

Module: Dimensions Walk With Me
Speaker: Eric J. Pepin

Track 1

Eric: So this is the Class 2 and it's going to be on Dimension Walking. So another thing that I want to mention is what I call a Mandala. Now different people have different concepts of a Mandala but my concept of a Mandala is something that you guys will always remember and a Mandala is for me is when I, of course my perspective on it, is by giving you a certain amount of knowledge. It's kind of like a ball and the ball of knowledge grows and attaches itself to other thoughts and ideas that you have so that you can fully comprehend things that you couldn't figure out before. It's a key.

Student: So a Mandala is prior knowledge that . . .

Eric: Kind of, it's mental though. It's me teaching what I'm teaching you now as a Mandala because everything is really incomplete. By giving you this knowledge you'll apply this thinking to things that you've thought of before or reflected on them before or heard of before but you never fully grasped it or you never got as much out of it as you do all of a sudden now with this new found knowledge. So you can apply it as new thinking or this new knowledge to a topic that you knew something of before and all of a sudden it takes on an entire new panoramic view of insight. For instance you might, I might say to you well the planet is the living organism in space and that everything is a microcosm versus a macrocosm a larger and a smaller enactment. By reflecting on the concept that the planet is a living organism, your body's a living organism with

micro beings if you will, you might say as in Mandala form you might think now of the entire solar system as being a microcosm to something like an entire universe and so forth and so on until you get to the total body of God being all the stars and planets and solar systems; being no different than your liver or your kidneys and various cellular structures in your own body having cycles. So that's a Mandala, is when you can take some kind of knowledge and now apply it to other thinking. You can expand it and even double and triple your knowledge by applying it. Do you follow me? So it's something to keep in mind. It's a way of teaching you guys without even being there, you start to learn from other knowledge. It starts, it just keeps growing and you'll find that that's the case with that.

We decided to do Dimension Walking and stuff like that as far as this class goes if I can muster up the will or interest to keep myself rolling on it. Does anybody have any questions from the last time we had a class?

Student: When you die and you're going through that tunnel and ...what was...I had a question. You told me that you could either dissipate, be conscious of holding yourself together or unconsciously just be swept with the nature of things. Do you know what I mean?

Eric: Okay, do you want me to elaborate on that? Okay, after you go through the tunnel which is basically a brain death scenario, okay, you are either going to a) exist outside of your body which means that you were capable of creating a soul or the belief in a soul and the soul now is going to move forward from your body. It's going to exist outside of your body assuming that like you, you want people that I'm teaching obviously let's say you were able to do this. What happens at this point is that there are energies just like a cosmic array of energies moving throughout the universe and like an ocean, and you're going to be like a bottle because you've learned to develop your soul. It doesn't necessarily mean you've learned to maneuver and will yourself to different destinations. You're as clumsy as a child would be but at least you have buoyancy outside of your own physical body. I would expect if you don't have it for a very long period of time there's a chance. It means that your body's going to drift or whatever but it's going to be

naturally attracted to the next womb or whatever's giving birth, okay. And you will enter into a new vessel I think. This is your standard concept of reincarnation, abbreviated of course. Go ahead, speak (said to student). Well we're wasting time now discussing whether you're going to interrupt or not so just say it.

Student: So whatever you're naturally attracted to is the next lesson you need to learn in that life. Right? So you'll be at a higher level . . .

Eric: Not necessarily. I think it's a little overrated to say that your life is dictated by, you know, such a complex theme as to well the next thing he needs to learn is humility, or the next thing he needs to learn is whatever. I think it's just random chance and you get out of life what you get until eventually you've lived so many of them you're perfected. Do you see what I'm saying? I don't think that it's going to specifically say 'well he needs to feel what it is to be wealthy or he needs to feel what it is to be in poverty'. It's just random chance where you end up is where you end up and circumstances of life are what you get out of life. Do you see what I'm saying? I don't think it's very specific as to where you end up. I think this is more Hollywood's thinking, you know, it's more fictional.

Student: All right when it exits does it go into the so called astral realm more like dimensions I think or does it stay on the same plane of existence?

Eric: Sure. Well you've got to keep in mind is that energy moves at a higher frequency than we move, okay. So therefore you are not really fully aware of the presence of entities and there's very few of them. It's not like what you would imagine. So because they move at such a frequency they're inaudible in experiencing to us, we are not able to experience them as easily; maybe to you guys but not for me, but in either case, so they're like at a vibratory level. Now that's not an astral plane and it's not an ethereal plane, it's this dimension or a dimension that

coincides but not one that I would call the actual astral dimension. I think that reality changes a little.

Student: Is there an astral plane?

Eric: We're going to jump to that now aren't we? You're going to do it again. Is there an astral plane? Not necessarily. I think that an astral plane can either be another dimension or most likely I think that so many people have misconstrued the concept of an astral plane or made claims of being able to project in astral planes. I would strongly say that it's very likely it's an inner plane, and what I mean by that is it's one of your own imagination. I think a lot of people refer to the astral plane and have no clue of what the real one is.

Student: It's a state of being right? It's a state rather than an actual place right?

Eric: It's an imaginary concept. It's an imaginary world rather than actually projecting outside of your body.

Student: What do you think -- that there's like levels? As we grow our vibrations get higher so that in an astral plane...

Eric: There are other dimensions but it's the astral plane has been described in so many different ways. If I just generically say, "Oh yes, there's an astral plane," I told you before in the first time we had a class, I said I always must be very specific with you, that's how you're going to always have absolute knowledge, okay. And what I'm saying to you is that most people when they say astral plane, in my opinion, have never really done astral projection in their life, okay. True astral projection is the ability to leave your body and physically see this dimension, okay. Physically be able to move to another room or above and read something or have some kind of ability that is co-subjectly here. If you can do that and prove it okay, or demonstrate that, and

then you tell me you go to some other dimension also, I'll accept whatever you have to say. But 99.9% of people who project can never project fully in this dimension. They are always talking about this other place (that they are at) that's like this world of imagination. Whatever they imagine is what it is and therefore I don't believe it to be true projection. So in either case, when -- and projection is very different than your soul leaving your body. Astral projection is -- you have energy okay. This energy you must accumulate. When you accumulate a quantity of energy you can do something. You need fuel in order to create or to make something happen outside of yourself. Do you follow me? Low on fuel, this is it, you're grounded, okay. The more fuel you have the more prana, the higher tonal, the higher resonating okay you are, the more that you can do things. So what astral projection really is, and this is a whole bunch of crap about a silver cord and leaving your body and all this stuff, this is not the soul that's leaving. You are still 100% aware of your environment. You're just kind of like dumbfounded a little bit, you know, insensitive to your environment. You're still here and if somebody startled you your senses would come up, okay. But what you're really doing is, it's like taking this energy and balling it into a ball and letting it float up, and what it's doing is it's the same exact frequency that you are. All of us are completely different frequencies than another one, like a radio station, and it's like a probe and you're sending this probe out and it's sending you pictures constantly, so fast that I would even say it's faster than the speed of light because it's dimensional, okay. It can fold space and time. So you could be a million light years away but instantaneously know what you're seeing, okay. If this form of energy is dissipated somehow you might go 'haaa', it's like a loss. You feel like a loss, like you're exhausted, okay, but not a physical exhaustion but very similar. You might confuse it with that but no harm can come to you it's just that energy's been dissipated somewhere. You can create more of it and send another one. But astral projection is sending a willful form of energy. It is another form of sensory, sensory eyesight, sensory hearing, sensory taste, touch, smell. All of those things are sensories. We are not limited to just the ones that we think we are limited to. We have other sensors, we just haven't tapped them. I'll explain to you. I mean an elephant can travel three, four, five hundred miles and find a small

pool of water that they've likely never been to, yet they know where the pool of water is and I'll tell you how. Because they're projecting their thought outward like a probe to find the water and then they're just following the mental pathway that they visually see in their head. This is all a form of sending forth energy. I think the older teachers really didn't have this advance knowledge. They understood it as being a form of consciousness and they assumed that if they could sense or see something or some result that must be the soul. It's not. The soul can never leave the body unless its death. The soul is probably so interweaved within the physical body that it goes beyond any form of explanation.

Track 2

Eric: Your energy is contained into this physical body and it's very interesting is to say is how this is so. You have two forms of energy. You have your soul which is physically meshed in with this physical body and you have what would be considered an artificial gravity if you will. Artificial energy that's created by eating foods, and electrons, and whatever because that's your first basis of life. Remember, you don't naturally have a soul to begin with, that has to be created. So the foods that you take in are energy. You have electricity running through your body back and forth. You have electrical thoughts; you have an electrical field around your body. It's not your soul at first, you create the soul. The soul is kind of like velcro'd in, it's like oil and vinegar again. It's like contained within here because it's just mesh, it's blended together as one unified thing but yet they are very two different things, okay. Again, everything that you can look at the universe or nature you will find similarities in the body. Remember I always said that God is matter and energy and that we are made in his image. We have a soul and we have energy but we're also very physical and matter so we're two co-existences.

Again a Mandala of this is that there's a repetitive concept of this thinking, it's this format, this engineering of concepts which is brilliant, it's just over and over and over again. It's just a matter of how you apply yourself. In essence, the soul is formed or given birth from this

energy in your body and it's coexisting. When the body dies the soul is so impulsively connected to the physical body, the body has to stop producing. It's kind of like an engine, like an alternator creating electricity, okay. The alternator literally has to stop. Everything has to stop producing this base electricity or energy which is death. The heart stops pumping, the energy fields in your body stop, you know, whatever, and like a TV you know it's like in computers they'll say to me, 'well Eric even though you unplugged the TV or the computer don't go messing around with it for a few minutes, let the electricity drain and then after awhile you'll, there's nothing contained left in there'. So the body dies but it takes moments still through this energy field to collapse. When it collapses the soul now all of a sudden can just leap forward. There's nothing pulling it back into it. Do you follow me? So it's like an inter fiber that holds it in until there's a complete collapse of this electrical field coexisting with it. And that is really when your soul leaves the body but if there's any electricity, any energy left in it, it will not leave. It's like anchored in even if it's a minute level. It's just such a perfect blend of perfect tonal that it compels you. So even if you start to leave where they start to say people have these out of the body experiences it's the energy contorting, you know, and their awareness is seeing but it's still...

