

# The Vault

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**WARNING – This whitepaper is for information use only. The author takes no responsibility for the results of its use. Using The Vault is designed to create confusion, disorientation and dissociation in the user. You may even experience periods of “lost time”. Only the most mentally healthy and well balanced people should use this process.**

*“If ‘all hypnosis is self hypnosis’ can you hypnotize yourself to forget **everything** for 15 minutes?”*

That is the question I’ve pondered for a very long time. Most hypnotists flippantly say “all hypnosis is self hypnosis” but they don’t understand the implications of their words. It’s also unlikely they have tried to test their skill at self-hypnosis by creating profound states of amnesia in themselves. I know very few hypnotists skilled enough to close their eyes and wake up completely confused about who they are and what they are doing for a set period of time. That said, I’ve given some thought as to how one might make that happen.

Understand, hypnosis works the way it does because of the mind's ability to dissociate. Dissociation means to separate or distance oneself from a problem, thought or emotion and is a natural process of the mind. Anytime we've allowed our minds to wander we are in one way dissociated from our current condition. We can experience extremes of dissociation such as absent mindedness and even not remember things that have just happened. A hypnotist can guide a subject's attention into a very dissociated state and give them an entirely new and better way to thinking, feeling and responding to a problem. A hypnotist can even instruct a well trained subject to completely forget and erase memories. This is very straightforward when you have a hypnotist acting on a hypnotized subject. It becomes almost impossible when one tries to do it on themselves with self-hypnosis because one must enter into a state in which there is no one "driving the bus".

How can a person guide themselves to be so dissociated they no knowledge of who they are no awareness of time and yet follow instruction? If it is possible, who then will give the instructions?

As a result The Vault was created.

The Vault is a mental construct with specific features which define and limit how it can be used. As a mental construct it is created by the process of imagining. The challenge of creating The Vault by oneself is the human ego's desire for continuity of experience, the feeling that life flows in an understandable and uninterrupted fashion. Within us is an unspoken desire for time to flow in an understandable progression with no lapses. One of the effects of using The Vault is dissociation, feeling 'spaced out' and even lost time. More on this later.

The normal response to testing amnesia is trying to remember what you tried to forget. If we can recall what we wanted to forget then we failed. This is demonstrated by trying to create amnesia in ourselves then seeing if we've really forgotten it. The only way to do that is to try to recall it. How can we intentionally forget something and make it impervious to recall. This can be overcome by associating amnesia not with memory, but with confusion.

To create The Vault one must first understand its qualities and features.

The Vault is a mental state that is isolated and unique from all of consciousness. It is separated from all other mental and thought processes by impermeable amnesia walls. These amnesia walls result in The Vault's unique characteristic of complete amnesia.

## **AMNESIA**

- Anything that happens within The Vault cannot be recalled or remembered. The amnesia is so complete that believing one has possibly done something within The Vault is evidence that it did ***not*** happen within The Vault.
- Anything the operator brings into The Vault to leave there, be it a memory, an instruction or action to be done in the future, cannot be recovered or remembered. It cannot be undone except by making an alternative instruction or memory within The Vault.
- If an instruction is given to perform an act while within The Vault the operator will do it naturally, easily, without thought or question, as if it were the most natural thing in the world. The operator will have no memory of the instruction.
- Knowing The Vault exists is no promise you will remember ever using it.

This fact allows for some very clear cut tests for the operator. The only possible memory of interacting with The Vault is the possible memory of entering The Vault followed by a period of lost time, and perhaps confusion. Any attempt to recall what happened while in The Vault will result in either more lost time or further confusion. Thus, when one enters The Vault with an instruction, one knows they will return from The Vault with no memory of why they went there. Any memory whatsoever is proof they were not in The Vault and further fortification of amnesia wall are needed.

## **Construction of The Vault**

The hypnotist, Mark Cunningham, saying “When you give something a name, it becomes real. When you describe it, it comes to life.” So it is with The Vault.

The very first efforts to create this mental construct is to deeply understand its properties. It may help to create a symbolic representation of The Vault in your mind. The Vault could be a specific shape that is separate from every other part of consciousness. Within The Vault there is no space, no time, no color, no gravity. The Vault contains nothing that can be used as reference. To even think of it will create a momentary blankness or detachment from reality.

One can start by reading the description above and ask a series of questions and vividly imagining all possible answers. These questions act as filter to your perception when asked with sincere curiosity and pondered.

*“What would it be like to know I can erase complete memories and thoughts from my consciousness?”*

*“How would I feel having just returned from a place I can’t remember? How would I get comfortable with that feeling?”*

*“What would The Vault look like just before I entered it knowing I would lose all awareness of time?”*

*“How will I get comfortable with the confusion and amnesia created when I leave The Vault?”*

*“What extra work will I have to do if I return with any memory of being within The Vault?”*

*“How will I imagine The Vault being impermeable to any attempt to remembering?”*

*“How long can I comfortably maintain a feeling of confusion?”*

*“What would it be like knowing that even thinking of The Vault would create a feeling of strangeness, dissociation and confusion?”*

(Authors note. Simply writing these questions have left me feeling somewhat dissociated. Imagine using this as a meditation.)

