

Module: Mind Storm

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(2005)

Disk 1 Track 1

Eric: We always hear these ancient stories, you know, whether they be biblical stories, or stories that are considered folklore, or fairytale, or ancient tribes, or American Indian tribes – everybody has mystical stories. The real question is, as we wonder sometimes, are these stories true, and what's not true? I often get a kick out of religious people who would laugh at mystical stories about other cultures but then they believe somebody might have walked on water, or did these certain things. So it's okay for their belief system, but not other belief systems; and they firmly believe in other things, but selectively not others. The bottom line is that I think that there's a good amount of truth to these mythical stories, and I think that there's also a lot of stretching of the facts and the truth. And what we're focusing on here is weather manipulation, and what took place or how did they achieve it or how can somebody achieve it. And that's what we're going to try to focus on right now.

So, do I believe it's possible to affect and manipulate the weather? Absolutely, I do. Do I think it's a task that can be performed randomly and easily? No, and I'm going to explain why that is, and hopefully, it'll make a lot of logic. On the same token, I'm going to also teach people to go out and hopefully be able to achieve it, and I'm pretty confident, with trial and error, that they will be able to achieve it.

Student: What would be the spiritual benefit of manipulating the weather?

Eric: Well, sometimes you have to ask yourself, “Does everything have to relate to being spiritual?” I think there's a lot of people who really aren't necessarily interested in just the spiritual aspect, but other things. And my answer to somebody who would say, “Well if it doesn't relate spiritually, what good is it?” And I would say, “Well, living life is about

spirituality. Existing and being a part of this world is about spirituality. So, any other interaction that's above normal, I think, is definitely a form of spirituality, and it's an aspect. If you can say that you can look at a tree and understand it, and if you really were to indepthly look at the tree, you could find God. Okay? Well, that's an expression. That's...but there's a truth to it also. You know what I'm saying? But it's how deeply can you look. You can look at a sunrise, or a tree; I've often said to you that at certain points there are frequencies that are dispersed, and if you catch it at the right time and you see it, you feel like you've been fed. Do you see what I'm saying? And I believe this is in some of the other material I've taught, which is absolutely critical information.

Well, it's to say that if you can affect weather to some degree, (1) what are your limits, and (2) what are the possibilities? But moreso, what does that say about your communion that you're having with reality, or with life, or with Gaia consciousness, or with the elements around you? To me, that is a very spiritual state of mind. When you think again about, of course I'll use an example with somebody that I believe is a spiritual Master, but that everybody can -- well think of, and that would be Jesus. When he was out on this ship in the middle of the storm, I mean, he affected the weather. I mean, he didn't just go two snaps (snaps his fingers twice) and it just dissipated. Do you know what I'm saying? He basically was sleeping through a lot of it, and I think the men came down panicking, woke him up, and he said, "Calm down; take it easy," more or less. And he went up there, really hard rain was coming down, and gusting wind, and maybe lightning and black clouds. And he looked at it, and he just kind of did his thing, and worked with the storm. I mean, it wasn't just (snaps his fingers) like that. Well, something happened; the real question is, what happened?

Now, a lot of people need to think about something that Jesus said, because I wouldn't necessarily put it in a certain context that only Jesus selectively could do these things; and a lot of people think that way, and I would say to them that he did say, "You can do as I can do, and even greater." So, this is not just in the fact of reaching out to other people in that belief system and bringing them over to this level of thinking for that time, but, I think it also meant the fact that he would teach his students to try to heal, and to do other things, and he really believed in that conviction. Okay? So, my point is that, "What one man can do, another can do," and that the biggest thing to remember is that if you want

to rise to that occasion, you can.

Student: You're talking about what Jesus did, as far as communion with the weather rather than what they said that he said, and the way it stops.

Eric: Hmmm. Well my point was that he didn't just snap his fingers -- something happened. And if he's the representation to millions of people, per se, of what spirituality is, well, that was an act of something that we all esteem to be like. We want to be like him; we want to be like Buddha; we want to be like Krishna. I mean, isn't that the point of it? So, if this person was communing with this giant storm to quell it, to calm it, okay, the point is, he didn't get his cellphone out and talk to God. In a sense, maybe he did; maybe you could say God did, but I don't think that. I mean, he looked up to the storm, according to the story, there was this calming effect that slowly happened. Just didn't zip open like a giant ziplock and the sun popped out, you know; there was a kind of something happening in there, a progress. Something was happening with him; something was happening with the storm; something then was the third byproduct, again coming back to three. So, to your question, "How is it spiritual?" I think this really addresses that fact, that all aspects of life, how we integrate with it, can very much be spiritual, as long as you're not suppressing, or harming, or doing wrong to somebody. I mean, I think that the bottom line is that you can find a form of beauty; and all forms of beauty are a form of finding your spirituality, in my opinion.

Student: You were mentioning Jesus, but I also heard other stories about ancient tribes that do rain dances.

Eric: Yes, you have your American Indians who would do rain dances. I believe you can find in almost any culture, you'll find a variation of different things. You'll hear in ancient, I think from Nordic, to bringing down the fog so they could go into battle, and stuff, and not be seen. The same thing goes for Arthurian tales from England, per se. You have, I mean, it just goes on, and on, and on, I think anybody can really look into it. So, the real question is, if there is a sliver of truth to this, what is it, how was it done, and how can one re-do it? And that's what we're going to cover here; and there are plenty of people here who have seen me

do different things from cloud bursting, perhaps, to creating weather changes, or stopping and starting rain. I mean, literally what one would be considered modern day miracles, but my point is, it's not just me. I've taught other students to do these things.

I think the biggest thing that you're going to have to keep in mind, and I'm going to stress this, is that when you go on out and you try to work with these things, you want to do it by yourself. And the reason is, if you have more than one person and they know what you're doing -- that's the trick, or they know how to do it if they're listening to this course -- there is a conflict of interest. Because they themselves then are going to try to manipulate the weather, and it's like a canceling effect. Well, if you've got one stick and one wants to throw it one way, and the other one wants to throw it the other way, there's a big problem.

But here, let me give you a better one, what if they both decide to throw the stick in the same direction? Doesn't that common sense tell us that's not as easy as it sounds? I mean, think about two people picking up a stick and throwing it; couldn't one person do a lot better than the two together? Do you follow what I'm saying? Some people might think, well, it might go farther if two people throw it. Well, there's some kind of a thing with synchronicity there. So, when you have other people trying to do these things with you, what happens is that it's not that they're trying to intentionally do something bad, it's like the Universe can't figure out which one to respond to first -- Gaia, or the energies that they're relating to. Or it's like having a pet and both people are clapping their hands going, "Here doggy, here doggy." and it's just confused. So, instead of one or the other getting a response, maybe one will get I -- maybe they're more powerful or more directed, but it's still going to create this little bit of chaoticness, per se.

So, when you do this kind of work, you certainly want to go off and try to do it on your own at first. You can bring people with you, but they don't need to know the formula of how you're doing it. Let them be the witnesses to the act, the witnesses to what they're going to experience. You can tell them this is what I'm going to do, like I do -- I often tell people, I'll -- or somebody might ask me to do something and I'll do it. I don't like to perform for others. I have a big pet peeve about that. When I feel close enough to students, I will do certain things for them, and you know, teach them certain things so they can witness and experience it. But you will find that a lot of people will want to put you under pressure if

you make claims. And you're going to find that when you're under pressure, and there's a certain kind of expectation, that it's also going to limit your ability.

So again, you don't want to get into those circumstances where you have that, because you now get into this collective mind-consciousness of being doubted or challenged, and this is a thought wave also. Okay? Not to mention now that you have this mind -- as we were talking about earlier -- where you're trying not to think about something but like Tourette's, the person can't govern that and they start to have all these bad words popping out of their head. We often have a lot of control, or many people do, on controlling your thoughts. So, your fear is -- well, what if I can't do it, or what if I'm not going to be able to do it; what if they don't believe me; what if they call me a fraud because I couldn't do it right? And this, in itself, is going to erode your effectiveness. Do you follow what I'm saying?

Now, you might say -- well, if you can do it when you're by yourself, why you can't you do it when you're with other people? You know, it's about the technique. It comes from a place that is not of brain thinking, and this is a lot of what I've covered before. It is such a clear state of consciousness that it takes practice to hold your mind there. And so when you have something very demanding on your brain, your babbler is like throwing wood into the engine. It's just firing up the engine to where this babbler is just taking over and it's making it very hard -- a lot of difficulty for you to hold your mind in that steady place to create that. Do you follow what I'm saying?

Now, when you have, what I would say are believers, well believers are -- kind of have this anticipation that they believe in the power of this person. So of course, the non-believers go, "Well, they're brainwashed; they don't know what they're talking about; they're seeing things, or hypnotized," or whatever. But the point is, they can act as a catalyst almost, because their minds are clear; they're working with you; they fully expect for this to happen. You're the operator, you create it, and therefore you get a better effect. And this is what was done in many cases for spiritual masters.

So when you get into doubting people, in many cases psychics can't do anything under closed doors; it's as if their mind is babbling too much, in my opinion, or there is this inner-fear of error. And I think a lot of peer psychologists now are discovering this and are talking about that. It's almost as if, I would say -- it would be better to secretly observe, and I

hate saying that on record -- than it is to let them know that they're going to be secretly observed and recorded. In the back of your mind, there is that babbler then preventing you from going into what I would call a slipstream state of mind or the in-between state of mind, which we just recorded. It would be very difficult if you were under this kind of pressure.

Disk 1 Track 2

Student: Does that dynamic have anything to do with the behavior of particles?

Eric: I believe there's absolutely a correlation, yes. I believe what you're referring to is in physics, in quantum physics particularly; we have unusual circumstances happening. For instance, circuit boards that work perfectly fine, but when we investigate it to see how it works and we realize that's weird, they stop working. And there's no reason for that to happen. And this is science. Or we have a particle that's like split in half, and one is going in one direction and the other goes in the other direction; and if the first one is stopped by whatever reason or purpose, the other one -- in mid-process without hitting anything -- will stop instantaneously. Okay? And this goes on, and on, and on, and on. And in quantum physics, this is all very quirky, but I do believe that there's absolutely a correlation between the two. When you have people who have this doubting state of mind producing this kind of energy, I think it manipulates reality in itself and it holds things in a certain way versus the other.

Student: That reminds me of an exercise, that I think is Rosicrucian, where they actually have these salt crystals that they put under a microscope, and they are, the student is trying to project something out to see what happens with the formation of crystals. And sometimes they say that they actually formulate in a certain sort of signal, or shape, that somehow matches their thought projection.

Eric: Yeah, well thought's a very powerful thing. There's a new kind of following getting behind this thing with water crystals freezing and such, or water crystals and stuff, and having Buddhist monks doing prayers over them, and spiritual people. And the water will

take on these beautiful patterns, per se. And when negative people are around, they take on these really chaotic kinds of patterns. And when they're just random, they just kind of look random. So if anybody blesses it, the crystals in the water, per se, takes on these beautiful patterns. Well, I mean, this is again mental process; it goes right back to the circuit board thing if you ask me.

Student: Now they're finding out with string theory that the smallest level of particles actually has a leniency toward, whatever, like there's a lot up in the air -- nothings, like . . .

Eric: Right.

Student: You know, so it like reacts to . . .

Eric: Right, I think it reacts to will; I do.

Student: But if that's the case, if it responds to will, then what prevents a person from affecting their reality?

Eric: What I would say is -- the greater will. And the greater will is the global consciousness of the planet, and the global consciousness of the Universe, and all living things kind of have a set blueprint of what's going to happen. It's like this, it's like saying your computer has a blueprint of how it's supposed to operate, correct? It's got a BIOS, and then it's got your operating system, and then you add programs to it. But sometimes what happens? The programs don't exactly do what they are supposed to do. Now, whether it's a glitch or somebody programmed something wrong, but something isn't quite working, you get a weird response. So, when it starts to glitch too much, what do you do? Most people, rule of thumb, reboot the computer in the hopes that the master settings will clear the problem and re-correct itself. Okay? Well, that's a simple analogy, okay, and hopefully people will make sense of that.

I believe that the Universe has a diagram of where it wants to go. And I believe it's a blueprint, and that's what reality is based upon for this frequency, this dimension. And I

believe that on occasion, you have some people who are able to bend the rules of that blueprint, and these are your spiritual masters, or people who develop psychic abilities, but somehow they're able to work with it. Do you see what I'm saying? And other times they do things, and maybe later they realize that, "Gee, maybe I shouldn't have done that," because there was a consequence down the road in some other way. Which is often what I would teach people.

So, the point is that I believe that the main programming has a rebooting process that's literally faster than a millisecond, constantly happening. And it's what stabilizes reality to stay in a certain framework. Otherwise reality would be so dramatically affected, nothing could really exist. So, the master frequency is the most powerful. We call it the Doe; we call it whatever you want. Okay? But it's kind of what holds things in a steady process. And it allows us to move in a certain direction, but it's kind of like a collective direction. It's like the vast majority have to work together.

Well, if you think about it, in my mind it's like, it's -- if you get like 100 people together, and they all have to hold hands or touch each other, and they're like this big circle, and you tell them, "Okay, you've got this big field, now all of you guys have got to run across this field." Well, what do you think is going to happen? Do you think this big ball of humans is going to be able to run across that field perfectly? No, it's going to be jumbled and everything. What do they have to do to do this? What do they have to do? They have to go slowly. And then as they go all slowly, they all kind of get their groove together. Well, you always have a one person who steps on another person's foot, or whatever. Well, that's a glitch and the other people may be affected, maybe not, but they all stabilize it; it's isolated. And that person probably can regroup themselves without anybody on the other side even knowing it happened.

So, this is kind of a rude way of describing it, I would say, but the point I'm trying to make is, I'm trying to explain what I understand in my mind's eye. Do you know what I'm saying? It's that reality is running on this base process, and if the collective all wants to move in one direction, or it starts to, it's as if everybody will go that way. And I think you could apply almost the same rule of thumb to, ahh, it's kind of similar but on a much grander picture, holding everything kind of together. We can change reality, but as a whole. Do you

follow what I'm saying? If we don't work as a whole, then there's a bit of a problem, you know what I'm saying, and that's what's kind of holding it.

