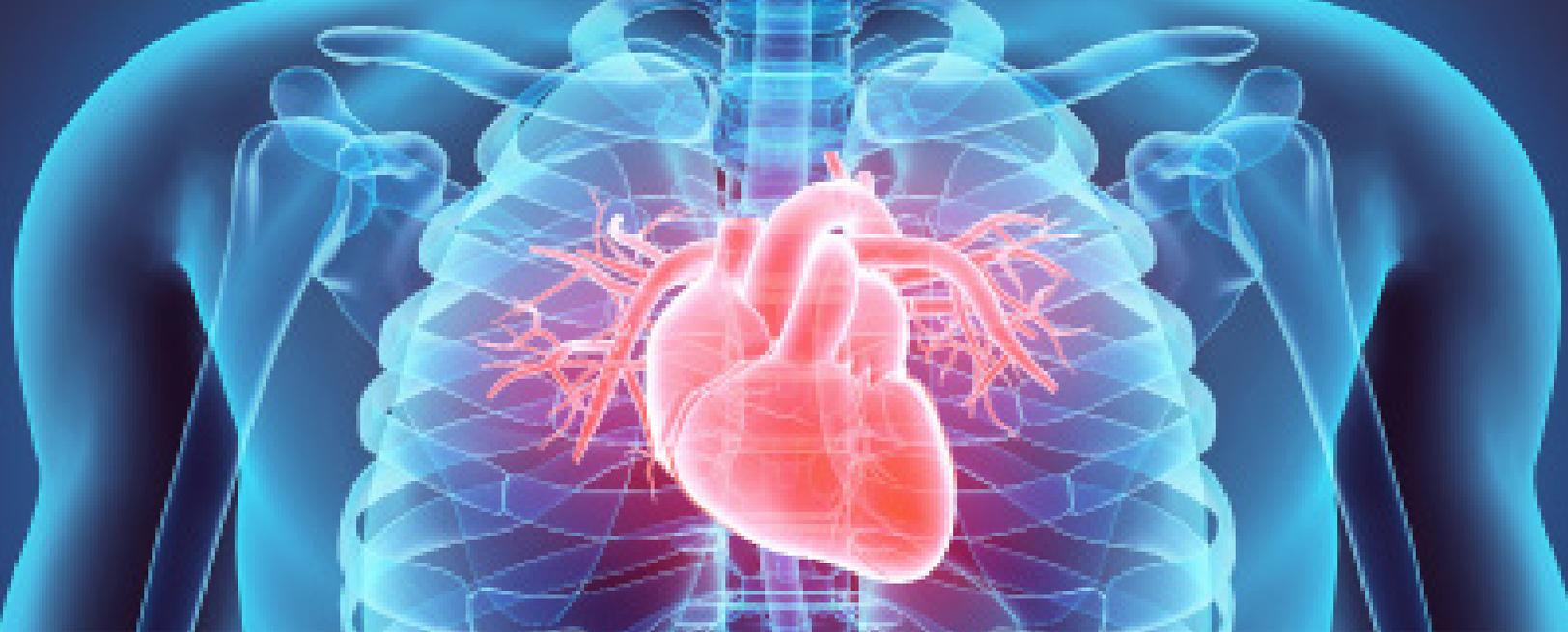
So how do you:

- Use the power of your mind to alter the course of your life?
- Experience states of multi-dimensional awareness?
- Change or bend the fabric of reality?

You must build an experiential framework by, not only having knowledge but by implementing tools and techniques that focus on the underlying principles of consciousness development.

See the sixth sense section below.





THE MISSING LINK: FINDING THE ELUSIVE SIXTH SENSE

A CLIFF NOTES INTRO TO THE REAL SIXTH SENSE

To get started, the sixth sense has some biological elements that are important to note. First of all, in the brain, you have the pineal gland which produces chemicals, including DMT, that contribute to our experience of the sixth sense. In addition, there are actually nerve cells in your chest area that we believe contribute to the biological experience of the sixth sense. *This will be important in the following sections.*

When approaching true metaphysical or paranormal experiences, you are by definition attempting to think outside of the normal human perspective, meaning it is outside the standard limits of how your brain is hardwired to perceive reality.

