

Time Stepping

Disk 1 Track 1 - Higher Balance presents Time Stepping Part 1 of 2.

Eric: How many people here believe it will be possible some day in the future to travel through time?

Student: I believe it's possible right now.

Student: Yeah.

Student: Uh-huh.

Eric: Matt?

Student: Well, as far as technological means of doing it, but I'm sure it's just a matter of what's available as methods.

Eric: Or maybe certain people or a variety of people. It would certainly have to be something that would be controlled. Don't you think? If everybody could do it the chance of something like that happening would be devastating.

Student: Yeah that would be messed up.

Eric: Oh sure. It could totally destroy the existence for all of us. I mean just by intervening or meeting somebody that should have been somebody else's father or somebody else's mother. Or because you met them they didn't walk across the street to happen to bump into another person that they were going to bump into. They were going to have a relationship with this person which would have provided the President of the United States three generations down the line. It may be that simple, that fragile. So of course it would have to be extremely controlled and only a select few people would actually be even allowed to do it.

Student: How would you have to control something like that? Just walk around not be able to bump into anybody?

Eric: You of course will likely have to have an understanding of history and know where you shouldn't be and where you could be. Number two you would have to be anonymous. You would have to be so anonymous that nobody knew who you were, what you were doing, or anything. You'd have to take on a typical concept of what you were doing. You'd have to take on a job. You'd have to take on a whole persona of life without anybody ever knowing, for one iota of a second, that you could have possibly been from the future.

There's an interesting movie I've seen. I forget the name of it, but it was about this group of people who came from the future. They started a tour guide business and they would have people come from the future into the past and witness a variety of different events, like when a meteorite hit a city and killed the whole city. They would rent this house that was above the city so they had a view of the whole effect. They would do different things in history. I thought it was a very interesting, fascinating kind of concept.

But the real question I guess I'm really getting at is: let us say you guys study with me for a long time. Let's say that you become spiritually evolved. Let's say that you become so evolved that maybe you can affect time and space. Let's say that some day in the far future, 40 years from now, think about how old you would be 40 years from now. You're so developed and you are within a group of people who have this kind of technology, that mutually respect you because of who and what you are, and vice versa, that they give you an opportunity to go back in time to look at something, or observe something, or to maybe even say to yourself, "Have faith. Keep going. You're doing the right thing. You've made the right decision."

Student: That's a trip.

Eric: The next question is when because if the future is going on, the future has already happened, you're already there. This is already past. When would you decide would be the right time, the right place to come back in time to say something to yourself? When do you think that you would be mature enough to appreciate yourself coming back?

You could imagine that. You'd be obviously more intelligent, more rounded, wisdom, age. How would you look at yourself right now? Would you say you are worthy of even giving recognition to? Or would you wait for next year, or the following year, or 10 years from now, or just say, I never want to do that because I couldn't begin to appreciate that kind of knowledge right now, at that point in my life, at that point in time.

Student: I would have to say earlier in life. I think I'm ready now, because the earlier I could receive the knowledge, I would be better motivated. You know what I'm saying? To have more time to better myself to get to that point, and something as profound as seeing me as an old man come back to talk to me, I think, well just beyond that, I could appreciate that.

Eric: So you think you'd be ready now? You think that in your age, or your older wisdom, that you'd say, "1997, month of July, date of the 28th of July, I'm going to make my presence known. I'd walk down out to my car by myself to go get something out of my trunk to show Eric, I'm going to appear and have a little conversation with myself."

Student: Very much so actually, because I think time is of the essence.

Eric: Why not six months from now? Why wouldn't you already have done it for yourself already six months ago?

Student: Well I don't know. I'm not in control of that right now, am I?

Eric: The idea is to conceive what you will **be** and how you will make those decisions. That's what I'm wanting. I thought you were going to have input for that. Anybody have any input on that?

Student: It's just exactly what you said. It would have to be at that kind of level of wisdom to know exactly what would be the best place and the best time to know what would be the best move as to how it would affect me the greatest.

Student: Well we don't know that.

Student: If you got to the point where you could go back, and talk to yourself, wouldn't that change the fact that it would change your life and then you wouldn't maybe get to the point where you could go back because it wouldn't work?

Eric: **Absolutely.** That could be a major factor. Your presence might be the catalyst that totally destroys whatever future you have. Maybe it would remove the fact of the drive or the will to reach enlightenment or some pivotal peak of enrichment, figuring, "well, what the hell; I know I'm going to make it anyway," and that simple factor of thought prevents you from actually ever achieving it.

You must think of the massive amounts of considerations, that for you to say so quickly, "Yeah," shows me that you would never choose now as the moment if you had the wisdom, the knowledge of what we're really discussing right now. You could never tell another soul that you met yourself, because if you did A: you would either be insane or B: you would simply affect the decisions and thoughts of people that haven't come to any conclusions.

They would now have new thoughts and new conclusions, all proposing the certain fact that you can travel through time. You came back and you said this is what happened. So I don't think that if I was from the future and I said, "Gee, if I wanted to really make an impact on my students, where and when would I want to show up in the past to present myself to them and how would I do that?"

So put in a little bit of thought, a few seconds, and coming to the conclusion wouldn't it be wiser to travel through time with an inconspicuous friend or partner? It can even be your wife in the future which nobody has met yet, or a husband who lives in some other country that you aren't even going to meet until 20 years from now, and have that person at the most troubling point of your life intervene for one second and say as a stranger to you out of the clear blue "Don't worry. Everything's going to be okay. Everything's going to be just fine. Trust me."

Of course you would be standing off at some distant part of the street, behind a car or van or in a parking lot observing the conversation from a distance. Only then as you're watching, the memories created in your own mind of that moment when you experienced your husband from

the future coming here to say hello to you although you didn't know it was him. Does everybody catch that?

Student: Um huh.

Student: Déjà vu.

Eric: In a sense, **déjà vu**, which is a very good point. Is it déjà vu, or is it you, intervening on your own history, your own time, your own moment right here, right now? You believe it to be déjà vu, because everything logical would say that it is déjà vu, but yet it was you manipulating yourself from the future.

Student: Wouldn't it also depend on what angle you look at it from?

Eric: Yes, angles are very important. Remember, we also live in a universe where there is truly no right and no wrong. Everything is argumentative, everything is incomplete, and everything can be taken from a completely different perspective. So yes we have to look at it from different angles. We have to look at it so meticulously. It will prove right here, right now, if you're really even worth it. This very conversation is pivotal to your history the next 50 years per se. This very moment, this very discussion that you may reflect on 50 years from now and decide that is when it would have been the best time to have done this, that day, that hour, that week, that month.

Now, let me propose something even more interesting to you. Let's say that physically traveling through time would be a little bit too advanced for us, but we did discover with ample thought through psychic means, per se, of mental thought, that we could project knowledge from the future into the past. That we receive this knowledge although we don't know where it's from, and all of a sudden we seem to comprehend and understand things much faster, much more easily, from an unknown source.

Student: So déjà vu lives then?

Student: Couldn't it be easier to accept in your dreams at that time?

Eric: Yes, dreams, déjà vu, or something else. Everybody has what is considered an inner thought. An inner thought is kind of like your alter ego in your mind. Have you ever had a conversation with yourself and you pretended the other self is somebody more knowledgeable than you? Like a father figure or a spiritual figure or a wise man? Nobody really actually admits to this, but there's this other part of you that almost counsels you like a second person you create within your own mind.

Student: To me that's more like my soul telling my rational mind.

Eric: Okay. That's fine, but it's still a secondary stage of mind. Now we know through psychology you can have over 100 forms of personalities in your mind. Did you know that? You are literally a multifaceted person. You really are what would be diagnosed as a multi-personality person.

Student: So we're all schizophrenic?

