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# I · Mind Storm

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*"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." ~ Albert Einstein*

For thousands of years, stories have been handed down about mystical masters who were able to manipulate reality. These fantastic stories, while rich in detail and history, seem unreal to our modern minds. But what if there was some truth to these stories? What if there was a forgotten knowledge that once existed but was buried, waiting to be brought back in a modern age? What if there were those who could learn such knowledge and release it from deep within their being?

Eric has said in the past that many white cells feel this ability within them. They have an inner knowing of its existence. They simply do not know how to release it. Eric teaches for the first time how you can actually affect reality. People using the techniques within this module report success within minutes of listening to the material!

*Mindstorm* will profoundly change your world and empower your beliefs. The fabric of the Gaia Mind, the real Matrix, hides many secrets and doorways. You are about to unleash a hidden force within you that can commune with the Gaia mind and literally manipulate reality as you know it! Learn to enter the Gaia Mind, move through it and apply your will within it.

## **Mindstorm Objectives**

- Realize on a personal level how you can influence reality with your own mind
- Discover ways to manipulate the weather
- Develop a greater understanding of the Governor and learn ways to disempower it
- Understand the connection between weather patterns and consciousness

## **Preparing To Listen**

Prepare yourself to listen to *Mindstorm*. This module consists of three CD's. Set aside enough time to listen to at least one whole CD in a session. Try to listen to all three CD's on consecutive days so that the material is fresh in your mind. Think ahead about your listening

time. You might be surprised what distractions suddenly come up. Do you have a comfortable place set aside to sit while you listen? If you think you'll be hungry, do you have snacks or something to drink? Make it an experience.

Give your full attention to sitting, reflecting and absorbing the content, just like you would if it were a movie. This is going to affect the quality of your life, the experience of your spiritual journey, the essence of who you are. Isn't it worth making it a priority and reflecting that importance in how you listen?

Some people like to take notes while they listen. If this is helpful for you, it's a good idea. Put this workbook down. Switch off your cell phone and any other distracting devices. Go to a place where you will not be disturbed. Also, this module should not be used while operating machinery or in situations which require your full attention. Listen to *Mindstorm* all the way through. Then read the additional insights, try the techniques, read the tips and answer the review questions.

**Ready... Set... LISTEN!**

### **Additional Insights**

#### *Governor*

The Governor is an unconscious pattern and function of the brain that binds a person's awareness to the physical world. It is a specific vibratory state which rejects all things deemed abnormal, unacceptable, or yet to be discovered.

When you witness something that may seem like a paranormal experience, the Governor is the part of you that is grasping for an explanation. It masks itself in the guise of rationality. Unlike logic and scientific rationality, the Governor will not accept things according to its merits. Additionally, the Governor has the ability to shut out paranormal experiences from your memory when such experiences have been labeled 'unacceptable.' If all else fails, the Governor will bide its time until your tonal is lower, and at your time of weakness, it will attempt to reevaluate that past experience and 'correct' it with false logic.

If the 'Governor' is constantly editing your perceptions, how can you truly begin to understand the Universe?

Exercises such as Cloud Busting can be one of the best methods for defeating the Governor. Of all that you gain from this technique, this will be the most important lesson.

When you can see with your eyes, and begin to realize on a personal level how you can influence reality with your mind, other doors will be opened, and your attempts to perform other 'paranormal' activities will build confidence within you.

If you have more than one person with you doing these techniques, there is a conflict of

interest because they will try to manipulate the weather as well. The Universe can't discern which one to respond to first – Gaia, you or the others trying to influence reality. So they all cancel each other out.

When you do this kind of work, try to do it on your own at first. You can bring people with you, but they don't need to know the formula for doing it. Let them be the witnesses to the act, the witnesses to what they're going to experience.

#### *Be a lover of life*

You have to be a lover of life. Be alive! Dance! Sing! Have a good time. Live life; enjoy it, but pursue your spirituality and know that it's your sunshine. 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.