Student: Is that what happens to the chakras you know the jumpers. ????

Eric: Well it's electricity and it makes the heart start. So when the heart stops you still have the electrical field holding the soul and making the brain still. It's like energy's still there but there's no alternator making more current, it's just what's the fluidity of what's left. It jump starts the heart, the heart starts pumping again, creates blood and it creates the mechanism. It's like an alternator, you got to get gas, you know, you turn it over (phfff) it creates your reaction coexisting to create generation of electricity. The heart has to pump in order to create the electricity to fuel itself to pump more whatever you have. It's a machine, I mean literally it is

what it is and so then the energy field builds and it draws your awareness back and it pulls your soul back tied in again if you have one. Got it?

So, if you haven't built a soul then you go through the tunnel, you're still alive, it's the body isn't functioning but there's that remnant of energy still left so the brain is the last one to use it and then what it's doing is it's giving you this experience of the tunnel and whoever you want to see and whatever else, and then when the energy finally drains and you're like all happy it goes 'blink' and that's it, it's over, it's done, you're through. There's nothing left of consciousness. Your energy simply dissipates from your body back into the environment. Does that help to answer your questions at all Jason?

Student: Yes

Eric: So that's the importance of.....excuse me?

Student: You answered my question.

Eric: So...Go ahead...

Student: I had a question on when you were talking about that own personal hell and you were describing Jacob's ladder and part of the development of the soul going through that while you're still alive, shedding a lot of that anger and a lot of that hate and building that so you don't have those things cycling, the energy.

Eric: Well life is a growing process. So life is a working process. It's not just about experience, which is one of the main things. It's about your experiences or the accumulation of your consciousness, your soul. I mean soul is energy. So you're working out your own progression with life. It's your therapy. Therapy, I mean I say well I like to cook. Why do I like to cook? Well when I cook it's like therapy, it works out my frustration, my mind is intensely on

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something, I'm creating something, it's like I'm letting my mind unwind. Well life, eighty years of life, is therapy for the soul. You see a soul is immortal so eighty years is like cooking dinner in one moment.

Student: But it's how you use it.

Eric: It's how you use it. So your therapy is life as you evolve, as you grow, as you take in more, you experience. Like you work out your inner problems as you adapt to bigger problems. You work those out too. It's like kneading dough, and in the end you cap it all off and that is your own personal hell or your own personal heaven. You work out the last things that you need to work out within your own willfulness, your own soul feels incomplete and so it speeds up time for a moment to kind of tie off all the loose ends. And that's what that moment of death scenario is in my opinion, that's either your hell or that's your heaven. Does that answer your question? Because if it doesn't you know just speak up.

Student: It does and I know that there's more to it and I don't have the words in my head right now to ask ...

Eric: Re-ask your question.

Student: A way to start developing the soul is to shed the guilt and anger and hate from this life?

Eric: Okay. Let me give more of it okay? I don't believe that by shedding guilt it necessarily is good, okay. Let me explain. I think that the concept of Shiva, okay, which is destruction, okay, from destruction comes a recreation of life; it's just a new form of life. You can't destroy anything you can only recreate it. I believe that you have to have frustrations or confrontations or confliction in order to stimulate your mind into therapy, into resolving those issues. So you must have this confliction or these problems to be purely nullified of all of them. To me it's

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good, I mean you would want to hope at the end you're, you know that you're at some level at peace with yourself. I mean I'm talking realistic confrontation; I'm not talking like mass murder or something. But there is a hand in hand need for it. I don't necessarily think you'll have sins or you'll make yourself go through hell over most issues, but you do need certain confliction for your growth as a human being, to have none means no growth. I mean again we could use a Mandala and reflect on life. Every single living thing that I can think of on this planet must have confrontation or confliction or something to stimulate life or growth or anything. Everything must have a battle to exist or a willfulness or challenge to move to a higher progression. Does that help at all?

Student: Yes absolutely.

Eric: Anybody else? This is definitely open forum. Don't worry about the main topic. We'll get to it sooner or later.

Student: So, like a simple way of saying how to do it, it's like a little kid who's drawn to touch a stove but never touched that stove before and he's so drawn and he just wants to touch that stove and once he finally does after that, after feeling that pain burning his hand even though his parents told him not to do it he wanted to still touch the stove.

Eric: Right. It's unfortunate that he learned that way because not all of us have to learn that way. We're smart enough to say, eh, I think it'd be painful. But sometimes you have beings or souls or brains or whatever that just really don't compute and they need that direct confrontation even though it does damage to their body, even though it could lead to death, I mean in certain infections and such, it's their way of working that confrontation out of growth. I mean the brain is very stubborn. It's saying 'I don't believe' or it's saying 'I don't compute'. You need to keep in mind there are a lot of mental illnesses also, you know, where I mean there's compulsiveness and everything else. Somebody was watching something with me about compulsiveness where

this girl was washing her hands over and over and over again until they almost bled because her brain would not get the right realization so I mean it's a mental problem. So you always have to keep in mind one of the biggest things they stress to anybody I teach paranormal stuff to is that the brain is a machine, it's like a car engine, if it's not working right it doesn't mean it's a paranormal thing, it means that it's the function of the equipment. So always weigh very carefully before you pass a super natural statement on something versus something that could be very logically passed. In most cases a lot of things could be logically you know resolved.

Oh don't you hate those silent moments? Anyway. . . .Go ahead, let's hear Matt.

Matt: It's a rather simple one. You were talking about astral projection and you were saying how it folds time and space and all that stuff. When you're out there as a probe directly relays, does it do that or does it or and does it as soon as it returns instantly downloads everything within micro nano seconds?

Eric: Both cases. I mean for me personally . . . and of course you're asking heavier questions here Matt so you shouldn't be doing these things. You should know better, anything you say at this point. By the way Matt's probably had almost every one of those classes so you see this is the product of my genius.

Track 3

Eric: Several things happen, a) you get a certain quantity of pertinent information. What I mean by that is I may see a world die, I may see a world being given birth to, okay. Those are

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pertinent. In other words important knowledge comes to me from having these mental probes all the way out like deep regions in space. But after awhile you recall these probes in. It's almost like you can tell that they're at a point where they need to be refueled. It's not that they can't take more knowledge, there's no limit to absorbing knowledge. Even though knowledge is energy I guess there's a...there's a certain quantity of the energy can consist and format into something before it starts to feed on its own energy that's making it exist. So you almost have to recall this quantity, and yes you download it but the downloading is so immense on the human brain, I mean, that it's painful in some cases. I mean headaches; nose bleeds to migraines to whatever. You almost have to digest it over months and months and months, and then all of a sudden it's basically realizations. You just all of a sudden start to just know intensive things and that's from the recalling of this kind of information. But it doesn't, you don't just instantaneously know. It's kind of like absorbed.

Does that help?

Student: So did I have kind of have an experience of astral projection like remember my story about the freeway and I started visualizing my energy and gaining energy and sending it out and visualizing the land around me and all of a sudden I knew exactly what off ramp, exactly where the gas station was.

Eric: But that's not necessarily...well it's not mainstream astral projection. Okay. Seeing we're going to go down this route now. That's why I love this. See what you started? They'll learn. This is why I say you guys should have to keep your mouths shut. Anyway. The point is that there are many forms of astral projection. We must not just say throw the term around, astral projection, or that's astral projection because there's such a variety of projecting that it's very important to know the differences so that you can yield the most out of that experience and do it over and over again. What you likely did is called mass assimilation. Because you didn't necessarily say that you were like hovering and seeing things, you just seemed to have known

where to go. It's like you somehow had the data, it was like almost like you'd been there before but you hadn't been and you're not saying it was a déjà vu. You just really just knew where everything was. Mass assimilation is to say that energy has no limit. In other words a pool of water, which is an Olympic size pool let's say for Olympic training, massive, probably as big as this building, okay. You can swim on the other end without fear but if I was to drop some electrical cords in the far off distant end into the water, the water would likely become purely electrified. Correct? And if you were to stick your foot in the other end way down on the other side you'd probably become electrocuted. Correct? So the energy consumed every square inch of this water without having any other wires connected to it. You assimilated by taking almost an entire town area in by letting your energy connect when it did.

Student: That's what I did. I felt the car like I was the car. Also I felt the freeway and the trees.

Eric: That's right. Exactly. That's called assimilation, okay, so it's not projection it's assimilation.

Student: It sounds like okay yeah gas, there's my gas.

Eric: Right and that's what that's called and so it's very different than astral projection.

Student: Assimilation?

Eric: Assimilation, yes, and that's a very large way of using assimilation. Most cases people just use it to like become the couch or to become an object to experience what it is to become it. But it definitely can be used in that way and it goes right back down to the projection of energy out of your body. I mean instead of sending a probe out you took the probe and you absorbed it into an environment and it doesn't necessarily mean it was your energy that spread so wide. You tapped into a larger energy that fed you this information. Do you see what I'm saying? It's like a small

computer hooking into the internet. Do you see what I'm saying? It's, you are not the planet of all these computers, you just have the resources to collect that data and that's what happened.

Student: So it just happened that everything's energy.

Eric: Correct. You became the data base of the computer collecting data and you just put together in pertinent, which is the information that was important to you or what you desired. Most generic psychics or mundane spiritualists don't understand this concept at all.

Student: What is déjà vu?

Eric: Déjà vu is supposedly the ability to foresee a coming event momentarily before it happens. There are many argumentive cases of déjà vu. One of them being that one part of the hemisphere of your brain goes a little slower than the other half. It makes you think that you know something before it happens, and I believe that may be the case in rare cases. Although I mean, I know of many cases where people will finish off conversations before they're said or will describe things around the corner as they're excited that they've been there but there's no way that they could have known what was around the corner unless everybody's brain slowed down at the same time which I find unlikely. So what it is in truth in my opinion is it's the natural ability that we all have psychically to foresee the future and you could get a muscle spasm per se in your muscle, or on your arm I mean your leg or your arm, a specific area. What I call a déjà vu is a sporadic twitching of the psychic pineal gland, which gives you these abilities in your brain, and it just instantaneously kind of gives you some kind of data instead of willfully willing.