Eric: More or less, but we are socially acceptable because we are the many. But there are times you feel foolish. There're times you feel like the super being. There're times you feel artistic. There're times you feel like crap. Why aren't you just one of those? Why do you consistently fluctuate through different characters of the mind? They're still all rooted to the core of you, but there's a variety of conscious thinking going on. But what if one of those inner consciousnesses was you from the future...was you broadcasting thought from the future to help you cope with your life? To be there the one time that you knew there was nobody else really there for you, and so you sent yourself from the future to the past, to be there for yourself. Interesting?

Student: Very.

Disk 1 Track 2

Student: Don't you think it also possible to go the other way? Being in the present and trying to project into future?

Eric: Well actually for me that's a very good statement. I will bring up my next point. Get ready for your brains to jog. Moving backwards to now is no more different than moving forward from now to the future. It's all one thing. It's all the same thing. Think about it. If the future is already written, and the past is already written, what difference does it make where you are? There's only one thing that matters: realization. When you can realize this thought and it makes logic to you, you are partially enlightened. You are no longer a part of the future or of the past. By having realization, time stops. Although here it's moving you just simply choose to function in the hologram.

Student: Is it possible for us now knowing this to project a message to us here, to help us to move along?

Eric: Correct

Student: So then this is also controllable from what you're saying.

Eric: Yes. It's absolutely fully controllable with an amount of time of training per se. 1990 or probably about 1989, I sent to myself a conscious thought at a very troubling point of my life, from 1989 to 1990 at a certain point when I was sitting out in a field on a stump log. It was a grassy area and I was going through a perplexing moment and I heard myself instruct me clearly as to how to deal with the situation, of which I dealt with it. It worked out perfectly, and only later in the future had I thought and reflected on that moment and said if I could only do this, I would. I sat down and I attempted a certain method of thought to do that, to broadcast it, which reoccurred at that time. So I corrected a part of my life that necessarily would not have gone that way. Do you understand? If I sent from the future to the past to change something, then I must do it again in the future and remember that I did it. If I don't remember that I did it, I won't do it and it won't ever happen.

The future and the past are one and the same if you can understand that. If you choose now to change your past, then your past has already been changed so therefore it's affected you presently. It's already happened. Do you follow me?

Student: Could we throw ourselves off though? If we project one message so strongly that we all of a sudden morph into something completely different?

Student: Yeah is it physically also or is it just spiritually and emotionally?

Eric: The most advanced way of communicating in the universe, and I do mean multi-universes, to any alien species or human being, in my opinion, is emotion. Verbalization is no different than grunting or snorting or whatever else. Okay? It is a very limited form of communication. We have x amount of words and every year we develop new words for things that we don't have ways of describing. Other cultures have limited amounts of words. Other cultures have vast amounts of words that we don't even compare to like the Chinese, per se. They have over 2000 more words than we have for our descriptions of everyday life. So the point is that basically you can convey words, but let's say that words, when they travel through time and space, become distorted because they're not designed to travel through time and space. But emotion, emotional feeling can be sent like a compressed database, like volumes of knowledge in a simple feeling can be impacted into you and your mind will naturally understand and develop and create whatever this whole experience meant to you. You will sit and ponder on it until you understand it fully. So it's like getting a whole conversation in a moment's feeling. You just have to reflect on it. Am I making sense out of any of this?

Student: Yeah, very much so.

Eric: So, it's a very interesting concept and it's fascinating when you think about it. The largest and biggest point that I wanted to make to you is that, *are you happy where you are now? Do you think that you are intelligent enough, and spiritually evolved enough, compared to where you will be in the future that you would choose now, instead of next year or the year after or 5 years or 10 years from now?* That this is the one moment that **you** would choose to appear to

yourself if you could **truly**, not just “Yeah, yeah,” okay, but **truly**, comprehend that moment. And that’s what I want you guys to reflect on. Is to think, am I worthy enough? Have I been honorable enough? Have I really spiritually lifted myself to such a point in what I know in knowledge and practice what I know, that I would deserve and say to myself, this is the most honorable pivotal point of my life that got me to where I am? This is the point where it really began to happen. And that’s what I’m trying to say. If you choose that time, if you had an entire lifetime to choose from and you could only pick one moment, when would you do it?

Student: Why couldn’t you pick more than one?

Eric: Because this is purely hypothetical. We haven’t really decided whether multiple.... Because the more times you interject yourself, the more times you take a greater risk of damaging whatever future.... Now, it’s very interesting because there’d be a lot of ways of doing something like this. And I don’t know if I’m boring you guys with all this.

It brings me to the story of the mountain climbers that I’ve brought up to you guys before out in Washington State. They were climbing the mountain cliffs and they found what looked like a geode which is a stone that when you cut it open has some crystals in it. And they brought it back with them, and this was on top of a mountain, of course. What happened was that several weeks or months later, they decided to cut the geode open just for the hell of it, and it kept breaking the saws going through it. And what happened was they ended up bringing it to this machine shop that had this special diamond drill thing or whatever to cut it open and they cut it open. And what they found inside was not quartz crystal or any crystalline anything. What they found inside of it was actually a spark plug from a 1947 tractor from a farm. And it’s like they’re really big at that time in the engines. And don’t quote me exactly on the year, 1940 something. And the amazing part is how did it end up getting in the stone? One of the things they did, they carbon dated the stone, and the stone was something like over a hundred thousand or a million year old, that it was encased in.

Student: Question. What was the stone that it kept break the saw?

Eric: It was the spark plug. It wasn't the stone. Anyway, so the point is how did that spark plug become encased in the stone hundreds of thousands of years ago, if not millions? And if so, I mean there's a lot of hypothetical things we could run across that possibly could have been the reason why, largely having to do with time. But one of the things I wanted to say, because this is something that we brought up before. I'd mentioned to you guys, what if one of those college students who were climbing that rock, put the spark plug there encased in the stone to suggest a concept that this person would only figure out 5 or 7 years later thinking about the stone that he found. And what would it spark within him for an idea or a concept for the future. I mean if you were going to affect the past, wouldn't you be absolutely cunning? You'd have to be brilliant. You'd have to be brilliant.

Student: So you're saying the spark plugs...

Eric: I'm saying maybe that it's a mandala, the modern way. That it's a form of knowledge, that when you think about it, and think about it, and think about it, and think about it, that eventually you come to a conclusion that anybody would come to if they thought about it long enough. That it always leads down the same path, no matter who thinks about it. They might start off with a different concept, but eventually after you think about it for such a long time, that it's a map, a dimensional map. A thought, is a concept that takes on a path to a direction that ends up somewhere. Any questions?

So, that's one thing I wanted you guys to think about. I thought it was really important that you guys reflect on where you're going with everything that I'm teaching you and if you really think you're applying it. And instead of having me as your teacher, decision maker, judge whether you're qualified or not, for you to really ponder on yourself and to say, "*Am I really ready and what can I do to be more ready?*" That's really the highest thing. It certainly relieves the burden off of me.

Student: Yeah, can you break down the mandala?

Eric: A mandala is

Student: Oh no, no, no, I know what a mandala is. I guess for everyone if you could explain exactly what the mandala is you're trying to get to with this.

Eric: Well the mandala that I'm getting to is what I'm just saying. If you do not provoke thought in your mind you will become stagnant water. Water that does not move is death. It creates bacteria that poisons. It attracts mosquitoes that prey, malaria. It's death. When the water begins to move it cleans. It cycles. The point is that you must have philosophy in your mind. If you do not limber your mind now, how will you ever leap from this universe to another place?

Student: So the mandala is mental stimulation?

Eric: Mental thought. Mental thought, mental stimulation. But remember what I said. Brain thoughts are electrons. The brain uses energy to think. It uses electricity. We have electrical currents all over our body. You touch yourself. It's an electrical current that shoots to your brain back and forth and tells you this is what you experienced. It tells you all of the data that you are experiencing: touch, smell, taste, and hearing. Everything is collected into electricity. Travel through all these: smell, taste, hearing, everything, is converted to electricity. Your soul is made of energy. It is made of electricity.