This is why we say, as more people progressively become more spiritual, we affect one another. As we affect one another, this kind of thinking progresses; well, it goes right back to what we were originally talking about. Originally we were talking about what? We were talking about people who are able to do miracles at a time period when extraordinary things were claimed. Well, the people were much more simpleminded, perhaps much more gullible. But in some ways, I have to wonder if people weren't able to do more miraculous things because the collective hadn't really formulated so much doubt. Do you see what I'm saying? Now, there obviously were formulations of consciousness going on there, but I don't think it was as developed as it is in neuro...kind of set up the way it is.

So, I do think there's a very strong interweaving of all that, but to answer your question, no one person really can affect it that much. I mean, there's no spiritual person, per se, who did a miracle and it just stayed that way indefinitely. I mean, when Moses parted the ocean, I mean, it collapsed after. Maybe that was to drown them, or whatever, but he also knew they had to hustle. You get what I'm saying? If you think of the pillar of fire, everything was moments that were really a bizarre moment in reality, but all of them kind of had their blip, and then the things kind of re-smoothed again. I mean, if you think about it. Okay?

So, reality has the master program and we are able to affect it in certain ways. And there's a remnant of that; there's an echo of that because it's the mental effect of reflecting on, "What just happened was amazing!" But I think that people have the tendency to fall asleep into the Doe again, and then it kind of...they forget about the miracle that they experienced. Now, it's not that they literally forget it, but there's not this sense of deep reflection that holds them there -- which we have a perfect example of. I think there were some classes that we did where there were some pretty amazing things that happened with me, and we had students -- they were all in awe -- and ten minutes later they were talking about, I don't know, tying their shoes or whatever. And the other students said, "What is the matter with you guys. I mean, didn't you just see what happened?" And they were like, "Well, yeah," you know. It -- there is an affect. So only certain individuals really can retain that kind of knowledge for any really extended state of mind.

Student: With the collective consciousness, why is it if say 75% of the planet believes that there is a hell, why is it that doesn't manifest into reality?: :

Eric: Because I don't really necessarily believe that they believe it. Or, you could say that there's so many people who have so many different versions of what they conceive hell to be that they kind of negate it all themselves. The other fact is that nobody really has a very good idea of what hell is, and that's what keeps it from really manifesting in that way. Do you see what I'm saying? I mean, you can go to the Mormons, you can go to any form of Christianity, you go to all of those other ones, and you really have a basic concept of what it's supposed to be, okay, but nobody can specifically say it's this way or that way.

The other thing I would say is that the master program is so much more refined in certain ways which also is what prevents it, because you're dealing now with -- for the Universe -- what would be the same for you to say to stop breathing. Okay? It's to say that you could consciously hold your breath, but eventually your body is going to force you to breathe again. Well, the Universe has a need for the cycling of human consciousness, and to where it's going to go, as I've taught in other classes. So that it's not going to say, "Well, we're going to create hell for all of them just because they want to believe in it now." In certain ways it's got a greater program. It's to say, if you want to cut your finger, you could, but it would go against every instinct that you have. So, it's kind of the same thing. You just can't make yourself stop seeing necessarily; you can close your eyes, but that doesn't mean that you really can't see any more.

Disk 1 Track 3

Student: When believing in something that's so hard coded, like what God is, for instance, if everybody thinks that, "Oh, God's this guy on throne up there," the reason that they can't manifest that, is it because it's being a higher level thing, or something that's more hard-coded into the truth of the Universe?

Eric: Well, that's a kind of a double-edged sword because in some ways they do manifest their own truth. I mean, you've got people who go down the tunnel and they'll maybe see Jesus at the end of the tunnel, or they'll see family members. Okay? And then they go, "Well, that's proof that there's life after death." What I get a real hoot out of is that they're so culturally ignorant. I don't want to talk negatively, but I just hate it when they go, "Well, that's proof that 'this particular religion' is the only one." And I'll go, "Well, what about in India, when they're talking about going down the tunnel and they're seeing Krishna at the end of the tunnel? What makes theirs less valid than yours? What if they see Buddha at the end of the tunnel, or Milarepa, or some American Indian chief?" Because these stories are true; they've been documented just as much, but not, you know -- whatever the dominant belief system is, that is what the vast majority people use to interpret their experiences, as if there is something to that.

As you know, I don't necessarily believe that they're brain dead when they're having these experiences. I think that their heart has stopped. I think physically their organs have stopped. But I do believe that electrically the brain is still running and then they're resuscitated. This is why in studies they can have these guys go under high G force, and when they go under high G force, they're seeing the tunnel effect. And they're saying, "Well, I see family," or there were these weird effects. Or you can wear these helmets that throw off magnetic rays that kind of distort how the brain works, and they're having all these unusual paranormal feelings, or sensing people around them, or whatever; but that doesn't mean it's not true. Maybe that's what's opening up other dimensions to them and they're figuring that out, okay, or may not, whatever.

The point that I'm making is that in some ways I think they are creating their own realities. Okay? But I think that they're short lived. I think that, and I hate to say this because people don't want to have their bubble popped, they want to believe in certain things, and it gives them a comfort level. Well, I'm not interested necessarily in comfort; I'm interested in the truth. That's what I want is the truth. And I believe that truth will be more beautiful than anything man can imagine. And I know that to be the truth. So having said that, I think that even if they do manifest that, this is their way of their consciousness creating a departure scenario for them to separate better. I think if you were to see what happened after they went there, perhaps it would fade away, and then they merge into the Gaia consciousness without

even knowing it. It's like them going to a very deep, happy, blissful sleep, but they're moving into this other consciousness. Or, they will, all of a sudden, start to get that speed-ramping of the consciousness moving faster and faster, and data expanding in their mind. And it's like waking out of a dream, and you take a few minutes to get oriented to where you are after you've been sleeping, and your wits kind of come about you.

Well, it's kind of similar, if you're an older soul, when you pass on and there's this moment of disarray because you're still hanging on to that limited consciousness of who you felt you always were in this life. Is everybody following me? So when you move on, instead of dissipating into the Gaia consciousness, you more than likely -- especially people who are listening to this -- are more likely older white cells, per se. What happens is you have this like flooding of awareness, and it's like you're coming out of this dream; or moreso, you're waking up like another wakeness. This is why we say people are asleep -- I refer to them. Because when you wake, I mean, there's times when you're groggy and you kind of forget -- where am I, or what am I doing, or whatever. You might have slept over at friend's house and forgot that you were there. And it takes you some time to get your bearings, and then you're on top of your game. If somebody rushed in and said, "Hey, name ten flavors of pizza pies," or something, you're going to be -- you know? But if somebody came in and did that to you when you were on your game, you're going to be like, "Pepperoni, cheese pizza, blablabla." It's kind of the same effect. Okay?

So, the master program that's out there is going to override. You know what I'm saying? You just have to trust it and trust that you did the work on yourself, that you can feel comfortable with that. I think that you can create hell in the same way. But as I have explained before, I think a lot of these scenarios are so biologically in the brain, they just speed up so fast that time feels slow outside of you. I think that certain things...I mean, I hate it when people bunch all of these things into just one paranormal bucket and go, "Well, it's all about the death experience." No, a lot of death is still not really physical death. A lot of it, a lot of it, most of it, it's still your brain working with you as your body shuts down, and it's saying, "Well, the body shut down; we're dying." What is your expectation of dying? It's more or less asking. You're like, "Well, I'm a Christian," or "I'm a Buddhist," or "I'm an American Indian." And so you see an eagle if you're American Indian, and all of a sudden you see the sky, and maybe you're doing a dance with some snakes around you that you

don't think are poisonous; they're a positive thing. You know what I'm saying? But, you're going to see, if you look at all of these cultures, whatever the people were exposed to. This is more or less what the brain is going to use to help them interpret to get through the comfort level of leaving their body.

You know, there's an interesting story when a human being in Africa; I remember reading once where a man was attacked by a lion and he lived through it. He says, at first there's the shock and then there's this feeling of you're going to die, and then there's some other part of you that, all of a sudden, just doesn't feel any pain. You just kind of know you're this rag doll, you're being tossed around, but there's no more awareness of the suffering; there's a very peaceful blissful point that you feel. Now, I would say, (1) your body is probably releasing so many endorphins that it's probably more intense than heroin, okay, and that's more than likely the situation. On the same token, (2) the body, as I've said before, is helping you cope with the trauma. It doesn't have to. Why does it do that? Why doesn't it just let you suffer to the last bitter minute? There's a reason for it. It's the same reason that when you're dying, that the brain -- if you're not being shaken around in a lion's mouth and you're laying in bed but you're still conscious and not sleeping -- you're going to go into this scenario, per se, of whatever you feel your guilt or your shame is, or your positivity, or if you're looking forward to meeting God, or Jesus, or your family, or Buddha, or Krishna, or whomever -- that's what it's going to help you with. It's going to show you those things in order to create this level of feeling what you need to feel, in order to accept or find comfort in what you're doing. And it's going to be blissful, and it's going to be wonderful -- unless you really think you're going to hell for something you did, then you're going to create this really negative scenario.

I remember this one story I read; I don't know if it was in Omni magazine or somewhere else, but this guy was saying, "Well, I went to hell," and well, what was hell? And he says, "Well, it wasn't like fiery or anything but," he says, "I knew it was hell." And they were like, "Well, how?" And he's like -- "Well, I was floating above the planet, and when I was floating above the planet, I thought, "Oh, wow!" but then I was handed this puzzle, and I intuitively knew that if I finished the puzzle then I could move on. And everyone goes, "Well, what's the problem?" and he says. "The pieces never quite fit, and I knew I had a sense of feeling this dread for eternity, this frustration, this anxiety, to put it

together.” But he says, “In this moment, I also felt that it was, it should be possible, like my logic said, ‘No, it’ll work.’ and it never gave up.”

So here you have this dread of it not working, and you want to escape this place and this dread of also knowing that you're going to be there forever. And it was like this inner looping kind of feeling that just never ended; it was like a snake biting its own tail. And he says, of course, then he was resuscitated and brought back. Well, this is something he perceived, this was his fear or what he projected, and this is what I believe was his brain. So, if you check, if you look at this and you ask, “How many people...” This is what they never talk about. They always say these people are clinically dead, but can they say that they had no brain -- nothing going on? Do you see what I'm saying? And the vast majority of them will still have brain activity. And as I've taught before, you do not leave until all the energy is shut off; it's like two magnets being suck together. Your soul, or your consciousness resides in the organic body, like being electrically woven together, and when it shuts down, that's only when it releases. Well, if it's not shut down 100%, it's still locking you there.

I think it's extremely difficult to really have true clinical death, okay, and go out. They say these people who have been frozen that are resuscitated, well, if you look at that, their body temperature -- I was just reading, they said, “Well, this person was frozen for 20 minutes, or this baby was frozen for a certain amount of time,” or whatever, but the interesting thing that they mentioned -- they don't mention that they were clinically proven brain dead because that's what you want to look at. Okay? What I notice that they say is, “Well, their body temperature was 68 degrees.” Well, yeah, 98.6 is natural, but 68 degrees isn't necessarily frozen in my opinion either, okay? It means that electrically, the brain still could be functioning while all the organs are shut down.

So, now I'm reading in Science that they've come up now with some form of, I think it's hydrochloride, that can be put into the body system, and they're talking about mice, mammals now, and kind of converting them into cold-blooded reptilians that actually will go into stasis, in other words hibernation, where all the cells are shut down, and they figured out now how to do that. Now they're looking at it for NASA, and stuff like this, or people who are going to die, and they just need a couple more hours to get an organ flown out. They're going to use this now to shut the body off into stasis, okay, until they can get the

body part in. And this will give them the extra few hours. Well, they're thinking maybe they can turn it into weeks, months, maybe even years. I'm sure they will. Okay?

So they've found a way to take a mammal or basically human beings and they're saying there's no reason why it shouldn't be able to be applied and be able to put us now into a form of hibernation where literally, all your cells are almost not functioning at all. And they say with cancer, it's great because they can then shut the body down, and the cancer can't really root either because it's a part of this process. So you shut down everything, including that. So, there's a lot of applications to it, but the point is that, is it brain death? Is there still electricity more or less moving through the currents of your brain? And what is it doing; what is it thinking; what is it relaying? What will that person come back with when they snap out of it?

Disk 1 Track 4

Student: Many people say, like, "Ah, I will believe if I see a flying glass; I will believe that everything is possible," but what you are saying, in most cases, is the Universe will reset them; they will go back to do whatever they did.

Eric: Well, let's put it this way; I mean, I have performed things that I would say would be pretty amazing, and people have sat there in awe, teary-eyed, in shock, or whatever, and then, I think, within 24 hours, they're pretty much functioning as if they didn't have something tremendous happen.

In this day and age, consciousness is so intense that I think people have been so over-stimulated, so over-programmed by stimulation from movies, radio, TV that this is now interwoven with this Doe vibration. And I think that people just fall asleep a lot more easily. But yeah, they can see amazing miracles and then it's as if . . . You know the ironic thing that I find is -- and I think in some ways there's good reasoning for it because I do think that there's a lot of charlatans, and there's a lot of bunk out there -- but no matter what somebody sees, no matter how amazing it is, and this is what I really believe, and it's been in some ways my experience -- is someone will beg me to do something amazing, okay, beg me. Okay? I'll give you a perfect example: well, we don't want to say his name, (but absolutely

know), 'Mister D' we'll call him, okay; I mean, he has seen things that would just defy logic. Without a doubt, absolutely beyond, positively, there's no way smoke and mirrors is going to do this, no way, just no way; and some people have talked to this person -- they're sitting in this room and can confirm everything that I'm saying -- Is that correct?

Student: That's correct.

