

**MIND READING  
CLEARING THE MIND  
26 October 2011 - 28 Tishrei 5772**

**NO** 'belief' ***required***. These processes work for anybody and everybody who performs them as instructed. No exceptions.

This instructional is one of those that clearly crosses the line between Physical and Spiritual – begins in either one and fully affects the other. There is NOTHING supernatural about the process, and even less psychodumbo as to how quickly it works! It's virtually instantaneous. The process is as natural as breathing and requires NOTHING but YOU, no trappings or special names of any kind, and anyone can do it.

We're about the process of clearing the mind of all the mind-chatter that haunts the most of us, especially when we want to meditate, study something or think something through. Mind-chatter, a term invented by our D. Chylon Budagher, and infinitely accurate.

**MIND READING**

Idiot Elements claim it can't be done, when in fact it's almost impossible NOT to do! Everybody does it, virtually all the time, but because everything in a person's mind is in their own voice – until they make some drastic changes – most assume all that flows through their thought processes are their own mental ramblings. Nothing could be more erroneous. Most of the mind-chatter we endure is actually our reading of untold thoughts from all over Creation, some local, some out-of-time both past and future, and some present.

That's where we get the "I was just thinking about you ...," and "you were on my mind ...," we're all so familiar with.

The brain is both a multi-frequency transmitter and receiver. And a good one! Mind-chatter is a combination of your own and everybody else's thoughts cluttering up and loading your consciousness with noise. To even begin to control and eliminate mind-chatter you must learn to separate WHICH thoughts are yours and WHICH are anybody else's. It's an easy process, but you must make it a HABIT if you ever intend to succeed.

Akurians call this process the "like-don't like" and that's exactly what you must determine, whether you LIKE something or DON'T LIKE something without going into a guilt trip or self-discovery soap opera as to 'why' we do or we don't. Then to refine the process to a WORKABLE, we need to add a measure. Upon determining your LIKE/DON'T LIKE, give it a number from 1 to 100. That is what makes the process work, you now KNOW whether you LIKE or DON'T LIKE and HOW MUCH! Honesty with yourself is absolutely critical.

Fail any one of the THREE points, LIKE IT 1-100, DON'T LIKE IT 1-100 or get into a tangent over 'why' or guilt and you've blown the process into UNworkability. Add any idiocies of any kind whatsoever and you've blown it on the other end.

There are THREE simple points, and they apply to EVERYTHING you encounter:

LIKE IT 1-100;

DON'T LIKE IT 1-100;

And no tangents!

You must make this determination with EACH and EVERY object regardless and without exception. Grandma's spinning wheel is a LIKE/DON'T LIKE regardless of how much you treasure the piece or how much you adored that Grand Lady. Refuse to permit guilt or emotion to make your determination for you: ***unless you intend to fail***. You don't have to have a 'reason' why; your own opinion as a result of your own experience is sufficient.

With very little practice and long before it becomes a necessary HABIT, you will experience thoughts coming through your mind that are in *contradiction* to what you have established: *and those thoughts are somebody else's!*

Example: If you have decided a given color is a DON'T LIKE IT at 35, ANY other thought, even a 34 or 36 is somebody else's. You'll find that happening within a very few days, and often within a few hours. ANY deviation from your determination is SOMEBODY ELSE'S THOUGHT!

Once you begin to KNOW which thoughts are yours, you'll tend to BLOCK all other thoughts, and that is NOT exactly what you want to do! KNOWING which thoughts are yours will reduce the mind-chatter considerably, but don't deliberately LOCK the door.

You'll need the ability in the future to READ THE MINDS of those you encounter and KNOW THE TRUTH about everything they say and do! It takes a bit of practice, but anybody can learn to do it, at least enough to KNOW when they're being lied to if not all the details.

NOW YOU KNOW WHY THIS PRACTICE IS FORBIDDEN KNOWLEDGE!

Neither governments, politicians, bureaucrats, police, court judges, churches, 'religions,' priests, preachers and other liars want you to KNOW a damned thing about their damned lies, atrocities, deceptions, scams, illegalities and demonisms. Especially socialists. They really can't stand exposure of their intended damnations.

Now that you have a basis for YOUR thinking, you're still not immune from mind-chatter of your own day-to-day mental processes. Considerations come in all forms, from the good to the bad to overwhelming worries we all endure from time to time. At this point it becomes more of a mind-*clutter* than mind-chatter, but it still needs to be quieted. The *stress* from letting it run is more than justifiable cause to spend the time and practice to develop your own control over it.

## CLEARING THE MIND

Think. How many times have you seen someone either do a "duh" or attempt to remember, and put their fingers to their head? Sometimes at the temple, sometimes at the forehead. Either works equally well WHEN and IF you know the EXACT process. It takes a combination of BREATH and the fingers of either hand; and there is more than one way to do it depending on WHAT you need done.

There are photos made by the Kirlian Photography in which the subject is in direct contact with a film placed upon a charged metal plate that shows the ENERGY FIELD around a hand, fingers, leaf, coins, et cetera, using high voltage. What is actually happening is the photographing of the AURA Energy Field that surrounds everything due to the *electricity* contained. That life AURA is still there even after amputations! Missing limbs and sections removed from leaves, et cetera, still show up as they *were* prior to the damage. This is the AURA of surrounding energy, NOT the soul or consciousness; as they are NOT the same thing.