Student: So déjà vu's can happen with any of your senses though, right?

Eric: Yes, any of your senses can connect with déjà vu. All of your sensory's- smell, touch, hearing, sight, are really set at a limited amount. Let's say from one to one hundred you're

actually set at about maybe twenty five or thirty and you think that you're at maximum but in truth it's not. I mean there's times you can smell things and they can be so overpowering to you that nobody else really can smell it but you become nauseated or sick from it because your nasal glands become enhanced, intensified. Well that's above normal senses. Keep in mind, extra sensory perception, ESP, extra sensory perception, exceeding, extra. Hearing, there are times when your hearing's fine and all of a sudden you get high, high twitches and high pitches and whatever else. It's they go up and above that thirty five mark. Sometimes you see things, energy, things out of the corner of your eyes, people walking in the dark and maybe you see energy in the room like the Force and stuff. This is again, higher than the average settings. So the brain has the capability of enhancing anything. I mean constantly with computers we think that the only way they're going to run faster or better is by buying a better computer chip or a more powerful component. And then we find people who write computer software programs that put it in and it doubles the memory without having to add anything electrically just by the commands that it's told to do so it'll work a little differently. So if the brain can be trained to really go to higher levels which is primarily what you're here to learn, then the limits-we have no idea what they could be.

Student: So do you mean in a sense that instead of adding things from the outside you use what you have now.

Eric: You use what you have already but you enhance all of those by a hundred times.

Student: And it's just by using it all the time?

Eric: By exercising, by thinking about it, by recognizing when you're doing something what you're doing. For instance he had the experience okay of knowing what he knew, okay, and if he knew what... if it happened to him by chance which it may happen again, the next time it happens

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instead of just collecting that basic data he's going to ask himself the ultimate question. 'What am I feeling right now that I can recreate to do this next time at will'? In other words what are the circumstances of my mind? Are the conditions of my thought at this very moment that's making me experience this and then he's willfully going to push himself to know more because now he's not overwhelmed by the excitedness of it, he's got data to say 'I understand what's going on so lets try to experiment with it now in other ways'. And this is the Mandala of growing knowledge. It's the expansion of absorbing even more. Do you follow what I'm saying?

Student: That actually happens to me all the time.

Eric: Well now if it happens...see all these times its happened and you've just basically just kind of experienced it.

Student: I knew it was the energy I was feeling I just didn't realize like I didn't take one last ???????? on the gas.

Eric: Right. So the more or the next time you experience it you're going to take it to higher levels now just from the shear fact that you comprehend more.

Student: I tried to explain that to someone ????

Eric: Alright that's nice. Anyway so that's the affect of that and so what you're trying to do with any psychic ability is to enhance what you already have and there are even things that you can do already but you have no knowledge that you are capable of doing. They're just very blatant, in a sleep almost; sensories that we had from pre historic times to current times to whatever. We have all these abilities locked away in our brain it's just a matter of reviving them and utilizing

them with an intelligent will that we didn't have maybe ten thousand, thirty, forty, fifty thousand years ago.

Student: So then do you think that instance just happened or was there something behind it that caused it to happen. That he can use to recreate . . .

Eric: I think that sometimes people's brains are formed a certain way and it's kind of like having a wire that's loose. The stereo works perfectly every single time but if somebody walks past it and creates a little tiny bit of wind it's enough to short it out because it gets too close, a millisecond too close to an object. Well I think that some people's brains are the same way. That they don't have that ability, they don't have it, they don't have it, and all of a sudden because of the latitude and longitude of where they're driving or something they ate or the air pressure in the air from the sky pressure or air pressure sets it off for a moment. I think that all the circumstances form a line by coincidence and it happens and I think that's why it happens with him because if he could do it at will he would do it all the time, you'd have a lot more information to give us. But the point is he doesn't have control over it, it just happens regularly and he experiences it. So the idea is to figure out how to tap it at will and then experiment with it to unlimited levels.

Track 4

Eric: Dimension walking is the ability to move physically in an altered state of consciousness, allowing you to experience in second, third, fifth, and higher, level of dimension around you. When you walk you can see or experience an environment around you which is lets say you're walking on a road and you can see the trees and you see the plants and you can see whatever. When you walk dimensionally in the right state of consciousness which we will go over, you can

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see electrical storms on the wind, you will see what seems to be sparks everywhere. You can see objects moving through the air, you can see entities, you can see dimensional things of a variety of arrays. There's no limit to say what you can and will not see because every environment you put yourself in to be very different. Dimension walking is for experiencing. What I mean by that is it's largely something that you experience within you and something that you experience by observing; nothing's going to leap out and grab you, nothing's going to shock you or whatever. I mean it could happen but generally not, okay, for this topic.

Student: Stuff that's already there if you just remove your fear?

Eric: You would not normally under normal circumstances see these things, no. The idea is to train you to become aware of the things that are there and make them more aware. In other words see them in better detail and also see things that you never thought were there before.

Student: Is this part of your raising your sensory so to speak?

Eric: Well again, it's raising your sensory. Your sensorys set at let's say thirty five so what you see is what you see, but yet there is a million different things going on in here. For me, I can see things that's just mind blowing compared to what you guys see. For me there's, everything has an illumination, everything has molecular structure, so it's switching through cable channels. I can just flip through mentally and just see different things just by thinking about it I see things. By just letting my tonal come down and just becoming like the same level as you guys are. I still see certain things, there's like an intensity of illumination but other than that its pretty much what you see except for time to time my mind will go and I'll see certain objects and duck and it looks kind of silly at times I suppose.

Student: So you can ???

Eric: More or less -- sometimes. There are all sorts of things going on but the idea is for you guys to slowly become more aware of these things. The number one thing that I will stress to you and you will ultimately fail is persistence, consistency. If you do not work on something consistently you will never evolve to a level of experiencing it fully. You...one of the biggest problems I have with teaching that I get a little questionable about is what I'm teaching you guys should be something that takes over a course of thirty to fifty years of teaching if I was to teach you correctly, okay. That means every single subject that I'm working with we would have to go over almost an entire year until you guys were perfected in it. Until you guys could just see everything that I'm experiencing. But because life in modern day and times does not allow this, what I'm doing is offering you as I've said in the past, a tool box, and the tool box is that I'm handing you knowledge very quickly, very fast. I'm making you aware of this kind of knowledge, I'm making you aware that it exists and I'm giving you the basic principles and structures as to how to make yourself capable of experiencing and doing these things. The problem is because the download of information is so fast, so quick with everything that I teach, there's no time for you guys to become perfected with it because I'm not pushing you to perfect it every time I see you, that one subject, constantly working on it. It is up to you to develop it. Whether you develop it now or you develop it twenty years from now, you still have that kind of knowledge and my premise for this is I just don't have enough time to teach. Someday I will stop teaching very likely, number 2) I could die, anything could happen, 3rdly) you know the world has very you know unusual circumstances, who knows what will happen if I'm separated or not. So the point is that you have this knowledge and you can utilize it for whatever gains or means you want okay? Providing that your heart's in the right place, I hope it's all good things.

In either case, so again, persistence, consistency is the number one secret to learning and developing anything. If you think you're just going to practice one or two times and you're going to walk away saying 'oh well I can do this and I can do that'. I guarantee you no matter what you see from what I've taught you and you think is impressive, it's a thousand times more impressive if you can work on it and develop it even further and further and further. You guys

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are only touching or grazing something that you cannot even begin to comprehend. You're like a blind person touching a wall and going 'oh it's large' and it turns out to be the empire state building and you're on one little tiny square corner of it. You have no idea of comprehending what is really the capability of these things and I see it a lot in my students. They just have no idea. They experience it but I think that the human ability to- for making one absolutely willfully pushed to the most extremist levels is very lacking. I think it's an extraordinary human being that can do that. I think for most people they experience it, they enjoy the knowledge and they grow with it but they aren't really taken to become an extremist. And I would hope that all of you guys do. So remember, if you want to develop this to its full potential, practice makes perfect. You must be persistent, persistent, persistent in practicing what you are learning.

Dimension walking is for those of you who used drugs, which I am a very strong advocate against. It's kind of like using acid. It's kind of like walking down a road in the middle of the night on about ten hits of acid, and I do mean literally ten, not one, not four, not three, I mean ten which is a large amount and you all of a sudden start to become aware of things that you just either are a) a hallucination, a trick of your mind or you just are becoming aware of something that was always there. In either case the point is that by going into this state of consciousness you can do the same thing and even more without any drugs. And the point is this information is actually useful because when you are on a hallucinogen your mind is so scattered you can't even begin to really appreciate something really. I mean you may think you can but you really can't and you lose most of the data and the information in its complexity when you come down off of it. Where in this case you can retain an immense amount of information. So this is one of the things but don't expect to have an intense experience immediately.

Student: I had an experience last night. I was meditating and I felt really good. I was trying for ????????? how good I was feeling and I was meditating and I stopped and my eyes my ? and there was this electric field all in the carpeting and my hands, and I went like this and it went like electric everywhere kind of like a bluish . . . Do you know what that was?

Eric: Yes. It's that state of consciousness. I would definitely say that you became on a higher awareness. The form of meditation I teach is definitely universally everything that's here.

Student: At the same time the walls were green and I was seeing little blue ????

Eric: Right. Well everybody is again working out therapy when you meditate. Everybody can have different experiences. It depends what your brain is more designed for and that's the area you're going to go into and you will eventually work past that and you're going to have other experiences, but those are excellent experiences.

Student: I was just going to ask in our schooling it teaches us to willfully be able to be aware of that instead of dropping acid and forcing it.

Eric: Correct. So the point is that that's the concept of dimension walking. I have come to the decision that you cannot be as successful dimension walking if you are with others than if you were by yourself. And there are several reasons of which I think that I tapped off slightly on with you guys if you use Mandala thinking you might be able to adapt it. I'll put Matt on the spot here a little bit if he's with us. Maybe he can explain why I suggest this reason.