Eric: Thank you. So, the bottom line is that he would go into denial and go "Well, it's just, there's just no way it could have happened; there's just no way. I don't, it could have been this, or could have been a freak meteor shower, or it could have been . . . blah, blah, bah." And you've heard him say this. (Confirmation from the audience) Okay. So, and then he'll go, "But no, there's just no way it was real." It absolutely happened. It was like a miracle! I don't blame him for that, but what I have learned in my life is that no matter what I do, no matter what I do, no matter how amazing it is, I know in this day and age, and in this reality, that there is a thing in the back of every human's brain now that snaps them to this point of saying, "No, it had to have been fake because it can't be that way; it can't be possible." No matter how much they almost want to believe it. Now, of course, if you were more naïve, and I'm not saying that if you believe you're naive, but if you could say in ancient days, maybe you could be blown away by smoke and mirrors, and I'm sure in lot of cases it was true, but when you'd seen the real deal, you also believed a lot better. And maybe that's what propelled these people to reach higher levels of these gifts.

So, I think, sometimes, the only way to really truly -- and this is really the foundation of why I stated Higher Balance is to teach people to do it themselves -- I don't think in this day and age, no matter what I do, and they'll tell me all the time, "I mean, if you can do this, then hands down, that's it," you know. I can't tell how many times I've heard that. And yet, when they experience it, they're in awe, and I'd say 24 hours to 7 days later it's back to the same old routine and then they're asking me to do another 'puppet trick.' And people can attest to this -- am I right or wrong? (Confirmation from the audience) You've witnessed this.

So, I don't know, now you could say it's this resetting effect, or you could say it's society. You could say it's just cynicalness that we've learned in our society in this day and

age. I would say it's a little bit of everything. But the point is, it's gets down to the same thing again. You've got to teach the individual to awaken. You've got to snap them out of this. This is why we put that book out there; this is why we taught them how to read the "f" thing and to count it – we're trying to get people to see that they're asleep, and if you can see that you are asleep, you can wake yourself from the dream. But you've first got to be able to realize it, and then you've got to practice staying awake.

Student: I don't know what aspect of the governor it is, but I've experienced things that I've seen you do that I, if I remember them now, they're complete amazing miracles, but my brain will fragment them into different days.

Eric: Yeah.

Student: Why does that happen?

Eric: It's again your psychological-sociological programming. It's the same reason why you can't count those "f's" and they're right in front of you. You are designed to be an organism on this planet that serves a procreation purpose. That is your purpose. You must never ever forget. It's not to say, never forget your enemy because it's not really your enemy. I don't want anybody to think of it that way. But you have to always realize what is the organic part of your purpose, and that this is the mechanism that's constantly battling with your mind. It's trying to always make you go to sleep; it's always trying to stay in control. Remember I taught you, if you can't control your thoughts, more or less, and tell yourself to be quiet, who's really in charge -- the brain that's pretending to be you, or really the core of who you really are? Well, you forget that, and everybody 'autopilots' back to letting that brain take over, and it's telling you, "Well, this is the way it is, and dada dada." Well, it's really rooted into this major programming, okay?

So this is why it's a battle; it's a fight; it's a dedication of your life to truly awaken. I mean, this is the highest thing instinctively that we can feel in the core of our being, that there's something more. So we fight and struggle to attain it, those of us who can stay awake long enough. So, it splits up these things that you've seen; it breaks them all down. It waters

them down over time because these are the things that, in ancient times, would have been the most empowering seeds to really motivate you to break away from just being an organic functioning -- I hate to say machine or a red-cell -- but that's more or less how I see it. You fall back into your automation. And so it knows how to isolate, just like in your brain, I hate to say that's the virus, but in this particular case you are the virus. Now, if you were to use the Matrix, you could say that Neo was the virus to the computer even though he was searching for something greater. You know, it's just semantics, how you want to look at it because I don't want to say "virus," and people think this is negative. It's a good virus because you're -- there's some program inside of you still left that is fighting to awaken. And so, it's trying to shut it down; it's trying to suppress it; it's trying to control it. And this is what's going on biologically; it's just another kind of computer. Does that work for you?

Student: It's fascinating.

Eric: And if you let it, I'm telling you, it will eradicate everything. I don't know. I mean, there are people that totally can erase everything from their mind and they can't even remember a lick of what happened. I think you know there were several people that, at one time we were out in a park; you guys are aware of this; you guys saw me doing interesting things, but that particular person, so you know. And then Jeff, I mean, he of course had less training than everybody -- I think it was quite a major opportunity for someone like him to witness something like that -- but he certainly was a red-cell, there's no doubt about it. I mean, here he goes, he gets to see this amazing stuff; I bet you he doesn't even remember to this day; I bet you he just remembers we were out walking in the park; I bet you he can't remember any of it anymore. That's how washed out he got. I'm sure you guys would agree with me. (Confirmation from the audience)

So, this just goes back to saying what I'm saying -- why would you forget something like that; if you could remember the parts of movie, why would you forget this? Because it is a problem,-- and the programming knows it is. And so it eradicates what potentially could be something that leads to something greater. In olden days, these were the things that were the seeds for you to fight for a higher consciousness. Just like anything else, it gets smarter. This is evolution too -- evolution gets smarter, technology is evolution, and this -- the Doe is

evolution. I mean, everything is striving to straddle, to control so it doesn't get out of control. Remember, white-cells have to always be the fewer, I mean, the bottom line is that the organism is the bigger plan. It's bigger than all of us. The whole Universe is going somewhere; there's a reason for it. But there is a purpose for some of us to also be here. We are to help guide it; we're like the ones in this big group of people who are moving. Well, there's always the people that are kind of working with everybody else, saying, "No, walk this way; do this; concentrate; focus; don't rush," you know. They're stabilizing the other group around them to function better. You get that these guys are just kind of sprinkled everywhere; they each are able to work with 10 people. Well, this group of -- how many hundreds of people -- actually then has somebody directing them, and that balance can work better.

I certainly believe that white-cells have a divine purpose. They always have, and they're a necessity and if the world didn't have them, this world would not be here. There must be co-creators; there must be people that are in tune with the higher Universe. We act as conduits to experience this reality, and we internalize it, and we release that data back to this higher consciousness. We, in a sense, are what I call 'noids' or a different kind of neural synapses that kind of translates what's going on in this dimension into a higher thing. The same way your hands are an extension out and your nerves kind of give you the information, they transfer into electrical data. Well, we're kind of the same thing, just much more complex in singular units, but very differently designed. And we're scattered across the planet, or the Universe if you will, and we internalize from a spiritual perspective, reality. Rather than functioning in reality and not having that connection.

Disk 2 Track 1

Student: You mentioned that before – miracles are the one thing that propelled white cells to fight for their spirituality; what would you think today would be the main link?

Eric: In this day and age this has been a problem because it's getting much more difficult to awaken people; it really is because technology on the one hand is a good thing; on the other it's really helped train the organic brain, which in a lot of ways it can be your enemy. It's your friend.

Again, I want to stress to people that I don't think the organic enemy (brain) is like an enemy. I mean, in a sense you have to master it; don't allow it to just run on its own. But what's happening is that it gains its fuel and strength with the use of data, and also mimics. So the more data you give it, the more it can mimic and master its actions back to you. Do you see what I'm saying? So, with information gained from movies, the internet, magazines and by communicating with other people, the data that you accumulate is so progressively pushed ahead that the brain is simply looking at one thing behind its operations: how to contain you as an organism as much as it can to do what you need to do here -- that's its only agenda. If you look at anything biologically, look at it in a scientific perspective; it's got a goal. Scientists say the reason there is intelligence is because the cells survive; it's a survival mechanism. Every species takes its own direction and creates its design for survival. Our design for our cells is so that we can procreate -- propagate we'll call it -- pushing for intelligence.

Whether right or wrong, it doesn't matter. I mean I can get into that too, but the point is, your brain, in my opinion, is designed to keep you kind of asleep. Look at it in a different way: if you are to awaken, what does that mean? What does that mean because there's something it means to you and you already know it as a white cell? Think about it; if you were to awaken right now without being able to say what awakening is, you already have an inclination that you somehow become separated from your organic body. You'll still be in it, but it's as if you know instinctively that you gain a greater control over everything. Am I right or wrong?

Students: Right. Right

Eric: That's what it fears. It knows because it's within you; it knows what you fear and it fears that from happening. Do you get what I'm saying? So, what's happening is it's preventing you from separating from the body. In other words, it is a very good thing, but in this particular case it could be a very bad thing. And I'll give you an explanation of why it's a very good thing: everything in life has a sense of survival. There is a sense of self preservation. If you put a plant in a room, it will start to grow towards the light not the shade; it's seeking out what gives it life.

You don't ever hear about an animal consciously, willingly committing suicide. If human beings do commit suicide, it's from great levels of despair or it's chemically reactive where they're not on the same kind of mental track. Animals like lemmings do commit suicide and

nobody knows why they do it. Well, I think it's the same reason why whales and dolphins beach themselves. I mean, there's a scientific reason why this happens: sound waves are ruining the sonar waves in their brain, and we don't understand it because it doesn't happen to people. However, if you put me in a large room that had a stereo blaring for 24 hours a day, 7 days a week, I think I'd want to kill myself then too. Okay? It's just that you've got to see it from the same perspective (of that species) with the same sensory perception that's making them beach themselves.

I think that scientists are doing sonar testing, and whenever they do sonar tests with submarines (I hate to get off track) they're using these huge sonar waves, and because dolphins and whales breathe through their blow holes, the sonar waves are too intense, too loud. When an autopsy is performed, Scientists are finding hemorrhaging in those areas; therefore, I think there's a very strong connection. I always suspected it anyway. Finally they are catching up with science, but they'll never push it because it's technology. It is "national security" if you will, and it's horrible, but it is what it is.

The point is, your brain is using the data that you're getting from life experience that you feel is enriching you. Yes, it's enriching you because it sees most of it as ways of self-preservation. Okay? So it's saying, "Absorb this knowledge. Absorb this data. Let's utilize. Let's create better clothing. Let's create better shelter; you can procreate better then." You get what I'm saying? It's good at the cellular level. That's why it's good: "Let's make medicine. Let's live longer. Let's live better." All of these things are good for self-preservation. But, crossing a wire, you say, "I want to separate from the body," or "I want to gain something that makes me move beyond the body." Well, nobody ever really thinks about it that way. Nobody ever thinks about death. You don't; you don't think about that.

Well what you're really saying to your inner-instinct, or your brain, or your cells in a very different kind of way but it's getting the same message, "What do you mean you want to move on from us? What do you mean you want to separate? You can't do that. That's not right." And this is where there is conflict. This is where the brain, in the background, works in ways to keep you here; it removes certain factors from your consciousness and it does what it does because it sees it as a threat.

Organically and spiritually, they don't necessarily mix. When you leave your body, it's supposed to be when you're dead not while you're alive. So, it must mean that you want to leave.

“Well you can't leave. We're going to keep you here, and if you're willingly doing this, well we need to fix this to prevent that from happening.” You've got to keep in mind, too, that if you psychologically look at people who have suffered from traumatic situations, what do the vast majority of those people do? They forget their experience; they block it out. Well, what are we saying about people who experience miracles? They shouldn't be blocking them out. Well what do people do? They block it out. Do you get that there's a connection here that I'm trying to point out to you guys? So, you've got to understand that you need to teach yourself (this is why I try to teach so much) to think without thinking. In other words, don't think with your brain.

You're aware of everything already. Get used to that without the contemplation of really separating. I always say don't think about reaching enlightenment, do everything else. You know what I'm saying? And don't contemplate it because then it won't prevent or be so much a challenge. I'm trying to address that without really saying what I'm thinking now. I'm tip-toeing around it because if I make too much a point of it, and I think the people listening to this will be intellectually evolved enough to be able to digest this, but it's to say it's the same thing about tourettes. If it's too soon for them to learn this, then it makes it more of a challenge because they're thinking, “What if I can't do it? What if I'm not able to do it? I'm doomed forever!” Well that's not necessarily the case, but do you get what I'm trying to say? So there's a time and there's a place for everything.

Disk 2 Track 2

Student: So you think that by learning how to create miracles instead of witnessing them, it will be harder to reset, and easier to provide a fuel for your enlightenment?

Eric: Yes, and for one reason because if you do them it's almost as if you teach your consciousness, your brain, that there's nothing to fear. You're still here. You're able to do this. There's not a threat but if you look at the big picture, where's does it lead to? That's when it starts to become a big problem because when somebody sees a miracle they think, “I want to be just like him.” Well who's him? He's detached. He's connected to something higher. Do you get what I'm saying? So there's a problem there; if you internalize it you're not focusing so much on what you're going to become even though you do and it's still a problem. It's not as much of a problem

because you're thinking more about just doing what you're doing. So it's like taking little steps, but the little steps instead of big steps are adding up rapidly and that's what I'm trying to do. That's what I'm trying to teach.

You need to communicate with yourself and say, “Look, I have no intentions of dying.” This is why I think that a lot of spiritual organizations have a big problem, and when I say this maybe you're going to understand more. Sometimes, I think I say things and that I have to lay the groundwork for a lot of people that are not working from the same place that I'm working from, but my point is that they teach you to just forget about life. Forget -- just detach from everything in life. Just have detachment and you'll find spirituality. I think there was a truth to that about 2000 years ago, but in this day and age you just can't do that. Maybe a few can but the vast majority of people just can't. I mean we're too integrated with life. I mean, even if you're out in the middle of a field doing nothing or sitting in a cave, you've still got a jet flying over your head. You still can hear the traffic down below. You're still calling out internally for all these comforts that you knew you were familiar with at one time.

There is a person that I once knew who was into tribal spiritual stuff. They believed in extracting themselves from the world, from money and everything, and he went to Florida. Oh not Florida; I'm sorry; he went to Hawaii. And he was a very, very dedicated hardcore person like, “This is the way it is, blah blah blah” or “We're too involved in this and we've got to go back and isolate ourselves and we'll go in our mind if we can get away from all this stimulation.” I always used to wonder what happened to him; I wondered if he was able to achieve that. I knew what was going to happen; he was going to go stir crazy after the first week probably. Well, low and behold, I spoke to another friend who knew him and I was like, “So, whatever happened to him; I always wondered?” And they said, “Oh he came back two or three weeks later and he has a job now.” He just couldn't do it, you know? It all goes back to what I'm saying; you can't unlearn what you already know; it's all integrated. We've all become accustomed, much like the tree that grows towards the light by shaping ourselves into a certain design that accommodates our civilization. It's very hard for us to work out of that. It's engrained into our design organically, I believe.

