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VISUAL CONTROL TRAINING PROGRAM V0.23 - 12-1-2022

-To skip to the main method set, scroll to "Recommended Training Cycle"-

So you want to gain control over your visual field? Trip some balls without drugs? See some wacky shit? Escape from the media control matrix and generate your own inner world entertainment content? Get some personal psychic holodeck shit going? This program is for you!

There are four ways to gain control over your visual field (hallucinate) that I am currently aware of. Gaining this control can lead to more magic and more cool inner world journeys as well as possibly unlocking the Tesla power. However, it's possible that doing this may make you go crazy as your inner contents become seemingly-outer contents. Meditate using other more normal methods before doing this if you gotta sort your inner world out. If you have a tendency to become fixated on ideas that stress you out, get that shit under control before you give your mind the power to generate its own visual hallucination content. **This is your only warning.**

Visual field control - aka prophantasia, imposition, visual hallucination. Something you seemingly perceive with your sense of vision.

Visualization - inner mind's eye content. Not seen on the visual canvas, but imagined. Imagining something before pushing it into the visual field can be useful.

This is still a largely unexplored field. Most psychologists and psychiatrists struggle to keep their patients from hallucinating so they don't go too hard into trying to get them to hallucinate (except for a wild time in the 40s through 60s when LSD was available and also the few radical professors who ran some weird experiments with their students).

METHODS OF GAINING THIS POWER

1. **Hypnosis.** Anything mental can be done with hypnosis. PROS - easy to learn, easy to implement, easy to use. CONS - Only works best with done live, files may take many listens depending on individual hypnotic susceptibility. I've explored this method and I've gotten it to work for other people but not for myself, so I know that I need extra help and that others may also need more help than just hypnosis. Further hypnosis discussion is outside the purview of this training program.

2. **Psychedelics.** You can use these to do all kinds of weird brain stuff. PROS - gain access to new brain-states. CONS - might rewire your brain totally wrong, highly volatile, most are illegal and

the ones that aren't are not always easy to use (you cannot do this with salvia, for example, which slaps you in the face and drags you through its own world and offers no time to do any visual field control training). Further discussion on this item is outside the purview this training program.

3. After-image retention (Kasina meditation). Stare at an object, close your eyes, then try to hold the after-image. Repeat. Slowly will gain the increased ability to retain the after-image. PROS - very direct method, success is clearly visible. CONS - might take weeks to make serious progress, might get stuck and might not know how to move forward after getting some success

4. Sensory Deprivation. Make use of a means of sensory deprivation, such as a ganzfeld mask or other eyemask that produces a fully uniform visual field. Add in pink noise for audio, then chill and wait, and you should begin to hallucinate. PROS - rapidly get hallucinatory effects. CONS - Some setup required.

5. Dream Machine / Strobing. Make use of a strobing light at 7-11 Hz with eyes-closed. Can generate unusual visual effects fairly quickly. Link and suggestions later. PROS - Rapid results. CONS - setup required, not viable if epileptic.

6. Visual static generator usage. Using some form of visual noise / static generator, stare at it and try to see patterns in the noise, or try to influence the visual static. This can help with developing the ability to manipulate visual distortions and noise that are naturally part of your visual field. Example link later. PROS - if your own visual noise with your eyes closed doesn't seem to wiggle right. CONS - requires a screen (hopefully not a problem considering you're reading this on a screen, probably), may be annoying to look at.

7. Directly willing the visual field. Can be done with a blindfold or a dark room or closed-eyes. Just will the existing distortions in the visual field to take shape you want. Starting with simple shapes, then working on making them more cohesive and more complex. PROS - also very direct, progress is directly visible. CONS - can feel very difficult. Might find it difficult to make progress.

In general terms for this training document, directly willing the visual field can be done as part of the other training methods. While it is possible to pursue alone, combining this with the other methods will likely yield stronger progress.

TRAINING METHODS AND PRACTICES

REQUIRED TIME PER DAY: **AS MUCH TIME AS YOU HAVE AVAILABLE, 1 HOUR DAILY MINIMUM.** Daniel Ingram suggests 8-12 hours for two weeks for kasina meditation for achieving breakthrough effects. Method combinations may yield more results with smaller

time investments.

Training Method 1 - After-image Retention, leading to directly willing the visual field

This is known as "Kasina meditation". You can use a variety of images for this. A simple cross, a symbol, a rune, or a more complex image. You can use the negative-color version of an image to develop a hallucination of the correct-color version of the image.