You're physical but you're hot wired into this machine. You are two dualities. You are flesh and blood and you are energy merged to coexist. By this effect alone, we know that the body is simply a design to let the soul experience this dimension. The soul can't smell, taste, hear or anything. It is energy. This world doesn't even exist. It can't even touch it. But through this vessel you can experience this dimension.

Thought is just a bunch of sense that provokes an experience when this data is brought in, part of the mechanism that makes it a part of your soul. Because why would it be converted into energy in the first place, for what purpose? Why not store it as a chemical base? Do you follow me?

It's storing it as energy because it's making you bigger. It's like food. We need food for the body, but thought and collective knowledge is turned into electricity because it feeds the soul. The soul becomes a higher tone.

It's like taking the frequency of a radio and going 'dououououou'. And the higher you go, the higher the tonal of your spirit. The more that you can conceive, the more thought, the more data you take in that becomes energy. When I say to you that most human beings have a low tonal, they're just push button robots. They're like little red cells in the body. They're workers. And the white cells are the dimensional cells. They are the cells that defend the body. They are the cells that have wisdom. They remember other battles from fighting viruses. They remember experiences. Red cells don't. So they grow, they become more powerful over time. So the point is that what I'm suggesting to you is that instead of thinking about the mundane things of life, what TV tells you -- you don't think about TV. TV happens to you. Life happens to you. Somebody walks up to you and says "Hey, you want a job?" I mean you didn't happen to it. It happened to you. Everything in this world happens to you.

The only thing that doesn't happen to you is you invoke thought. If you invoke your mind, not your brain, the brain is the machine that is running all this, your emotions, thoughts, everything you don't need to think about doing. It invokes your mind, because mind raises your tonal. By me having this discussion with you raises your tonal so that you're more of a white cell than you are a red cell. That you are living and existing in the moment, in now, rather than just flopping and being at the rigors of everyday life, that the simple fact what I said to you guys earlier, that if you can become aware of the moment, time no longer affects you. It's all interconnected everything that I discussed.

But you have to realize that. You can't just go "Uh-huh, um-hum". You have to sit there and go, "My God I see the logic of it," and it will happen to you sooner or later, if you think about the mandala. The mandala is what I just discussed with you. It's all this knowledge that is condensed, and as you think about it, you apply it to your other thoughts and it just makes things all link together, and you go, "Oh my God," and you start having a brain storm. And it starts making more and more sense with everything else you thought about in your life. You just were missing that piece. That's a mandala.

Disk 1 Track 3

Student: There must be a way of speeding up this process. It is to also bombard myself...

Eric: If I do not stimulate thought for you to think about you will be stagnant. My energy is of the higher resignation. I am a giant tuning fork. Everybody knows what a tuning fork is? I have been banged and I am sounding a vibration that is very high. You guys are all on a lower tonal and you guys are sitting there waiting for something to happen to you. If I say nothing, I do nothing; I choose not to have you in my home; I choose not to have you in my life; I choose not to speak to you on this level. Instead I choose to speak to you on: “Hey, have you watched TV lately? Did you see the car chase on there that happened today? How’s your job doing? Yeah my father used to do cool stuff.”

Or: I can speak to you on this level and that’s sending a tonal out. And if you watch two tuning forks -- one that’s resonating, one that’s not -- it picks up the vibrations. Sound travels. {Eric claps his hands} Every time I speak, you hear the sound... you thought. It’s actually a physical thing. Well energy and consciousness is much the same. That by me invoking thought, I’m creating energy right now. I’m creating and sending forth energy, you are experiencing it, and it is raising your tonal. The higher your tonal, the more you look around, the more you understand, the more you become something dimensional as a spiritual being or a super being, rather than a common being.

Student: Just saying that when your time scape has been interjected to the human body and once we can get above...raise our tonal enough that we realize that we are not the human body.

Eric: Well, I want you to think about something. Let’s back up. Let’s talk about time. Let’s forget about time. Let’s say we’ll just measure time. Well how do we measure time? We measure time by deterioration.

Student: Distance.

Eric: We don’t measure it by distance. We could measure it by distance but it’s measured by distance by the fact of deterioration. How long will I exist from point A to point B until I can’t go any further? Or how long will a mountain exist before it deteriorates into a valley? Or how long will I physically live before my body becomes aged and withered and dies and goes back to the earth from whence it came? Everything is a level of deterioration, which is actually created

by free electrons. Free electrons pull the molecules apart piece by piece slowly until you begin to deteriorate.

Student: Well isn't anti-matter kind of like aging?

Eric: No. My point is this. We were discussing time; you say time doesn't matter, and I say you're right; it doesn't matter. From nothing comes nothing. Where did this all come from? Where did time, space, the universe, all the planets...where did the material, the building blocks come from?

Student: Vacuum.

Eric: But yes, it is a vacuum, and it comes from, in actuality free electrons. Okay? And in essence that is where the first building blocks of energy came, that slowly, over billions of years. But even the free electrons come from nothing, so the truth to the matter is that we know that molecules are solidified for us because we are moving at the same rate. Our molecules are moving at the same rate as these molecules. So it's like driving in a car. You can watch the other cars do 80 miles per hour, "pfum, pfum, pfum," and see nothing but a flash. But if you get in a car and you're moving 80 miles per hour also, and you're driving next to the other car, can you not experience; wave to the kids in the other car; watch them pick their nose; watch the lady flip through a magazine? You can probably even see the cover of the magazine. But as soon as you slow down your frequency, the car's other frequency bypasses you, becomes an unreality then. No longer can you experience it.

There are multiple dimensions. This dimension and the one that we are in now is a vibration. It's really not solid. We know this from quantum physics. But we accept it as solid because we can't comprehend anything else. When we can truly comprehend that it's really not solid, then you no longer have to abide by the rules of this dimension and you can walk on water like Christ did; you can heal the sick; you can raise mountains with one hand as Krishna did. But if you think for an iota of a moment, and you question that, thus, the matter will become the same tonal as you and it will have its plausible effects.

Student: So would you say all the other dimensions, all they are is matter vibrating at different speeds?

Eric: There is no such thing truly as matter. Matter is only matter because we move at the same rate.

Student: So is that what these other dimensions are then? They are energies or whatever vibrating at different speeds?

Eric: Correct. So if you can change the thought of your consciousness, you change the vibration of your body. And that's how I've done the thing I've done; how I've walked through walls in front of students; how I've done miracles from levitation to entities to you name it. It's all done through manipulating dimension -- what I chose to accept as my reality and what I don't choose as my reality. And I can affect something right now just in small, tiny spots, or something grand and huge. And that's what Krishna did; that's what Buddha did; that's what Moses did; that's what Milarepa did; that's what Christ did. That's what they all have done. But you must really discipline your mind. You must question the reality of what you have been given as being the face of what is. And you can't say, "I choose not to believe." You must really understand why you don't believe and it must make absolute infinite logic to you. Questions?

Student: Is this basically a desensitizing of our reality?

Eric: Let me explain something to you.

Student: Like the dimension walk?

Eric: Yes, but it is more than that because other people to really become, too, I don't want to say like Neo, or something like that, so we'll just try to extract it as best we can. But listen to what I'm saying. You all keep *you* on this dimension. But if you believe that one of you can do something and then mask your thought so it works with that person like you're pouring all of

your electricity into this person and he converts it to make something happen, that's how Christ did what He did.

Student: So he had his uh...

Eric: His followers, his disciples, his believers, until he got so evolved he didn't need them any more. But it was kind of a crutch in the end. I'm trying to point something out to you because Christ could do all sorts of miracles. I mean he did things all the time, didn't he? He raised the dead, he walked on water...

Student: His disciples were like his 12 energy harnesses or whatever?

Eric: Yes, but the people, you see he sent them out to work the people up, to build the belief. Before he arrived into town they were already expecting all these miracles, and they believed. It was a much more naive time also.