Well, when we talk about the in-between, if you've reached the in-between ask yourself what you're thinking. You're thinking almost nothing. Your thinking is absolutely limited, but yet you're in this higher state of consciousness. You see, that's one way of achieving it. A lot of these

schools of thought teach you that you should just detach. “Detach, detach, detach and you're going to find what you want.” I don't think that's the way to go. I think what happens -- the reason all of these people are trying to find enlightenment -- I don't think they're finding enlightenment; I think they're finding peacefulness. They're becoming more simplistic in their way of living; probably less stressful than what we're used to, but when they come over here, they're just going nuts.

When I think about the Buddhist monks and how they're supposed to be spiritual, well I think about the Buddhist monks that came to America. They were out in California, and unfortunately, they had something horrible happen to them when they were meditating and in a deep state of consciousness. These kids came and cut their throats -- killed them. I hate to take a negative situation and then look at another negative situation; but one thing that came out of that was a bit interesting, in a way. It was a horrible, horrible situation but what was more interesting was when the investigators got to this isolated place (these were hardcore monks by the way, these were the real deal), supposedly they went through the monks' rooms and all their stuff and what did they find in their rooms? Does anybody know? Pornography! They found pornography hidden in one of their rooms or in all of their rooms, which tells you that the monks were just as vulnerable even though they were spirituality esteemed. They were just as interested as the rest of us in certain things and lacked self-discipline. Look at all these priests now, what they're discovering about many of them. We're very naïve in what we choose to believe as truth versus what is reality. Well the reality is; I don't care how much they tell you to detach from life, “Don't think about this,” and “Don't engage in that,” or “Discipline yourself.” We're too hardwired.

So my approach is much better and, I think, it's the truth. Look, the Universe was created for a reason and that reason is for us to experience it. That's the purpose of life. You're not here just to find enlightenment; that's not your purpose. Your purpose is that something was created for you, something beautiful, something amazing and astonishing. Don't think about all these other wondrous places you can go to and all these other universes because you don't think the Earth is stimulating. This is amazing! There are so many levels to it. You have to find a happy medium, and when you find a happy medium, that's when you will attain enlightenment.

I say, don't separate yourself from love, from people to love; don't separate yourself from money, but don't engross yourself in it either. What I'm saying is; take the middle path. Keep one foot in this world and want to be here. Enjoy what here is. Reflect on what is here.

Reflect on the beauty of what is here and enjoy all those things but seek your spirituality at the same time. Red cells choose to purely go in one direction, which is completely the opposite of spirituality, and ironically, what do these other schools of thought teach their people? They teach them to go to the opposite extreme and to forget all about reality. Well, to me there's a big problem there because now you're detaching from the beauty of the world.

So they say, "You shouldn't eat spicy food and crave certain things." You know, "You shouldn't have anything stimulating." Look, don't harm your body. I agree that the body is the temple because that is the mechanism that will allow you to attain enlightenment or any level of spirituality. If you start polluting your body with chemicals, and drugs, and all this stuff you're doomed. You're not going to discover a higher state of consciousness that way. You're going to find a false level of consciousness and then you've ruined the machinery you used to get you there by destroying it. Okay? But on the same token, I think that you need to experience the flavors of life, the healthier ones; the more robust ones that other religions say that you shouldn't explore. Just as my mother used to say, "It's okay to eat everything that you want to try but quantity is important. Don't gorge yourself. Keep it within reason. You can have your cheesecake too but do you have to eat the whole thing? And I go, "Yeah!"

So the point is that's kind of the philosophy that we got to enjoy life. Enjoy the people in your life. Appreciate what you have in your life, but when you sit here and you're miserable because you think by escaping all of this that you're going to be happier, you're really preventing yourself from being able to achieve that. What I'm trying to teach you right now is that you do not necessarily have to take the bull by the horns; you're not going to win. You got to put the cape up and let him run around a little and let him get tired and then you can do whatever you want. You've got to work with the brain a little bit, be smarter and say, "Well, I'm not trying to escape from you. I'm trying to improve you that I, moving into this higher level, am still another part of this level. It's all one thing." When you can work in that level and make it non-threatening, you want to be here. You want to live forever. You want to work with this but you just want a broader spectrum of opportunities. This is when you're going to have better breakthroughs. Do you understand? This is when we are able to go into deep states of consciousness. What do I always say? People, the reason why they cannot move into higher states of enlightenment, or into enlightenment cycles, is because they have a fear of what?

Students: Death.

Eric: Exactly. Okay? This is exactly what I'm trying to say now. It's the fear of death that prevents you from moving on; so I always say your body will breathe. It's just as if you get hit in the head and you go into a coma. It's as if your body keeps functioning, in most cases. The only ones that don't are the ones that are severely damaged. You're not damaged. Okay? Your brain can do a million things at the same time. Don't worry about your breathing. Don't worry about -- see if you're going to piss your pants, piss your pants. If you're going to shit your drawers, shit your drawers. Don't worry about it. You're going to wake up. You're going to open your eyes when you're done. You're lucky if you're going to be able to go for an hour. They talk about these people who meditate for two weeks. Well if you can do that, good for you. Go do it! You also can win megabucks the same day. Okay? Don't worry about that stuff. It's not anything to be concerned about. You're going to be fine. Let yourself go. Learn to just tell you body, "Hey it's cool. Automate. Go on autopilot. You don't have to think about breathing. Are you thinking about breathing right now? But you're doing it.

So why are you worried when you're meditating that you're going to stop breathing? You're not. It comes down to the same thing though; it's fear. Fear controls. Fear controls the mind. Fear controls (whatever), and we don't even recognize it as fear; that's the problem. We have to be able to recognize something in order to move beyond it – to step beyond it. At the same time, if you destroy your body by committing suicide, well you're just doing the opposite. You're not going to release yourself and get there sooner. You're going to be all jacked up because you were supposed to get data from this dimension. This is part of the big picture. There's a reason behind it all.

Disk 2 Track 3

Student: With different schools of spirituality that teach you to detach, if you're detaching from reality, are you still able to affect the collective consciousness?

Eric: Well, if you detach the problem is how far you can detach with the fact that you're trying to let it go? I think you're going to achieve it but it's the same as if you held your breath you could

turn yourself blue. It doesn't mean you're going to pass out but what are you doing to your body at the same time? You're destroying a lot of cells. I think that if people push themselves hard enough, they're going to detach from reality. Yeah, they're going to go out there, but what I'm saying is there's a big problem with all that. And the second thing I was saying is there's a much easier way to achieve the very same thing, if not more. Why push yourself? These people don't have the stamina to do that to begin with, so they say, "Well, there's no reason for me to pursue this path because I can't be like this isolated Buddhist monk. So there's no hope for me."

Rubbish! There's plenty of hope for you. You've just got to learn to dance with the bull with a cape instead of trying to grab it by the horns. You're going to lose. So if you're going to go hardcore, you're going to lose. If you're going to go to Hawaii and think you're going to detach from everything – hello -- reality check! You're going to lose and you're going to come back with a bad taste in your mouth thinking you can't do anything then. You beat yourself up enough; you're going to give up. The brain is going to win and you're just going to say, "I can't do this."

I always say, "Do not set false expectations." Why? They're your worst enemy because you set that expectation with, "I'm going to do this, and I'm going to do that." And when you don't achieve it and it turns out to be harder than you thought, what are you doing to yourself psychologically? You're programming yourself that you'll probably never be able to do it. You're telling yourself that you're a loser and not a winner. I'm saying to you, "You're guaranteed a winner; you've just got to work with the flow." You've got to realize that there's a different strategy that you can be using and that strategy doesn't have to go against the grain. I always say, every time I give analogies, go through all my CD's and stuff. I'm always saying, "Harness the wind. Harness the flow. Feel the flow." I'm always talking about moving with something. What is it that I'm referring to? I'm referring to- don't force, don't paddle up the stream. You know? Flow with it. There's always a different method if you just use your brain a little bit, in a positive way. There is a way.

So, what you've got to realize is that you've got to tell this to your organic self. You've got to talk to your cells and say, "This is good for the both of us." And then you've got to convince them of that. When you can convince yourself of that, that's when you're going to have even bigger breakthroughs. When you can be at peace with your inner universe and say, "I have your best interest in mind," and internally feel that not just say it in words. Your cells don't understand words. They feel what you feel emotionally: you feel wholesome, you feel happy,

and you feel good and everything is good, “And it comes from this thing that I'm doing. It's making us stronger, better, and more improved!”

It's going to work with you on some other level consciously. Their intelligences, all grouped together, have a big say in what you're doing. You may think you're in control but on a micro level, they're really collectively in control. They have a big say, and that's that *autopilot instinct*. I mean, can you tell yourself not to be hungry? For how long; until they've had enough! Well what do you think is telling you all this? What's setting off those receptors? When you're not comfortable in a chair because it's wood, how long are you going to sit there? Okay?

Well if you think that you don't have to convince the cells to let you move to these higher levels and that it's a good place for you, I think you're being a fool. You've got to recognize what things are. When you can, then you're dancing -- you're working with the flow -- you're harnessing this thing, the cells. If you were to talk to your cells in your body and you were to say, “Look, we're going to take this to the highest level! We're going to propagate life everywhere!” Well what do you think that I think? Why do you think that I'm able to do the things that I'm able to do? What is going through Eric Pepin's head, spiritually, and with his body? Well, I probably eat too much. Ha-ha, and that's only because I love the sensation of this dimension. All these different foods have offered me a whole new texture and I feel everything. Now I always yell at you guys, “Don't eat so much!” Well, forget all of that. The point is this: Does anybody here think that I do not love life? Do I not say that I love life? I love every aspect in life. The point is this: What do I (in my head) tell the cells of my body that I'm doing? I'm proliferating life. I'm helping other living beings to expand. And this is in agreeance with my cells. Therefore, I have less argument. I'm not saying we don't have our moments, but I am saying that I have a greater harmony with my perception of life, enjoying life, and enjoying my spirituality and these other dimensions, and that I've made this arrangement that works very well for me. And I think this is what most spiritual people do.

You know, even Buddha said when he reached enlightenment, “It's not this path and that path. It's the middle path.” You know people can interpret whatever they want from that and that's what you're doing and I'm telling you what he figured out. He's figuring out what I'm telling you, this is nothing new. This is just a matter of trying to communicate a better way of getting the message to you. That's where the talent comes from, for me. It's just a different way

of explaining it better. It isn't any good to anyone if they can't understand it. It might as well not be.

So it's about the harmony that I have with life. I'm always -- you get a song and I'll dance around. I feel people. I'm not the kind of teacher that's "rawr rawr rawr." I mean, I'm alive! Be alive! Enjoy life! Enjoy who you are! Be charismatic; be fun; enjoy life -- you can be spiritual at the same time. I think it's a better, faster way to attain what you need to do and your goal is to help life. Yes, to help life, and if you can internalize that and say, "This is my goal: Help me to reach these higher states of consciousness to proliferate life." Now I may not be out there making babies, but why do you have to think that way? Why can't you be out proliferating life, and feeling -- remembering that's the secret -- *feeling*. Why can't you all be proliferating life in a different way? Who said that cells can't understand that?

So if they're saying in science: organically, the reason why you have youth (up to a certain age) is so that you can procreate. Procreating means creating more cells and after you're done with procreation, if the body senses it you're not out there messing around, doing it. I think that's when the aging cycle starts for people, and depending on what time it stops, that's about it. All things in life basically procreate. So, when you're done with your level of procreation, you begin to deteriorate. The cells kind of stop doing their own thing; they're not so motivated. You've procreated a new life, and that new life now is going to continue, and that's how science perceives it. What I'm saying is that sometimes the horniest people seem the most alive! I mean, think about it. Think about -- who's the greatest lover of them all?

Students: Don Juan.

Eric: Don Juan! I mean come on, is he alive? When you think about that guy at 80 years old, do not like see him alive? "Oh, look how beautiful he is, oh, oh!" You know what I'm saying? I mean, if the equipment works let it run. Have you ever met a horny person that you didn't think was kind of alive? Granted, you are thinking, "You've got to get the sex a bit," but they're alive! Do you understand what I mean? I think there is a connection between organically versus not, so I don't see myself as having to have sex but (in another way) I'm horny -- I'm horny for life! I want to procreate life. I want to teach people. I want to awaken them. I want the world to be a better place. I want growth in the world. I don't see life as being bad. I don't see human

civilization being a disease on the planet like other people do. As I've explained to you before, what's really going on is a necessity – it's the procreation of life, the planet spurring out to populate other worlds. This is procreation for the planet.

Everything is a living organism. The planet is a living organism. So my perception of me working with my body on one particular level, an important level, is that I've convinced it -- and I hope we have no arguments tonight now, you see, it's on to me -- that was funny! But the point is that I've come to a certain agreement that allows me to work with these higher dimensions, to be able to come and go, to connect, and to do these things. There's no threat; there's no threat. I see it as a dance, as an embrace. I see it as being important to my life because I say, "Look, if you guys take this away from me, we're not going to live. I'm going to be down and out. This is my sunshine. Spirituality is my sunshine; like I'm a planet -- it's my water. I eat food for you. I eat this, but if you want me to grow you've got to give me this too and we're all going to be happy." In a simple way, I'm trying to say how I feel internally.

Obviously it's much more complex than this but the point is that is what I'm trying to explain to you guys, somehow, somehow to get across to you that you have to love life. You have to be a lover of life. And that somehow you've got to -- cells are very limited in what they understand. Do you understand? But there's programming in them also. So if you find a way to work with the programming, you can beat the program. You're harnessing the potential of what it is. Don't fight old age. You're going to grow old -- embrace it. I hate it too, but there are perks that come with it and that's what you have to do; you have to find the positive in everything and harness it to see where it's going to take you. If you never grew old you would never grow smarter, not at least in this reality. I mean there's a way to preserve age but you know there's going to come a point. I don't care how long you're going to live; you're eventually going to want to die. You're going to want to move on because there's only so much you can take in -- in this world at the same time. You know? So, but right now live! Be alive! Dance! Sing! Have a good time. Live life; enjoy it, but pursue your spirituality too and know that it's your sunshine. It's your -- it's like breathing! It's another form of giving yourself life and that's what you have to understand. Most people never contemplate that. They never get that connection, and if they do, they don't ever think about it enough.

