

# TIPS FOR SUCCESSFUL MIND-MATTER ENTANGLEMENT

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- In order to achieve a sufficiently effective interaction, it is imperative to believe without a doubt that it is possible.
- See yourself and the object with which you interact as a single entity. This can be aided by various forms of visualizations, for example, feeling yourself as being inside the object; imagining yourself as the object, etc.
- If the purpose of this entanglement is to modify the target's function, for example, the randomness of sequences of 0 and 1 produced by a random number generator, the number of photons detected by a photomultiplier, or the growth rate of a cell culture, it is necessary to avoid constantly thinking about the final goal. Once you have a clear idea of the objective, it will eventuate without the need to remember it continuously as long as there is certainty about the outcome.
- The ideal mental state to have while in entanglement is that typical of non-focused meditation, i.e. complete awareness without any thought activity, maintaining a positive emotional state and feeling immersed in the Whole.
- If there are several people with a single objective, this objective must be clear to each member, and it is important for each member to feel as part of a single unit.
- Whether there is just one person or several, the place and time in which the interaction is to be conducted must be clearly defined and known precisely.