Student: So he was building up the energy.

Eric: Correct. So he could do all those miracles. When he went to his hometown he couldn't do one miracle because they didn't believe. They said, "You're Joseph the carpenter's son. Jesus, you worked with my son building our house. How can you be the Messiah?" He couldn't do one miracle. They refused to believe. So this is an interconnected thing; this has to do with dimensions.

Student: That's interesting.

Eric: Oh yes, it's very interesting. It's very thought provoking. In order for you to move to the higher levels, you must be able to comprehend the truth. Now we can talk about paganism, or we can talk about new age stuff, and we can talk about meditating, and we can talk about this and that, but none of that is going to get you from point A to point B unless you really understand how it really all works. If you understand how it really works then you can do it.

Student: Do you think books like “A Brief History of Time” by Stephen Hawking’s stuff is a good thing to look at, to be used like a basic knowledge of how energies work and stuff like that.

Eric: It’s good, but it’s not good. Okay? For instance, let’s say we found now life on Mars. Okay? Which we think we have found microorganisms; let’s forget about all the other stuff and aliens and everything else; let’s just talk microorganisms. Stephen Hawking says the possibilities of other life in the universe are absolutely zilch. Now we found that he’s wrong. What does that do to his figures? It totally destroys everything he just said.

Number 2: You can only comprehend something by comparing it to something you already know. Do you follow me so far? This is very deep now. Okay? That’s how human beings think; we bridge thought. I see these shoes, and from these shoes I see the plastic, and I analyze both of them. From that, I create plastic sneakers. From that, I create plastic sneakers with little lenses through it so that the light goes through to kill the bacteria, per se, that grows on your feet, through a form of photosynthesis.

Do you see? You’ve bridged the thought; you’ve bridged the thought; you’ve bridged the thought. If I want to conceive the universe, I can only use the bridges that this little tiny speck of a fucking shit hole compared to the universe to comprehend all of it. Forget it. Math is an excellent tool, but it is a limited tool. Therefore, Steven Hawking is brilliant, because he is trying to bridge in the highest level of bridging that we can comprehend.

Student: You mean time and distance.

Eric: That’s right. But the truth to the matter is that it will be forever flawed, like us finding life now on Mars on the micro organism level, and he said it could never happen according to all the things we understand as far as that. So to say that we want to trust what Steven Hawking says, I say, “Read it; study it; absorb it.” I have, okay, “A Brief History of Time” and blah blah blah. The point is that the data is good, but you must always remember in the back of your head there are greater possibilities. That’s it.

When, I believe it was Apollo, one of the satellites, probes we sent out to the universe, I had made some predictions about what was out there also, and I was highly accurate. I don’t

really want to go into me right now, but the point is that we could only conceive or imagine that all the other worlds were similar to our other gaseous planets, but one of the things that was discovered when it went by one of the planets, I think Pluto, that it had volcanoes. But the volcanoes were not spewing up fire; it was spewing up liquid ice. I forget the name of it, nitrous or whatever it is, but it was literally rivers of liquid ice. So we couldn't conceive that conception until we saw it and we had to accept it. All of our erudite, our arrogance, but there're just things we can't even imagine. I mean we can imagine it, but it doesn't fit in our connection of connecting things to come to a conclusion that they're just things that we will never be able to comprehend until we go to other worlds so we have a larger database of connecting the dots in our heads. And we use that database to try to figure out the galaxy and figure out our galaxy and maybe we can start working on other universes, but it's never ending.

There are consistently things that we can imagine, but we would never be able to connect it and prove scientifically, I think. Until we get there and we just have to accept, well here it is and now we better figure it out. How can it be because it is there so we can't deny it?

Student: So besides studying from you or somebody that is getting this information, how can we find knowledge that will bridge us into an enlightened state?

Eric: I don't think that there is any easy way because the biggest problem with human beings is that you guys go down the path, and you're perpetually lazy. Human beings do not want to evolve. You guys are actually organisms made from this planet that have specific functions: live, mate, and die. That's it; that's your purpose just like any other creature on this planet. It's to procreate; that's about it. Just because human beings now are building houses with electricity and whatever is no big thrill. I mean animals have been building their shelters for eons and finding their methods to do stuff. And they evolved technologically also over time. They find out new ways of cracking open sea shells, new ways to find things, and new things to deal with enemies.

It's constantly adapting so we compare ourselves. We're the best; we're the greatest; okay fine, but compared to everything else it's nothing. So the point is that you really have everything against you because your brain is probably going to sleep, it's boring, or it starts

babbling telling you about all the things you've got to do in life or whatever and the mind has to somehow survive through all this. The odds are highly against you too.

The second problem is that whenever you guys read something, the biggest thing that gets me upset is that because of the way the brain is designed, it's like reading a book on the vampire Lestat, for instance. You read the vampire Lestat and what happens? You want to be a vampire; you think like a vampire; you walk outside and how you perceive outdoors now is in the way that the book has presented the reality of this. This will linger in you for weeks because you can't feed it. Do you understand what I'm saying? You can't continue the cycle. There's not a club or group that you can go to that are all vampire lovers and coming up with new stories and playing in it. So it kind of dies off as a thing and you're forced to go back to your normal way of life.

The problem is any time that you guys read a book, all of a sudden, that's the one; that's the thing; that's the belief; that's the way to go because your brain tells you. It indulges itself just like it does in the fictional book. But it's not really you that's making this decision. It's the chemicals, anything that's shown to you a certain amount of time. You go through withdrawal when you don't see it anymore. That's a chemical response of your brain. You guys are machines. That when you have a thought and you indulge in the thought and you create the visualization of your thought, your mind, or your brain doesn't know the difference between what we're seeing right now and what you imagined when you were reading the book, so it's a reality to your brain, and it wants to relate to that.

So you read the Bible, and this is how people become so converted into the Bible, because, what did I say was the problem? Why you can't continue as a vampire because there are no vampire groups to go to right? So you can't continue the fantasy but if you read the Bible....

Student: Now I go to church...

Eric: You go to church; it's never ending. You're stuck. It's like a snake biting its tail. You will always think like this because it's constantly being fed to you over and over. You have a place to kind of get grounded into it. And so this is why a Buddhist does what a Buddhist does when he goes to a Buddhist temple. And the Krishnas do the Krishna thing when they go to the Hare Krishna temples. This is why we must always be absolutely careful to let your mind **truly** be

open. To truly be an intelligent person, articulate person who knows this secret. They know it, and they allow themselves to fluctuate through different thinking, so that's the only way you can keep yourself from stagnating. So, yeah, there's stuff out there, the problem is it's very dangerous for human beings with how they indulge in certain things.

Student: But now that we're opening our minds... isn't that what the whole purpose is?

Eric: Yes. But the whole purpose is to say that when you reach a certain level then I say go for it. But until I think that it's the time, then I'm not going to suggest it, although I'm not going to prevent you from it. It's just not within what I think is the time. You'll find that with everything I've discussed right now, we've discussed a multitude of different thinking, different philosophies already which would never happen in a single place of teaching. They would all discuss their way of accepting this. But what I do is to have a vast amount of diversity, and that diversity allows you to understand the entire universe and how to conduct and arm yourself in this place.

Next question? I'm saving you guys, you just don't know it. I'm saving your soul right now from the Christians and from the Buddhists and from the Jehovah Witnesses and everybody else; I'm saving you.

Student: What's the name of this class again?

Eric: Hell if I know. Do you guys have any questions? Am I boring you guys? Do you find this interesting? Is this ok?

Student: Yeah, it's interesting. Yeah, you've explained a lot of stuff. It's like you're saying. No matter what point you take it, you evolve to this one way of thinking.

Eric: Right, but remember what I said earlier tonight? Does anybody recall what I said earlier about there is no right and there is no wrong in the Universe? So it's agreeing with what you're saying now.

