



## The Explorer's CDT Session Guide

1. **It takes energy to move energy.** You must be well rested and well fed, in good physical and mental energy for CDT (Creation and Discreation Technology). Mental or physical tiredness WILL reduce perceptions and results, even stop them altogether.
2. **Time:** you should have a **2 hour period** set aside for a session. A session is usually shorter (1 to 1.5 hours) but if you get into something “heavy,” we don't want to have to cut off a session in the middle of an activation and have the explorer living with by-passed charge until the next session.
3. You should familiarize yourself with the Code of Ethics for Processing that states your rights as an Explorer. A CDT Trainer/Pilot must be registered with Psycanics Foundation to expect hir to conform to this session guide and to the Code of Ethics.
4. If doing a call-in session, get **Skype** and your computer setup well beforehand: do not waste your time and money while you try to fix computer problems. Test Skype sound and mike by calling ECHO123 (enter in TOOLS/ Search for Skype Users and call from there). [Download from skype.com](http://www.skype.com)
5. Create a SAFE PHYSICAL SPACE. Make sure you are in a place that is comfortable and free of noise, distractions, interruptions and intrusions. You must prevent anything that will pull your attention off your internal psycanic universe/experience back into the external physical universe. Control your environment so that you are isolated and protected from anything that could break your focus and concentration: telephones, family entering the room, rambunctious children even when in other rooms, visitors at the door, radio, etc.
6. Before calling, get into a comfortable physical position, preferable lying down but where you can reach your computer controls to start the Skype session. However, a comfortable chair will work. Once you connect with the Pilot on Skype, you should not need to move again during the session as all movement damages the relaxation state (next item). If possible, you want to **operate your computer (start Skype)** without moving so that your relaxation state is not affected.
7. Spend **at least 10 minutes** before the session starts relaxing your body, part by part. Relaxation is 50% of all work with energy. All tension, both physical and psycanic, blocks both perceptions, your energy flows and your experience = FEEL. It takes years of practice to really learn to relax, but do the best you can.
8. You must be able to trigger = activate what you want to work on. However, the Pilot can help you with this.
9. The Pilot will ask you questions to see where you are in your experience, and then give you instructions as to what to do with your experience (create and discreate usually), always going deeper and deeper and looking for the underlying causes, IDentities and Determinations.
10. Try to do the session in as much of a meditative, contemplative, free-of-thought state of consciousness as you can. During the session, you are to be in EXPERIENCE, in FEEL,

**NOT in Mind.** Do not engage in thinking, analysis, computation, or trying to understand what happened or why you are the way you are. It is the Pilot's job to compute and navigate for you, and if you try to do it, it will pull your attention from your experience = FEEL, and that only serves to reduce your discreation results. This does not mean that you should not have cognitions, thoughts, ideas, and other realizations—you will and you should report them to the Pilot—**but let them come up by themselves naturally out of your subconscious to your consciousness.** Do not be digging around in your mind analyzing or trying to catalog or understand your experience. A Reality is handled by creating and discreating it, not by analyzing it. Your Pilot will record your reported cognitions and you can always analyze after the session using the logbook or session recording if you wish.

