

# Collection of all found posts on “Field Effect” from Dale Power

Part IV: Non-Psychic Techniques

## **Building Muscle Without Lifting Weights**

If you would like to become stronger, faster or develop greater muscular endurance, there is a new technique that can help you do this, without ever touching a weight (or machine) and can allow you to do it in under ten minutes per work out session, which can be as little as 10 minutes per week over all!

This technique does take discipline to work at optimal levels and a willingness to face discomfort. If you have those factors in order though, it is probably the fastest way to build strength available right now.

MCE.

### **Maximum Contraction Exercise.**

The physical component of this is simple enough. You pick a single muscle grouping, and tighten it as much as possible, at full contraction, for about 20 seconds.

Really simple.

### **The Pro's of this kind of exercise:**

By contracting the muscle full, rather than doing so over the full range of motion, you force recruitment of a greater percentage of muscle fibers, force the muscle group to work as the point of greatest strength and push the muscle into the highest possible usage of muscular power available at the moment of exercise.

If you are lifting a weight, or even using an exercise machine, your movements are limited to the upper level of force you can move in the weight increments provided, instead of using the full force of a muscle group each time.

Let's say you are doing dumbbell curls.

Last week you could safely and fully curl 70 lb's. This week you could probably curl 77 pounds, but the next weight available for lifting is 80. So you have to stick with 70 pounds for another week, or even two weeks, waiting for your strength to grow enough to move up a level.

With MCE you can use your full strength every single time!

Because you are using the full power of a muscle group every time, you encourage greater growth not only of the muscle, but of the tendons and bones supporting the movement. (Lack of tendon strength is one of the prime causes of debilitating injury among weight lifters.)

The movements are slower and force simply dissipates when done with the specific exercise, as you are not holding a weight up, thus limiting the chance of injury greatly.

It takes a lot less time, because you can fully work a muscle group in about twenty seconds, since you are using full contraction of the muscle. Instead of

working out for hours, you can get a good (even a great!) work out in about 10-40 minutes. (40 minutes would be for very advanced levels of conditioning or people working on muscular endurance growth rather than strength.)

Working out between one and three times a week is more than enough, unless you are also increasing the healing rate of muscle tissue. (You can use mental techniques to do this and it is also the way that steroids work, increasing the healing rate of muscle, leading to greater strength in a shorter period of time.)

Most people can get very, very good effects doing this once per week, allowing full healing between sessions.

The "cons":

Doing this well requires the person doing it to focus tightly and be honest with themselves about how hard they are working.

Since there is no outward feedback (of a weight moving for instance) you cannot easily judge your rate of growth.

It's hard. In many ways it is harder than a much longer weight lifting session using free weights.

People aren't used to seeing this kind of exercise so you may "look strange" doing it in public.

Of these things, the need for focus and discipline and a willingness to face discomfort are the key points.

### **A program in overview:**

Start out by choosing the length of each section (each individual contraction period) that you want to start with. It is better to start out with a short time period and be very intense with the contractions than it is to pick a long time period and put less effort in.

Let's say you start with a twenty second contraction period, and then put in a ten second rest period. Ten seconds should allow you enough time to move from on position to another without having to rush overly, even though it does not allow for a rest.

Since you are switching muscle groups with each section, the need for rest is diminished.

If you start from the top of your body, there are 19 main muscle groups you can exercise without using twisting motions. (You can do this with twists as well, but I recommend building base strength for a few months, then adding in smaller muscle groups.)

When contracting a muscle group, continue to try and tighten that set of muscles constantly, contracting harder and harder for the full length of time.

Matching this to your breathing can help. Focus on contracting as hard as you can while inhaling, then on exhaling redouble the effort to contract the muscle. (I did mention that this would be hard right?)

Try to do one side of the body or limb, then the other immediately.

So if you are contracting your biceps first (bending your arm at the elbow all the way) you should then move directly to your triceps next (straightening your arm all the way).

Or if you first bend your neck straight back, the next section should be bending your neck forward as far as it will go, as hard as you can, for the time specified.

A full list of basic exercises (with pictures) will be added later, but these are very simple to do, just tighten down a muscle all the way, concentrate on the contraction and be willing to endure a bit of discomfort.

The more pain you are willing to face, the faster these exercises will work for you.

## Profound Relaxation

Relaxation is simply preformed by allowing muscle tissue to release tension. If you can move, you have the ability to control muscle tension in your body as well.

Profound relaxation is learning to let go of all tension not directly related to a specific task you are preforming at the moment. Your heart will still beat, you will still be able to breath, but all unneeded tension will be let go.

Such deep levels of relaxation can be a valuable tool to learn, allowing better control of stress, tension, sleep and hormone releases in the body. It can allow you greater flexibility and with much practice better fine motor control and endurance.

There is no specific technique that works better than others, so if you know a relaxation system already that causes you to pay close attention to where tension is in your body so that you can let go of it, then using that regularly and seeking to relax to ever deeper levels should get you to a profound state of relaxation with a few practice sessions.

There are a few things worth noting, that may aid you in practice however.

**First**, you will never let go of all tension in your body. Keep striving to find the tension that is hidden from you and to let go of it.

In this way you will gain the ability to let go of more and more tension on demand, until you can go totally limp with simple a decision to.

**Second**, your normal state is one of relatively high tension. You even tend to hold tension while you sleep. This means that while practicing relaxation techniques, tension has a tendency to try and creep back into your body.

Learning to keep your attention on the task at hand, relaxing, will allow you to reach deeper levels fast.

**Third**, relaxation is not hypnosis. The focusing aspect of some relaxation techniques has been used in hypnosis for a long time, but it is a separate phenomenon.

Relaxation techniques give you control over you body and remove some distractions, but they will not ever allow someone else to take control of your mind. (Not that hypnosis is control of a persons mind...But that is a full topic in itself.)

**The fourth** point is simply that there is no way to fail at relaxation. You simply keep letting go of tension over and over again until it is gone.

It just takes practice and as with all things, daily practice is best.

Once you have the basic skill down you can easily begin to practice fairly sophisticated muscle control techniques.