Disk 2 Track 1 – Higher Balance Presents Time Stepping Part 2 of 2

Eric: Awakening or reaching enlightenment is never allowing you to stagnate. If you stay in one particular method of thinking for too long, you are going to get trapped. You are going to become like one of my students, Ryan, who is in Hawaii right now. His brother, who was not very religious, got hooked up with some Christian friends that got him doing *the bible thing*. He decided, “Okay, I’ll read a little bit;” so he read a little bit and they got him to do a little bit more and a little bit more, and now he’s addicted to it. Now he’s going to the meetings; he’s going to the classes; he’s doing this and that. Now he’s totally absorbed by religion, and that’s all he will ever know because he’s incapable of stepping out of it.

I think one of the biggest things that you guys must remember is to be fluid so that you can walk dimensionally in-between. That’s a big word around here; some of you guys know what I’m talking about, that you must have fluidity of the mind. It’s purely what I teach – fluidity. I extract it from all philosophies, all points of view, and it’s so limber that it’s incredible. You need this limberness so that you can see the truth – the truth of different religions, philosophies, concepts, and theories to help you understand that there is a little truth to all of them, as well as a lot of bullshit too. Anything that comes out of the mouth of human beings is usually 90% fabrication, always remember that. We have a natural tendency of destroying the truth, no matter how honorable our intentions are.

So, keeping this in mind, does anybody else have any questions? See, it goes right back to what I was saying about time: You must reflect on these things because by reflecting on them on the future, thinking what you will be like as you look back at yourself. Do you see the duality? Isn’t that an amazing thought? Now, you need to think about perceiving your thoughts in your most mature and advanced state and ask yourself, “What would I think of myself now?” This is very hard to do because you really cannot do it; that’s the point, but you give yourself a cutting edge because you can analyze stuff now in your present self and you think, “Wow, I wouldn’t like this about myself. I suppose I might like that; I suppose I would want to change this and that.” Nobody can be a better critic of you than yourself.

Student: Is it the same as being able to generate a power of thought, very open to the concept of us in the future being able to tap into the message to get through now but . . .

Eric: That's right; what would you say to yourself right now? What would you say to yourself? Would you think that you are worthy right now or would you say, "I was a young stupid fuck right then and I really didn't appreciate what I had in front of me."

Student: But still I mean who knows how young, dumb and naïve you are? Don't you think if we saw ourselves as an old person, don't you think that was...?

Eric: What would it mean to you?

Student: It would be a complete reality altering shock; I mean everything that I . . .

Eric: So big deal, so big deal, so big deal. What then? What are you going to do with it?

Student: I guess whatever the hell I told myself.

Eric: And what would you do with it if you didn't have the capability of really appreciating what you would have to say to yourself? I would say to myself that I would rather wait until I'm 30 before I even did that to myself. I rather would wait until I was 40.

Student: Really! I can see that aspect.

Eric: Not when I was 19 or 20 years old.

Student: I can see that aspect of it, but I'm saying that from where I stand the more time I have the better.

Eric: You are wrong because you are thinking selfishly. I want to prove that you are being selfish because you think that you are all that now; you think that you deserve it.

Student: Well I am not saying that, what I am saying is . . .

Eric: The correct answer would be: “I would probably think to myself that I have a lot more growing up to do and that I should wait 5 or 10 more years before giving myself pearls of wisdom because I am willing to admit now that I probably wouldn’t appreciate the potential of what it could be.”

Student: Let’s remember that there is no right or wrong here and I can see your point that maybe I shouldn’t throw my own pearls before the swine now, but in all honesty from where I’m coming from in my mind, if I saw myself as an old fucking man . . . what I’m saying is, if a dimensional person that popped out . . .

Eric: If you did...we’re not asking you...we’re not asking if you saw yourself. We’re asking if you would choose now, if you would choose now how you perceive yourself in the future . . .

Student: All right. Okay.

Eric: That’s what I’m asking -- not if it just happened. Of course that would be great for all of us but you, being a responsible, spiritual being yourself, evolving right now, reflecting on your responsibilities; if you have any effect in the world, what demonstration can you give us stating how you would choose a point in your life, and would you choose it now?

Student: I don’t know that.

Eric: You do and you don’t; you have to project yourself there. You have to let your mind go there and really conceive it.

Student: So I have to tap into my future intelligence so it can tell me when to choose?

Eric: That’s right. That’s right

Student: Wooheoooo!

Eric: That's what I'm proposing to all of you.

Student: Ok, so be able to put myself in the future?

Eric: Every action you do now, when you are older you will reflect on it. You are living the future right now because you are writing the future. The only difference is that you, this is the big key here, are functioning in the world. The world is happening to you right now because you're not thinking about how you're going to reflect on yourself today 50 years from now. But if you think about what you are doing now, what you're going to think 50 years from now as you remember this moment, right here right now it's old. We're 50 years in the future looking back and remember this conversation. What are you going to think?

Student: What a dummy I was.

Eric: What are you going to do about it now? I want you to think about something: life and knowledge. Life is a limited amount of time -- it's limited -- you're going to die. There are two things you're guaranteed in life -- that you're going to be born and that you're going to die. Physically speaking, that's your guarantee. Those are the two guarantees that you have in life. Accepting this, then you have to assume that (1) you have a limited amount of time to accumulate a fuel that is going to decide what you will be when you die, if you even exist after death according to what we believe, and (2) how will you function? Will you be a being that can move freely through time, space, and dimension choosing your next destination? Or will you be pushed around like a hockey puck through the karmic oceans to your next destination? Or will you just simply dissipate? Every decision you make now, 50 years from now will decide what you bank out, what is your checking account filled with, how much did you earn, what are you going to buy with that?

Student: Karmically speaking?

Eric: That's right, what knowledge are you going to deal with? All the knowledge you accumulate now, all the pondering that you do is going to pay off later. Are you doing as much as you can now to plan for your future? It's like your retirement. It's like buying a home. It's like thinking about your future right now. Ten years from now are you going to say, "If only ten years ago I started saying think about something now." Ten years ago you were how old? Everybody say it out loud.

Students: 12, 10, 9

Eric: Okay. If you save \$5 a week for the last 10 years and all of a sudden the bank says at the age you are right now you can have that money, would you be thankful that you did it right now, right here? Right now in your life when you think about having a car, that you could fix the car, or that you could have a better car? Or you wish you had clothes, or money to go to school, would you say thank you to the YOU of ten years ago saying, "I am so thankful for that person who I was then that was smart enough to think about the future." That's what you have to think about right now. That's what I'm trying to tell you.

Everything you do spiritually right here today is going to determine whether you become enlightened or not, if you are going to become an enlightened being, if you are going to become a being that can come back to this world and teach others, and who is going to fight other dark beings that will contribute something to this world. It's all being decided right here in this room on July 28, 1997. It has now been invoked in your mind, it has been said. So if you never do it, never cry four years from now, 50 years from now saying what a fucking fool I was -- you had your chance -- that's what I'm saying. Because you understood, you understood what this moment meant, you understand, you understand right now. But you know the bitch about it is, almost all of you guys will forget by tomorrow morning. You'll go right back to your normal everyday events; that's the bitch.

Student: Dahdahdahdah

Eric: You know what else I can guarantee? I can make you another guarantee. I can guarantee you that 40 or 50 years from now no matter what the outcome is you're going to remember this

discussion; you're going to remember how right I was and how you wished you really, really did more than what you did. That's what sucks because only then will you really be able to appreciate what I am saying. Of course, it's like the rabbi -- now I'm not Jewish but I have a great respect for thousands of years of wisdom and culture these people have. The rabbi's, who were very rich in wisdom, would say to the people who want to read the Kabala: let me read it, let me read it, and he says, "No you can't read it until you're 50 years old." It's not until you're 50 years old that you really accumulate wisdom because you can't even begin to understand what it's saying. You might as well say it's Chinese. You can read the words but you can't feel what it says. Do you know what the meaning of life is? Very good.