When a subject places his or her hands fingertip to fingertip without touching, the aura is a bit extended as if trying to connect. When the subject begins a simple BREATHING process, deep breaths holding the intake and never leaving the lungs empty, the LENGTH and STRENGTH of the aura is increased dramatically. Extra breaths will extend the electrical AURA energies deeper into the brain and is ideal for most applications and never a detriment under any conditions.

*Remember that breathing process. You can use it for virtually every physical and metaphysical preparation.*

Here are the exact processes for INSTANTLY removing mind-chatter and/or mind-clutter. It works anywhere, any time, and very few, if any, people nearby will even have a clue as to what you're doing; so you don't have to concern yourself about overcoming their ignorant energies to get up to

nothing. We always caution against *involving any other minds*, but this is one that is so physical it can't be contaminated even by a Convention of Idiots.

[1] We all get tired, and being mentally tired is as uncomfortable for some of us as being physically tired. Especially for those of us who THINK. Mental alertness is critical whether doing the normal day's work, relaxing, et cetera, and especially while driving. There is an extremely simple process that will restore mental alertness instantly with recognition of restoration in about four or five seconds.

Group your thumb, index and middle finger of either hand to the same reach.

At the back of your skull you can feel a small bump right at the base where your head attaches to your neck. Reach over your head and place the three fingers, still grouped, on this bump, the index finger should be at the bottom with the thumb and middle finger on either side. DO NOT see how hard you can press, you need only a firm touch.

Next, since your head will be normally tilted forward aiming the electrical AURA energies into the brain: just below the Occipital Lobe through the Cerebellum and into the Brain Stem; take two or three (more if you need to) deep breaths as instructed above. You don't need to pant, or exert a lot of energy; normal breathing does the job as long as you don't leave your lungs empty. Somebody watching you might think your scratching your head, and your practice should be that simple.

You can do this as often as you like without any side-effects whatsoever except a clear mind and energized body for the next couple of hours. Repeat as often as necessary, and especially before driving!

[2] The simple finger-to-the-forehead: As often as not, to the temple or between the eyes. Here is the CORRECT way to do it and the results are instant! The best is to use *all* your fingers. Group your fingers together, either hand will work regardless of whether you are right- or left-handed. Putting all the tips at the same reach is easy and natural. Now put those fingers, still grouped together, in the center of your forehead, above your nose, and between your eyes. Take two or three (more if you need to) deep breaths as instructed.

The relief is immediate. In fact, it's so fast you might initially think it didn't work! But here is what happened.

The extended **electricity** of the AURA neutralized the excess *electrical* activity in the front of your brain, the Frontal Lobe. Nothing more. No demons, no spirits, no poppycock, just a neutralizing of electricity as evidenced by Kirlian Photography.

The reason you get sleepy is electricity in the brain. Not necessarily too much or too little -- just scattered static, for want of a better description. Manufactured devices to reset electrical energy in the brain and thus restore a wide awake consciousness have proven to come with a serious side effect. Just like addicts who stay awake for extended periods, those who use such devices develop Delirium Tremens (DTs): uncontrollable shakings often accompanied with hallucinations; they're actually dreaming while still awake!

Lack of sleep, regardless of the cause, does the same thing to everybody. This simple process CANNOT DO THAT as its effects last only a few hours at most. There are some who use this same process to shut down the mind/brain in order to *go to sleep*; me for one.

[3] For severe mind-chatter/clutter you'll need to clear more than the Frontal Lobe. You'll need to clear the Temporal Lobe as well. Again, the process is simple, requires only your fingers and breathing.

Place the fingers of both hands, about the same distance apart, centered across your forehead. The little fingers should be about as far apart as your other fingers and centered on your forehead above the eyebrows. Your fingers should form a mid-forehead crown gently curving as is the norm of comfort of your hands, and thus spread the energies equally across both sides of this section of your brain. Normally your thumbs will touch the outer edge of your ears. Nothing exotic and there are no "must" points for your fingers to be. The appearance is like you have put your head in your hands, but actually you're using only your finger tips, positioning them to direct the electrical AURA energy into the brain.

Now the exact same breathing process. You'll need three or four breaths as a norm, and as many as you deem necessary.

[4] Sometimes we all get headaches, mostly from the stress of mind-chatter/clutter, but from physical conditions as well. Migraines and nervous headaches should be handled by competent medical care under any and all conditions. The normal 'everyday' headaches that are often too minute to feel but can keep you awake, we often treat with aspirin and such over-the-counter medications. This process will work as well as most such medications, is immediately available, requires no water or other drink of any kind, and is virtually instantaneous.

Using either or both hands, with the fingers grouped over *any* pain spot or spread over a pain area as the instance may require, place your fingers and do your breaths.

**SHOCKER:** This whole-hand process will work on any part of the body. Yours or anybody else's, with or without their knowledge. Those who care for others can reduce or eliminate pain anywhere it's discovered. We recommend (a) cleaning yourself; (b) determining the energy to be of a healing nature; (c) Discernment of Heat to locate and to determine the cause, and (d) application of as much electrical AURA energy as you deem appropriate or can muster. Sun Links are not to be dismissed. Once you have expended/applied such energies to anybody – regardless of age – other than yourself; *do not forget to clean yourself!*

**El Aku ALIHA ASUR HIGH.**