## **Attracting Women: A Guide for Men**

This isn't a guide to tell you how to "trick" women into bed using lies and deceit. Let's face it, if a woman is attracted to you, she will sleep with you unless moral objection or obstacles are in the way. With some women (and men, in case you are a woman reading this, guys are just as guilty of this kind of thing) even a relationship, marriage or (yuk) disease won't stop them from having sex with a person they are attracted to. Dealing with that is another issue, but obviously decide where your moral ground is before you act and always, always practice safe sex if you decide to have sex.

What this information will do for you, as a man, is allow you to double or triple how attractive a woman thinks you are. If this is used regularly, it will actually alter the perception of attractiveness you are held under by everyone around you, all the time!

So, while nature may have gifted you with the face and body of a four or five, you can ramp this up to an eight or nine in the perceptions of others!

All of these techniques take work and practice in some way, but everything worth doing takes effort in life, don't let laziness stop you from being good looking in the eyes of women.

You should try to use all of these things at all times.

**Body Language:** Most human communication (at least in person) is done through body language. How we hold ourselves, the gestures we make and even our facial expressions!

By doing a few simple things you can project confidence, attraction and interest, without coming across like a psycho-murderer sizing up his next victim. (Because nothing turns a woman off faster than thinking she will be hunted and tortured before being killed. Go figure!)

**Stance:** Standing up straight with head held high isn't just about good alignment for sports or something to make your mother happy! If you stand up straight, keep your chin high and move with your balance centered (Which is fancy talk for not falling down really.) women will think you are 50% better looking than if you slouch.

More, they will think you are about thirty pounds lighter and assume you are more physically fit than walking or standing in a hunched over fashion.

\*It's also better for your back in the long run. Your Mother, it turns out, was right on this one!

**Eye Contact:** There is a secret to eye contact that will show attraction (which is highly alluring to others in general) with out showing an implied threat.

Simply do the following: Make eye contact and hold for four seconds (count it out in your head if you need to) then look down and to the right for one second. Now, quickly look back and reestablish eye contact for four seconds.

If the woman established eye contact the second time, this is a signal that she is at least interested enough for you to approach. It doesn't mean she is single or

that she will act on this attraction, but it does mean she likes what she sees enough to give you a chance.

Do it again, four seconds, look down and right, and look back for four seconds again just to check. If she makes eye contact, smiles or even turns her head away, while leaving her body oriented towards you, it is time to make your approach.

*Note:* About half of women will think that your flickering look down and to the right is you looking at their breasts. On the good side, the vast majority of them won't really care if they find you attractive! They may even think of it as confidence on your part, as long as you aren't obviously talking to their breasts.

When you approach the first time, make eye contact and smile, for about six seconds. Then go back to the four second pattern.

Looking a person in the eyes for longer than six to eight seconds becomes intimidating. Don't do it unless you are trying to scare someone or start a fight.

**Smile:** A good smile, using the full face, not just pasting on a "dead" grin, indicates that you are a safe and friendly person.

Practice smiling in a mirror so that you know what this looks and feels like. Don't trust that you already "know" how to smile. What you think you are showing to the world may be very different than what is actually happening.

Just smiling regularly can enhance your perceived attractiveness by another 50%! (As long as you do it right.)

Don't bother trying for "smokin' good looks" or acting tough if you are trying to attract women. Go for happy, confident and forward, which means showing them that you are friendly. That of course is best shown by smiling and making it look real.

**Body Orientation:** This is a bit more subtle, but has very powerful effects, so is worth doing well.

If you find someone you are interested in, regardless of distance from yourself, along with eye contact you should orient your body so that your shoulders are nearly square to them and at least one foot is pointed towards her.

\*This won't change the eye contact pattern at all .

Don't worry about not being subtle in these things, most people don't consciously notice body language and when they do it is generally a good thing, and is not considered negative at all!

**Framing:** This one sounds SO obvious that it sounds almost like a parody of attracting attention, rather than the real thing, but it is a simple part of "courting" body language and the vast majority of people won't even think twice about it.

To do this, when oriented so you are facing a woman you are interested in, you use your hands to make a "frame" around your groin.

Not in a cartoon manner though! You do this (generally) by placing hands on hips, hang your thumbs in your front pockets or looped into your belt.

Both men and women do this, and while it is NOT a guarantee that a woman will sleep with you when she does this, it is a sure and certain sign that she is highly interested in you sexually.

The same is true when you do this in the direction of a specific woman. If she turns away or leaves it is probably her subconscious mind establishing that she is really not interested in you. If so, move on and mentally thank her subconscious mind for saving you time and effort.

Grooming and Clothing: Think that what you wear doesn't matter? That having dirt under your nails is "manly" and nose hair is a god given right?

If so, then you are hurting your chances with women so much that I can't help you. Either change your mind or have fun doing exactly what you have been doing. Alone.

Everyone else can do a few simple things that will help improve how they are perceived though!

Clean Yourself: This isn't meant in a pejorative fashion, but if you look sloppy and smell bad, women aren't going to like you as well.

This is especially important when it comes to not smelling bad.

Women, on average, have a sense of smell about 30% more acute than a mans. So if you think you may smell a little "off" to yourself, you probably reek as far as any woman around you will be concerned.

Wash daily and do a good job of it. Wash up after exercise too, even if that means a second shower for the day. Scrimping on soap and water will not pay off in the long run!

Use deodorant if you can, and if you use a cologne, remember this rule: Put on just enough so that you can barely smell it. It is better to go without than to have too much!

If you use a very subtle amount, women will (if on a subconscious level) have to work harder to recognize it. This will cause them to move closer to you, which will cause them to consciously think they like you better!

Also brush your teeth twice a day and make certain to floss as well. Bad breath can drive everyone away, as we all have experienced a few times in our lives no doubt. Things stuck between your teeth is off putting as well. No need to handicap yourself when trying to present yourself as an attractive person.

Trim things: Keep your hair and nails tidy and trimmed. This doesn't mean you have to live like a metro-sexual, always worried about every stray hair and have perfectly buffed nails all the time, just that you keep yourself in a generally tidy fashion.

Nose hair should be trimmed as well. Think about it, if you met the perfect girl, who was nice, funny and had a smoking body, but she also had a thick ruff of hair hanging well out of each nostril, you wouldn't like her as much. (Admit it. This isn't

saying you are shallow, just that certain things impact us even if we aren't shallow.)