Matt: If there's some other people, instead of focusing and you begin to delve within yourself and again if you were set out to accomplish that feat when you're walking down the way it would be a lot easier without any friendly you know people with you that would be wanting your attention or something like that and just on another case their energy you know, being so close and so familiar to you perhaps you know affecting you and stuff like that and if you're by yourself you're totally with yourself.

Eric: We were discussing...who was I discussing with? I think it was you Jason, when we were discussing a perfect example about your friend and you were able to do the cards, and you were able to guess certain things but as soon as somebody you knew started confronting you on it... .

Student: I started thinking oh I got to show my friends and showoff.

Eric: Right, and then you stopped. Well it's kind of the same thing, okay. In either case one of the things is if you are with someone . . .

Track 5

Eric: When you walk with other people...I want you to think about something. When you want time alone even though you went with a friend and let's say you're walking down a very quiet road, okay, just to shift back to knowing that you have a friend somewhere nearby is enough to distract you. Now I'll give you an example of my walking that you guys have probably experienced, because my walking doesn't mean literally you have to be walking, okay. Have you ever been by yourself out in nature, no one, no one with you, just totally absolute peace of mind by yourself? No time schedule, no nothing, like maybe on a road or something, you're driving and you just pull over and just the heat on you, there's no cars no nothing, maybe the hum of a bird or an insect, just absolute nothing. Has anybody ever experienced that? Just complete personal isolation?

Student: Yeah.

Eric: I'm not hearing everybody. I need to be sure everybody understands what I'm talking about.

Students: Yes

Eric: When you have that perfect isolation isn't there a feeling of contentment for just a few moments inside of you that isn't really has a word, its just a sense of being? Does everybody understand what I'm saying? Do you follow me? It's just a feeling of 'ahhhhh' you know, just complete just peace with yourself, okay. That is the first step of dimension walking. The idea is that to consciously move through an environment in that state of consciousness and let it enhance itself to higher levels, okay. That's kind of what you're trying to achieve. When you're with other people what happens is it becomes distracting, its competitive, other people are seeing things and you think that you should be seeing things. They're like 'oh wow look at that, or this' and again it distracts your mind. Other people will have too much noise that they're making or something. But in the beginning you must do this on your own to really truly develop it. The basic way out to beginning to something like this, okay, is to find an area that's not in the city because you can do dimension walk in the city also, I mean that's how I spot other beings and people and aliens amongst us and whatever else because I can physically see them totally different than what they look like as human. Or I'll see their energy fields differently or I'll just sense them through a crowd and I'll specifically be able to figure out which one it is.

So in either case this state of consciousness is again your sensories. Your sensories increase. Your sense of sight increases because you start to see energy fields without really having to will yourself constantly, you just kind of look around and see them. Your sense of hearing increases to such a level that the slightest sound is like four times louder to you. You can even get to the point where you're in such a dimensional state that you can hear a specific noise and it captures your interest and you literally will all of a sudden just close your eyes and you will three dimensionally like a camera speeding through trees and woods and grass you'll just like follow the sound until you find it. Whether it be a bird or an animal biting on something or whatever you'll physically see it in your head and you'll just like snap out of it and you'll just know. Of course these are what I do so its going to take time for you to develop to that level and

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I don't want to make it sound too overboard by it for you to continue to get to that level otherwise you'll get discouraged. Your total sensories just increase. Your sense of smell will increase, you'll literally be able to smell someone's cologne like half a mile away. Literally smell it. You'll be able to smell human smell from a great distance or animal smells. It just goes on and on. So these are just certain things that are going to happen besides just being able to see things dimensionally. One of the things if you go out at night, you'll be able to look lets say if you're looking at an open field at night you will see perhaps dimensional squares, okay. Now you have to keep in mind you might say 'well if they're dimensional why would it be such a perfect square, you know, it looks man made or intelligent made. I will remind you that all things pretty much take on a crystallization form, whether they be you know diamond shape or square or something, but the universe pretty much has a standard of structuralization. So what you will see is you'll see black squares on the land masses or on a side of the cliff or something or you might see some other thing. Those are literally dimensional doors.

Student: Can you go through the door?

Eric: You could under the right circumstances. This is a miniaturization, per se, of the Bermuda triangle, the devils triangle or something. There are miniature versions I think all over the place. Some of them are usually higher in the air, some not, but you have to be in the right state of mind, the right circumstances, the right temperature. I mean there are so many things that have to be perfect for it to happen. But again I was mentioning how there was this little girl who disappeared and this boy who disappeared by walking around the corner you know and it was like twelve years apart or something . . .

Student: Where did they go?

Eric: Probably to another dimension.

Student: Were they happy there?

Eric: Well they might be very dead. I mean there are dimensions you cannot physically exist on as a human being.

Student: So you go until you die?

Eric: Yes. So I mean not everything is like you know cartoons, everything works out perfect every time you go through something. Let's say that dimensional doors are somehow connected like dotted lines to other planets. Let's say that you walk through a dimensional door and it automatically puts you on Jupiter. How are you physically going to exist on Jupiter if the air alone let's say is acid or gaseous, your skin's going to burn instantly and you're going to take one breath and the temperature's going to be over 300 degrees to inhale. You'd be dead in a matter of seconds.

Student: So don't go through the door?

Eric: Well I don't recommend it. You know what I'm saying? You could go through a dimensional door and it brings you to some other world that's completely habitable, but how many planets in the universe do you think that are identical to earth?

Student: How do you know whether or not to go into these doors?

Eric: Well if you have years of experience, such as myself and you develop projection, you send your projection and that's about how I did it

Students: Laughter

Eric: You just kind of know now. I mean I'm at such a point now where I don't even project, I don't do any of those things. It's just a matter of just thinking about it and I just know the circumstances in great detail. But we all must start off somewhere . . . in either case. So but you will see these things so it's that you have a basic knowledge of what they are. Don't be consumed with them. Be more consumed with taking in the overall picture. Do you understand what I'm saying? One of the other things, if you look over a darkened area and you go into the right state of mind you'll see balls of light. You'll also look and you'll see a flash of light, literally, a bright electrical flash. Those are energy dimensions. Nobody else will see it or some people if they're in the right state of mind will see them identically at the same time as you. These are all pitches, it's a frequency. Your mind is energy, your body's energy, so your tonal . . . What?

Student: Balls of light and cross through it dimensionally?

Eric: No. They're not dimensional doors they're just simply . . . Okay, there's different kinds of...

Student:?????????

Eric: No, no you're absolutely right. Its important that I explain things to you, detail is everything. There are dimensional doors that travel from point A to point B, from physical plane to physical plane, okay? Then there are dimensions of time and space that means that there are dimensions passing through here and coexisting at the same time. So there's two different kinds of dimensions and it's important that we keep this in mind, that there's the kind of dimension where you could say you're dimensionally traveling through space and time from point A to point B which is kind of like the Bermuda triangle or whatever. This is a dimensional vortex of types. And keep in mind just for the record that I don't necessarily believe that the Bermuda

triangle is necessarily always dimensional and it's going to send objects through there. I suspect highly that there's a lot of stuff at the bottom of the Bermuda triangle in the ocean but what's interesting is that magnetism and energy dimensionally just managed temporarily enough for them to screw their crafts up so that they crash into the ocean. But then I also strongly believe that there are dimensions where objects can completely physically disappear into another dimension between here and there but physically be constructed. Like there was this huge barge that was being pulled and what happened was as the ship was pulling it you could hear the engines going ruuuuuu, and they were crossing through there and the barge was probably about the size of the building or half the size, and they had a huge rope pulling it and in the process of pulling it the barge disappeared. It was completely invisible, there was nothing there and it was only maybe fifty to eighty feet away but the rope was still tied strong tension. You could literally walk on it because it was such a large object it was pulling and the rope went out several hundred feet or fifty feet or whatever the distance was and then it stopped in the middle of the air and it was just hanging as if somebody cut it visibly and it was still pulling. The engine was still pulling hard but they just physically couldn't see it. Then after...and of course everything magnetic, you know the compass and everything was spiraling and stuff and basically what happened is it stopped. It must have moved further enough out of this dimensional area and it just reappeared, okay. So there's different kinds of dimensions that you have to keep in mind and it's very important, you know after awhile you'll be a pro and you'll understand what kind of dimension I'm talking about without me having to be specific.

Student: You mention time and space in those dimension that just get ...

Eric: Right. The real question is what creates these portals and what creates these things without getting too far off on the subject that we're talking about.

Student: I have a question about the balls of light.

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Eric: Right, well...okay well then forget about it, we'll talk about the question of the balls of light. In either case the balls of light; they could be a variety of things. They could just be this dimension clashing with another dimension and it creates a rippling effect. The rippling effect produces a ball of light for a second or a flash or something. A lot of times energy isn't as illuminated as what we normally think of lights, you'll see like a purple flash but it's a dark flash. You'll know it's something illuminated but it's not really light it's like the color of purple splashing and then it'll disappear. Same goes for different other colors but it'll be faded and darker, but none the less it's there.

Student: So it's a clash of energy?

Eric: Right. Its either dimensions or you're seeing another dimension existing that's coexisting with ours so it seems . . . it's kind of like taking a see thru glass picture and putting it up against this here, you're going to see the carpet but your also going to see the other glass carving on top of it. You understand what I'm saying? So what looks like it's here is really not here it's just that they're both existing over lacquer.