#### *Super White Cell*

Be that super white cell. Know that you are! Send out your relationship to this planet, this organism, through emotion that you are useful to it as super white cell. Be the white cell and communicate 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. You're waiting to be awakened if you're needed. Empathetically, let it know. It's everywhere; it's a consciousness. Let it know that is what you are. You acknowledge it. You are aware of that now. Let it put you to use. You are here to serve the Universe. You're here to serve God. But you cannot serve it unless you are willing to accept and come to terms with that.

#### *Weather and Consciousness*

Sometimes weather is a lower vibrational manifestation of consciousness moving across the surface of the planet, whether it is a storm or whatever. It's like hemispheres of the brain. We act as nerve endings for its nervous system. We're all independent, but yet we're clustered. This is called cluster consciousness.

#### *Wishes and Prayers*

When you want something in life, don't pray for it. Instead, wish for it. A wish is like a desire. Feel and manifest what it is and project it out as a wish. 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 when you need help. You're not asking for the Universe's help, but you certainly would like it if the Universe felt comfortable with it. The Universe wants to oblige you when you ask it correctly. It's always very willing to step in.

#### *Chest Intelligence*

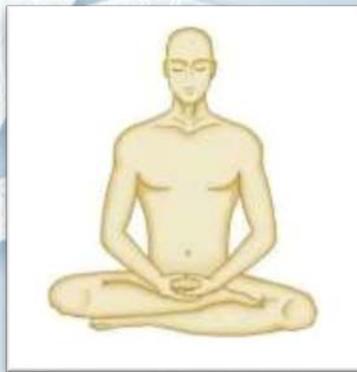
There's a different kind of intelligence in your upper chest. It's a special kind of intelligence that allows you to work with dimensional things. It knows all things

dimensionally. It knows when there's an entity in the room and how to communicate with it. You just have to pay attention to it. If you do, you'll be amazed.

Your brain uses your five senses. Your chest area uses probably eight different senses. 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 your brain filters ninety percent of it out. 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 organic brain to tell you more of the truth, but it will always lie to some degree. You just have to get better, and better, and better at it.

### **Techniques**

**A) The Zone:** Begin all the techniques by getting into the "Zone."



- Take a deep breath and exhale slowly out.
- Clear your mind.
- Look at the sky. Acknowledge the weather and feel the moment.
- Flow with it. Don't be in a hurry. Slow down.
- Feel the moisture in the air, the smell and the temperature. Be aware of your body and your surroundings.
- Enjoy and experience the weather.
- When you feel ready, go to one of the techniques.

### **B) Cloud busting:**

- Go outdoors. Start off with a small cloud on a day that has puffy clouds in between blue sky like in the photo below.



- Get in the “Zone.”
- Find either a tiny edge poking out somewhere or a smaller cloud that’s next to it.
- Stare at it with expectation that you know it is getting smaller.
- The cloud will literally get smaller in front of your eyes.
- If you project the emotion from your chest and you have confidence that it’s getting smaller, it literally will begin to shrink smaller and smaller before your eyes. Just keep your eyes on it and it will completely vanish in front of your eyes.

### C) Burning Holes



1. Get in the “zone.” Look at the clouds and feel the moment.
2. Look at the sky. Scan for a weakness in the clouds.
3. **Have an expectation** that you want the clouds to open and the sun to come out. It’s as if you know it’s already bright and ten steps ahead of what it should be. It’s already begun. It’s as if you have a knowing that’s what it is going to do.
4. Project that feeling, that knowing, that expectation internally.
5. All of a sudden, when it starts to get brighter, you know you’re going to see open sky. You can feel it. There’s a momentum to it. Then a hole will open in the clouds.

## D) Influencing Rain



- Get in the “zone.” Look at the clouds and feel the moment.
- *Make certain there are clouds and a potential for rain.*
- Feel the feeling that you want to get wet. When you look at the sky and you acknowledge and feel this moment with the weather, there’s a part of you that is conscious of the moisture in the air, the smell of the air, the temperature of the air moving against you. Feel it as being very desirable, like you want it to make you wet. You want to feel it. There’s a love for it, a passion for it. You want to project the feeling of rain on your face and hands. When you’re out in the rain, how often do you think about it? You want to just be. Feel like you’re a tree and the water is on you. It’s good. It’s purifying. It’s clean.
- Project the anticipation and desire that it is going to rain.
- Feel, “Here it comes!”
- Make it stop by feeling, “It is soft, and less rain.”
- Feel that you want it to stop.