Student: So then you're, in other words if we can project into . . . I know you've already said it.

Eric: No, no you have to repeat things --it's better many times -- it's called refining.

Student: If we can project into our growth in the future, then we can save time and be able to learn more knowledge by the time we reach that age?

Eric: You accumulate 5 times, 10 times, 100 times more.

Student: So where do we start? I know the individual things that, you know, like . . .

Student: What's the exercise?

Eric: What's the exercise? Everyone wants the exercise. The exercise is hope, want, desire, will. Will who you are now; you make sure you show up on time, you think about the things I say, you listen to the tapes over and over again, and you think about what was I was trying to tell you. Every time you listen to the tapes you will hear something new. It will take you to a higher level, I promise you. Every time you listen to it, you will get something more out of it than the first time you heard it. There is technique, obviously you meditate when you do certain things. Let me explain something to you.

When you meditate, even in your meditation you can only bridge the highest level that you can, and even though you're not doing it willfully, it just kind of happens, spiritually speaking, okay, by understanding the philosophy of the things that I am discussing with you, it helps you to bridge across universes in your meditations just by understanding what I am saying to you now. A lot of people say to me, "Well Eric, I want to be able to walk through a wall like you did." Or, "Eric, I want to be able to move objects like you did." Or, "Eric, I want to be able to do psychic things like you did." Or, "Eric, I want to have the knowledge, and wherever you get this knowledge, I want to be able to tap that same source. Show me the technique." I'm giving you the technique.

Disk 2 Track 2

Eric: If you comprehend what I am saying, you simply just know how to do it. There is not really a formula; it just makes sense to you one day. If I hand you a pair of shoes and you've never seen shoes before, you've only been barefoot your entire life, and I show you these shoes, can you comprehend (with the knowledge that I have verbalized to you) what to do with them?

Students: Whoa. Oh God. Whoa.

Eric: But it makes sense, doesn't it?

Student: Yeah, very much so.

Eric: And you can use them and then you can do things with them. I am talking to you guys and I am trying to help you to conceive things that you have never really thought about before. All of a sudden you are going to go, "Wow, now this makes sense," and then you're going to start doing stuff. You're going to start seeing shit moving through the walls. You're going to start being able to feel other people's insides. You're going to be able to heal people because you're just going to know what to do. It's just going to make common sense like the way you look at those shoes.

Student: Intuition.

Eric: No, beyond intuition, you just know. Is putting the shoes on intuition or does it just make sense?

Student: It's logical.

Eric: But why is it logical? Because you've bridged a lot of concepts until you got to the point that you made sense of it.

Student: Well I'm talking about what you're saying. Think about the feeling of it; it's more like a soul intuition . . . your soul telling you how to do it with your logical mind.

Eric: Your soul tells you that you want to heal. It doesn't tell you how to heal. That's the difference.

Student: So you're saying that your logical natural mind is listening to your . . .

Eric: Even as an energy being you are logical and intelligent. It's a fundamental truth of the Universe; it's been proven forever. You're constantly thinking that's what you chose this body for.

Student: And in connection with the Universe; if we project out information or we project out energy into the Universe, it also comes back to us.

Eric: Well that I call sampling. If you send something out, you can't have an empty amount of space technically. So if you send energy out something else moves in. Whatever comes into you, you're like a giant chemistry lab: you analyze, you study, you experience, and you grow. So if you put energy out to the Universe, what you get back always makes you more because you can never become less than who you are. You can only accumulate; you can never deteriorate energies.

Student: So you're saying that your tonal can only hit a certain level.

Eric: Tonal can become -- you can have something and then never use it. Do you understand what I am saying? If you never use it, you may as well never have it.

Student: I just think that if you don't access a high tonal, it's useless.

Eric: It doesn't matter. Then you have a lower tonal. It's the *knowledge* that makes you have a higher tonal. Tonal is something that you develop. If you have a tuning fork (and use it) then you have the knowledge. If you have a tuning fork but don't practice with it then it's not being used.

Student: So then if you tap it then . . .

Eric: There's no sound. You can make it sound but you have to put forth the effort.

Student: Kind of like singing -- everybody has a voice but not everybody knows how to sing.

Eric: True.

Student: If you don't project . . .

Eric: So, one of the things that I suggest for you to do if you want to learn a technique (it's not really a technique, it just makes sense) is to lie down in a private place without other people around and then clear your mind and think about your past. Choose a moment in your life and visually recreate it in your mind, that very moment, that very place, and feel what you felt then, but as an adult now with the knowledge you have gained as a more mature person, and give this to yourself.

Student: Kind of like, "If I only knew then what I know now, would I put myself in that situation?"

Eric: In other words, express an emotion to yourself. "It's going to be ok. It's going to be all right."

Student: Linked to the past?

Eric: That's right, almost like you – now, don't think about whether it's going to work or not, just simply do it. You see, let me explain something else to you, let's say that time cannot be moved. We can't move through time but you're still reliving every single moment of your existence from the day you were born, it doesn't stop. Under hypnosis you can relive incredible details that you think you have totally have forgotten; every single second is recorded. We are the best recording system in the entire world. There's not even a computer that can come close to us. We record in sound, we record in sight, we record in smell, we record in taste, and we record in touch and texture.

Wouldn't you like to be able to plug into the TV and become the character in the movie and relive everything that they are doing?

Student: Depending on the movie.

Eric: But the point is that's what you have done your whole life. You, as a soul, have recorded these 50 to 100 years of your life -- it's a giant recording mechanism. You are a giant state of the art camcorder and everything is recorded here. So who you are now and how you perceive things in the world, how you think, the limits of what you feel, the limits of what you think, and the things that would prevent you from doing psychic things are all of the things that you experience from the highlights and moments of what is in your mind. They are all your personalities: The child is still in you, the adult is still in you, the angry person is still in you, the lover is still in you. Remember what I said earlier: You are made up of hundreds of different personalities -- hundreds of personalities were all created the day you started living. Go back into your mind. Find those personalities -- they are alive -- and council them so that they can become more at 8 years old (in your mind) so that when they presently move to your conscious now, you all of a

sudden go, “I just feel like I understand more all of a sudden.” It’s like making an investment 10 years ago.

Student: Wow. So you say best bet is to project the entirety of our wisdom to there?

Student: So that would be to amplify . . .

Eric: You amplify the now. You amplify what you are now. You amplify your spirituality. You amplify your wisdom.

Student: So I guess the future me could be doing this to me right now?

Eric: Exactly, exactly, it doesn’t matter. If you really are going back in time, or if you’re going back here, it’s still going to pay off. It’s very amazing. Think about it! Let’s take a 5 second intermission. Does anybody have any questions at this point? As always, it’s a philosophical group bending the odds.

Student: You know I want to ask if it’s very important to project more into the future.

Eric: You know you’ve lived the past so you can have more knowledge in changing it. Do you know what I am saying?

Student: Yeah

Eric: So, that is something that you know; obviously it’s easier to affect the past even if it’s just a mental note. You know?

Alright like I said before, I think that all psychic abilities are suppressed. As Neanderthal man, we survived using our psychic abilities (Cro-Magnon I should say) as we walked because we didn’t know where the caves were and we walked everywhere. We were preyed on: We had to know which way we had to go for water, which way to do certain things, what sense to use if

something would prey on us. These were all psychic abilities. We lost those psychic abilities: All of those psychic abilities are still within the capability of your brain but they are repressed.

Student: They're still there because I can sense if somebody's watching me.