Disk 2 Track 4

Eric: What it is now: I think I'm ready to share this with you and hopefully it'll be a big revelation or it's going to be bleeped out and you guys are going to forget that I mentioned it because it's going to be erased; so is everybody on the edge of their seat? In your body you're made of billions of living cells. There are sources of information that I call originators that work with the other cells to give you a reaction to a virus, or communicate something to you, or react to something but there's always an originator. Can everybody visualize that? Like one single cell that starts somewhere but it doesn't all start at the same time doing the same thing, not always. The world is a living organism: convince yourself that you are the cell that will make the difference. Convince yourself that you are needed to the planet as an extra-sensory cell. Convince yourself and communicate to the greater cell you are inside of that you are required to be of greater importance.

Not only do you have white cells, but we have learned from science, and it's ironic, that we have to look at these things so that we can convince ourselves (so that it has validity). Another useful tool that I like to use because we often say, "Science, oh well it must be," which erodes our *breakthrough factor*, and this is why I talk in the way I do. Science, and you can look it up, has found that not only are there white cells, but there are also *super cells*, super white cells that are recessed and ironically asleep in hibernation in the body. These cells have ancient knowledge that is useful against ancient powerful viruses that once existed that they battled. So when you get one and it starts to wipe out all the other white cells and destroys the body, somehow, something awakens within your inner universe. Perhaps it's this inner desire to survive that awakens these super white cells. And with their ancient knowledge, they start to fiercely battle against this powerful virus that is trying to overtake it. Sometimes they're awakened too late, but if they're awakened in time they almost always win the battle; they're that fierce. They're that powerful. They're that determined.

What I'm saying to you is: be that super white cell. Be that -- not try to be, know that you are! Your relationship to this planet, this organism: send out to it empathetically through emotion that you are that useful in that way. Be the white cell and communicate as a noid – as a noid. Acknowledge all the other living cells. Acknowledge them but stand out in a sense. Know that you stand out in one particular way, that you are among them and you're functioning but as a super cell. And you're waiting to be awakened if you're needed. Okay? Empathetically, let it

know. It's everywhere; it's a consciousness. Let it know that is what you are; you acknowledge it, and that you are aware of that now. Let it put you to use.

When it chooses to put you to use, oh the things you can do. Oh, the amazing things you can do. In a sense, it's another form of enlightenment. It is enlightenment. It's a part of that awakening. Does everybody understand? It no longer holds you to the basic rules of the doe. You've now been granted permission to bend the rules because you're required to because of what you are designed to do, acknowledge that you serve it. There's not a reason or a need to keep you in a certain alignment or a certain place, do you understand? It knows that what you're going to do will serve it and that there must be a reason why you're concerned. There must be a reason why you want to awaken. And you all do feel it! You know there is! Everybody listening to this knows there is! So you have to let it know that you're ready when it's ready, and you have to internalize that. It is part of the great awakening.

If you were to ask me what is it that I feel: I hate throwing me in this group because I don't want anyone to say that I'm being arrogant or overconfident, by no means, but what is it that Christ, or Buddha, or any great being felt? They felt exactly that – they knew and accepted without any ego that was their role; it was their purpose. Now maybe they thought of it as the Gaia mind, or maybe they had other words for the same thing. It was the same thing just a different twist in how they described it. But internally, the universal knowing in them understood what it was, and they served this higher purpose to affect something. That's what you have to come to terms with. You don't have to awaken; you don't have to say, “I don't have to be awakened this minute but I'm ready. It's what I prepared for. I know why I am here and what I'm made to do. It's what I know.” And if you don't feel that, you're probably not a white cell. And it's not to say that you're not a white cell; it's just that you're evolving. It's good to learn this stuff. A red cell won't feel anything. “Uhh . . .” They don't even hear what I'm saying. They don't know what we're talking about. They can't even conceive it. But the older the white cell let me tell you, it's like they're on the edge of their seat. They're like, “That's it! That's it! That's what I'm feeling. That's what's calling me.”

If you don't know what's calling you, how do you know how to respond to it? Somebody shouting out your name from the distance and you're like, “Hey!” and they're like “Hey, Eric!” and I'm like “Hey!” Should I be answering? What if they're a bunch of maniacs out there in the forest, you know? Or maybe it's my mom; it doesn't sound like my mom. You don't know what's

calling you? How do I respond? What if it's "dit, dit, dit?" Is that a woodpecker or someone sending me Morse code out there? I feel it, but what is it I feel? I'm searching.

You are part of an organism. It's hard to say organism because then you say, "Well how is it spiritual?" It's the same. It's all the same! It's all part of this thing that wants to live. God! And *here and now* is what you're here to do: it's here and now in this world, in this dimension, how you are here to serve the Universe. How you're here to serve God. Call it whatever you want. But you cannot serve it unless you are willing to accept that is what you're here to do. You need to come to terms with that.

Now it doesn't mean you're going to go around healing people, fighting demons. Don't have anticipation. This is where it gets back into it again and that's what grounds you again. Just simply: Practice what you practice, meditate what you meditate, and breathe what you breathe. Enjoy life! Practice your lessons that I teach. It will all unfold as a rose will start from a bud and it will open itself up. That is what you have to understand and it will open perfectly. Do not set expectations. Do not set demands. If you set demands on the Universe and you set expectations, you won't get anything. It doesn't understand that; it doesn't work that way. I resent anybody that sets demands on me, let alone pull a miracle out of my butt. You know? "Oh you've got to do this!" I don't have to do anything! "Well then you must not be real." I guess you've just decided for me; therefore, I must not be. It doesn't matter to me; I already know what I am.

I am what I am. I am what I am. Don't become arrogant about it. Don't become overconfident about it. It's an inner beauty thing. It's an inner beauty thing, and that's what you feel from spiritual people. They are what they are. They know what they are. Well you don't have to be as bright as they are to be bright. Hey, you know what? You could be a 500 watt light bulb in the dark or you could be a candle; I guarantee both of them are going to be seen. Do you understand? Maybe somebody will outshine you. Well, if they're shining then they must be doing something better than you so, "Please let me; what can I do to help you, then?" No ego. Just flow with it. If it's dark, it's dark. Any light will shine. Be any kind of light the Universe wants to use you for, but let it know that you understand that's what you're designed for. You understand. You internalize that.

Disk 3 Track 1

Eric: Where are we going with all of this? Let me bring it back home now. We're talking about weather control; can you believe it? It seems so small now. And it is small in the big picture and that's my point. But my point is this: When I look at the sky and it's a gray sky, I don't know why it seems like it's easier to control. What makes storm weather easier to control? I think it's ionization in water. Here we go with water; if you can bless it and it comes up with these designs and structure -- well I don't think you have to be a priest to do that. You have to believe that, if you're doing what you're doing, it's going to have an effect. And maybe you can't go against the bigger Doe for a program, but you can probably manipulate a little tiny one by your will. And this is why water, in the most lowest level, it can be structured into these beautiful designs from people blessing it; because they believe when they bless it something good happens, no matter what belief you have. And this is what they found. No matter what belief they were, what religious organization, whatever, that when they blessed it something very beautiful came out of the water crystals.

For some reason, water is very connecting. Could be because our bodies are like 90% water, or could be the planet's map vast majority; whatever it is, there seems to be a very good connection. So when we look at cloud weather and we wonder well, why can't we do these things with it? It seems a lot easier than doing more earthlier structure matter things. I think, in a lot of a ways, matter is very hard to manipulate because it's lower density energy, per se. Water seems to be on this threshold between energy and the next level to matter because it's so -- maybe it's in the mind, how we perceive it, I think. We think of it as being something much finer; maybe this is why we can affect it. But in either case, the easiest thing, in many cases, to affect is clouds and weather and stuff like that. Not huge weather patterns naturally, but the little things you can start off with.

So, when I'm outside and I want to make this big cloud coverage where there's just no sunlight, there's nothing, and I want the sun to come thru, first of all I acknowledge what I am. Not like: I'm Eric the Super Being -- no, not at all. What I feel is not in words. What I feel is; I look at the clouds. I don't see them as being big, or huge, or whatever, I feel oneness with it. It's as if I breathe it in, as if I accept it. There's a certain calmness that comes over me, not a dreariness of the rain, or how -- whatever it is. It's just a communion with it and I allow myself to flow with it. And then the million dollar secret is, and I say don't have an expectation -- in this particular case I'm going to say have expectations -- but

you must understand that they're two different things. One, I can have an expectation for the clouds to open because I can conceive what it is that I'm looking for, and that's what I'm looking for, that's the difference. When you meditate and you have expectations, you can't expect what it is that's going to awaken you if you've never understood it or seen it before. So now you're setting conditions. Do you understand the difference?

Student: What about when say if you had an experience in meditation that was pretty profound and then you try to kinda recalibrate yourself back to there and you have an expectation?

Eric: Well the problem is your going to get a little bit into the doe thing again okay. The second thing that your going have is that the Universe is ever changing; it's never the same to us when you try to do exactly the same thing again, and it's not that you can't; you can. Okay? If you remember the way there, and just like when you walk somewhere you remember something, there's a feeling emotionally that you follow. And this is what everybody should try to remember; if you can re-mimic those feelings, or re-follow them and feel them, there's a kind of knowing. Well, this is how I felt this way, and you start to feel something and then something starts to pull you off in another direction and you go, "No, that's not the right way; I've got to follow this other feeling." Do you see what I'm saying? That's what's going to lead me to this bliss. You can find it again, okay, so yes, you can. The answer is yes, but you know expectation that I'm talking about is: I want to be enlightened; this is what it must feel like. I should be able to fart lightning bolts out of my butt, okay, and walk on air, and flowers are going to come out underneath me. Well it's not how it works and the Universe is going to, "ha ha, chuckle chuckle, okay, move along little one," and that's the end of it. Do you understand what I'm saying? You can't have that kind of expectation.

Back to what I'm saying here; when I look at the sky and I acknowledge and I feel this moment with the weather, there's a part of me that can feel or is conscious of the moisture in the air, the smell of the air, the temperature or the air moving against me. I don't think of it as being undesirable; I feel it as being very desirable. Like I want it to make me wet; I want to feel it; there's like a love for it, a passion for it. If it's too cold out, naturally

it's going to have a less of an effect on me; unless I'm really going into my super power mode, okay, but I'm trying to give you something you can relate with. If it's too cold, it's bitter on your skin, it's bitter on your body, and it's hard for you to get your brain to slow down because now you've got all these other "I's" coming up -- like for hunger and for other stuff, but instead of that, its discomfort and it's a big "I," you know? So you've got to, of course, work with yourself a little bit within reason. Don't set yourself up for failure as I said earlier.

So you enjoy; you kind of go into this zone of enjoying or experiencing this weather, this temperature, that you become conscious of things that you don't really pay a lot of attention to. When you're out in the rain, I mean how often in the rain do you think about the rain? You just think about how much you don't want to be wet right now and you're thinking about getting from point A to point B as quickly as you can to be as dry as you can. So, as our automation goes for our brain, we don't necessarily see rain as a friend; we see it as a dismal undesirable thing. Do you follow me? We think of sunshine as being a desirable good thing, okay. So again, you've got to work with these emotions and become conscientious of what you feel, and what you think. So, I'm not feeling anything negative for the rain. I'm not necessarily thinking positive like: "Oh I love the rain!" I'm just, just kind of being. I feel like maybe I'm a tree or something and the water is on me; it's good; it's purifying; it's clean.

Now we think scientifically that isn't the case, but you understand what I'm saying. But the point is there is a point where my mind is clear; it's kind of an in-between branch off and I'm feeling the air. I'm feeling and becoming one with the moisture; I'm becoming one with the moment. There's a part of you that when it's, let's say, windy out, that feels the rhythm of the air, and when it blows it's almost as if you're pulling it into your body like you want it to push you. And then when it eases there's a part of you that goes out of you with it. And then it comes back in and there's a part of you that almost begins to know, or sense, when it's going to begin and when it's going to stop.

There's a knowing, and being that aware of yourself, you can checkmate yourself, become conscious of it. You got to know what to pay attention to. And I guess it's what I'm trying to elude to. Okay? It's that you have to feel the wind blow and stop not wanting it to do anything yet. Letting it do its dance. There is a pattern to every single thing. Follow that

pattern for a little bit. And then, when it eases off, what you're going to do is, it's kind of like pushing somebody on a swing. They already have momentum but you're going to give them a push, to what -- to hold their momentum -- because if you didn't push it, they would lose that momentum. Do you see what I'm saying? Maybe not a lot, but after awhile though it stops; so you've got to let yourself believe that you're moving the wind, also that when it blows again, that you're pulling it; you're not just letting it push you, but you're pulling it to come towards you now. And then when it goes to calm, you already know what the rhythm is so you pretend that you're helping it calm.

So now you're feeling that your part of this wind; that your helping it -- you're a helper now. The only thing I can say is what I'm feeling. Okay? And then, after I feel like I'm helping and I'm moving it, and I really feel that I am, that I've got some kind of control over this, well what happens when a person on the swing goes up and you decide you want to give him that push where you make him a little bit higher? What is your first fear? That you're going to push him too high, right? Something's going to happen. The chain's going . . . well what you do is you just, you kind of let yourself know: I'm going to push a little bit more or pull a little bit more, I would say, because it's not pushing -- don't let me mislead you now. I'm trying to internalize it. I pull the next expectation away, but I pull it harder, and low and behold that gust of wind is going to be a lot stronger. Now you may say to yourself -- well its coincidence. Fine, that'll work; we'll work with it. Okay?