1. Sit and relax.
2. Stare at the image until you would get an afterimage when you close your eyes (10-20 seconds)
3. Close your eyes and observe the afterimage
4. Hold that afterimage as long as possible, try to actively keep it from fading as long as you can
5. When the afterimage fades fully, repeat the steps

After practicing this for some time, you will gain the ability to "bring back" the afterimage. This indicates progress. Further practice may lead to seeing the afterimage at other times of the day when you are not practicing this.

The after-image you are observing is your *meditation object*, which is what you should focus all your attention and awareness upon to the exclusion of other thoughts or distractions. Whenever your mind starts to drift, bring yourself back to focus on the after-image.

Over time and practice, you may find that you can see and focus upon distortions of your visual field, or clouds of colors floating around in your view. These are valid meditation objects, and meditating upon them can lead to developing the ability to shape and move them and alter them. The more you do this, the more you are developing this skill.

Training Method 2 - Ganzfeld and chill

Make or construct a ganzfeld mask, or acquire an eye-mask. You want a uniform visual field. An example of ganzfeld mask usage: <https://www.youtube.com/watch?v=be7WtvCmpJo>

1. Put on your mask, put on headphones set to play pink noise. If you're using a paper mask, make sure the lights are set to the desired setting. If you're using an eyemask that lets no light through, then lighting is irrelevant.
2. Lay down and get comfy. Your main aim is to have a uniform visual field so that you don't have anything that draws your visual attention, so if you need to be facing a certain direction to aim towards your light source, then do so. If there are distortions in the paper mask then don't worry, they'll fade out.
3. Leave your eyes open and just relax, but remain awake. It's okay to blink. Eventually you should start seeing blooms of color passing over your vision. This is normal. Look for shapes in those blooms.

4. Observe and pay attention to the colors and visual distortions and effects. You may start seeing or hearing things fairly rapidly, or it can take 20 or more minutes. Different people will have different levels of effect. You might trip total balls if you're brain is just wired for that.

Use the distortions and visual effects as your focus points. You want to develop the ability to will these visual distortions and hallucinations into taking shapes, shifting and moving around at your will.

Important! There is a cool effect available here you may have encountered in daily life. If you are in a perfectly dark room and hold your hands out where you would be able to see them, you may see a slight distortion where your hands would be, as if you could *sort of* see them. You can use this as a hook to start generating hallucinatory phenomena, and use your physical hands to "sculpt" visual effects in areas that you intend to contain hallucinatory objects. Don't know how well this will work using a regular non-blackout ganzfeld mask.

Training Method 3 - Dream machine and cream

DO NOT use this if you have epilepsy.

For some details on dream machines, the wiki article explains in brief

<https://en.wikipedia.org/wiki/Dreamachine> - Using a strobelight in the alpha brainwave range with eyes closed can generate visual hallucinatory phenomena. For our purposes, we can use this page, which will produce a strobing effect using your monitor

<https://www.bluestwave.com/tools/dreammachine.html#>

1. In a dark room, open up the dream machine page.
2. Sit and relax, set the page to strobe your preferred color and preferred Hz. Can leave it at 10 to start, but you can adjust higher or lower to see if you get more visual effects at different settings.
3. Hit F11 on your keyboard to fullscreen the page, then hit start.
4. Stare into about the center of the page as it blinks. Pay attention to any unusual visual phenomena.

Alternately: Close your eyes and allow the strobing effect to penetrate your eyelids. This may be easier for some users. Can also combine this with a ganzfeld mask for a fully uniform visual field strobe effect.

5. Continue observing the unusual visual distortions and attempt to shift and move and alter them.

When I do this, I usually see what appear to be long distortions radiating out from the center of the point I am staring at, often large rotating X shapes centered on that point.

Training Method 4 - The ol' Static Stare

Using a means of generating visual static, you stare at it and try to see patterns in the noise. The greatest show on Earth. <https://www.shadertoy.com/view/XlXcW4> This item of interest was provided to me for this purpose, which generates random colored static rapidly. Staring at it may lead to first seeing swirlies, then to seeing other sorts of waves or shifts or patterns.

1. Open up above static generator page, turn it on, fullscreen it
2. Stare at static, try to keep your vision centered on the screen (but it's not a problem if you look around if you start seeing stuff, just that it might be difficult to actually look directly at something if it's attached to your visual field)
3. Try to see objects, shapes, patterns in the static. Try to see simple shapes, straight or curved lines, or more complex shapes depending on current skill level. If you don't seem to "really" see something, try to just at least see what could be the impressions of those shapes.
4. If you start seeing any shapes, try to manipulate them by rotating them, moving them around in the static, or changing their size. However you want to try shifting them around.