First of all let's forget about poltergeists and spirits and demons and energies because all of these things use dimensional vortexes. Whether they are intensive or minor ones. Some of the stuff you will experience when you are in a vortex is more physical as you'll feel temperature droppings very quickly, ten, fifteen degrees in a matter of like a minute that was just rather significant. You will also feel wind bursting and non wind bursting. Keep in mind that the reason why you feel air is because even though it's another dimension opening in this one it's completely invisible, it could be opened over our head. But the difference is you'll feel a vacuum because it's very likely the air temperature is different, so whenever you have a vacuum . . . It's like when I was at work today I went to this building and I walked up to the doors and as soon as I opened up the doors it was like woooooo, this wind came and it wasn't windy out or anything. It was just the sheer temperature difference pulled or retracted and that's what created

the vacuum of air and this is what happens with dimensional doors. Wind currents will just develop out of nowhere. A lot of times when you're like in maybe dimensional areas I mean you can have hot, cold, natural stuff, but sometimes out of a fluke because a lot of people will say well what are the chances it's happening because you're there? It may happen because you're dimensionally in that state of consciousness and you're agitating the circumstances for this dimensional door to open in the first place. Not that you willfully did it but just your presence and your consciousness and all the right circumstances made it happen and all of a sudden you'll just have this huge gust of wind from nowhere, or from an unusual angle which is very important because standard wind movements usually follow a pattern and when you get the pattern to break or go in the opposite direction or from a different course you can almost be sure it's something dimensionally. If your energy is high enough, if you have enough energy to even invoke these things, or sometimes you just need to lie on the camel's back to get them to move. I mean it's just enough agitation; it's the grain of sand, a simple grain of sand that makes the pearl. It agitates the oyster to create the given affect. So in other words you can be at the right place at the right time, everybody else is walking through and nothing's happening but because you decide to dimensionally walk or go into that state of consciousness you are invoking energy. Thought is energy. It's a certain pitch, it's like a tone and you're emanating that tone out. Even though it can't be heard it still can be experienced and if it can be experienced so can it be experienced by energy fields, which may be even more sensitive to it than you are.

Magnetism is the secret of the universe, it is the secret of dimension, it is the secret of everything. Magnetism is not the kind of magnetism that you think of like your standard refrigerator magnets. It's a different kind of magnetism and this magnetism, according to Einstein and of course a lot of other people, is what keeps this giant hologram, okay, together. It's what keeps this structured format. Change or alter the frequency or the magnetism and you will have a ripple in time and space. You will have an opening, literally a tear will open and you'll see stars and planets and everything floating in this room. Everything has from what I understand an A polarity and a B polarity, there is always a movement that creates this constant

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which creates this. North Pole, South Pole, dimension, time, space, everything, except for one thing what we can't figure out is the entire universe itself has an A polarity but there is no B that can be detected. So it's the only thing that's a freak compared to everything else substantially that we can weigh or measure on a numerical figure. Which is really the reason why everything exists.

So if everything has a certain resignation from a form of magnetism, you can change this field of magnetism even if it's in a small portion of an area. It's kind of like creating an illumination or amount of space. By creating this amount of space you create a magnetism that cancels the effect of the A-B and makes it only one. Do you follow me? You're forcing something.

Student: By everything, that forcefully everything together is an A and...

Eric: An A and B polarity. Kind of like a mix. I mean we don't have to be very scientifically logistic just to grasp the concept okay. I mean we'd have to go into a lot more detail to be absolutely scientifically correct. The point is that you have a grasping of how this works. The point is that there is a frequency created by these two magnetism's okay, that holds this whole dimension together theoretically speaking, okay. If you could create a device that could change the polarity, okay, in a given amount of space, if you don't change the polarity the whole universe changes, it's, there's pressure, you know what I'm saying? It's everywhere but I mean you'd have to get something equally as powerful as this whole entire universe to throw the whole universe off. But you can create a little tiny amount of space that makes a little pinhole. Do you understand? And in this little pinhole is your doorway to another universe. It's like a door opening in a wall that's being pushed open by this device that's pulsating a frequency that fucks up the A-B polarity for a moment. Which means that some other dimension or some other frequency is going to open on the other side randomly, and this is your other side of a dimension. Follow me?

Student: Is that kind of like... sort of what a black hole is?

Eric: No. We'll work black holes another time. In either case so what I'm suggesting is that for instance we'll use again the Bermuda Triangle. It is an amount of space under the right circumstances, generally we know that the Bermuda Triangle usually has it's given effects during the colder months of the year, okay, which is usually December, January, February. Now for some reason, you've got to keep in mind that the axis of the planet is probably a little proportionately different, which changes the magnetism of the whole planet. Now it's likely to assume somewhere underneath the ocean floor is probably a massive deposit of ore or iron or something that would create a mass amount of magnetism capability. Now, because the planet is a certain place let's say, again this hairline chance of just having enough weight to collapse an entire deck of cards for instance, okay, one millimeter of weight is enough to do it, let's say then hypothetically let's say that the air temperature of the clouds, because clouds go lower or higher, this is what they call the ceiling. If you ever fly planes and stuff they have to give broadcasts as to if it's fifteen hundred feet or whatever amount of feet it is, how high they're allowed to fly their airplanes. Well the pressure of the atmosphere lets say is heavier, it's enough with all the right circumstances together to trigger a chain reaction that creates for a few moments a dimensional vortex, through nature. And this is the circumstances of why it happens, very rare, very seldom, one in a million. We might never see the Bermuda Triangle ever work again because we've already changed the atmosphere in the last fifty years from chemicals and pollutions. So maybe that was the sole difference to actually make it work where fifty years ago it would happen all the time, okay. So the point is that what I'm saying is in the ground, or in the air, or under the right circumstances is what is opening these natural dimensional doors. The perfect air temperature, lets say if it was ninety four degrees, your body weight, your...what you ate that day-how many minerals you have in your body, the direction of the sunlight warming the ground expanding certain crystals or something in the earth; all these circumstances perfectly

match and align. You've got yourself a physical dimension or door or maybe one that just is there but it's not strong enough to transmit you through so you walk right through it.

It's all circumstances. Circumstances are there. Questions?

Student: So a scientist or anybody who tried to artificially assimilate?

Eric: Yes. Yes. What is probably the most well guarded secrets to date, because it really is the secret of space travel, time travel potentially, etc., etc., etc., and not to mention the fact that there are other people who know this, it's not just me who knows about this, there's other people who are trying to create the same things but it's a lot of work. There are several films that were made on this. There was one supposedly that was more of a true story which was the Philadelphia Experiment, another movie that's on the movie list.

Student: Is that the ship?

Eric: Where they made the whole ship disappear and in the 1940's they did something similar to the 1930's and what happened is the ship in the 1930's appeared and in 1930's the ship from the 50's or 60's appeared there for a moment and then they disappeared again. When the ships reappeared evidently all the people on them, most of them all died because when the ship reappeared their bodies were half in the metal walls and their head was like half in the floor and it re-solidified they all died because the metal kind of went through their body. But you should watch it and it will give you a basic concept. But what they did is supposedly is they took these four trucks that had generators built in and they had what looked like satellite dishes that could emit B polarity or A polarity Magnetism and they hit this ship from it, bombarded it with it and of course it created a vortex and the ship disappeared for a long time.

Student: So then you obtain a practical way to do it....

Eric: A great wealth of information was obtained but we may never know what that information is. I mean I probably do but that's a whole other conversation. There's only so much worthwhile information to give to you guys that you guys are going to absorb. Your data, by the time we're done tonight your head should be going thump, thump, thump. There's no sense in giving you useless data until you're ready for it and you can do something with it.

Module: Dimensions Walk With Me
Speaker: Eric J. Pepin

Disc 2, Track 1

Eric: So, you know the whole thing with time travel and dimension, I'll give you an interesting case study. There was rock climbers, which was a fascinating story, I was just was telling somebody not too long ago about it, who were climbing the side of this place in Washington state. And they climbed up the top of this area, and the noted the area is known for having geodes, which are stones if you cut them open, there's crystals inside. And these college students went out there and the thing that they found was, and they took it in their backpack or whatever and climbed down. Sometime later, let's say weeks or a month later, they decided to have one of their friends cut it at college I guess. And they tried to cut it and it broke every single blade. So eventually they were like, dumb stone, right? So they had some specialist's place cut it open, and they cut it open. And what they found inside of this stone was a spark plug from a tractor in the 1940s. A very large, man-made, manufactured spark plug encased in the stone. They carbon-dated how old the stone was that was fused into it. And it was carbon dated like over hundreds of thousands of years old. So the real question is: How did a spark plug from a tractor from the 1940s end up inside of this stone that's been carbon dated hundreds of thousands of years or millions of years old on top of a cliff?

So, it's hypothetical to say anything could have happened. Who knows? It could have come from a tractor that was near a giant explosion from a volcano, the masses of energy which we know little about energy period, somehow warped time and space and put it somewhere else. Or you could hypothetically say a UFO picked it up and dissected it in the 40s, they have the ability to time travel, they were somewhere in a prehistoric date, and just said "Ok, we've studied everything we want with it, let's throw it out", they threw it out. It happened to just be at the right place at the wrong time and it got encased in stone and we found it millions of years later. I mean, who's to say? The possibilities are endless. But I would highly suspect that this has something to do with dimensional thinking, and that it was just the circumstances of how this came about.

So, back to dimensional walking. Any other questions? Matt looks like he's enjoying, I don't think he's doing anything important over there. In either case.

So, dimension walking, if you're wondering what a tetrahedron is, it's something, is kind of a mathematical secret to time, space, dimensional travel and everything else but that's a whole conversation in itself.

So, in either case, dimension walking is kind of like the Carlos Castaneda concept of spiritual dimension. There are beings, under the right circumstances, that you will become more aware of or will be able to see or experience. When I say "experience", I mean to feel, know, hear, smell, taste, something, ok, to confirm they exist.

Well, you know, you can taste air. You can smell it. You know a damp forest area. When you inhale in your mouth, you can almost feel the dampness and the muddiness in the air. It's hard to describe; it's not a normal taste. Sometimes you get really strong tastes in your mouth but don't know why, but it's a paranormal effect. All of your senses are useful. In either case, so there are dimensional beings that you can also become aware of. But it's very important that you maintain and you control your thought. Thought is everything. If your mind wanders, you are not going to reach a state of consciousness that you want. If you walk too fast, you will not reach this state of consciousness you want. The idea is eventually you can do anything you want. I mean, kind of like what I'm doing. But the point is if you want to achieve this you have to first achieve it once so you can recognize it and work with that to build up to something bigger and better. But if you're going to rush it you're not going to achieve it. So never know how to get into that direction.