Well, the same goes the other way around. You do not want a woman to be standing there actively trying to ignore your nose hair! This can pretty much be a deal breaker, so don't get lazy!

Ear hair too, but to a slightly lesser extent. Still, might as well be tidy!

Get regular hair cuts and actually use a brush or comb a couple times a day. If you don't like messing with your hair, cut it off. Short hair, even when not popular, makes a better impression than long scraggly or messy hair on a man.

Don't forget to take care of your toe nails as well. If a woman is in a position to see your toes, odds are she is probably already considering you as more than a friend. Make a good impression always.

Good grooming is important and delicate. If you have it all together, you get a 50% bonus to your perceived looks. (Why is everything 50% I will share some thoughts on that near the end.)

If you have even one glaring omission, you can strip several hundred percent off of your total tally though!

Think about it. Everything is perfect, dressed to the nines, teeth and hair gleaming, standing straight and tall, showing great eye contact, but as you make your approach, the scent of a diseased skunk wafts off of your body...

Even with everything else being together, you won't be attracting many people at all!

So pay attention to detail here.

Cloths: Yes, if you dress up nicely, you make a better impression. On everyone. Just wearing a well kept suit, some nice (and ironed) slacks and a button up shirt (with a belt!) or even clean jeans with a nice sweater can boost your perceived looks a lot.

If you can't afford new cloths, make sure that things are clean and as well kept as you possibly can manage. (Because I know some of you guys reading this are high-school and college age and don't have a lot of spending money at all times.)

Get a belt if you don't have one. Just tucking in a shirt makes you look much better, fitter and will boost the perception of what you look like to most people!

Make sure your shoes are clean and as tidy as you can get them. Also, make sure they don't reek.

Wear red.

Red shirts and jackets make you look more attractive to women. Again 50% more. No one knows why, and it doesn't work at all on men, but having red clothing on just clicks with women on a deep level. (Which they are not even aware of!) It is not thought that the specific color of red matters all that much, but blood red or slightly darker seems to get good results.



## Actually Talk to Them!

Yes, once you make eye contact, have the clothes right and are standing tall, know you are clean and ready, just walk on over and introduce yourself.

Don't try for a fancy line, just say hello, and give your name. An observation about the location or a stand out piece of jewelry or clothing would not be out of place.

Women will generally let you know if they are taken fairly quickly, if they don't mention anything in the first three minutes it is not impolite to simply ask! She KNOWS you came over because you find her interesting. This is not a crime or anything to be embarrassed about. If she is taken (or even if she just says she is) bow out gracefully and move on to the next person. (Or, if she is interesting in a non-relationship way, strike up a friendship. Not everything has to be about sex, and just being a nice guy isn't a bad thing, as long as you manage to avoid the nice guy traps.)

Women don't want to take risks in meeting men. Face it, you don't want to take risks either! Being willing to be bold and take some risks will increase how attractive you seem to a woman however. This has far more to do with relieving them of having to make an effort or facing possible rejection than it does with the guy being "nice" or a "jerk".

## The "Nice Guy Traps".

You can be nice and get girls. What you can't do is be perceived as weak. Those jerks get girls because they are assertive and make the first move. Once they have established contact (basically slept with the woman) they show that they are valuable by being too busy.

The nice guys of the world tend to hang back, sometimes for years, waiting for the right moment to make a move. By the time they do, the girl has often already decided that the nice guy is not interesting to her, and possibly categorized him as a "brother" a man that has a relationship with her, but that is not sexually allowed.

Breaking out of that kind of a trap is difficult, nearly impossible at times.

It is much better for a true "Nice guy" to be assertive in the first meetings with a woman and let things fall where they may.

This doesn't mean you have to be a jerk. If you want to be valuable to a woman, make certain she knows that you are busy and have to schedule time for her. The most honest way to do this is to be busy in reality. Don't lie and make up stories, just make certain you always have things on your schedule, so that you are in reality, hard to get.

Jerks do this because they already have what they wanted. A nice guy can do this simply because they are interesting people. (Busy is interesting. In demand is interesting and of course, when with a person, focusing on THEM is interesting.)

As a "Nice Guy" never, ever wait for a girl to be out of her current relationship.

This doesn't mean try to grab her from the guy, just move on to the next woman and don't let yourself develop strong feelings for unavailable females. The best

way to short circuit such and interest is to focus on other women instead!

And last, don't settle for approaching one woman at a time. Meeting people should not be done with only one person being this weeks (or months!) project! Try to meet as many women as possible, giving yourself the best chance of finding someone compatible with you.

Being sought after by many women makes you more attractive to new women! This is why women are more likely to be attracted to guys that already have girlfriends or wives than to single men.

By staying active and busy, meeting a lot of women, you will generate the impression that you are considered desirable to women in general.

\*Why does everything seem to increase attractiveness by about 50%? No one knows for certain, but it is probably biologically based. We make an artificial scale for attractiveness, (like judging looks on a scale of 1-10) biology though works by ramping up the release of certain hormones in the brain. Women probably have several set points as to how we are attracted to others, with about five levels on it, from "I barely notice you" to "I want to have your baby."

Using the techniques above you should be able to boost yourself up to level four with many women, a level that is something like "I am willing to give you a real chance". Even very good looking guys have to win women over to get them to the last level in general. (Famous people can sometimes jump right to stage five, but while nice for them, that is not normally available and is probably a sign that something is wrong with a woman even for the celebrities they are going after.)

## **Overcoming Hunger and Thirst**

Like pain, feeling hungry or very thirsty can be mentally distracting and unpleasant, especially if nothing can be done at the moment to relieve the underlying need. In order to move past these signals it is important to focus your mind into an organized front.

Even though the sensations are very different, hunger and thirst can both be mastered using one technique that will handle both at the same time. It is best to start this before deep thirst or hunger set in, of course. (It is almost always better to start trying to control any sensation before it becomes very strong. Pain, dizziness, nausea, hunger and thirst all apply. If you start early enough, almost any sensation you are capable of being aware of is controllable, even without training.)

The technique is two fold, to allow for continued activity while staving off these sensations.

