

Important Notes:

Track titles and times are noted on each CD.

To view and/or download the extensive class handouts for this Intensive, go to the Articles section of the website, www.tomkenyon.com, and click on the title: The Art of Psychonavigating Spatial Cognizance.

In CD8, Track One, titled The Body/Mind Circuit, Tom discusses altered states of consciousness. In this context, he is referring to altered states of awareness that are characterized by increases in alpha and theta brain wave activity. These brain states tend to increase greater mind/body receptivity and fluidity of consciousness. They are associated with visionary experiences and non-ordinary forms of information. It is these specific types of altered states

that Tom is referring to in this talk. He is not addressing other types of altered states that are not generated from increased alpha or theta activity.

If you wish to listen to and/or download the Spatial Cognizance Sound Meditation or the basic Multiverse Sound Meditation go to the Listening Section of the website, www.tomkenyon.com.

Just scroll down the queue of titles until you find the one you wish to listen to and click on the link. Both of these sound meditations were the foundation for the more advanced and complex Multiverse Sound Meditation that was used in the course of the Intensive and in the Post Seminar Recordings (CD8).



MULTIVERSE

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