It's, unfortunately, I don't have anywheres to take you, because normally I'll take a group of people out and show them how to do this. So we're just going to have to...

Ok. First things first, ok? There is a lot of things to keep in mind, ok? There is no real format that I can say "well, this is what you have to do step-by-step so what I'm going to do is, try to think about what I go through in order to help you realize what's going on in what I do, ok? One particular thing is, and never do this, never never put your hands in your pockets when you're doing anything paranormal, supernatural, haunted houses, ghosts, UFOs, anything. Never in your pockets. Hands are your sensory, ok? Just because you touch things, doesn't mean you can't touch energy, ok? You can experience energy with your hands. Your hands have probably one

the the most complex nervous systems in your, well I won't say your entire body, but certainly very likely. They are designed to be very sensitive, very data oriented. Compared to touching something with your bottom half, it's not nearly as complex as touching with your fingertips. Your body is designed to function as a human body, yes, ok? But you can make it do things that are incredible. I mean, it's kind of like saying "well, skateboards first came out, the only thing you could do is skateboard. You used to just kinda do your normal skateboarding. And they took something very simple and made it very complex, haven't they? They brought out rails, curves, you know, whatever they can get on, they can do. It's the same thing as like saying, if I touch this stereo, it'll come in better because I am my electrical whatever that's going on and it's going to receive better.

So what I'm saying is that your body can be utilized to experience energies as one whole device. You don't just have to say you have to hear something or see something in experience. You literally can feel with your entire body, if it's done correctly and that's something to keep in mind. So one of the things is that I'm always aware of my entire body. How my entire body feels. What it's experiencing. Because as it collects or it feels coolness or something, sometimes you feel something beyond cool. It's like you know things. So it's not just cool air. It's like electrically, electrical dimensional information. Like cellular phone information, just dimensionally and you can feel it. Hands should always be out. Fingers should always be out. Always have them maybe at your side or moving around or waving them around around or any of that's perfectly fine.

Breathing: When your mind relaxes and relaxing and keeping your mind clear is a very important part of dimension walking. You should try to certainly not have thought. It's almost like you're calmly waiting for something to happen but without really feeling that too much.

And, my breathing is extremely shallow. It's like I'm breathing through my nose, very slow. In fact, I'm not even thinking about my breath, it's so shallow, so very gentle. Ok, so if you're breathing fast, one of the things you're going to learn, if you haven't learned in meditation already: Breathing fast is not good because your mind starts to think fast. If you breathe slowly, your mind slows down, it doesn't think so fast. So, breathing is directly connected to your mental thought, there's no doubt about it. So just kind of relax in your breathing. Kind of stretching your

body, be kind of mentally just kinda letting everything go, and just kinda taking everything in in the environment.

I do suggest that you're not with anybody else. I suggest that you're on your own private time, experiencing nature. One of the things I was gonna point out is, again, is your childhood. When you were a child, you were more highly sensitive. In fact, you probably at night were afraid more, but you also probably heard more noises, and thought you seen more things and whatever else and you were told it's your imagination. And I'm willing to say I don't think it was your imagination. I'm willing to say that what you could see that what you seen were things that you couldn't explain that you were afraid of, but your senses were so polished, so intense from being afraid that you became more aware, and you lost those senses over time. In either case, the point is, is that when you were a child there may have been a time when you were out by yourself, maybe in a field or near a tree or something. And you hit a peak moment of smell, and feeling the sun, feeling your environment. It was kind of like something you may never experience again for the rest of your life. But your senses intensify for some reason and it's like a communion between you and Nature. That is a good thing to kind of try to feel as you attempt to dimensional walk. It's almost like going into a zone, almost like into a trance. Does everybody relate to what I'm saying? That's kind of what you want to experience. One of the things that would do that a lot for me was the smelling of sweet grass or dried hay type farm type grass. It has a very soothing effect to allow you to begin to go into that state of mind. But you can't do it if you're with other people. Consciousness jumps. Consciousness distracts and it's not a good thing. So again, it's something that if you think about when you were a child, in that state of consciousness, did you do it when you had other people there? No, you did it when you were alone. Think about it if am I right or wrong.

Disc 2, Track 2

Eric: The big secret, the biggest secret to getting yourself to walk dimensionally is walking, and that's why we call it "dimension walking". And it's not so much as the trade secret that's about to be given out, but under the effects that I've told you so far to do, the non-thought, the relaxing, the thinking of the childhood state of mind, taking in the environment . . . if you start to walk, one of the things that I want you to focus on, and this is about pacing your walk, okay? Is you

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want to take in the rhythm of the feet. It's the sound of the scraping of your foot hitting the ground, it connects you with that state of consciousness.

So, when you are walking, it is the rhythm of your feet scraping the ground that sends you immediately into an altered state of consciousness. If you just think of the feet moving, but you do none of the other stuff that I just said, forget it. It's not gonna work. It's a recipe. It's a whole intricate state of mind. By putting yourself into a relaxed state, by breathing a certain way, by feeling or invoking thought in a way, by feeling the temperature of the air, by feeling the sun on your face, by experiencing the environment and the air, take your time! Don't rush, you guys are all young. You're going to be impatient, you're going to rush, and nothing's going to happen for you. Spend a half an hour working your way up to this. Don't rush it. Let yourself - and it's going to be hard to re-learn that state of consciousness, especially when you're challenged, because you've already begun to forgotten about it. It's like a secret place in your mind. But you start to move, and you listen to the rhythms, of the feet hitting the ground, and just walk the distance. Just let it, it's kind of like a metronome. A metronome has a very particular effect for hypnosis, ok? Or for relaxing you and putting you into a deeper state of consciousness. In either case, I'll give you a small example. (Rhythmic sounds played at different tempos, finally settling on slightly slower than 1 beat every 1.5 seconds. Metronome continues this beat as the conversation continues.)

That's about the pitch you want for walking. And if you listen to it, it's already begun to have that effect. So you allow your feet to kind of create the same pattern. And this particular rhythm is very effective on the human brain. Faster is no good, and slower is no good. And as you are moving to this rhythm, you will all of a sudden shift your consciousness. Now, the problem is, that you're going to have, is that your mind all of the sudden is going to start to say "Hey, it's working!". And the moment you start thinking about if it's working or not, you gotta start all over again, ok? It's time, nothing is easy. If it was easy, everybody on the planet would be doing it. That's why it's very certain special human beings that are capable of doing these things.

But the point is, is that if you cannot think about what you are doing, do not analyze yourself, do not - do all the analyzing when you're done. Just kinda move and observe. If you see a dimensional door, don't go "Oh my god! There's a dimensional door!", it's gonna be gone, it's

gonna collapse. All this consciousness that you built up, ok? Do not give anything specific awareness. The moment you give it specific awareness, you fall right back down into a normal train of thought, ok? It's the machine who has to limit itself to tell you what it is. You see a dog, your brain says "dog". You see a human being, you say "Oh, there's a person over there". It's like it can't shut up, it has to identify everything to you, ok? Ignore all of that, just kind of move and experience. And when you can go into that state of consciousness, with the right momentum, the right pace, it's kind of like everybody's driving a car.

This is one of my greatest, I love this example. You're driving a car. And you're doing 85 miles per hour, and everybody's doing 85 miles per hour. And you can see the trees and you can see the mountains and you can see everything else. And then all of the sudden after twelve hours of driving, you know, you're going cross-country and you're looking at the beauty of these rivers, bridges and everything, you pull over and you get out and time is slowed. And all of the sudden - you can experience the smell of the fresh air. And all of the sudden you can hear the birds chirping. And you look around and you can see the water now lively up close instead of from the highway as a river. You can see the shore, you can see the insects moving around. You can see the color of the water. You can see everything in an immense experience, in immense detail. And then you get back in the car, you go zooooof, off you go again. You see this is what you're doing. We experience life. (EJP starts snapping his fingers in a staccato pattern.)

Okay? This is what you're doing; you're just experiencing life. (Stops snapping fingers.) The idea is to teach yourself to slow. When you slow down, what was a blur all of the sudden goes "zzzzusht", and it solidifies. And all of the sudden you see things you've never seen before. Whether they be dimensional, spiritual, what you experience, what you feel, whatever, you just, you slow time/space down to a point where you can observe this entire crystallization of a giant monument in details you could never experience before. Questions?

Student: So you're saying basically, just to slow, because we're always going 85 miles an hour in all our daily life and everything, and to just slow ourselves down . . .

Eric: It's part of awareness. You're going to learn a lot of similar stuff to this, but yes. It's exactly that. So, that's something that you have to keep in mind; that as you solidify from being a being

that's constantly at this vibration, if you force yourself, If you willfully turn inwards, this is a big secret. If you willfully turn inwards, if you choose to take control, if you choose to take control of your awareness, then you are truly reaching awareness, you are truly on a path of enlightenment. When you do not think of these things, which is the easiest thing to do because the world controls us, we are constantly being hit with this vibration, boom boom boom boom, which forces us to kinda be the way that we are, then you don't move forwards. The idea is to turn inwards, to turn inwards like stocking chips, like stocking knowledge. You become aware of things that you were never aware of before. This is all about slowness. Slowness is actually faster than fast, because you experience knowledge in greater detail. So if you experience knowledge, because you're in slow don't you learn more?

So, the idea is to not let time/space, this frequency, push you along. To slow time and space with your mind, so that you can experience things that you were not aware of before. Does this make sense? And this is part of the teachings. It's part of the way of this knowledge. So by walking in this method, to attempt to walk dimensionally, you will probably have a better success walking this way at night. You can even do this walking on a street. I mean all of you guys have to have naturally stumbled across some of it a little: Walking at night, feeling at peace with yourself. Not really scared, but just looking at the street lights, seeing the dark trees and stuff. I mean, I like the dark. The darker the better, because to me the dark is just like a cloak. It's like something warm hiding you. You can look out and nobody knows you're there if you want. You can just kinda move stealthfully, you know? Maybe guys can relate to this more, as when as a child and stuff. But the point is, is that there's a surrealness that I revel in and the reveling is, is that when I walk down the street, there are no cars. And there's like this yellowish street light in the distance, illuminating the street. And there's absolute silence. There is a certain feeling of expectation, like something could happen. Maybe there's a vampire. Maybe there's a person or a murderer or something. But there's something that your sensory is saying. And what your sensory is saying is "There's a lot happening, you idiot. You just haven't turned that knob a little bit more to tune it in". And that's what you have to do.