Eric: Yeah, but not all of your senses and certainly not to their full potential. Okay? The point is that they are all suppressed and the idea is how do you free that knowledge? How do you free that emotion, those senses? And they are also suppressed by society's structured way of thinking that has been pounded into your brain and by healing yourself giving yourself psychotherapy, if you will, you release certain things. You release certain emotional patterns within the brain that allow you to feel and sense things. I think that is really a big deal. The other thing is that you have to experience yourself. There is a little trick to experiencing yourself; everybody thinks of themselves but they never experience themselves. We know exactly the kind of emotion we need to fill a certain blockage. We know that all animals need a certain amount of affection. We know that monkeys need to hold a doll or have a wicker mother -- they are more secure and more developed than monkeys that grow up without that -- they're in testing.

I think a lot of people don't have a communion with themselves. As I said to you before there is the "me" and there is the "I." The "I" is your soul; the "me" is your flesh and blood. You are both, so you have to learn to work with both. One of the interesting things is to try to feel your inner emotion, but men have a difficult time doing that in certain cases; sit up so that your feet are touching, or sit Indian style or something. Sit up. Are you ready for silliness now? I want you to . . . has anybody here ever hugged themselves?

Student: I pat myself on the back.

Eric: I mean how many of you guys can readily admit that in privacy you've attempted to hug yourself?

Student: I have.

Student: I've thought of doing it.

Eric: Have you ever tried to nurture yourself? Okay, I want you simply to hug yourself. Feel what it is like to turn inward; it's a very interesting concept. To hug yourself, you feel like somebody is embracing you but it's you that's embracing you. So the patterns in your brain go, "Wait a minute; what's going on?" But there is another part of you that becomes sympathetic to the self that is very healing, and I think that if cancer patients and other ill people did this, they would heal themselves at a very rapid rate, because what are you doing?

You have an inner universe; you have millions of living organisms in your body. How you relate to yourself other than saying "Oh, I'm doing good," or, "Gee this and that." You don't. You need to learn to love yourself by saying, "Everything is good; everything is working well; everything is healthy." And one of the ways you can do that is by hugging yourself, not the fact that it is a strange thing to do, but it's a thing of turning your mind within. So just go ahead and do this for a second. Put your hands up like this, just close your eyes, feel your arms touching yourself, and just love yourself. It's almost like you are embracing yourself, man to a father or mother; you know that kind of affection. It's just like you want to say that I'm so happy; I'm proud of you; I feel good with you and I want you to evolve. I want you to become something more than what you are, to give that nurturing, and also to feel yourself *feeling yourself*. The duality of this is that your brain says, "Wait a minute; I can feel others but how do I explain to myself that I'm experiencing myself." And that's where the brain starts to work in a diversified method -- it doesn't sense that this is logical.

You guys can stop now. Does everybody understand what I'm saying? You can feel yourself *feeling yourself* and that's something that is not familiar to you; it's something actually very foreign, but it feels good doesn't it?

Student: That's what I do in meditation, but it's not physically; I turn my energy to myself.

Eric: Yeah, but to have physical contact with the self; physically because we are physical. So, our hands are the most sensitive part of our bodies. It's the most used part.

Student: I'm not going to argue with that.

Eric: So the point is if you can get rid of the male ego, do you understand what I am saying? That is really what prevents us spiritually because it controls what we allow ourselves to sense, feel, and do.

You can heal your inner self and you can also talk to yourself as if you're conveying, as a second party or second person, telling yourself you are doing well. You are doing this; you can be the empathetic voice, the voice of encouragement to yourself, and it really works.

Student: Basically, I can tap into my almost like female energy and its mother....

Eric: Absolutely, that's what I'm trying to point out, that you're tapping into your polarities.

Student: Well, you know I'm a baker.

Eric: It's working *with yourself* instead of by yourself, does that make sense? You're helping to help yourself. You're helping to encourage yourself. If nobody is going to compliment to you, you can't say to yourself, "I need compliments right now." Do you know what I'm saying? "I need encouragement right now," because people don't normally know how to do that. I'm not a very encouraging person, I admit it, but you people do need that.

That is what those test words were signifying. Do you see what I am saying, with the monkeys and stuff? So the point is that, if anyone knows what you need, you know best what you need. So, you can balance yourself by understanding yourself, and this is what allows your sensory to become higher, and more intuitive, and more spiritual if this is balanced. It means you're balanced out here or you can at least begin to understand that out here. Your mind is constantly in torment, or frustration, or worried about things, or doesn't have any companionship or whatever. Be your own best friend.

Disk 2 Track 3

Student: I have a question. Probably about 5 years ago, we talked a little bit about this when we talked about experiencing death. But about 5 years ago, I went through this 6 month period of not ever having many regrets, or feeling as if I was mean to somebody and didn't feel guilty.

Then, all of a sudden, I had this period in my life when I felt all these things from the past that I had forgotten about, and all this guilt and all these events that I didn't remember were all coming up, and I had to go through the pain that I had blocked out before. It was a weird thing.

Eric: No, but that's true. Your brain is a machine and the mind is really who you are. So when the brain starts dumping on you it can't function. It's like a computer. Does everyone here know how to use a computer and understand the fundamentals of a computer? If you start putting in software and it starts to bulk up or starts to override the auto reset to fix this with other new programs you're putting in, what happens? It screws all up. You have to shut the computer off, reboot it and let it sort itself out in order to make it function better.

The basic line is when you start investigating your own mind you're going to come across huge things, huge issues that need to be resolved. They're doing new studies now on the brain; it's very interesting, and they're talking about dreams. There is a new hypothesis about dreams where dreams are your brain's way of working out experiences; and when you dream the dream state brings you through certain emotions, almost like to chemically balance certain things that you experience.

So my point is that there is stuff buried in boxes that's never been fully digested by the brain to understand why, or how, or to conceive things. The child always says why does it rain? Why is the sky blue? Why is this? Why is that? Well as adults we do the same thing, only in a more complex way. The brain wants to know; so when painful things happen, or things that shock us, or things seem intimidating and so overwhelming that we can't process it, as we get older we have more tools to process those emotions and thoughts from the past even though it may still be painful. So, that's a very normal thing.

Student: So you're saying that we're like a computer that doesn't have the power to process the information that is presented?

Eric: At that particular time, but now that you do, right. Or sometimes it just sits there and it affects other parts of you. It can make you ill; it can make you have cancer, tumors, and body ailments. It can make you stutter, it can slow down your reading capabilities and you may not even know it's there. You may not even know that you have a problem. You may think that

you've resolved all the problems in your life, all your issues, but they're still there. So it's a matter of sitting down and thinking about your whole life, from the earliest stage, and just kind of go through your whole life like fast forwarding. You know what I'm saying? But to council yourself saying, "Yeah that really sucked, or that sucked when my father did that to me or did that to my mom, and I was really hurt; but you know something, I'm here now. I'm okay; I'm going to be okay." It sounds like a strange thing to do, but the point is that if you want to reach the highest level of your mental capacity, isn't it wise to clear out all of the bullshit in your mind?

Student: Clear your mind.

Eric: That's right. You have to lay the foundation and that's what makes it a sharp mind. Everybody's got bullshit that has happened to them; it's just a matter of doing a mind defragmentation like with a computer. You know? You're defragmenting. You're sorting and fixing and making everything work the best it can. Next question, anything?

Student: Yeah, it's funny you said that about the dream thing, about how when we sleep we're basically absorbing everything we learned that day or how we are taking it in. Somebody told me that the other day when I was talking to them, and I was trying to explain to them what you were saying earlier about how your spirit learns. It's like when you sleep your spirit doesn't sleep. It just keeps going and so do your experiences; they go up to your brain and relay everything you've done during the day. That is exactly what I was trying to explain to him, but he explained, he told me this . . .

Student: I see what you're saying about the soul and other shit, but isn't it also something like where the part of the essence goes out and . . .

Eric: Well, I don't know. Were you here for the dream class that I did recently? We did a whole discussion about that. I discussed a lot of that already, probably a good a couple, 3 or 4 hours perhaps on dreams alone, and I said that I don't necessarily think that's the only thing; I think that there're stages.

Student: Oh no wait, I was there. Yeah, I was there for that. I remember what you were saying about the most important times of the dreaming cycle. Yeah.