You're going to continue to work with that. It's going to calm down; just flow with it. Let it pull in and pull out, push or pull in. Okay? And then again, you're going to work on it again, but this time -- now what I want you to be aware of is that I know that my hands kind of go palm out a little bit. Like my hands are, as I told you before, your hands tend to be like Italian-style when you talk -- flapping around, and moving. If you say: "Hey slow down," your hand kind of makes like this stop sign and it kind of dips back and forth, you know, patting the air a little bit, and people know psychologically that it's slow down. You don't think about it you react to it; you don't really know what its saying to you. It's sign language subliminally.

Well, everything your hands do is really another form of communication. Your hands will make this rolling thing as you're trying to explain something because you're saying -- well its longer, do you see what I'm saying? Or come over here and your hand

waves to you, your fingertips pointing in your direction -- like bent. Most people never think about this. I believe I've covered this in a previous class about taking your hands and making them move consciously and then feeling what it feels like inside of you. When you say stop or when you talk, if you pay attention to yourself, you're going to find that your hands don't know what to do with themselves; but if you can automate it and just talk and roll your hands around like I'm doing, kind of explaining something, and I know it's big, so what did I do with my hands? I made them big; I spread them really wide kind of unconsciously. I'm aware of it, but there's a certain feeling that comes with it. I'm talking through an emotion inside of me also that's rolling; and notice again I'm tapping myself on the chest when I said inside of me, okay? What you kind of want to do is be aware of what your hands are doing, and when you have your hands out, you're almost feeling the wind on your body but also on your hands at the same time.

It's like I'm touching or caressing the wind. I'm using my tactile senses to tell me the weight of the wind, like it has a volume and it's the only way I can interpret it, okay? So I'm moving in and out with it now, and I'm not going to say that I'm breathing with it because I'm really not. But I'm probably unaware of my breathing; I'm just letting it do its own thing, but it's very calm. Okay? Then, what I'm doing is, I tend to use my hands when I want the wind to come out stronger. I tend to know that I roll my hands, like I have palms up outstretched slightly from my left to the right, and I'm reaching almost an expectation to pull it on me like a big wave coming from the ocean to hit me. Okay? And then, low and behold, what do I get? I get a huge gust of wind that comes. Usually it starts off slow and it gets really strong, and it's much stronger than anything we've been experiencing out there. Okay?

Well the real question now is: "Am I manipulating the weather or is this just coincidence?" The point is, someone at that point can then say, "Alright, well make it stop." And I'm like, "Okay." What do I do? I tell it to calm down. I feel calm down. You know, with your hands, you're like, "calm down;" you pat the air with your palms facing down, both hands out, and you feel calm. Well here I'm thinking: "I'm in control of the wind, I feel this relationship, and I'm thinking it's kind of like a child being rowdy." I don't expect it to be instantly quieted down; you're trying to get it to get its bearings. So I'm saying in a way, "Calm down; it's okay; relax." And I'm feeling calm, and I'm checked and calm, and I'm

feeling that its one with me and I can feel it internally like in my chest area. It's like a very subtle feeling, and I'm just like calm down, and I'm willing to calm. I'm feeling the calm but I'm almost like talking to it. I'm like just, "Let's calm down." And I say calm...calm. And if it gets a little rowdy -- it's like a kid you know -- rrr rrr rrr and you're like no, no, no, no, calm . . . calm. And within, I don't know a matter of seconds, 15 seconds or so -- maybe it will take longer for others to get it under control with practice --it stops. And then I'm like, okay, just (Eric breathes in) it's like holding your breath -- just (he breathes in again) and you just make it clear, and all of a sudden there is nothing. I don't care, there isn't a piece of dust moving, and it's like dead quiet. People have seen me do this, and then they'll be like, "No way!" And their like, "No way, no way!" And their like, "Alright, make it happen again." And I'm like, "Okay fine," and I pull my hands out and it's like I was holding my breath. What are you doing? (Eric exhales) you're letting it out, and I just go, "Come on now," and I just pull it all down, and then this huge gust of wind will come down.

You must remember, you cannot expect instantaneous, like if you move your hand it's going to happen. There's always a delay of several moments because you're dealing with big atmospheres, maybe different wind currents up there. In order to get something so selective, I don't know exactly what's happening, but I do know that there has to be time for it to travel, you know what I'm saying? Or to combust, or to do whatever it's doing, and you shouldn't think about that too much. I don't, and I think if you do, you're just going to over complex things, you know, over complicate it. So, but I do know, you have to wait almost 2 to 5 seconds, I would say, maybe in some cases for a good one that your building up, or when it's really dead, it could be as much as 10 seconds.

Disk 3 Track 2

Eric: Never feel that if something doesn't happen instantly for you that you're doing anything wrong, okay, again, it is just understanding how things work. Sometimes things take a little bit longer, so depending on what phase the weathers in or whatever; sometimes it takes a little bit longer for things to react. Now, rain is a little bit different but in a lot of ways, it's very much the same. With rain, there was a time when I did a big rain thing -- I made this storm appear out of nowhere and stuff, but that's really -- it takes energy to move

energy. You understand what I'm saying? So, you always have to have this connection of understanding that there's prana everywhere. Somewhere in the back of your mind you have to understand that your just working with the natural energies that are already making these molecules do what they're doing, and combining and retracting and all these other things. It's kind of a mental thing in the back that this makes logic. It's important that it makes some kind of sense to you. With rain, it's an anticipation of the inner feeling, 'rain.' A lot of times it's easier if it's raining already. If there's no rain, it's very hard to get the rain to start but once you're really good you can do it, okay?

It's a lot harder, and I don't tell somebody to go out and make it rain. Do you see what I'm saying? And I'm not just talking if there are no clouds in the sky because forget that. That's just going to be off the board for most people, okay; and if you do it, you've got to remember when these rain dancers were out there, they were out there 24 hours working up this thing to happen. Don't think you're just going to go out there and the clouds are just going to open. Okay? You've got to work with the potential of there being rain; like there's nothing coming down yet. Right? There has to be the potential already there; you're just going to shake it up a little bit to get it to come down. You've got to work within reason. Okay? So when I sense that there's a potential for rain...I'll be very honest with you, I think you already know it. Again, its one of those things that you don't really think about, but internally you feel it. If you guys are ever outside, and you really think about it, and you think about rain now, and there's a lot of water in the clouds above you, you kind of know its going to rain. You don't really think about it but you kind of know. Am I right or wrong?

Students: Right. Yes.

Eric: This kind of unknown inner-sense that goes, "I think it's going to rain," but you don't think about it. You think, "I've got to get to my car," or "I've got things on my mind," or "I've got to do the laundry." Here we go back to thinking, but inside there is this sense of knowing what's going on in your environment. The problem is we never pay attention to it, but primitive people do. So, you all of a sudden become in tune with that awareness. Again, what I do is I start feeling the weather just like I do with the wind: I'm aware of the moisture, the wind, temperature, the air movement -- that's all very important stuff for some

reason, feeling it on my face particularly. Again, I go right away for my hands, and in this particular case, for some reason, I try to get familiar with feeling rain drops hitting my face, or my hands somehow. Not that I'm holding my hands out flat but just kinda on my sides. When I feel the drops, that's when I kind of begin to maybe get this calculation of anticipation of the rain drops falling. And you know how big they are by the drop. Obviously, if there big drops, you know big rains potentially could happen. If there little drops, you know it's just going to sprinkle, right? It's an inner kind of common sense thing.

Okay. Well, when somebody says to me, "Okay, well make it rain; make it really come down," I don't think about their question as 'to make it come down' because I think making anything isn't necessarily the way it works. What I'm thinking about is, more or less, intent, desire? I think desire would be a good description for it. Again, I have this communion of being aware of the weather, a feeling of the weather and that knowing that there's moisture there. I think that what I would say that I'm doing, and what you could do, is artificially -- now this is probably a big one -- artificially produce -- now I'm sure it's what it is -- if I think about what I'm doing when I do it, artificially produce the feeling of hard rain, what it feels like. Like you know when I said to you that you have that sense of knowing if there's rain coming down or not. It's like this inner knowing and there's a difference, if you think about what I'm saying between light rain how it feels and heavy rain. Am I right or wrong?

You know heavy rain feels really wet and thumpy like, lots of little thumps. I get the anticipation that's what I'm already beginning to feel, even though that's not the case. Does that make sense? And I project it like, ahh... here it comes, you know ahh... I'm feeling it. Do you see what I'm saying? But not being so dramatic about it. But there's a sense of, its like I'm talking to it, and I would say that for some reason it responds. And it responds by my creating the condensation, and all of a sudden it just starts coming down faster, faster, faster, and all of a sudden I get a rain shower going on. And then somebody would say can you make it stop? And then immediately, I would go back to the feeling that I would feel with this kind of intent, which is hard to do when you think of it; I want you to know, because you've got all this noise, you've got the rain coming down harder. You then recreate the same feeling in your chest area, like your heart area, and project it. Like, "Oh, its soft; oh, it's just misty little tiny dew drops in the air," and you kind of just feel it and

you kind of just think that's what you're feeling. And you're almost are saying, "Here clouds, this is what I want you to do." So it's like asking but it's more like projecting. Do you follow what I'm saying? And if you give yourself the 50/50; I think that's what I'm doing; I'm accepting the 50/50 as if it's my doing.

Now you could say, "Oh well, you're just fooling yourself." No, I'm not fooling myself because the end product is what matters. Did I or did I not do it within a reasonable x amount of requesting? That's it. Nobody knows what you're thinking. So, if it starts to breakdown half about like, "Ah, good, good, this is where you're at," but you need to come down a lot more. You need to, I'm projecting that feeling still, like, "Oh, your right where I want you to be; you're doing what I want you to do; and now you're going to keep going lighter and lighter because you already went half light." So, it's kind of like an acknowledgment of, "Oh, the process is starting." I don't expect it to instantly do that. I mean, there are reactions and condensation of how it builds together, or whatever. So you just kind of go with that, like oh, it's working, and you don't question it, and you keep projecting it like, "Oh, let's keep making it less, and less, and I just know there's going to be nothing," and you don't verbalize it. You're feeling it. That same feeling that you feel when you have that knowing, it's as if you know. And then all of a sudden the rain just comes to a stop again. And that's what I'm doing, and I'm just making this connection with this environment. I'm not thinking about the town; I'm not thinking about some other place. I'm just thinking about my little moment in this particular spot.

Disk 3 Track 3

Eric: Clouds. Making the clouds dissipate. You know, the ironic thing is that I never really thought about making clouds appear (laugh). I think that you're psychologically so ingrained that you want the sun to come out that you only think about it opening. You know, I never really thought about, "Oh, let's make all these clouds." I guess I have in the past, but just in a different way. But anyway, let's say you have a big cloud coverage; I mean clouds everywhere. Okay? I mean solid, the kind where you haven't any ripples, nothing, there's no breaking anywhere. Same format: feel the air; feel the moisture; become conscious of your environment; quiet your thoughts; relax your breathing; feel your environment. When I say 'feel' I mean become aware; become conscious; become loving to it; like all inner, like feeling it in your chest not like in words or reaching out and touching something, but just like this emotional communion -- not happy, not sad, just aware of everything, and as if

everything was you and you are everything, just kind of being in the moment. And look at the sky, and the first thing I notice that I do, I scan for any I guess dibits, not holes, but potentially what could be a hole. I guess I'm looking for weakness and when I sense it, I start there. I create that same expectation that when you look up at the sky and you go, "Oh, I think it's going to clear," because you see it getting brighter, and then it gets wider, and then all of a sudden it comes and it falls apart. Okay? That's a feeling. There's a feeling associated with that. Am I right or wrong?

Students: Right. Yes

Eric: Okay. So, what I do is I create that expectation as if I know it's already bright and ten steps ahead of what it should be. Do you see what I'm saying? Like I'm already feeling, almost like anticipation, but with the sense that it's already ten steps; it's already begun; the sun's already cracking out a little bit. Not a lot because if it's too much too fast it won't work. But I give the sense of its not just going to fade back down like it's doing everywhere else. I see it going all the way. I see it start to get a little brighter, or I have, not see even, yet I don't want to mislead you; I'm searching for words; it's as if I have a knowing that's what it's going to do. I'm projecting that knowing, that expectation internally. I'm giving the feeling of what I know it's going to be, like here it comes, you know what I'm saying? Like I'm almost holding my breath. It is a holding your breath thing, okay; you're just unconscious of it, and I just see it kind of just opening, and I know it's going to open for me; I know it's going to. Like, I'm kind of almost sure of it, not 100 % sure because I don't want to give myself that feeling of, "Oh you failed." I'm not thinking about how big this storm is, or how many clouds, or how much water or anything. All I'm thinking about is this one spot, and if there's no dimples, no sense of any openings anywhere, you just kind of stare at the spot and you desire that dimple, okay, that break where you just want it to soften up a little bit, just a break in the clouds, like, "Oh I'm feeling at the moment. I'm feeling that this is going to happen," and you just work with it. It will give you that softness thing. Do you see what I'm saying? Everywhere else will be dark but that softness all of a sudden will start to open. Well somebody might say, "Well that's because of where your standing or the location of it just moving over you; naturally its going to happen" Fine; I'll take that. Good, it's all logic in the end, nothing to do with me. As you get this dimple to open and your two steps ahead, one step ahead of almost like your leading it where it wants to go, you have this expectation of where you want it to go, and you keep

working with it; and all of a sudden when it starts to get brighter, I just know I'm going to see open sky. I just feel it in here and I just go, "Oh, okay, now it's going to get bigger and wider and there's going to be more softening in other spots, and it's just going to open," and I just have this expectation, and I can move my mind away, blah, blah, blah, blah, blah. I go back to it, I keep feeling it and I swear it's like a momentum. It's like a locomotive moving, you almost can't stop it even if you stop doing it. It's just having this affect that it's just opening for you.

If you work with it it'll stay, unless there's so much cloud that you know eventually it's going to close. You understand? You're dealing with miles and miles of cloud-age so you can't think well, "Oh, it didn't work for me constantly." Okay? You know, you asked for a hole; it was the only hole you've seen in the last hour or the last entire day; you haven't seen any sun crack through it; then all of a sudden the one time you decide you want to make it happen -- you get sun and you think that's a random occurrence! Hey, we all can believe what we want to believe. Okay? I would say pretty dead on that there's something to it right there. Okay? Now, when you move your way and start blabbing, or talking, or you try to forget about it, it will begin to close and build again. So, if you remain conscientious, it tends to waiver -- like your kind of watching what it's doing and you're talking, it's almost as if it doesn't know what to do, and it will either take one direction or continue spreading and then you'll see more spots opening. Okay?