But expect nothing. This is, you're gonna hear me say this all the time, and none of you guys are gonna get this right. When you expect to see something or you're anticipating to see something, you will see nothing. You have to be sincere in your heart. By just experiencing the environment,

you will see or experience something. I had a student of mine recently, Frank. I don't know if I told you about it or not. He was walking home very late at night and he was in a certain state of mind, walking dimensionally as I taught him. And as he was walking dimensionally, he sensed something to his right. And he turned and he looked and he seen, what, how did he describe it?

Student: Huge tentacle thing on the top of a wall or something, retract.

Eric: Correct.

Student: Something like that, something of that nature over the wall. It was very very solidified, it's physical. Not like an auratic energy type thing, very, you know. Yeah. He way way, I mean he was well . . .

Eric: He also had told me that he had seen what looked like a man with wings or something, or a gryphon type being in the distance. And then realized that it could see him, meaning the gryphon realize that this human that was mortal could see him, which was abnormal. And then he quickly, you know, got scared and left. And of course my student was like "huh, maybe I should go after it, but maybe it's not a good idea. What if it decided to kill me."

Student: But these things are already there. So if they're going to mess with you, they're going to anyways. But what if they realize they're seen . . .

Eric: It doesn't necessarily mean they're going to mess with you. Sometimes dimensional beings can't see any human beings. That much of this reality they can't see. Just some parts of it they can see. And that they don't see you. But the moment you can see them, it's like you materialize.

Student: Whoa.

Eric: And then all of the sudden they can see you because you've connected on the same frequency. And maybe that's why they panic. I mean, hypothetically there's a lot of things we'll

go into another time, as to what and what's going on. But, you know, my favorite term for all of this is in the movie "Interview with the Vampire". I'm always trying to find a way to explain to you what it is that I see, or what I feel or what I experience. And it's one thing to try to describe these things to you but you know, I always like using TV because it gives you a whole 'nother perspective. And one of the big things that happened on there is that Louis, before he was bitten by Lestat. Lestat was telling him: Well, we don't see kinda the same way you do. Meaning we see reality much differently. And he couldn't understand that. And so at one point when Lestat finally got around to biting him and making him a vampire, at dusk or whatever and they're in this graveyard. He bit him and he became a vampire and he kind of came to his senses after he was bitten. and he opened his eyes and looked around and everything had life force. The leaves all had a shimmering array of darker tone colors, like light, but dim illumination. And the status all of the sudden had this stone became like skin in itself. Not the eyes that was moving here and there, but the stone appeared almost like skin. That things intensified. And he realized that how a vampire seen was very different from a human. And it's very much the same way that when you go to this level or this dimensional level you experience such an intensified level that it's very much very different in how you perceive. I mean everything's still the same structurally. But it takes on a whole different concept of dimension.

You look at this and try to experience it but you see everything in this detail. But if I was to use the dipping of this light, look at your environment. It starts to change, but still it's the same environment. It's the same walls, but it's taken on a whole different feeling. And the structural integrity has changed. Now, you guys are beginning to see what looks like static electricity in the air, which is energy. And you still have, it's the same dimension, it's just dark, ok? Well, it's the same thing with seeing the way that I see, it's everything takes on an additive of dimension and space and contour and structure and the walls itself become energy. I mean . . .

Disc 2, Track 3

Eric: Everybody look at the wall. Everybody stand up. I want to point something out to you. You guys are capable of seeing about 2% of what I see as I'm seeing 100%, ok? I want you to get close to just stare at this wall, ok? If you stare at the wall, you're going to notice something. You're going to see dimension. It's almost going to look like static electricity on the wall, or a

waviness of energy or something in-between here and that wall. The wall takes on a grainier type energy. Almost like there's a blue hue that's almost optically invisible. If you stare into it long enough, you'll start to see more complexities of the energy because your mind now is like switching channels like how I do. You just can't see them as vibrant as I do. You'll start to see different things. After a while you won't even see the hue. You'll switch to seeing like little scatterly dots, billions of them. Or you might, the wall might start to go 3 dimensional. It's switching frequencies. Or you'll see two or three at a time.

Student: I have a question. It's like when I blink, it starts over and I have to start back from zero.

Eric: Blinking signifies resetting. And nature, I mean this is no coincidence, ok? This is Nature's way of preventing you from perpetuating into this state of consciousness. If you never noticed it, but if you stare, you go into a trance. You start to feel different. When you blink it's like Nature's way of like resetting the computer right back to the standard setting. So that if you start to move upward from 35 to 40, 45, 50, 55, 60, and you're like "wow, look at all of this", ok? You blink, it's like it sets everything to 35 again.

Student: It's like you said with electricity wires and stuff.

Eric: Right. But you can get past this with practice. You can blink, I can blink fifty million times and I'll still see this enormous hue of energy.

Student: One thing I don't see as being clear to me, I always stare at myself in the mirror. All of the sudden, I get these color patterns, and all of the sudden, like molecules, like contours and lines between my arms and my hair, becomes one. It just all flat.

Eric: This is all dimensional structure, time/space.

Student: I'm seeing myself all dimensionally.

Eric: Yes.

Student: All of the sudden there's these colors everywhere. I always thought it was from dropping acid.

Eric: No. Because you can do it without acid.

Student: I thought I was messed up.

Eric: A lot of times, you'll be told "Well, it's your eyes playing optic tricks." Well, what the frick is an optic trick in the first place? It's something that you're observing that is tangibly observable. So, if it's observable, it's a given effect. It's a... I don't believe in illusions, do you see what I'm saying? Whether it be from inwards or outwards, if I look at this carpet and I see shades of tan, shades of brown, shades of white. Somebody else could look at this and their eyes could be completely different from my own and they might see blacks and grays. I mean, it's what the experience is that I get from it, do you see what I'm saying? And then this illusion is simply something that your mind is projecting that's supposedly not real, but the simple fact that you're seeing it makes it tangibly an experience. You give thought to it. So how can anything be an illusion? There's a purpose or a logic behind it. Do you follow what I'm saying? There is, who's to say that in the dimension where nothing should exist in the first place, something came from nothing. This is all here now. Anything is possible. Once you've pondered the universe and you say "how did it come into existence in the first place where something has to come from something, where did it all come from", so the tangible point is how can you say to me that anything is an illusion at this point, this whole goddamn universe could be an illusion.

Eric: Do you follow what I'm saying?

Student: This is the material realm. Illusions are just-

Eric: Yes, but we're not confirming what we already know. So, in either case, this is all about dimensional walking. By dimensional walking you help yourself going to how you're looking at the wall, but you're doing it, 'cause you can get nauseated looking at the wall. You can go out to an environment and experience much the same thing as what I'm describing and you're seeing at

the wall. You'll see this energy in an entire valley, or just incredible things. You'll see quite a bit the more that you set yourself in that state of consciousness.

Student: And doing that, the environment looks entirely . . .

What looks entirely?

Student: Your mind takes, well you're saying I was explaining. But when you're done and you write it all down, you learn to explain the most difficult energy-

Eric: Sure, because it studying. I can't teach you specifically what every single thing is, because there isn't enough time in life, ok? But I certainly can give you mandalas, which I'm giving you now, which you can make larger studies of your experience in your dealing with these things, and you're gonna come up with the same results that everybody else does. Questions?

Student: I wanted to go back to when you were talking and you made the example of "Interview with the Vampire" and how he was seeing things. Is that, I don't know if this is even useful, but is that maybe more like how animals see things because they have a different relationship with Nature?

Eric: Yes. You will often see cats and dogs looking or chasing or even playing with things that are not there to our senses. They'll bark at the wall, they'll stare at it. They will, I mean there's not an insect, there's not any strings or anything hanging, there's just nothing, dimensionally speaking, to you that is there, but yet they see it. It goes in the same premise as this: The human eye is oval in shape. We see through basically sight. Sight is basically light. You're seeing not out, but you're seeing something come at you. All of this is projected, it's like a giant film right now. Just because you can see distance, it doesn't mean your eye is going there and taking it and coming back. This stuff is all moving. Everything is moving here, it's just how the brain interprets it, and it's solidified in your brain. But the truth of the matter is this is all being projected at you from light bouncing off of it, ok? So the light is turning shades of color and the shades of color are creating structure in the brain, it puts the dots together very quickly. No light

to bounce off of it, the structure disappears, with the human eye, ok? So, you are seeing at the speed of light, ok? Where the hell am I going with all of this?

Student: That's what I'm talking about.

Eric: So, by seeing at the speed of light, and I've really lost my train of thought. What was the question? So, ok. I feel like Jonathan Pesci, he's like "ok ok ok ok". Anyway, you he was in, yeah yeah. Anyway. Where I was going with all of this when I got lost somewhere on the trail. The eye, because it is curved, sees at a frequency. There's a frequency that you're seeing, it's light. Light is energy. Energy is a frequency. Your optic view that bends, that you can see out of the corner of your eye, because it arcs, is going from a picture of let's say a vibration of what you started driving at 35, and here going to the right is 36, 37, 38, 39, 40, 41, 42, 43, 44, 45. Higher frequency, 45, 50, until it gets up to a hundred here. Now, you can barely see my hand, but you can see it. An entity, for instance, or a dimensional structure or something is usually at a vibration of 200, ok? But what happens is that at certain points, the energy starts to slow down from 200 down to 100 or to 65. And you're writing a paper, or you're sitting down and all of the sudden you see something move. And you look and there's nothing there because you're looking at the lower octave now.

Student: So if you see something, just keep it at the side of your head.