For anyone sincerely working to create The Vault within their mind I remind you what I tell my hypnosis clients. The Subconscious mind responds very well to gratitude and appreciation. When attempting to make a change at the subconscious level if you recognize and acknowledge when the subconscious mind does something right it will tend to do that more often. Thus if you noticed how you automatically made a healthy decision, telling the subconscious mind “Way to go!” you are very likely make the same decision more often. Some things you can acknowledge and appreciate when you are construction The Vault are:

- If you notice confusion, dissociation, not being connected to your body or lost moments of time.
- Feeling confusion when trying to remember why you were using The Vault.
- Feeling “spaced out” when merely thinking of The Vault.

The human mind will normally want to avoid the feeling of confusion, disorientation and lost time. This puts anyone wanting to create The Vault in a position to challenge more normal human responses. An attitude of adventure and experimentation are advised.

Creating The Vault may be very simple and quick or require a lot of time and practice. In any case, patience and a sense of adventure will pay off. Remember, there is no failure, only feedback. If something doesn't work perfectly, don't be hard on yourself. Learn from the experience, go back, do something different and try again.

### **How The Vault Can Be Used**

The first useful application of The Vault is for self improvement. Like a post hypnotic instruction/suggestion the operator can design an ideal behavior or response to various life situations and plant them into The Vault to be sealed and carried out. If the operator needed more confidence for public speaking the process would be to craft his/her instruction in the waking state. They would know when they return to the waking state they would have no memory of why then went into The Vault. They then entering into trance and into The Vault leaving the instruction there. What they remember of the operation may vary. They may have no memory of what happened or why they entered into trance. All they known is they went into The Vault so it must have been something good. Any attempt to recall would be met with confusion, lost time and feeling 'space out'. This is an extreme response. They may have memory of entering the Vault but feel confusion when trying to recall the reason.

Because The Vault is a personal creation, done for the users benefit, it should be designed so that only good and beneficial uses can be applied. So, even though there is no memory of why The Vault was used, the user would understand it was for good and altruistic outcomes.

Chaos magicians use a similar process of drawing images, also known as sigils, that represent desired outcomes then destroying the sigils in various rituals. The magician will go through a process of drawing many sigils based on many statements of desire so they no longer remember what the sigil represents. This will create the needed amnesia When the the ritual is performed.

### **S.W.O.T - Strengths, Weaknesses, Opportunities and Threats of The Vault.**

#### **Strengths**

The strengths of using the Vault is that you can affect the subconscious mind in a VERY direct way. Because there is no conscious memory of what happens within The Vault there can be no conscious undoing of it. Everything within The Vault is completely beyond conscious awareness, i.e. subconscious.

## **Weaknesses**

A weakness of The Vault is the difficulty testing it with any scientific rigor. To that my first response is don't try. The Vault is tool, a model of a mental process. Because it is a subjective mental process it would be a waste of the operators time to objectify it. Yes, it might be fun to try to prove it to others but it's true value is as a tool for personal use.

Another potential weakness is it being hijacked and used maliciously by another hypnotist. Fortunately, there are very few hypnotists skilled enough to do this. It is also much less likely to happen if one follows the recommendations below under "Have Your Act Together."

## **Opportunities**

As a tool for personal benefit using The Vault to install post-hypnotic instructions are invaluable.

- One could read book, or attend a lecture, then enter into The Vault and make sure the information is formatted for instant recall.
- A trivial but hurtful memory that lingers too much on the mind can be cast away into the vault.
- An appropriate response or reaction could be instantly programmed at a subconscious level.
- Have a long boring passenger trip? Enter into The Vault and experience the benefits of lost time.
- Want to truly not remember what happened while in a police interrogation? Use The Vault. (Meant with intense sarcasm).

## **Threats**

Fear is a big threat to effectively creating and applying The Vault. As mentioned earlier there is a subtle unspoken fear many of us have of "going out" or "losing control". This fear will act as a serious obstacle to creating The Vault. This fear could manifest as a worry that some day you'll wake up in crowded room covered with someone else's blood. Or imagine knowing you are innocent of a crime but being interrogated by police because you "could have done in from The Vault". These fear seem extreme but they represent a lot of people's concerns about intentionally losing conscious awareness. For that reason I recommend you never do a hypnosis process on someone you wouldn't accept for yourself.

There is an additional remedy for this threat that can be summed up in four words "Have your act together."

## **“Have Your Act Together”**

The best way to understand “Have Your Act Together” is to make every effort to become a healthy and well rounded human being. If you know yourself and know what you are capable of there is no way you use The Vault to do something that would get you in trouble.

To further understand what it’s like to “Have Your Act Together” imagine there are no distractions in your life. You have no debt, your bills are paid. There are no piles of trash in your house or unwashed dishes in your sink. All your relationships are healthy and loving. You are working very hard to create the life you want and you will gladly sacrifice a little time, work and attention for a greater life in the future. That is essentially what it’s like to “Have Your Act Together”.

When you “Have Your Act Together” there is nothing unwanted that could possibly make you use The Vault to do something that might cause damage... and you know it.

## **Conclusion**

If “all hypnosis is self hypnosis” what is the limit? If modern media can imagine creating a Manchurian Candidate through hypnosis what would it be like to make yourself a Manchurian Candidate of your own making? This would be the ultimate power and benefit of The Vault.

Questions and comments about this article are encouraged and will help advance the use of the process.

\* The Vault was written under the pen name Dantalion Jones (instead of the author’s real name, David Barron) because of the experimental nature of the topic. Please help contribute to the development of this process by sending your questions and comments to the author through the website <http://MindControlPublishing.com>