### **To Begin:**

Focus your attention on the pit of your throat. Imagine a slight warm and full feeling. After about a minute of this, imagine a slight tingling feeling is being added to the mix as well.

Now hold this feeling with constant attention.

That's it! It takes very little to distract the mind from base needs.

By practicing this over and over again, and only in regards to hunger and thirst, you will train yourself to automatically shut off such sensations when you focus your attention at that point of your body.

\*This will work the first time you try it, as long as you focus well enough. It will get far easier and more effective with practice though.

Once that is done, you can move to other tasks, by focusing your mind tightly upon what you are doing, noticing every movement, keeping your mind strictly upon the task at hand. If you find your attention wavering, instantly move back to focusing on the pit of your throat.

This tends to free a small amount of thyroid hormone as well, which tends to lessen feelings of hunger biologically. The main portion of this technique is simple distraction and mental training however.

### **Why would you want to do this?**

It makes life a lot easier in many ways. Hunger and thirst are indeed signals of biological need, but being focused on them can trigger a cascade of negative biological reactions that cause us to feel ill, weaken and become less mentally clear.

By learning to dampen and mitigate such feelings, we can remain fairly strong and active while we attempt to survive in the real world.

Because we have, as humans, learned to think and plan over time, we can replace basic instinct and need with conscious thought and planning. Knowing that we will eat later and that we need to drink water we don't have to be driven to do so by biology.

As a side benefit, every part of our being we gain even some control over, strengthens our immune and sympathetic nervous systems. So while we learn to set aside annoying things, we also strengthen our bodies and minds!

## **Overcoming Depression Using the Power of Your Mind!**

Depression affects about 80% of people at some point in their life and about 10% of people (in the U.S.) will find depression is a chronic problem requiring medical treatment.

What follows here is a simple, but highly effective technique that anyone can learn to use (with one caveat, which will be explained below) to bring themselves out of depressive states or fend off even severe depression before it starts. The record of effectiveness for this technique is very high, nearly 100% of all people that actually use it regularly find themselves free of depression, rapidly and without relapse.

This isn't a "psychic" trick or technique, but a simple mental exercise that will help you to re-set your brain chemistry and, almost literally, jump out of even deep states of depression.

The one "caveat" here is that you have to USE and PRACTISE this technique. You will want to (at least while learning the basic skill set) practice for about five minutes per day, every day for the first two to four weeks.

After that, doing this exercise once per week should keep you on a fairly upbeat course. Don't be shy about doing it more often, or if a depression seems to be being triggered by events around you. There is no harm in "over-use" of this technique.

### **Technique:**

Find a fairly quiet place, where you feel comfortable closing your eyes.

Once there, close them and allow your mind to clear as much as possible.

Imagine that your head is a balloon, with an outer shell that you can feel, but filled with clean, clear air inside. Focus on this for about 30 seconds or so. (It doesn't have to be timed, just get a good feel for the mental image)

Now, in the very center of the empty balloon, which is also the center of your head, notice a tiny point of light forming, as it forms notice the intense pleasure being given off by this light. (It is OK, especially at first, if you don't "See" the light or "Feel" the pleasure. Use your imagination here, it will still count!)

Once you have the light in the center of your head, notice how each time you inhale the light gets a little bigger, and the feeling of pleasure gets a little more intense. When you breath out, it stays the same time and feels about the same.

Let it keep growing rapidly, until it is the size of a golf ball. Notice how good this feels. (Again, if you can't really feel it, imagine and pretend that you do as hard as you can!) keep going until it is the size of an orange, which should take about four minutes or so.

Once the center of your head is filled with glowing and pleasure, make an effort to hold it in place for 30 seconds, or longer if you choose.

Then, when ready, let go of it and continue with your day.

What just happened is that your brain, thinking an endorphin response was

happening, triggered one and reset your brain chemistry to a much happier state of being.

It may take up to three days to totally shake the lingering depression, but most people feel better within a few seconds and notice that the worst effects pass from the depression within hours!

This is totally safe to use with your current medications and should not interfere in any way with a doctors suggestions.

\*Feeling better does not instantly make your life better. That takes work and time! If you would like help with that, please check out the items in the [shop](#) on this site, which has a lot of items that can aid you in finding the better life you seek.

## Gaining Control Over the Ego

There are two common meanings of the word ego. The first is an identification of self. It is how we differentiate ourselves from others. The second is a combination of pride, embarrassment, saving face and asserting our dominance over others. It is the second definition I would like to address here.

First, we should look at why it is useful to us as individuals to lessen the hold of ego driven factors and emotions upon us.

The plain fact is that many of our missteps and failures in life are directly linked to ego. We can become paralyzed by the idea of "looking bad" and so never put ourselves forward in life. For instance, perhaps we will not take needed assistance because we fear being seen as weak. Maybe we turn into bullies, pushing people and threatening them to get what we want, because our self esteem tells us that we are worth more than others.

All of these things harm us as people. They weaken the foundation upon which we must stand and turn our minds away from doing what we are trying to do, instead turning in on ourselves in fear over losing or not making it in life or, sometimes at least, even winning. On it's face that is an insane proposition - not trying because you may fail or succeed. It is very common though and most people can think of a time or two in their own life where they decided not to participate rather than risk failure.

Anger is often driven by this negative portion of ego, as is hatred.

By learning to let go of ego driven negative emotions and thoughts, we can begin to open up a whole new world for ourselves, and see ourselves as valuable without any need to diminish others while doing so.

If nothing else, it at least reduces a lot of time wasting and depression inducing triggers in our lives and leaves us with more time and energy to spend on the things we love.

I have found personally that it also aids a lot in reducing fear in all it's forms, because you can, without such ego, admit to having fears and understand what it will take to face them. It may be scary to face your fears, but it can be done and is one of the best methods to reduce them long term.

Here is a basic, but powerful technique that can be applied to aid in diminishing the harmful aspects of ego.

### **Technique:**

This is a "living" Technique, a skill that should be applied as close to constantly as possible, and while it is certainly contemplative in nature, you don't need to be in any specialized mental state at all for this to work. It will work just as well in whatever state of mind you are in, as long as you remember to apply it.

Start by noticing your emotional state.