Eric: Unless you start training yourself to see correctly, which means you can control the pupil of your eye. You can control the muscles in your eye. and this will narrow and bend the optic frequencies. This is how we see auras. When you look, you don't see auras. But when you look and you focus you see the energy. Well, that energy is of the same octave, of 100 or higher. So, if you can see that energy, you can teach yourself to see even higher octaves because the brain will adapt for you, and raise your 35 level up to whatever you want. Capice?

So, dogs- back to your question, my brain started, the other side shut down- Basically what happens now is that dogs and cats, see not at 35 directly but at 100. Do you follow me? And because they see at 100, they see little dots cruising that are dimensional stuff that's just perking over, and they'll actually see a being or something. I've seen dogs stand still and growl,

with hair standing up, like they're seeing a human being there, and they're not. But that being is resonating at a 100 something octave, which is totally irrelevant to most human beings to see or to even feel or experience. Because remember: Not only can you raise your octave to see energy, but you can raise your entire octave because you're energy, by thinking about energy, to experience on the level of that dimension. Now, everything starts to focus in.

Student: So basically, you can raise all or octaves, all your senses.

Eric: Right. You don't have to do it right away, but yes. When meditating, you can do it easily, but again, it's accumulating . . .

Disc 2, Track 4

Eric: Listen. If you have energy, if you can acquire energy and you can put it forth to doing something with it, then you can achieve all these things quickly. This is why I tell you guys to meditate, because the meditation we do isn't just relaxing, it's training you to keep your mind silent. It's training you to breathe slowly. It's training you to control your energy and most of all it's collecting energy for you. It's collecting prana. Which is why it's universally the best meditation. It's doing everything.

Student: It's the only meditation I need to do: Are you sure?

Eric: Yes. And that's why you're already having experiences that you're telling me, that most people never have in their entire life who've meditated for eons.

Student: Yesterday I was meditating. I was like, wasn't feeling something, I had my hand like that. I was just kinda focusing my energy. I was focusing on taking the prana, building it-

Eric: That's fine. That's fine.

Student: And bringing it to my friends, kinda-

Eric: That's fine too. But work on what I'm showing you.

Student: I can sit there and listen to music-

Eric: That's it, I'm telling you: That everything else will come. That's all you have to do. That's right. There is no other way, listen: If you want to play out on your road trip, and you have an important meeting to get somewhere because you're going to get this incredible job opportunity. Are you going to drive and know that you can stop and have cookies and cream and ice cream and take your time, or do you want to just get to where your'e going, get this great job and buy the place that's making the cookies and creams?

Student: When I meditate, do I focus on the energy coming in? Or do I just don't think completely and just sit there?

Eric: It doesn't matter. You are aware of it. "Aware" means you don't have to think about it. We don't want thought. Do you see what I'm saying? You can be aware of something without having to give it thought.

Student: Because I already know that when I sit down and I meditate-

Eric: Right. You'll feel it. You'll just know what's happening. That's all you need to know.

Student: I like silence better than music.

Another Student: So I'm just combining my mind with-

Eric: Well, let's put it this way: When you meditate to silence, it's like getting a manicure when you're getting ready to go rock climbing, ok. In other words, the reason why we listen to music has a very specific reasoning, there's logic behind it. Because, if you have silence and you meditate in silence, your mind gets acquainted to that. So, every time there's a loud noise or somebody talking or a distraction your mind very easily breaks to what's going on.

By having constant irritation, eventually you're so immune to it that you don't even think about it no more. Your mind is just so willful, so powerful, so focused, that you can be in psychic combat and nobody's going to distract you or screw with your awareness because you're

just so trained to be right on target. It's like running with ten pound weights on your legs and your arms. You can run without them and get a great cardiovascular workout.

You can meditate without music. Or you can meditate with music which is like having ten pounds on and you're going to do so much that you're going to forget that you have it on. So when it comes to doing something, you're going to have this added strength or ability that you weren't aware of. This has all meticulously been thought out. And the brain is a machine, so we have to psychologically look at the brain and understand how it works.

And this is what this meditation is based on, was "why does the brain do what it does and what is preventing these people who normally meditate from achieving even higher levels faster?". The goal is not to just make somebody feel spiritual. The goal is also to train the mind to develop all of these psychic abilities. That's part of the gameplay. So it's not, it should never be looked on as standard meditation. Standard meditation is great, if you want to relax, if you want to find peace within you, if you want to find balance. But we want all of those things but we also want to discipline our mind so that we can will it to do psychic things or will it to leave our body and go places. Or will it to move energy from our body out. Or will it to sense or analyze somebody. Or will it to open up a dimensional door, et cetera, et cetera, et cetera.

So this is part of the "iron man" workout, rather than just doing one, you know, set of something. You follow what I'm saying?

Student: This way we'll be able to train the mind to put up with distraction.

Eric: That's right. And we think that, that's right and it's very important. Because, if you think about it, if you're walking in your state of consciousness and all of the sudden, you have non-thought, you have dimensional stuff moving. You see an entity and you see this and that. And all of the sudden you see this guy riding by on his bike, playing a radio. You're mind's going to just automatically against your will just to "choof": "Oh! A guy riding his bike with a radio! What's that Song? 'Rolling Stones'! Oh shit." Look around, and everything collapsed. This is why we do what we do. I mean I could go over the entire meditation. Every single specific part has been very well thought out. But it's there for a reason.

Student: Does the thought of it, the tone of the music increase your emotions-

Eric: Absolutely.

Student -attracting a positive-

Eric: Right. What happens when you listen to rock and roll all the time? You get tired of it. You get immune to it, right? So at first it's good, and we, I, don't mind you feeling-, I encourage- sometimes we do meditations specifically to pump people up. And have a really interesting sound to it. But eventually what happens is you build certain immunities. And then after a while, the music isn't necessary anymore and you can shut it off, but not yet, you know, ok? I mean, it's a tool. There's no tape for this.

Student: We can't mess around together, though. It's not a good idea to mess around, walk around, just try to clear my-

Eric; You guys can go do that on your own time, sure.

Student: Can we get some kind of, us three . . .

Eric: Well, what did I tell you?

Student: We can't fool around.

Eric: You can do whatever you want to do, but if you're going to literally take what I'm telling you, there's a reason. My experience tells me when you're with other people it doesn't work as well. It's a very personal thing at first. You're trying to fool your brain. So why guarantee failure? Failure means discouragement. Discouragement means you'll give up eventually because you can't do it. You know what the number one reason for people not reaching enlightenment or awareness? It's failure. Failure at first leads to discouragement. And they become so discouraged that they stop, you know, working at it. They stop at developing. Or they'll stop reading one day when they were doing so well, because they decided for themselves what is successful and what is not. They think that they supposed to move mountains like within months. And so they're like, "Well, I can't do this little thing, well then I must not be progressing" and they give up.

And the point is, it's the most ridiculous thing I've ever, it's sad, but that's how karma weeds out the weak from the strong, I feel. If I was that way when I was younger, I would never have achieved the things that I have achieved. But discouragement is there for a reason.

Student: So, once you are enlightened like you, you can see all these things with us here. We don't distract you because you're stronger than we are.

Eric: Right.

Student: When you hit a certain pitch, and maintain it in order to clear the mind?

Eric: Aums are a tonal that is a sound that you create. Aums are a very specific sound pitch that soothes, it creates a certain state of consciousness that's very similar to meditating for long periods of time, so it's done very quickly. Certain states of consciousness that is a byproduct of doing an Aum allows your mind to do things. Doing Aums before you do the dimensional walking will help you do dimensional walking faster.

Everything that we do is an exercise to assist us in our spiritual growth or our psychic abilities or to enhance these abilities we have, so we do Aums like somebody would say "Well, they're an athlete. They run every day but they also eat raw eggs to assist them to what they're doing even faster".

Student: You get that from the energy from the pitch of the Aum.

Eric: The Aums create a certain feeling that makes you have non-thought.

Student: Is that any relation to "om"s at all?

Eric: "Om"s, Aums. We call them Aums. It's the same thing, okay? The second byproduct of doing this when we do this is we were talking about dimensions. Well, when you do Aums, you create a dimensional vortex in essence. You create, under the right circumstances at the right moment, you are likely to draw what appears to be entities in. And they will do the Aums with you. You will hear them. A very defined, singular voice joining in on the Aum that will definitely be from nowhere physical.

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Student: How do you do that?

Eric: Well, we're going to do that in a minute. So, it's excellent in that way also. It creates what I would consider perfect tonal. It makes you resonate at an excellent state of mind. When you're all done you'll feel relaxed, you'll feel like you just meditated. Aums can be used to remove entities, negative forces. It's not so much the sound. The sound is what's raising your tonal, ok. But your tonal is energy, and your energy starts to expand and grow into a room. A lot of times you'll do Aums in a very cold room, and within 10 minutes, it's like 13 to 20 degrees warmer, literally. I mean, people will be sweating. And you'll walk around the room and it's just hot. So it's good to purify energy. Aums are used for places that have really bad energy that's impacted into the furniture and the walls and you walk in and you're like "Ew, I don't like this" and you'll do like ten Aums and if they're done well, because you're going to learn there's good Aums and bad Aums, it will permeate everything so much by intensifying the vibration and the energy into it. It washes everything so that it has a high vibration. When you walk in then, people are going to say "Wow, this feels really good." Aums, when they are done perfectly, will create a ring sound, much like what is on a wine glass when you run your finger circular. You will hear like a "oooooooooooo". That is a perfect Aum. That is what you are striving to achieve, is a perfect Aum, which can only be done with at least, minimum two people, but best with four ok? It's that ringing sound that you are trying to achieve. So, Aums are very powerful in their own way. Any questions?

Student: In that case, it's helpful then, to have somebody else in that. You were saying it's distracting in other ways. But in that case it adds to it, because you're on-

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Eric: Right, whatever entity's joining in, ok, or whatever force is joining in. It's good, because they're doing the same tonal, they're going to reach the same level that you're at whether they're good or evil or whatever. They're helping you cleanse energy. Why would they want to do that if they were negative? So, generally positive forces come out.

Student: And not only the Force, but also other people that you're doing the Aums with.

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