The sixth sense has a different potential for perceiving reality. Our five senses lie to us *all the time*. A simple Google search will show hundreds of examples of optical illusions and your brain editing objects out of your perception of sight. You can begin to think of the sixth sense as a means to pick up on the things that are hidden from your five senses. In truth, it goes way beyond that, but it is a good place to start.

You may have heard the saying that your subconscious is able to process 11 million bits of data per second, while conscious perception can deal only with about 50 bits of information in that same time. What would reality look like if you could expand your level of conscious perception?

With the sixth sense, you can!

II. FOUR SIMPLE STEPS TO DEMYSTIFYING THE SIXTH SENSE

THE FOUR THOUGHT CODES: ENERGY, NON-THOUGHT, TOUCH PROCESSING, AND THE LANGUAGE OF FEELS-LIKE

CODE #1: EVERYTHING IS ENERGY!

Everything is made of constructs of energy in one form or the other. We won't get too fancy with it for now. We just need to shift our mindset and begin looking at the world through this lens before we begin.

You might find it surreal to consider that most of what we call matter is just space. We can see this if we look at what science tells us about an atom – the smallest unit of matter.

Most of what we consider to be matter is actually just empty space! If you imagine the nucleus of an atom is the size of a golf ball sitting on the 50-yard line of a football stadium, then the first shell of electrons would be as far away as the top of a stadium dome! And now, modern science is telling us that even the nucleus of an atom isn't even made of anything that we would consider "solid" matter...

To take it a step further, you may find it curious to think of yourself as being made of energy just the same as everything else.

In some ways, you could think of energy as the code that constructs reality. This may be a bit of a brain twister at first, however, by acting as if it is the case, you will begin to experience this truth firsthand.

CODE #2: BRINGING IN NON-THOUGHT

First off, non-thought does not mean you're not thinking. This is a common misnomer. In reality, you are learning to think in a new way. Think about it for a second... You can't just turn off the electricity in your brain. As long as you are alive, there will always be some level of electrical processing going on. The real key is to begin stripping away the types of thinking that tie us to our limited perceptions.

CODE #3: TOUCH, OR KINESTHETIC PROCESSING

When you think about the evolution of life on this planet (or any other), what is the first sense that must develop? The answer is touch (or kinesthetic processing). Touch happens in the most primordial regions of the brain and is directly adjacent to the pineal gland, where DMT is produced. In an evolutionary sense, this is the oldest region of the brain and the closest resemblance to how the universe and planet actually process energy, code, and data or information. The sense of touch is where the sixth sense actually begins!

So how do we start to repurpose our sense of touch as a doorway for the sixth sense? Well, you don't just experience the sense of touch when things physically contact you. Emotions, for instance, are also processed in similar regions of the brain. This is why people will feel physical pain when they are emotionally hurt. Emotional feelings illustrate that we can use the sense of touch to actually "touch" things that are outside of the barrier of our physical body. In other words, you aren't limited to perceiving only physical sensations with touching or feeling. When it comes to the sixth sense, what we're really attempting to do is process the world through the lens of feeling (or learning to feel the things that we normally see or hear).

Processing thought with the sense of feel is the key to escaping standard perception.



CODE #4: THE LANGUAGE OF FEELING AND HOW TO USE IT

To learn the language of feeling, you must first begin to feel outside of your physical body. Then, you must begin building an internal frame of reference of tagged (or remembered) feelings. To illustrate how this is possible, I want you to try this quick exercise.

Close your eyes and imagine hugging someone that you care about. Do you get a feeling in your chest area?

If you didn't, that's fine. Just keep trying. If you continue to have trouble, you may want to contact our support so you can complete this important step.

Now imagine hugging someone else, preferably of a different sex than the first person you imagined.

If you are able to get a feeling in your chest area for both of them, does each person feel exactly the same? If they did, then practice a couple of times until you can sense the difference in the feeling.