It takes energy to move energy. So, you should always have an understanding that there’s prana everywhere. Somewhere in the back of your mind, understand that you’re just working with the natural energies that are already making these molecules do what they’re doing. It’s important that it makes some kind of sense to you. With rain, it’s an anticipation of the inner feeling, ‘rain.’ There has to be the potential for rain already there. You’re just going to shake it up a little bit to get it to come down.

## E) Dance with the Wind



- Get in the “Zone.” Acknowledge the wind and feel the moment.
- Start slowly by paying attention to the wind. Don't rush it.
- Feel the rhythm of the air. Recognize when the wind starts and stops. Figure out its pattern.
- Follow the pattern. Believe you are pulling when it blows. When it calms, you are helping it calm. As soon as it begins to ease off, push instead, to make it hold the momentum.
- Start pulling and pushing it more, steadily increasing and then decreasing its intensity, like pushing someone on a swing.
- Now you are leading the swing.

It's like you're touching or caressing the wind. Use your tactile senses to tell you the weight of the wind, like it has a volume. Use your hands when you want the wind to come out stronger. As you roll your hands, with your palms up outstretched slightly from your left to right, you're reaching an expectation to pull it on you like a big wave coming from the ocean to hit you. A huge gust of wind comes.

To make it stop, tell it to calm down. Pat the air with the palms of your hands facing down, both hands out. Feel calm, thinking: “I'm in control of the wind. I feel this relationship, and I'm thinking it's like a child being rowdy.” Feel that it's one with you. You can feel it

internally in your chest area. It's like a very subtle feeling, and you're willing it to calm. It's almost like you're talking to it, "Let's calm down."

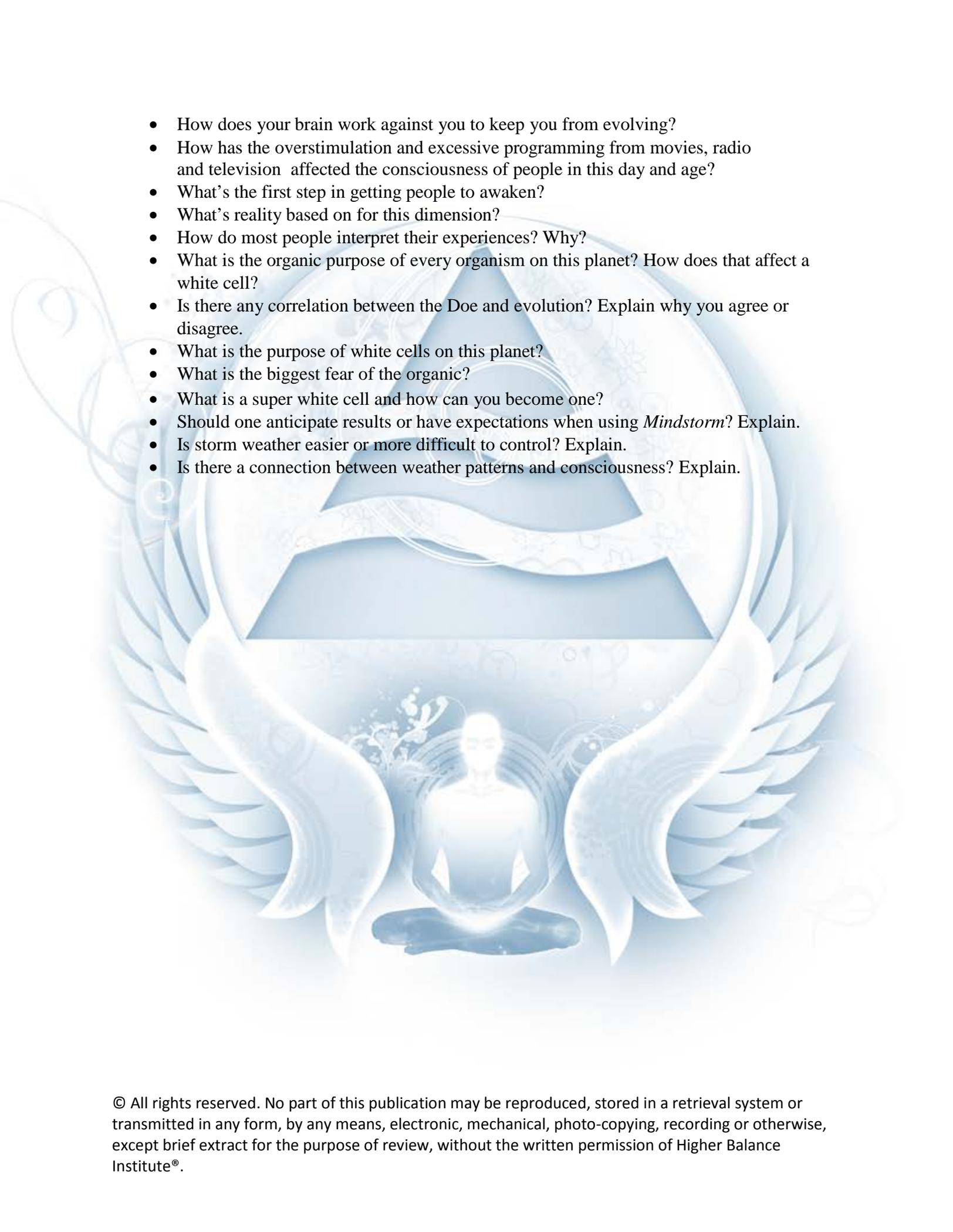
Wind movement often has its own semi-intelligence. In large part, it is natural, but when you connect with the weather, it's like you're connecting with an intelligence. It's an individual in its own way, but not like a person. It's like a pet. Knowing that it wants to work with you, choose to work with it.