11. Answer the Pilot's questions as soon as you can, but experiencing something has priority. Finish an experience cycle before answering, **if** answering would interfere with your processing. However, if you take very long to answer, the Pilot will repeat the question in the possibility that you did not hear it, or have forgotten, spaced out, or are off wandering in your mind. If you are in an assigned cycle, and do not want the communication for the moment, say **IN CYCLE**, so that the Pilot cuts off hir communication.
12. The Pilot will adopt hir language to the Explorer 's knowledge and CDT experience level as best s/he knows it. (Advanced Pilots and Explorers use a cryptic verbal shorthand.) If you don't understand something technical, say **REPHRASE DOWN**, so that the Pilot explains in simpler terminology and expands on what s/he wants; as opposed to saying **REPEAT THAT** if you just did not hear well and want the instruction repeated in the same wording.
13. The Pilot usually wants **EXPERIENTIAL** answers to hir questions, not mind data. Experiential answers include: triggers and activations, shifts of mass, movements of energy, changes in emotions (in kind of emotion and/or amount of emotion), body sensations and somatics, resistances, aversions, **BADs**, any problems or difficulties executing instructions, etc. (Report all of these as explained in next item.) When the answer does require data, this data should come up from your subconscious to your conscious quickly: do not go into mind looking for the answers. If you do not get an answer naturally, quickly and experientially, just say you don't know or nothing comes. Even when the Pilot asks "WHY something," s/he usually wants experiential answers. However, there are times when the Pilot will want mental data, and s/he will say that it is **OK to go to Mind**.
14. If you don't understand an instruction, if you get lost in a cycle, and anytime you don't know what to do or what you are supposed to be doing, **communicate your experience**. The rule is: **WHEN IN DOUBT; COMMUNICATE**. Anytime your experience changes, communicate that change (see next item).
15. Always Report significant changes of your experience: triggers, activations, new chains, shifts of mass, movements of energy, emotions coming or going, getting stronger or weaker, body masses and sensations (somatics), relevant thoughts (cognitions, determinations, beliefs, programs, etc.) that come into mind, and above all, **RESISTANCE** and aversion to anything = BADs; and of course **IDENTITIES**. Especially, **REPORT WHEN SOMETHING GETS TRIGGERED**, and all changes of emotion. Also report End of Cycles, completion of instructions, and **SPace** (see below).

16. Always report **end of cycles**, especially **discreation cycles**, and **completion of instructions** and **above all, SPace**. (SPace is a state of no more activation/experience of something you were experiencing. It signals the discreation of that reality and end of cycle. New Explorers often find themselves in SPace without even realizing it, much less reporting it.)  
When the Pilot gives an instruction (e.g. Discreate BAD on that IDentity), do your best to carry it out. If you can't carry it out say so and why not. When you have completed an instruction—which means you will usually be in SPace if you discreated something—**REPORT** that you have done so.  
**Remember:** Your experience will be constantly changing, including mass, charges and other experience that will trigger in and then go out as you discreate them. **You must keep the Pilot up to date on what is going on inside you.**
17. If you don't communicate for awhile, the Pilot will ask: "IN CYCLE?" This means: Are you still conscious of and in the process of carrying out the last instruction? Or did you deviate into something else? Or are you lost in mind or daydreaming? etc. S/He may also phrase this: What is your cycle? What are you doing? Where are you? or **What is your Experience?** These last, however, require more answer than just a simple yes or no to the "In cycle?" question.
18. The session should only end when you are in at least SPace, with positive creation and positive energy much preferred. If you are still activated with the original experience, or if you have triggered and activated other charges during the session and have not cleared them to at least SPace (if not to positive), then the session is not complete and you will be walking around with by-passed charge (still activated and FEELing bad). The Pilot will ask you about this before ending session. If you must end the session while you are still activated because of your time limits, reschedule another session as soon as possible to finish the discreation cycle and the creation cycle.
19. The Pilot will maintain a log of the highpoints of the session, and usually a recording of it. These will be sent to you upon your request—they are useful for your study and for your continuing the process on your own. You are requested to donate the recording of the session to the processing library where people in CDT training can listen to it to analyze and learn from the Piloting. However, this is entirely your decision and the recording will not be used without your specific permission. The Pilot will give you a random name at the beginning of the session so that your real identity is hidden.
20. The Pilot will send you a session report with homework suggestions for you to complete, continue or deepen your process, including creation suggestions, and sometimes a plan for the next session as to what still remains to be covered.
21. After the session, please send the Pilot a report of your session experience and gains, any charge left open, any complaints, etc. If the Pilot is a registered Psycanics Pilot, then you may report unresolved conflicts and problems with the Pilot to the Psycanics Foundation at [support@psycanics.org](mailto:support@psycanics.org).