So in a way, the same way that I said with the tourettes where you start to babble and you don't want to say it, the same thing kind of happens with wanting it to open. It's like this whole momentum of it opening, now you've naturally started it, its working for you, so its actually moving with you and your pushing it at the same time, like the swing; your working with it. So your expectation and the way its going is just now the way it's going to become and the more you can work with your mind, or the more powerful you can flex your mind, the bigger it's going to get. And it becomes like a flow; it just seems natural and you just know it's natural and you feel it's natural; it's just what's going to happen; it's breaking up now. It's a kind of knowing, but you feel it in your chest. It's all about this feeling of knowing in your chest that you're kind of manipulating ahead of the game.

Disk 3 Track 4

Eric: Fourth that we are going to cover is probably the easiest, and that's cloud busting.

Cloud busting: You want to start off with small itty bitty clouds. What I mean by itty bitty

clouds is it depends on what kind of day it is out. You want the kind of day that has got these puffy clouds in between blue sky, kind of floating around, and they're kind of slowly moving -- are the best ones you get time to work on. And what you want to do, and eventually you'll work up to the bigger ones, but you want to kind of find either a tiny edge poking out somewhere, like a small one, or a smaller cloud that's next to it.

Now you can watch that cloud without thinking about anything and that little cloud just going to keep rolling on by and its not going to loose its shape or anything; I don't care what anybody says: like, "Well it's dissipating naturally," blah, blah, blah, blah, blah. Rubbish. Okay? When you're ready, go ahead and choose one to the right or whatever direction it's coming from; choose a small one. Start with a very small one and just stare at it. Just look at it; your mind will just get relaxed and calm and everything and have the same kind of expectation -- expectation that you know it's getting smaller; it's shrinking; it's evaporating; it's turning back into a minor form of moisture. Whatever you want, but just visualize it getting smaller and smaller. And it literally, if you project the emotion from your chest and you have this confidence that it's getting smaller and stuff, it literally before your eyes will begin to shrink smaller and smaller. Just keep your eyes on it. If you take your eyes off of it it's going to stop wherever it's at. You can move your head, you can talk, whatever you want. You can look at it halfway a mile down and its going to be the way you left it. Okay?

If you go back to looking right at it, okay, and just staring at it directly and just continue working with it, before it's within a certain amount of distance it's going to completely evaporate, completely vanish in front of your eyes. You can even tell people which one you're working on, but the more people that are concentrating on the same one you are, you're going to find that they short each other out. So you've got to almost selectively choose one that works for you. You can point it out and the best way is to say, "You see this one with this little cloud in front of it," and they're going to be, "Yes," you could say, "Okay, I don't want you to look at it until it's like over that next treetop, or at this certain spot; then tell me what you see." And their going to be like, "Well I don't see it; it's gone." You can have them watch this next one and don't do anything, and they'll look and they'll go, "No, it's still there."

I'm telling you there's something absolutely to it. People will say well its atmospheric stuff. No, I do believe there's absolutely a connection between the mind consciousness relationship and what's happening out there. For some reason, no matter how distant it is -- well I can't say that -- I have a lot of trouble sometimes working on the higher

clouds. Those are much harder to work on, but the lower based ones are very easy to work with. I think people have seen me do all sorts of stuff. Cloud busting is about the easiest, just taking clouds and just breaking them down. You just concentrate, look at it, have non-thought, kind of get into that zone again that I keep talking about, and just stare at it, and stare at it, and see it getting smaller, smaller, smaller and literally it's very reactive. It's probably the easiest out of all of the stuff that we've covered today about weather manipulation. It's probably the easiest to do. Okay? And just work with that flow.

Disk 3 Track 5

Student: What is it about that technique that will feed, I guess, your other techniques or other exercises that you do?

Eric: Confidence. If you start off with cloud busting, and you find that you can do it, it helps you better psychologically to beat that governor that's holding you into the doe, and to the design that says you can't do it. So, the more that you can build confidence, it changes you. Listen, you know everyday you have people telling you what you can't do, and there are a million stories out there about people who just apply themselves, and what did they do? They achieved it. And against all odds there's just no way you should have been able to do that. The bottom line is reality is what you choose to make it. If you say it's impossible to affect that, then it's going to be impossible to affect it. But if you know that you can, and you have, and there it is. Okay? What are the limitations to the possibilities then of other things that are somehow connected with it?

So when you find that you can do cloud busting, and I mean I've taught children to do it. Okay? I know that anybody can. I mean I've taught senior citizens to do it. Okay? I don't think there's any difference; it's just follow that basic recipe that I told you; just trust yourself. And the thing is, it seems to be very reactive, and I probably suspect that it's because it's a smaller amount of space than dealing with large weather and making the clouds part and stuff like that. Your dealing with it more isolated but the thing is you can immediately see the results quickly and what happens is that that's what encourages your will to become even stronger and trust it more. And by the time your done, you literally have so much belief that you've actually done it there's going to be that factor that I told you guys about that starts to doubt it – like, “No way, it just can't be,” you know?

And so you're going to find another one, and you're going to work on that one, and you're going to do the same thing. So, by the time you've been out there for a half hour, or an hour, you're just going to be in awe of yourself. You're just not going to believe that you actually did what you did; you're going to test yourself; you're going to be like, "Okay, it has to be breaking apart on its own. You know, clouds are always changing and changing shape as they're moving," and blah, blah, blah, blah, blah. You're going to go through all of these rational things, as you should; you're welcome to. Okay? Just choose one, boom...boom...boom, work on it, okay, whatever. Find a tail end puffy one, you want to just kind of shrink it down. You'll find it'll move every other way but that the part that you shrunk down all of a sudden is missing. You know. Has anybody worked on cloud busting?

Students: Yes.

Eric: Good. What were your feelings?

Student: That it works just like your saying. Absolutely.

Eric: Anna?

Student: Yes, same thing. Actually, when I first started studying with you, that's one of the first things you taught me, and that was actually the biggest push to prove that I could do that in my meditation.

Eric: Excellent. So, again, it's an encouraging thing, and sometimes it's these things you need that the babblers cannot deny. Once you beat the babblers, I mean the door just gets bigger, and bigger, and bigger, because you're saying: "If I can do this, then I should be able to do that." So, I always say, don't take huge steps. Don't say, "By the end of the week that I should be able to create a storm." You know what I'm saying? Be reasonable with yourself. You know some things you're going to accelerate at, some stuff will take longer and you'll do fantastic things if you just don't set major expectations on yourself. So, you work with that, and then you move on to other stuff and you get bigger and better, and bigger and better, and bigger and better. There's nothing you can't do. There's nothing that I do that you can't learn to do.

Student: I wanted to know if you could explain what weather is to the Gaia organism; what it is?

Eric: Well, I think for the most part it's a lot of what science says: I mean, it's the ground heating up, the air pressure rising, cold temperatures dropping creating these vacuums of air and we're feeling them going over land masses. Storms are accumulation of moisture, due to heat and pressure and all this other stuff, so I think it's relatively accurate. Now, if you really want to know what I kind of feel, then – fine, I'll open that can of worms. (Ha Ha Ha) I think like this; I think that sometimes weather almost is a lower vibration manifesting of the consciousness of the planet moving across what we would call the surface of the planet, meaning our environment, whether it be storm or whatever; I think it's like hemispheres of the brain. Now, I think that we also act as a nervous system being the diodes, or whatever you want to call it, nerve endings, or whatever. We're all independent, but yet were clustered. If you want to think about it, and we have all these different things -- or I used to say if people would be in phone rooms, and they would call a certain town, and they couldn't make one sale, and they call the other end of the town and everybody would be buying like crazy – well, this is cluster consciousness.

I believe there's an absolute science behind it that different areas feel differently. Well you could say, "Well, we're affected by our mood, by the weather that happens to be over our town," or blah, blah, blah, blah, blah. I don't think that's all it, because we can call other states and all this other stuff, and you can get the same response; or people will notice in their jobs that one day your like, "Hey, is everybody being a jerk to you?" and their like "Yeah, I don't know what it is." You'll always notice there's this collective of the same response. And, you know, how is that? If one person is fine and everybody's being great, usually everybody else will find the same thing too. It's like a collective thought, and if you think about it, like I said, you'll realize it.

So, I think that wind movement often has its own kind of semi- intelligence, because I do believe in a large part it is natural, but it's fair enough to say that, "Would you say that you're in control of all your thoughts?" And most people would say no, and yes. Okay? Well I would say, "Would you say then that your environment has a big effect on your thoughts?" Well think about it. Would you say that you're in a better mood on a sunny day than on a rainy day? Would you say that you feel differently in a warmer versus a colder room? Would you feel different in a hot room versus a warm room? Would it affect how you think and how you react and what you're doing? Yes

So I think, in one way, the planet -- much like how we're reacting with our environment and this dance of being kind of partly conscious, but partly being manipulated by the environment and what kind of serotonins and biochemicals are being released in the brain because of these factors that are being reacted -- have a big part of why we react the way we do. You know, minus the vibrations and the energy that are also another contributor to all of this, making one big pot of beef stew, but the beef stew has one experience it delivers. Hey, it's either good or you don't like it; it depends if you're a vegan or not I guess, or whatever. The point is I think in part that it's the consciousness of the planet that somehow is moving some kind of consciousnesses combined with it. The only thing I can say is this: when I connect with the weather I don't necessarily connect with the weather. I feel like I'm connecting with an intelligence. I feel like I'm talking to something rather than something that's not there making it do something and I think that's a credible point -- that I don't look at the weather as being weather; I look at the weather as being something.

I used to call the weather, when I was younger, the wind Ukla and it's just a name that worked for me and I've always acknowledged it, and so sometimes I'll talk to the wind. I'll be like, "Come on Ukla; lets kick one up, you know, come on," and for sure I get a hell of a wind storm going, and people would be just in shock. So the relationship I have with weather is not looking at weather as being a thing, or a reaction, or just a something; I see it as being individual in its own way, but not like a person; like a pet or like something. Not to say that I think the weather, being lesser is calling it a pet, but to say that there's a different kind of relationship there. It's intelligence, and by reciprocating to that intelligence, and being non-threatening by being in communion, or in a sense knowing that it wants to work with me; it wants to work with me, so I choose to work with it.

Student: Because I think about the globe as a whole, and I see on one side that it's really sunny, and over her it's really cloudy, and then there's a hurricane over here. It's almost like a person; how a person has one mood and one feeling. On the globe, it's like there's a variety of things happening all at once.

Eric: Well what do you think is happening in your brain? Your motor gears are in one dime-sized area, let's say, and then a size of a pencil tip is your taste sensory. And aren't you feeling the floor on your butt right now as your sitting? And then, can't you feel your hand on your chin? Can't you emotionalize what we're talking about, and hear what I'm saying, and feel that and yet you're looking at me and you're seeing all the colors in this room and

everything else. Aren't you doing many things at one time too? Can't you be mad at somebody and be laughing at the same time? I have been. No different, just perception. Just try to think bigger; that's the secret.

Student: There was this one step when we manipulated weather where you really just kind of -- just feel and exist in the weather; and sometimes it feels like there's a momentum that's there, and sometimes its very weak and sometimes its very strong, like it has to do this sun or whatever it is.

Eric: Right, right.

Student: I found that it affects your ability to do whatever you think that you would like to do.

Eric: Well remember what I said about working with it at first. Okay? I think that a nice word would be to say that when I work with the weather, and I like the word working with, but I have a better word for it -- I'm dancing with it -- and there's a point where you let it take the lead and you work with it. You let it move you. Do you understand what I'm saying? You've already done the first step. You're becoming one with it because it's moving you, but at some point, you take the lead. You lead the dance. Does that make sense to you?

Student: Yes

Eric: It's just a point in your mind that when you know you're ready, you're ready; and you just do it and you just kind of have this come, but you can't force it. That's the big thing. You can't just say you're going to do this. "ARRRRGH... I want this." You can feel the anticipation for it but you can't say you have to. I often say when you want something in life, don't pray for it. Prayers are like demanding -- I need this -- I need that. No, you wish for it. Why do I say wish? Because wish -- it doesn't even fully capture what I'm trying to say but it's the closest word I can think of. It's like a desire, you know? It's not that you're demanding; it's not that you're really asking. You're just putting this desire out, and you're willfully hoping that it will be responded to. But wishing and hoping, there's a difference between the two.

Every word there is for everything there is in life: whether it's a wall, a candle, a plastic box, it holds a feeling. Feel and manifest what it is that you wish for and project it out as a wish. There's something very specific about feeling what a wish is. You can't quite put your finger on it. If I say snow cone, you've already got it. You can feel the crunchy, bristly cold of it. You can become aware of the cone; feel the paper maybe. You know what I'm saying? There isn't anything that I can think of that -- a cell phone has a feeling, keys have a feeling. When I say you know joy -- joy has a feeling that you immediately relate to - - sadness has. When I say wish, boy, we're just like all over the board trying to peg that one down. That's because it's an 'in' word. It's a glitch word. It's something you're hoping for, but you're not necessarily hoping for because hope holds a different feeling. Hope, immediately, has a sense to it. We can feel what hope is.

When you say, "well wish for something," there's almost part of you that if you really think about it, has an anticipation of something that will be. It's different. It's a very special word and I think that's why people say, you know, three wishes, or wish for this to happen. I mean who came up with that? I mean think about it. Who came up with wish? Why don't you just hope for it? Why not just ask for it; why wish for it? Because there's something very special about wishing; it's not asking and it's not hoping; it's not demanding. It's the politest way to put something out there that I need help with, and I'm not asking for your help, but I sure would like it if you feel comfortable with it. And that, you know -- I have never known the Universe not once to not want to oblige you when you ask it correctly; it's also very willing to step in, always. It's just how you ask.

Disk 3 Track 6

Student: How does the in-between get connected to controlling the weather?