It will vary, day to day, even minute by minute. Try to notice the subtle shifts that take place as you go through your life. When you feel yourself being put upon, angered, scared or any other emotion you dislike, stop yourself, take a deep breath into the stomach and exhale forcefully (Like a sigh, not like blowing a balloon up.)

This will cause you to relax a little, which will disrupt the emotion just slightly. Anger, Fear and excitement all need muscular tension to be identified as emotional states! Relaxing takes away part of the equation!

Next, focus on what was upsetting to you and try to find the point, the specific thing, that was setting you off.

Once found, and as long as you are honest with yourself, you will find the answer almost instantly, start to question yourself as to why you felt the way you did about the topic.

Some times it is simple. Someone infringes on what you consider your area, concern or life and you suddenly wish to lash out at them.

But with careful consideration, can you find out why the other person may have acted as they did? If you can find honest understanding and empathy for the other person, you will remove most of the negative impact from the situation immediately.

Finally, relax as completely as you can and try to clear your mind for a moment. You don't need a trance state here, just a moment to disrupt the negative impact of the emotions, and let the chemicals released by your system begin to fade.

At about this time, most people will feel a small resurgence of ego! Relax again, and consider whether you have any reason to really feel the way you do. What you will normally find is a simple ego struggle. A part of you fears becoming *less* is letting go of certain emotions that have seemed to aid you in the past. This triggers a small fear response, as the ego fears death. (It does not have to be a real fear of death, just a fear that something could possibly lead to death.)

By repeating this process continually, you will quickly come to a place of much improved outlook and a greater willingness to do what is right, without worrying over social consequences.

This is simple on paper, just remember that applying it is perhaps one of the most transformative things most people will ever undergo, if it is pursued as well as possible.

You may well find that there is always a deeper level and a deeper reason for all of your feelings as you go along! This is a part of a wonderful journey, in which you learn more about yourself and find out that what you thought was needed for you to survive is often illusion!



## Finding Your Path In Life

Almost every day, sometimes several times a day, I get e-mails from people asking me what direction they should take in life. Since the answer is almost always the same, I thought this was a good time to share this information with everyone.

A persons life path can only be truly determined by themselves. No other person can do it for you, because even if they can catch hints of what you may be doing in the future, this information will always be filtered through *their* knowledge and life experience, which will tend to set you off in a slightly skewed direction if you follow their advice

So no psychic, teacher, or member of the clergy can really tell you what you should be doing with your life. On the good side, with just a little work, you can figure this out for yourself in short order!

### Getting Started:

You have an in-built guide that tells you what you should be doing in life. This guide is the combination your own interests and desires.

### To focus this try writing two lists.

On the first list, put everything you like to do. Add in everything! (No one else will see this list, so be honest and open with your feelings about things.) Try to think through an average day and figure out what you do for fun, what you do to relax, what kinds of things you research and follow up on. Don't worry about having the skills to make a living at these things, just write down what you like for now.

On the second list, write down everything you wanted to be as a young child, even if this does not apply to you now. It will help free your mind, opening up to process new possibilities as you did when younger. Get them all down as best you can! So if you wanted to be a fireman, write it down! A ballerina? Make a note of it. An astronaut super hero that travels through time? That counts too. (Don't leave anything off out of embarrassment and try to scrape your memory for all of them you can find.)

This list is about the ideas you had, not about practicality. We will work practicality in later. For now remember your dreams, big and small.

These lists, particularly your likes and interests, should take you a little while to write out. Think about it and work on it for a few days, maybe a week. This issue is important enough to take your time with!

### Winnowing:

Once both lists are done and on paper, Re read your list of childhood dreams carefully and consider each entry seriously for a few moments. Try to consider what it would be like to do each item written down and think about how you could get there from where you are now. Don't dwell on negatives, just focus on how it could be done!

Go in assuming that major life changes would be needed and that you will probably need to make big alterations to your habits, schooling and life style. Just think of possible path for a while and mark out how it could be done, at least in potential.

This exercise is about breaking your normal thought habits and allowing yourself to see what could really be done!

The second part of this process should come right on the heels of that first exercise, while the changes you have made to your thinking are still clear and active within you.

Take out the first list, with all of your interests on it. Look at each of your interests and see if any of them seem to tie together.

**Are movies mentioned a lot or television programs?**

**Do you enjoy games or books a lot?**

**Is your interest geared towards fashion or mechanics?**

You will probably find a few connecting threads, two or three at least, within your list.

Note these down on a separate list but keep the first list of interests handy.

What you have left is a list of several possible life paths for you to follow that will call to you and help lead you in the right direction.

**Picking your path:**

Find a comfortable spot, take your new list of possible paths and sit quietly for a few moments with your eyes closed. Let your thoughts drift a bit and relax as best you can.

When you feel ready, open your eyes and read the first item on your list and then close your eyes again. Ask yourself: how does this item make you feel?

Do you feel happy considering it as a career or life path or does it make you feel a bit uncomfortable and edgy?

Sit with this idea for a few minutes and see if your feelings change about it.

If you feel uncomfortable or edgy about the idea, note this down.

If you feel good about it, mark this down as well.

Do this for each option on your list.

Now you should have at least one and possibly several (they *ARE* your basic likes and interests after all) different paths that you can take, any of which will lead you in the correct direction for you.

Pick one. You cannot make an incorrect choice here. But start with just one thing.

**Making a Plan:**

Sit down and think seriously about what work, jobs or other things you could do in your chosen area of interest. There are probably hundreds of related things you could go into. As you research and find out more, you should gain a good picture of what seems like fun and what would be related to your interests, but less interesting to you.

Read up on what qualifications you need for these positions, and figure out how

to gain those skills. School works, but don't forget apprenticeships, interning and getting a lower level job in the industry or area of your choice and gaining the skills that way! Don't let anything stop you from making your plan. It may take some work, but it will be worth it!

**One last thing...**

Do it. The biggest stumbling block for most people is this last step of actually putting their plan into motion. Don't let anything stop you if you can help it. Being busy or having other plans right now is not a good enough reason to not pursue your interests in life.