### Tips

- For beginners, make sure that you do not have any physical discomfort. This will be too distracting. You need to feel comfortable and in the 'Zone.'
- Work on new things alone in the beginning so you can build your confidence. Once you can repeatedly do it by yourself, it will be much easier to show others.
- Believe that what you are doing will have an effect. Weather is easier to affect than lower density energy like a cup. You are working with the natural energy. Remember, if at first you don't succeed, try again!
- Do not set yourself up for failure. Start with the little things. Cloud busting with small puffy clouds is the best way to begin. Take the small ones and work your way up.
- Look at the weather as a form of intelligence. You are connecting and communicating with it. Go with the flow. Dance with it and let it take the lead. When you feel ready, switch. Then you take over and lead the dance.
- Everything holds a feeling. Emotion is the language of the Universe. Pay attention to how the weather feels every day. Memorize the feeling of what it feels like before it starts to rain. Then use this feeling to invoke rain when you do the exercise.
- Feel and manifest what it is you want to happen and project it out as an expectation. Anticipate that what you want to happen is going to happen. It is like an expectation with a purpose. You know that what you are trying to do is going to be.
- There might be a delay on the effects that you are trying to create. It could be ten seconds or two minutes. Work with what you are trying to manipulate in reality. Be patient and you will reap the rewards.
- You should have these companion Expansion Modules to improve your ability to Mind Storm: *Thought Reflection*, *Discovering the One* and *the Power of Surrender*.

### Review Questions

- When you first try to manipulate the weather, how many people should you have with you? Why?
- Is it helpful to have experienced navigators with you when you're trying to manipulate the weather? Why?
- What can prevent you from going into the slipstream state of mind that you need for cloud busting, influencing rain or any other mindstorm technique?

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- How does your brain work against you to keep you from evolving?
  - How has the overstimulation and excessive programming from movies, radio and television affected the consciousness of people in this day and age?
  - What's the first step in getting people to awaken?
  - What's reality based on for this dimension?
  - How do most people interpret their experiences? Why?
  - What is the organic purpose of every organism on this planet? How does that affect a white cell?
  - Is there any correlation between the Doe and evolution? Explain why you agree or disagree.
  - What is the purpose of white cells on this planet?
  - What is the biggest fear of the organic?
  - What is a super white cell and how can you become one?
  - Should one anticipate results or have expectations when using *Mindstorm*? Explain.
  - Is storm weather easier or more difficult to control? Explain.
  - Is there a connection between weather patterns and consciousness? Explain.