Training Method 5 - Combo attack

Combining the above methods may yield, as such, the most results, but this requires experimentation.

1. Use the dream machine method for a set amount of time
2. Stop, then apply an eyemask or ganzfeld mask and observe.

This seems to be a rapid way to generate results. The unusual visual-field state after staring at the strobe effect, followed by immediately putting on an eyemask and shutting out all light, results in a seemingly more malleable state for willing and shaping the visual field.

Variant:

1. Afterimage retention practice for a set time.
2. Apply dream machine or visual static training for a set time
3. Apply an eyemask for a set time.
4. GOTO 1.

Training in the three main methods and rotating between them may be the kind of cycling process that may yield rapid results in developing visual control skills.

Combine this with looking at your hands with the mask on for additional effect.

Possible variant - Instead of using the dream-machine page. produce a GIF of the desired image from the afterimage training you are using which strobes between that image and another full-screen flat color (such as red). (after some testing, I am not sure if I like this method personally)

Recommended Training Cycle - AKA, GOING TURBO

This variant I think probably will generate the most results in the shortest timeframe.

1. Open <https://www.bluestwave.com/tools/dreammachine.html#> (or open <https://www.shadertoy.com/view/XIXcW4>)
2. Open an image of choice for after-image retention training (such as a negative color image of tulpa)
3. full-screen both of these
4. activate the dream machine page so it's strobing (or static generator so it's static-ing)
5. alt+tab back to the image of choice, get afterimage, close eyes (or don't)
6. alt+tab back to the dream machine / static generator page
7. observe and attempt to hold the afterimage
8. when the afterimage is fully faded, return to step 5

If you have a ganzfeld or blackout mask, after some number of cycles between steps 5 through 8, you can put on the mask and observe the visual field. After using the dream machine for a while, your visual field may be more "excited" than otherwise, and easier to manipulate or see desired visual imagery through. Using a static generator instead of a strobe may also excite the visual field to a different degree. Try whichever one gets you more/better results (or alternate which one you use per training session).

Combine this with looking at your hands with the mask on for additional effect.

RESOURCES AND STUFF

-- Binaural / isochronic tone generator: Brainaural 5hz theta preset

<https://brainaural.com/play.php?mod0=5&car0=528&noi0=0&iso0=100&bin0=0&bil0=0&fm0=0&lvl0=31&mod1=0.5&car1=30&noi1=0&iso1=100&bin1=100&bil1=0&fm1=100&lvl1=0&mod2=1.95&car2=150&noi2=0&iso2=0&bin2=100&bil2=0&fm2=0&lvl2=0&mod3=3&car3=432&noi3=0&iso3=0&bin3=0&bil3=100&fm3=0&lvl3=0&mod4=0.2&car4=9000&noi4=0&iso4=100&bin4=100&bil4=100&fm4=100&lvl4=0>

-- Ambient sounds or white/pink noise. Mynoise white noise generator can be found here

<https://mynoise.net/NoiseMachines/whiteNoiseGenerator.php>

<https://mynoise.net/NoiseMachines/whiteRainNoiseGenerator.php> I like this one

Aphantasiameow's playlist on prophantasia [https://www.youtube.com/playlist?](https://www.youtube.com/playlist?list=PLBYf8Ub_GxZEca740qGRPKIm-VdqRaIFU)

[list=PLBYf8Ub_GxZEca740qGRPKIm-VdqRaIFU](https://www.youtube.com/playlist?list=PLBYf8Ub_GxZEca740qGRPKIm-VdqRaIFU)

Previously I retrieved information and was inspired by this user's activities and so here's some links

<https://www.reddit.com/user/attackdrone/>

https://www.reddit.com/r/hyperphantasia/comments/pp5cqz/update_kasina_meditation_and_prophantasia/

https://www.reddit.com/r/hyperphantasia/comments/ljwp29/i_developed_hyperphantasia_ab

[ilities by meditation/](#)

You might get some interesting ideas checking out the hyperphantasia and other related subreddits. I recommend researching as far as you can into this subject as possible.

Additional links for related material

<https://www.dreamviews.com/dream-control/80879-advanced-vision-control-tutorial.html>

A link to links <https://pastebin.com/4vR2yGMT>

Reading material: Daniel Ingram's *Mastering The Core Teachings of the Buddha (2nd version)* -

This is a very useful meditation resource, and also a source for many other books about meditation and related enlightenment content.

Post results or suggestions for refining this program.