**So, do it and keep doing it until you make it. Nothing I have found replaces work and effort!**

## **Energy Breathing**

This is a simple technique to increase your physical energy for a short period of time, a few hours, in case of need. It won't make you jittery, but it will wake you up and help you to keep going with a (mainly) clear head, even after days without sleep if things come to that.

On the good side, you can do this anywhere, while doing other things so the time it takes, about five minutes per hour, doesn't really count against you in any real world way.

On the down side, it is a bit obvious and if you are a shy person, you may not want to do this around other people. But then again, if they see it working and the situation is right, they may just join you!

Energy Breathing works in two ways.

First, you increase the amount of oxygen in your blood stream, which has a restorative effect on energy and feelings of energy.

Second, the breathing pattern itself triggers a release of chemicals and hormones that add energy to your system. So the energy you feel will be real energy, unlike that you get from caffeine or other drugs. (Which make you feel more energetic, but don't free up fuel for the body to operate on.)

There is a price to pay for this energy though, in that you will need extra rest later and to eat a healthy diet for a few days after prolonged use of these kinds of techniques. (I will go over a psychically based technique in another article soon.) This energy comes from your own stores, so remember to replenish them or pay the consequences in lethargy and tiredness later.

### **Energy Breathing Technique:**

The key here is to take short, very rapid breaths for about twenty seconds, through the nose if possible, while expanding and contracting your stomach.

This should give an almost "bouncy" feel to it, if you are going fast enough.

You should try to take about three to four breaths per second. You obviously won't be filling your lungs all the way, and that's all right.

At the end of twenty seconds of this (about, you don't need to use a watch for it.) take three, very deep, very slow, full breaths.

\*If you are used to breathing very slowly, one or two breaths per minute, speed up a little, so that each full breath takes about ten seconds.

Then repeat this for five minutes.

You will want to repeat the whole five minute routine about once per hour, more if you need greater energy.

You can also do a session longer than five minutes if you need much greater energy in the near future. (Say for strenuous physical activity.) Or if your personal energy reserves are getting low.

**Tips:**

Breathe through your nose, at least on the fast breathing. For some reason this seems to increase the triggering of energy effects.

If you start to feel tingly, especially in the fingers and toes, this means you are slightly hyperventilating. This is not harmful, but you can probably shorten the fast breathing portion of this technique for now. Slowing your breathing will allow this to return to normal, though many people find the slight tingling pleasant.

Visualizing bright lights, the Sun and “feeling” awake, as if you just got out of bed, can also help reset the chemistry of your brain, tricking it into releasing chemicals that will wake you up. It won't make you feel “high” just awake.

Finally, *you still need to sleep!* Don't push yourself without a good reason. Not too often anyway.

## **Thermogenic Dieting Boosting Your Metabolism to Lose Weight**

The idea of using an increase in Basal (resting) metabolism to aid in weight loss isn't a new one, in fact the basic idea has been around for almost 150 years now. Early on it was postulated that some foods would require more energy to digest than can be absorbed from them by the body. Celery, lettuce and cabbage fall into this category, being so low in calories that they help the body burn calories instead of adding them.

This effect has been confirmed scientifically, and is related to the amount of fiber a food has, as well as the total calories. But this doesn't mean simply loading up on fiber will make you lose weight. There are limits.

Also, in the last thirty years or so, it has been suspected that certain spices, like hot peppers and ginger would also tend to speed up the metabolism. This has been confirmed for several spices now (listed below) with several others that are "likely suspects" that have not been proven to have such warming qualities but only because science has not done the needed studies yet.

You still need to watch how many calories you are getting in a day and exercise is the best single metabolic booster you can incorporate into your routine, so make time for a metabolic revving up session at least once per day. You may as well do enough aerobic activity to aid your heart while you are at it! About an hour a day is a good goal. Doing less than that tends to cause many people to give up on exercise before they get the full benefits from it for some reason. (Probably due to the fact that once we invest time and effort in something, we value it more. The more time and effort used, the higher the value.)

So, if you do all of this exercise, eat foods that warm you up, load up on the celery and so on, how many calories extra can you burn during a day? (NOT including the calories burned directly by exercise?) Well, that *will* vary, depending on what exactly you eat, how much of it and factors like current body mass, gender and how hard you exercise when you do it...

But somewhere between 1,200 and 2,500 calories per day!. Remember, this is just in *RESTING* metabolic rate increases!

The more active you are, the greater the amount of calories you will burn off per day!

The more spicy foods you eat, the greater the metabolic increase as well!

The keys are not overeating and generating heat. To check and see how many calories you burn off during a day, here is a link to a good calculator to help you figure that amount out: [http://www.hikingupward.com/cal\\_calc.asp](http://www.hikingupward.com/cal_calc.asp)

Once you know the amount of calories you regularly burn off at rest, you will know how much you should be eating. In general, you will want a deficit of at least 500 calories per day, which will allow you to lose one pound per week.

### **BUT...**

By adding in thermogenic foods and spices, and adding regular high intensity exercise to your day, you can boost the level of weight loss up to four times, without starving yourself!

Fiber: Increase your fiber intake from what it is to about 50 grams per day.

Do this slowly over the course of a few weeks to prevent abdominal pain. It is work to process fiber, which is why this effect is so powerful, but you will want to get used to it over time.

This will cause your body to expend extra energy to process fiber, and also cause you to make healthier food choices. (Oddly enough, both Cheeseburgers and Twinkies contain almost no fiber! Who knew?)

This will also help to keep you regular digestively, so that you will be able to see more direct results of weight loss faster. Because undigested bulk won't stay in your body for as long.

Protein: Some people believe that protein is processed faster and uses more energy in doing so than carbohydrates and fats.

While not recommending people go overboard eating red meat, about 20-25 percent of your calories coming from high protein foods can't hurt your metabolic speed.

\*I personally eat a lower protein diet and have had good health benefits, but this will vary from person to person.

### **Spices:**

Hot Peppers: These have been shown to increase basal metabolism for several hours after eating. One teaspoon full seems to kick the metabolic rate up by about 20-25% for about four hours after eating it. This is about the amount of peppers you would find in a table spoon of Tabasco sauce.

Ginger: One teaspoon boosts the metabolism for about four hours by about 20%. Fresh ginger should be finely chopped or crushed first. Powdered, dried ginger works well though. Crystallized ginger works, but has too many calories. Save as a treat for when you reach your weight goal.