You can think of that feeling as the trademark for that person. In other words, it's their "name" in the language of feeling. With this way of thinking, you can have that feeling without any picture or word in your head. You will simply have a "knowing" of the person. This is the beginning of thinking with non-thought!

With a person, it's usually easier to get that feeling because your emotions amplify the feeling that you're getting in your chest center. It can be a bit tougher (at first) to get a feeling (or a "tag") for an inanimate object. This is because you have little or no emotional connection with an object. As a result, your biology won't help you amplify the feeling.

Let's give it a try anyhow!

Imagine hugging a random object that you don't really care about. (I like to use an empty coffee cup as an example, but some people emotionally LOVE their coffee, so if that's you think of a 2x4 piece of lumber or something similar). Really, anything will work.

When you imagine hugging this object, do you get a feeling in your chest?

For many people, it will be extremely subtle at first. This is because our sixth sense has become atrophied. We (modern humans) no longer need the sixth sense to survive in our contemporary world. Therefore, you may need to practice a bit until you can feel something in your chest. For some people, it helps to imagine having a small mirror inside your chest with a little window. When you face the mirror toward the object, the reflection of the item is then inside of your chest.

Once you are able to have success and you begin feeling different things, you will start to discover that *everything* has a different internal feeling, or tag. At first, different inanimate objects may feel almost the same, but as you strengthen your sensory everything will have a different “feels-like,” including thoughts, places, people, and objects. Additionally, every possible combination of things will reveal new and unique feels-likes, (emotional impressions or codes).

As you get better and your focus increases, the faint feeling will become a much stronger sensation. At first, the most important thing is that you can feel a difference between different items. Just like hugging one person will feel different than hugging another, so too does everything imaginable have a unique feel. This feel is essentially what a thing is, without your brain’s filters.

You are building a “vocabulary” for this new language of feeling. Normally, a person can only think about seven things at a time with their working memory. This is why phone numbers are only seven digits. With practice, you will find that you can “hold” complex ideas, objects, places and emotions in this new language of feel. The possibilities are truly boundless.

As your vocabulary for feelings develops within you, you’ll be able to access a far greater level of awareness. This will push your consciousness far beyond the limitations of normal human thinking. You won’t be limited by how fast you can make pictures or words in your head, you’ll find that you are able to feel anything, instantly!



III. THE INVISIBLE TRICK TO ACTUALLY PROGRAM “REALITY”

The language of feeling is truly like learning an alien language. If everything is energy and (according to science) our perception of reality can actually change it, then one way to think about feels-like is as a programming language behind the mechanics of reality. If you learn the language, you can begin to hack the programming of reality!

It’s a common misnomer that our thoughts can change reality. It’s really “feel” that causes thought and therefore is the source of our ability to change reality.

This language of feel is not like a normal language. Rather than just describing things, it causes them. With practice, you gain the ability to change the underlying patterns of reality.

For instance, if you could decode (and were able to recreate) the feels-like of, the moment just before a realization, the pattern of “reality” would react by producing an expected effect.

This is exactly how you are able to actually hack the code of reality. The possibilities are only limited by your skill and imagination.

CONCLUSION

It's virtually unheard of for the majority of seekers and consciousness explorers to have consistent, genuine experiences without the use of damaging and limiting hallucinogens.

Even with hallucinogens, people bring back only a tiny fraction of the experience and inevitably fall into a trap of endless stagnation because, like with gimmicks, they never develop the necessary conscious framework to understand how and why such things are possible.

Virtually no modern school of thought teaches what the sixth sense truly is. Even in eastern traditions and more ancient schools, the true sixth sense is rarely understood much less communicated.

Our goal at Higher Balance Institute is to make these principles available to all who seek. We are honored to have the opportunity to demonstrate exactly how the results that you seek are possible.

As promised, here is your access to the inside scoop on the next generation of consciousness exploration that no one else is talking about, the unexpected link between A.I., simulated reality, and enlightenment.

[CLICK HERE TO ACCESS](#)