Eric: It's like a tree. I would say in-between is a very intense area. I don't think your going to be able to really work with the controlling weather when your in-between, unless you really get geared in that direction because in-between is so different, but also it has flavors of that state of mind at the same time. Do you know what I'm saying? It's just like a tree and different branches are bearing different things. Instead of just one side having fruit, each limb might give something different -- like lemon, or whatever. When you're in-between you're kind of at all the outer branches, you know what I'm saying? You're at the utmost

rather than dealing with the fruit. It's just from the same place but something very different. When you experience it, you'll know.

When you do this you'll know. It's similar; it's like you're in that space in your mind, but not so deep, not nearly as deep. You're more in this state of mind, but you're operating everything from a different place. You're not operating it from your mind or your brain; you're operating it from a different intelligence and that intelligence emanates from your chest, and I mean that literally. It's like a different dimensional body and its brain, its center of conceiving, contemplation is in your chest and we use it all the time; we just don't recognize it, in a way consciously, but you do. I mean, that's the whole thing I've been referring to this whole time. You know, like your knowing where do you -- ask yourself, where do you feel it?

When you think about it, that it's going to rain, and you go outside and you know it's going to rain, where do you feel it? Ask yourself: where do you feel the knowing? You're going to feel it right here, right in your upper chest area. There's a certain kind of intelligence there. Just like other intelligences in different parts of your body, but this particular one is very rooted to very dimensional affecting things, and I use it all the time so I'm very familiar with it. I know that if I have to deal with something, I don't deal with it in my brain. Somehow, I rationalize and work it all out right in my chest as a kind of intelligence. I think that we think because the brain is here, and it is there, and we're in this dimension that -- well, we think all of our thoughts are there. And I think that's one of the biggest limiting things there are, that you have to think outside the box -- there's other kinds of intelligences.

When you get hungry, you know you're hungry, but where is it telling you you're hungry? Point! How do you know? Your brain's telling you; you're told in science -- right? You're told biologically -- your brain knows. You know what it is; it's this intelligence communicating and this one's just simply decoding it. Your brain decodes it but you don't need a decoder. It's just telling you like the 'f's' that you're supposed to use it. Well you don't need to use it. You don't need to use it. You already understand it, your just not paying attention. You're just automating it and this is going, hey; it's like me talking to Matt and I would say, "Hey Matt, tell Eric I don't like the way he's sitting in that chair. Go on..."

Student: Eric doesn't like the way you're sitting in that chair.

Eric: And then you would respond to Matt

Student: Well tell him it's comfortable.

Student: Well Eric says it's comfortable.

Eric: This is what we're trained to do. Do you see what I'm saying? If I was the stomach, I'm saying to the brain, which would be Matt – blah, blah, blah, blah; he can hear me. He knows what's going on, but he'll wait for it to be digested to him – there, so that's your consciousness, that's your normal consciousness. You understand? That's what you're doing with everything in your life. You're making the brain in charge of everything, but you know everything already, and if you could just bypass it, boy things would be a lot faster. You'd all of a sudden be a genius. You'd be like me, hey! So even I can't be 100% all the time in this state with direct information, but there's a good flow with that with me, and that's a huge advantage, and what makes it so, but it's the only way. I keep explaining the same thing; its just finding different ways of explaining it so it gets through to you guys one of these days. Does that make sense for you guys? So there's a different kind of intelligence right here in your upper chest, and that's a special kind of intelligence that you can work with dimensional things. It knows all things dimensionally; it knows when there's an entity in the room, it knows how to communicate with it, it knows how to do all sorts of things and you just have to pay attention to it, and if you pay attention, you'll be amazed.

Student: Now, in the in-between class, you talked about maintaining only for a certain amount of time. Can using that other kind of thinking allow you to maintain longer and longer?

Eric: Right. Well this always gets back to the same thing. Why do you think I say, "Don't talk with your brain?" Why?

Student: Because it's slow

Eric: Because the thinking is that if you don't use this one, you're going to be forced to what? (Clapping hands three times), to use you're other intelligences. This is why I teach the way that I teach; this is why -- what we're trying to say. It's just sometimes hard to think how to explain these things. It defies all logic, you know? You guys want to think. Well was

there a brain in your chest? How does it work? What's making it work? Well it's not organic, but it's there.

Student: Do these have a connection to the chakras, because you're pointing here and then your stomach down here?

Eric: Well no. The chakras are another dimensional body. It's just another way of understanding how to work with all of them; but in a way you could say, yes, that there is a connection, but in a way no. It's very independent of it all. It's just hard for you guys to think multi-dimensionally. For me, it's as real as there is for certain guru's; it's as real as it is, and they just know it. We accept it, just like our hands or taste buds or whatever. It's just part of us. So by telling somebody not to think with your brain or to meditate, what your really doing is we're trying to get you to realize that you can think down there. So, there you have it. Much of everything spiritual and dimensional, multi-dimensional, is all in here. It's this intelligence that's there, and when you can learn to work with it, and don't think you can't use your brain at all; you know you can do two things at one time. That's usually the best way. Do you follow me?

Student: Is that the 6th sense right there?

Eric: You know the 6th sense is not any one thing. The 6th sense is in your brain, but the part that's telling you that you can communicate with it is the 6th sense that's working with your brain, because this is where you're rooted mainly. So you have to work with the brain. Do you understand? Well its like to say, one part of your brain is motor gears and another part -- like on the right hand side -- is going to be sight, or something, and smell might be in the back of your head. Well down in there is the sensory, which is in the pineal gland, per se, or what I would call the seat of the soul; or the seat of your 6th sense is the interpreter for other forms of data. So the 6th sense goes into many areas. If you were to say to me, "is that the sixth sense?" I would go, "No." But if you were to ask me, "Is that a portion of what is considered sixth sense?" I would say absolutely, because when you go in-between you're not really using this. Do you understand? But in-between is part of the sixth sense; it's just another facet of an amazing amount of abilities you have. But, the human race has really just lost touch with it, and they're unconscious of it; they're asleep.

Disk 3 Track 7

Student: So the groin would be a pretty significant brain?

Eric: (Laugh). Well you know the ironic thing is that is a yes and a no thing. They always say, well you think with your penis, or whatever, and the thing is no, you don't. You're actually thinking with your organic brain, if you think about it. You're desiring and everything, but you're making the pleasure through there. It's different. It's not really intelligence, per se, there. It's a source that releases chemicals biologically in your brain by what it senses eventually and that's very pleasing. That's the guarantee that you're going to pro-create, and it's made into one of the most gratifying feelings you can have, but it's not what's making you think. Your brain is making you think because it's hard wired so that you spread your genes, your genetics, so that procreation happens, so that cells can move through the evolutionary process and propagate. Do you understand?

So if you ask yourself when you think about sex, do you think about it down there? No. If I asked you how you feel about the rain and what I've been talking about earlier, you'd say yeah, I feel it in my chest. When you think about sex, you're thinking up here; you're doing all these scenarios in here, and then you're thinking about it bodily -- I don't want to get into this too much -- but a male is thinking: conquering. Okay? They want to control, and some people might argue that, but that's my opinion. And a female is really thinking about nurturing; they want your emotions, and they want to draw you in. So, we're designed a little bit differently, and this is all again from the organic brain. Those are just mechanisms to achieve the process; no more than to say that your hands don't necessarily have intelligence, they're coming from your brain also, there's no thinking that comes from there.

It is very important that you study this kind of stuff within you because they're all very subtle, and you're getting confused by them. When I point to here, I don't even think heart. I'm not thinking lungs. I'm not thinking muscles. I'm not thinking flesh. When I think of here, it's just as real to me to think that it's like me pointing to my head. Well, when you point to your head, what do you feel or what do you think? You just know this is where it's all happening from, or so you think. Can you feel it happening in there? No, but if I ask you if you're thinking about sex, and you think about doing something, I say where are you thinking about it. You're going to point to your head. You see. It's an inner-knowing; it's

because you know there's something that knows all the intelligence is still that, the greater middle-pillar, and that's the true 'you' self.

Student: Is the brain that you're talking about in your upper chest...is that different than the stomach?

Eric: Yes. Your stomach intelligence is different. Your stomach intelligence is more rooted than there. It's funny because when you think about hunger, and you think about sex, you think that the sex would come from there – it doesn't. The gratifying part does, but really if you were to ask yourself where it is really coming from, you'll point to your head. But when you ask yourself where hunger is coming from, you don't say from your head, you say from your stomach because that's how you know -- it's an intelligence. You know already. Everything you need to know, you know already.

Student: Actually not hunger but like that intuitive gut feeling, where like you feel something bad.

Eric: It's a different kind of intelligence because there are two of them. There's one that's visual that you can say you think there's something wrong, and then the intuitive one you know comes from here. A woman will say, "It's from here; they'll point to either the lower stomach, or something, but there is an intelligence there, yes. And it's using a different vibrational level to communicate and gather information. You understand? All the brain is -- is really a fancy translator. All of these different brains, they're just fancy translators calculating complex information, and spitting it out to your inner-self. The thing is that in this dimension, or for that matter, any of these other intelligences will take over from other dimensions if that's the primary dimension you're in. They will become the dominant one. That's how you survive when you go into other dimensions or other frequencies; you adapt and you take on that kind of function. Does that make sense for your guys?

Student: There have been a few days that you've kind of pointed out that, uh something's going on today and it did indeed feel very strange or very, I want to say dimensional, like the weather, just very strange and could you just talk about the significance of that?

Eric: Well one, when you think about weird weather versus normal weather, what's normal weather, and what's weird? Is it because it's dark and creepy out? No. I've seen big thunder storms come in, and lightening, and maybe look really creepy, but it's not that kind of weird. Does everybody know that there's a difference?

Student: It can be completely clear.

Eric: Yes. It can be completely clear, yes. But you feel it where? You feel it here. That's the first tip off; pay attention to where you feel it. What's telling you it looks like something really weird is going on? Not up here. Here. It's just translating in here because this is the frequency you're in; it's translating up into the brain. You understand? So, follow where the source is, and that's going to tell you something because this is your weird meter in your chest. This is your dimensional intelligence, so anything that comes from there comes from a very specific range of information source. It's a very specific sensory. It has its own methods of gathering information. Your brain uses your 5 senses. Your chest area uses probably 8 different senses, but I don't even know where to begin, how to explain that; but they're just as functional as your physical body sensory. So, anything that falls in that bracket, it discerns for you. The problem is that this brain filters 90% of it out. That's the problem because this is the one that's using the thing, so I'm saying, again, back to Matt, "Hey Matt, tell your brother that there's a granola bar in the refrigerator," and you're going to tell him there's no granola bar.

Student: No granola bar?

Eric: No, you're going to change it. What are you going to tell him?

Student: There's no granola bar in the fridge.

Eric: There's no granola bar in the fridge; then we've got a problem now don't we? That's going to decide, he's going to decide what the information is going to be when it finally gets here because we made him the middle man. That's the big problem. It's the same thing with the 'F' thing. I would say, "Matt, there's seven F's."

Student: There's 3 F's

Eric: That's what he accepts as truth. And we know that if we looked at it and we really count it, what's really there in the end? So how do we do that? We've got to challenge and question, and unless you do that, you're never going to know; but you think that's you so you don't question it. So, a lot of these vibrations and feelings come from the chest area. It's a different kind of intelligence and if you can learn to pay more attention to it and discern what it's saying, you'll force the middle, the brain, and the organic brain, to tell you more of the truth, but it will always lie to you to some degree. You just have to get better, and better, and better at it. But it will tell you about people; you can pose questions to it; I do.

Alright, can I trust this person? I use my brain, but then I feel it, and then I feel -- can I trust this person? I search where? I search here in my chest. What do you guys do? You do the same thing but you choose not to listen to it. You feel it. Where do you feel it? When you look at somebody and you want to know, you're asking yourself with that breath, and that certain look in your eye, I mean I can create it for you guys. Can you feel it when I look at you? I'm creating your preceptors telling you what I'm doing. When your being scanned, if you just listen to it, it's saying, "Ohhh, were being raped; we can feel this guy all over us." How do you know -- because to that sensory, might as well just be hands on your physical body. That's why it's going, "Oh, oh were being violated." You get it? And then, I would send a little smack back. And I'd go, "This is communication," it's just whether or not you want to be aware of what's going on.

Most people react to it, they just don't know why their reacting to it this way. I think women deal a lot with it because a lot of men grope them mentally and they project a certain kind of energy and they feel better, and they get kind of used to it in a way, and when men have another male, lets say, look at them in the same way, they're all violated, but that you can feel it. So, it's about just being conscientious of what's going on in there. What you're feeling and giving it a bonafide reason, and if you can learn to do that, well what do you do? You're bypassing the middle man, the brain.

Student: I'm sorry. I just have to go back to my question because something is, in fact, going on in those days where you can really feel an effect. One day, Anna and I were downtown and it was really eerie. Remember that (Anna) where the clouds were just zooming right over the city? It was really eerie.

Eric: I would say that the consciousness of the planet is reacting to something, and it's probably multi-dimensional rather than in this dimension, although it could be even in this dimension. A lot of times, those are just multi-dimensional frequencies or somebody who's got a lot of energy doing some heavy stuff, and it's reacting, and you're picking it up -- you're just not trusting yourself to track it down. A lot of times, sometimes I'll track something down -- this is why I love operating from the hilltop that I live on. Now I just pan it out. I'm just like, "Sweep, sweep; oh problem over there," I project; boom, I zoom right in like a microscope on the things down below, and I decide if I want to interact or not -- so it's just different. Why do I need a hilltop to do that? Because I'm working with the middle man still; I don't really need to, but I say, "Okay, we're going to work with you 50/50 because I'm in this reality. I'll let you feel as if you have a function, but I'm really running the show; but if it makes you feel better, I'll make you a deputy and we won't fight so much." That's the relationship I have. It's crazy, but it's either that or just boot it to the side. But how am I going to talk to you guys then in this dimension? You guys aren't even ready to deal with these other frequencies to communicate on, so I have to be stuck in this body to talk, to teach, to do what I do. So I have a happy relationship.