Mustard: One teaspoon of the dried powdered kind will kick your metabolism into gear! Again by about 20% for four hours. This tends not to be too spicy and for people than have only had it in it's vinegar sauce state, the taste is very different. A little bit nutty, and not sharp at all.

Cinnamon: Regulates blood sugar levels well, meaning you won't become as hungry as soon after eating or drinking it. No scientific findings on a metabolic boost, but I am going to hazard a guess, based on personal perception, that it boosts basal metabolism by about 15-20% for four hours after eating. Again, about one teaspoon full.

Clove: Another obvious warmer, it is scientifically unclear as to what it does. It seems to have analgesic properties when used topically and possibly when taken internally and adds to significant warming, without a burning sensation internally. Possibly as high as 20% for about four hours for a teaspoons worth.

Cumin: Good pain killer, anti-inflammatory and warming. Seems to pack a little less heat than some of the others above. Call it 10% increase over four hours? Use a teaspoon of this instead of over the counter pain medications.

Wasabi/Horseradish: Powerful and obvious warming effects. Easy to eat enough for full thermogenic effects, as a tablespoon can be cut with other foods,

particularly fats, to lower the “heat” from it. Again with a jump of about 20% for four hours after eating it.

Now, many of these spices work on slightly different principles, so combining them will allow a cumulative effect! That is, by having several of them in one meal, you could increase your metabolic rate by up to 70 percent. You can also use fewer of them and have more of some, to increase the effects that way. (I have seen reports of one individual, a man, who was particularly motivated and used a lot of Tabasco to raise his basal metabolic rate by 73% and kept it there for most of his waking hours. He only ate it on food, during his three daily meals. So this is possible, even doable by regular people.)

Exercise: I'm not here to hold your hand and tell you that a gentle stroll is the same thing as running a marathon. Get your heart rate up, do it safely, but push yourself. Check with a doctor first if you have health concerns or a history of heart disease.

Whatever you decide to do needs to be intense enough to get your metabolism going strong. So heart rate at about 80% of maximum recommended for at least a bit and a long enough period of exercise to feel warm.

Don't stint here. If you “hate” exercise, then try to move past your dislike. It is counter survival, so your attitudes need to change.. You are biologically designed to need a certain amount and should get it daily. If it is hard, hang in there, but don't let flashbacks to 8th grade gym class prevent your from exercise as an adult. No one ever will pick you for a team last, not if you are working out on your own! Most gyms for adults don't even offer dodge ball, so you should be safe.

The common idea in the press has been to give the least amount of exercise possible as a recommendation, fearing that too high an amount will scare people off. My take is different. As an adult you can decide, knowing that you need about an hours worth of exercise per day and knowing that you get more from hard work than from barely working at all, for yourself how much you should have. This isn't outside of the recommended amounts, even! It just isn't coated in sugar for you. Do it or not, but know that the benefits are worth it in the long run, if you have a weight loss goal.



## Reducing Body Temperature

It is fairly easy to stay warm in the modern world. Turn up the heat, put on some more clothing or wrap up in a blanket. If those things are out of reach, you can use the Tumo (heat production) exercises [given here](#).

What happens though if you are too hot?

Once you try the obvious, if it is possible, such as turning up the AC, spraying yourself with water and taking off some clothing to allow heat to escape, what else can you do?

Quit a lot really!

By lowering your basal metabolism, you can lower your body temperature and by learning some specific muscle control exercises you can learn to quickly “dump” heat into the environment, cooling yourself rapidly in even the hottest conditions.

The easier things first though.

### Lowering Metabolic Rate:

To slow down the production of heat requires profound relaxation, which is a discipline in and of itself. Here is a quick guide, but remember, constant practice will help you to master this skill, and for the vast majority of people it will take months or years to learn to relax instantly, even in a calm situation.



Don't give up. It is too valuable a skill to skimp on.

I won't bore people by listing every muscle group in the body that should be relaxed, just start at the top of your head and work your way down, focusing on even the smallest muscle groups as you go.

Do this for your whole body.

When you are done with the first round, try to just let go of any remaining tension. You probably will find you constantly carry tension in your body that you don't think about. For instance, you use tension to hold your body upright when sitting...

Find these kind of tensions in your body and try to let each of them go, supporting your self using body position and external support from the chair, or surface you are sitting on rather than using muscular tension.

When you feel relaxed, let go of the tension in your skin. You will know when you are getting this right, because your skin will feel suddenly full and will begin to warm slightly.

\*This is all right, it means that the heat held within you is being released into the air.

If you simply maintain this level of relaxation and keep striving for deeper levels,

you will begin to cool your body as Metabolism will slow to a point lower than during sleep after about twenty minutes.

At that point, if you keep your focus high, you can stay very relaxed and begin to move around at the same time. Just relax each muscle completely after using it to move, rather than simply moving on "auto-pilot" like people normally do.

Such deep relaxation is at the base of most muscular control regimes, and has many uses in daily life.

**Contraction/Release method:**

This is a very advanced technique that requires a good deal of intramuscular control, but is effective in very hot environments.

Start by taking a big, deep breath.

As you inhale, contract the capillaries of your body, as hard as you can. (This will temporarily raise your blood pressure, so be careful if you have problems there.)

When you have contracted them as hard as you can, whole leaving all other muscles relaxed, exhale strongly and relax the capillaries.

It should feel like a great release and you will feel a sudden "wave" of heat leave your body.

By doing this over and over again. You can lower the temperature of your skin by a goodly amount over what sweating would allow.

It can allow you to be comfortable in both dry and high humidity situations. (In dry situations you can also use this in conjunction with a release of perspiration to increase the effects.)

\*This technique is very advanced and it is not likely that someone reading this without advanced training and practice in bio-physical control will simply pick it up. It is possible to do however and takes only practice and learning.

