

EXPLORING Wave V

Listening to these exercises before having completed all the previous Waves is not recommended. You will **wantalj** your tools and **all** your **NVC** capability for this unlimited Exploring without verbal guidance. Your experiences are facilitated by **Hemi-Sync** signals that guide access to different points along the continuum of consciousness and by **MetaMusic** composed specifically to support your further learning. Simply relax and sense your progression through the now-familiar preparatory process; use the methods you know to achieve Focus 10 or 12; and know that you are now able to control the process by your own mental direction. Remain sensitive to NVC and new methods of perception. Here are a few suggestions to stimulate thinking about the exploring you may wish to undertake.

Travel through time with questions such as, "Who or what was I before this life?" or "Who or what will I be during my next human experience?" Explore connections between past, present and future with "Does the future influence the past?" and the reverse. Perceive yourself evolving in the direction you desire and notice if this affects who you are in the present.

Exploring #1: Mission 10

Mission 10 is a totally self-directed free flow exercise in Focus 10. Decide on a purpose and then, with no verbal reminders of **C-1**, enjoy a more powerful and effective Focus 10 exploration. Remember the contents of your tool box. When you sense a change in the sound patterns, return to C-1 by whatever **method(s)** have proven most comfortable for you.

Exploring #2: Mission 12

Once again, predetermine your purpose. This can be patterning, problem solving, asking questions, or exploring a new concept or locale, to suggest just a few. Then simply relax, allowing the **Hemi-Sync** signals to carry you first to Focus 10, then on to Focus 12, and return to C-1 when it's time.

Exploring #3: Mission Day

Mission Day provides support for a powerful **15-minute** patterning process. Use it in the morning to set the tone for a day of calm **centeredness**, success and accomplishment. After the preparatory process, go to Focus 10 or 12 (experiment with both) and express your desires for the day in thought, imagination, emotion, or active mental pictures. Refer to Threshold #3 to review suggestions for effective patterning.

Exploring #4: Mission Night

Mission Night is for use when you are comfortably ready to drift into sleep, and will not awaken you at the conclusion of the exercise. Go to your choice of Focus 10 or 12 and pattern to direct your sleep experience. You may choose to solve a problem, receive a message, remember your dreams, have an **OBE**, remote view, or enjoy any other experience you desire. Let your creativity be your guide for each night's mission.

Exploring #5: Horizons

Horizons provides **Hemi-Sync** signals that evoke memories, feelings and events. There is no need for a purpose. As usual, perform your preparatory process, choose the desired Focus level, and simply relax and let it happen. You may find that repeated experiences with this exercise stand alone, or that threads of continuity connect one with another. Many people like to record their experiences for later examination and reflection.

Exploring #6: Pathways

Pathways leads you along forgotten paths or opens new paths for exploration. "Play" with moving between Focus levels and note any shifts in awareness. The Hemi-Sync signals will let you know when to come back to **C-1** by your chosen method.