Eric: And the other point that I wanted to mention is the speed that you process information. One hour can be made into 10 hours of normal time because you can speed up the thinking process in that state of mind, like a computer. It's like hitting turbo. You can still calculate figures but it takes 5 seconds compared to 10 minutes.

Student: But isn't that the subconscious mind? That isn't necessarily doing it with your conscious mind.

Eric: It's not the conscious mind, it's not the super subconscious, it's . . .

Student: It's the subconscious. Isn't that the subconscious mind?

Eric: Yes, you can say it's...well nobody really knows for sure; I mean there is no real way to say specifically what part of the mind. To me it's a machine and the machine is processing; the mind is idly observing. It's observing what the hell this thing is doing and trying to understand what it's doing, but the brain is processing all this data and possibly throwing out a lot of useless data just to make sense of the pivotal moments. I mean, there are different levels; there are parts where you leave your body and come back. It depends -- it's all in the sleep mode and processing.

Student: That's what I'm asking about. Doesn't the super conscious state, since it's not attached to the body, kind of squish away from the body?

Eric: Well, I already told you, I don't believe that you leave your body. I believe you send probes out, energy that is simultaneously thinking at the same time you're thinking, sending the images to your brain as this travel. People say it is astral projection; it's not.

Student: So you're saying your aura is also part of your super consciousness? You're just not aware it's there?

Eric: Right. You're multi-tasking. Is that the best way; like on a computer you can use a modem, you can process a program, process numbers, and you can play a game at the same time.

Student: Right, the totality of your energy is still there.

Eric: Yes, absolutely.

Student: Okay.

Eric: Onward and forward, which now brings me to whatever phase we're into. I see that we're dealing a lot with mental thoughts. I was reading a book that one of my students sent me, again Brian from Hawaii, a book that his mother gave to him about this guy who begins a dialogue with God. He says in the book that God speaks to him through his body and he just writes down the answers. It's similar to the class I taught my older students, and I thought I'd emphasize that a little bit now.

I thought it was very interesting. I don't believe he's actually talking to God, but in a way he is. A lot of people might go, "What do you mean by that?" First of all, the book is good -- you guys should read it. I'll bring it here and show it to you if you want, "Conversations with God," or something like that. And, it's okay. I think that the guy, of course, is again -- anything that comes from a human's mouth is a little bit embellished and I think he's got a little bit of a Christ complex going on, but hey so do I, so what the hell. In either case he brings up an interesting point of view, and I believe everybody can do this.

(1) Does God exist? Does God communicate with us right at this very moment? My answer is absolutely yes. The problem is that we choose not to hear God; we choose not to listen, and that is the big problem. God is communicating with us as much as the cells of your body are communicating with you, okay? And it's just a matter of listening.

(2) If we are made of the fabric and body of God then we must have a direct link; we just have to figure out what that is. Okay? Now, of course I'm going to use Luke Skywalker and the

Force concept: I believe God is an energy that permeates us, goes through walls, through tables, through us, through everything; it's a living Force.

Student: It is us. It is everything.

Eric: So therefore, if that's the case, then we should have a direct link to understanding God. Well, remember when I was speaking about that altered voice, that second consciousness? Well this is what this guy uses in order to convey thoughts. He asks a question and he freely allows this alter ego, or this other part of his mind, to speak to him as a representation of God. Now he believes it is God, but I'll call it a representation of God because I don't necessarily think it is God but rather his representation of God that speaks to him telling him how to understand things, or the meaning of certain things.

Now you have what is called the super subconscious; that super subconscious if you are an old soul has lived 10, 20, 30, 100 or 1,000 lives. It is the totality of all the knowledge you have accumulated in your lifetimes. You cannot directly access it, which goes into other reasons; if you read the papers that I wrote on reincarnation; everything makes absolute sense. But let's say that you create an alter ego to teach you, to talk to you, to make you understand certain things and . . .

Student: So it's super consciousness.

Eric: So it's an access, per say, to higher knowledge within you. It's really you but it's a higher knowledge from you so, of course the knowledge sounds more correct. This is what this person is utilizing, and basically he asks questions like, "How do you talk to us?" "Well, I talk to you through emotion and emotion is the universal language, and I talk to you through the trees, and things that you see, and what you feel, and nothing that you experience in life just happens. It happens because I put it there, so then you learn something." Of course, I can explain all of this in different ways too but the point is that there is some truth to all of this. So one of the things that I wanted to say is that you guys should try an experiment with your alter ego and start conversations with yourself; but you have to be very careful because you can also create a lot of problems for yourself that way, multiple personalities and all of that.

Student: I can see that happening to all of us.

Eric: They always say you know you can talk to yourself but you should only be worried if you get answers, and here I'm saying, "Well, oh yeah listen to the answers." So I'm not responsible for any psychological damage.

Student: Yes. Yes. I love it.

Student: We were talking about, remember when I was asking about Joan of Arc and you were saying that at that time people were persecuted for being able to hear the voices. Is that the same kind of thing except that there's a fine line between you and your consciousnesses?

Eric: Well yes. They could have had a chemical imbalance that really overrode them. It talked to them even though they didn't ask the damn question. "Hey, let's go and do this." Huh, what? What a . . . ? So those are some things that you should keep in mind but I always listen to my inner self. A lot of the ways that I teach you guys are by analyzing how I do things, or how I can do things psychically, or how I know certain things. And I can think about how I know this, or how do I do this when I do it. A lot of stuff I do instinctively without even realizing I'm doing it; I just do it, so I have to sit and say how did I know that?

Student: This question, isn't our knowing or that alter ego, like this is the super-conscious, right? Basically, isn't it the soul's totality of knowledge, and so wouldn't that be classified as intuition?

Eric: There's intuition, there's logic, there is . . . yeah, but you can't always trust intuition either. Intuition is only based on what you can bridge. You can only judge something by what you can compare it to and therefore it's fallible in my opinion; it's not trustworthy.

But then you have to trust it so there's a duality there. Do you understand what I'm saying? All I'm saying is there's a right and wrong to everything as long as you can keep that in mind and never say this is absolutely this way or that is absolutely that way.

Student: What I'm saying is out of the totality of my super conscious mind, it sure knows a hell of a lot more than my conscious mind, so it sure is a hell of a lot more trustworthy than my rational mind, my intuition.

Eric: No, no, no, no. No it's not. You know why? Your alter ego or that part of you is also influenced by your behavioral side, your uglier side, the side that wants to manipulate or control. There are influences. You know, Mahatma Gandhi once said, "No good man is completely good, and no bad man is completely bad." The truth to the matter is that every human being has got a dark side.

Student: Oh, I believe that, totally.

Eric: Okay, but the point is that what you're saying is to trust it, and what I'm saying is to *not* trust it. Who is to say that it can sound absolutely logical to you but with malicious intentions? Will you be able to judge those malicious intentions, or even be smart enough to realize that you're being one-sided? And even if it's really you who is being one sided, you're creating this whole alter ego. Do you understand? This is a perpetual argument that can go on forever. The point is that my answer is no. You can't completely trust that there's . . . the only thing you can really trust is your inner heart, your inner soul, and if you want to call it intuition you can call it intuition. I don't call it intuition. Intuition is feeling what he's feeling, or feeling what she's feeling, or scanning, or whatever.

Student: What I call intuitive means what my soul knows to be correct.

Eric: Well that's good but you should be careful of what is logical. Do you understand what I'm saying? What you feel can be changed to feel something completely different, and it feels very real through mental thought or rationalization. Do you follow me? It's very complex.

Student: I think it's a little bit of both. Isn't it? I mean it's not just good.

Eric: It's everything and nothing, everything and nothing.

Student: Because you need logic to guide an emotion, so it's a little bit of both, right?

Eric: Any other questions? I mean there's powerful information in there just pounding with questions, huh!

Student: I get everything you're talking about but . . .