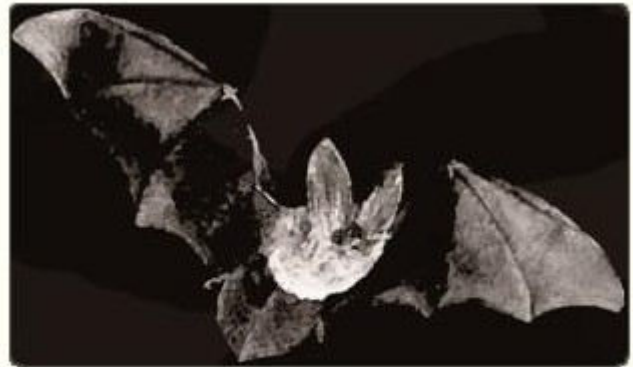
Most people can learn the profound relaxation techniques far faster however, making that a great place to start on more advanced things.

## Overcoming Fear

The fastest way to overcome fear is to face it. It is not the most pleasant way, but it is the fastest. If you exist in the presence of your fear for over three hours, your body and subconscious mind *have* to let go of that fear, as it will become unsustainable, chemically speaking.

When that event happens, a total exhaustion of the neural chemicals and hormones needed to keep a given fear or anxiety alive, you automatically reset and you will forever be free of your previous state in response to that trigger.

This isn't wild "New Age" thinking, but is instead almost exactly what a good therapist will do for you in regards to a given fear. Set up a scenario where you can be relatively safe, while being directly confronted by your personal trigger. Then keep you in that state for three to four hours. It works and works well, it also works nearly 100% of the time.



*"And my costume will be based on a bat.  
Criminals are afraid of bats."  
No, Bruce. You're afraid of bats.*

This can of course be expensive, scary and requires the help of another person, which can be difficult if your fear is about other people in general. Luckily there is a loop hole.

When people (including you) imagine things vividly for a prolonged period of time, their subconscious mind perceives what they are imagining (or viewing, which puts those first person shooter video games in a whole new light) as real. So real that you will begin to show physiological signs of things happening in response to imaginary events!

To be more precise, if you imagine something for 38-42 minutes you will begin to except it as real on a deep level. 100% of the time.

This doesn't reach the level of true harm though, so it is very safe to imagine things! You respond, but won't take injury for instance, no matter how hard you imagine things.

Which means that imagining your greatest fear, and then holding on to these imaginings as vividly as possible for about four hours will do the trick just as well as sitting next to your personal bogeyman.

In many cases better, because you can interact with your fear in ways that would not be safe to do physically, increasing the mental pressure, but doing it in a completely safe environment.

There is no specific technique needed here. Just a willingness to call up, face and keep facing your fear. If you do it, you will be free.

You will however want to work on just one fear at a time, and it is best to start with your worst fear and work your way down. After you face the big ones that really frighten you, little things will hardly be a challenge at all.

This may seem like a trivial thing, but ignoring our fears almost always lands us in trouble later. In the same vein, claiming we do not fear something when we

actually do can lead to freezing when confronted with that thing. Don't be afraid to admit to fear, even deep fears that come out consciously as discomfort rather than spine tingling chills!

If you are willing to face yourself head on, then you will gain a much greater level of control over your own existence. One that many people never manage. It is worth doing, even if you think your fears are small ones.

This basic technique works for all fears, but it was originally designed to help people with crippling phobias. If they can face their darkness for several hours to get rid of it, often thinking and feeling they are going to die while trying, then you and I have little excuse for not facing our fear of spiders, heights, people or even the dreaded mouse.

## Controlling Your Heart Rate

There are several ways to control how quickly your heart beats, making it race on demand or slowing it to an almost imperceptible rate.

Many movies and television programs have used this general idea, the slowing of breathing and heart rate, as plot devices to allow a character to feign death, and thereby escape imprisonment or true death. In real life such situations don't seem to come up all that often (what? Fiction isn't like real life?) so why bother to learn such techniques?

The main reason is simply to be able to assert greater control over your own body on demand. It builds a great sense of confidence to be able to do so and all such attempts (even if unsuccessful) to control the "automatic" processes of the body seem to strengthen the immune response and allow for greater neural growth in key interface sections of the brain.

### **Muscle Tension:**

Simply relaxing deeply will lower your heart rate significantly. Regardless of the technique (below) you are using, if you are trying to slow your heart, relaxing first is a good idea that will make your task easier.

Conversely, when speeding up your heart rate, holding your body in tension is the better course to take. Many people find this slightly odd at first and will keep relaxing while trying to be tense. This is normal though, we all tend to head for our natural set point of tension and will go higher or lower to find it automatically, if not kept under conscious control.

### **Feedback Method:**

Sit quietly and get rid of all distractions.

Make a point of relaxing to the best of your ability for a few moments before starting.

Focus until you can feel your heart beating in your chest.

Once you perceive the beat, try to relax the heart muscle just at the point of contraction. This will tend to slow the beating down and make it somewhat lighter (not pumping as much blood per beat), so it may become harder to feel your heart beat as you become more successful at this.

Let your breath take longer on the inhalation and the exhalation, so that you are breathing constantly, but more and more slowly. Resist the urge to hold your breath for this technique however. Try to match your breathing to your heart rate, so that you are slowing your heart as the breathing slows.

This will train your body to link the two states, so that a few slow breaths will eventually be enough to slow a racing heart.

This is very useful in learning to manage anxiety disorders.

When you have finished, simply begin to breathe normally. Your heart rate will self-regulate back to normal.

### **Valsalva Maneuver:**

The Valsalva maneuver is simply performed by exhaling forcefully against a closed airway. Close your mouth and block off the nose by pinching it (not very cool looking) or by pushing your tongue against the roof of your mouth to close it off that way. (This looks better to most people, as you can have your hands down by your sides in a relaxed position.)

By timing your exhalations between, shallow breaths, you will weaken a given heart beat and cause your heart to seem to not be beating for about five seconds. It is best to start just as a beat is beginning, then release after a few seconds, take a shallow, slow breath during that time.

Slowly increase the time this process takes, allowing your body time to get used to the reduced metabolic activity.

\*This is the technique used by about 80% of Yogis that can "stop" their hearts. The rest use an advanced version of the first technique.

*Warning:* This technique is safe, but only as long as you do not exhale so hard that blood pressure increases in the head overly. If you feel faint, have a headache after doing this or have blood show up in your eyes, you are doing this WAY to hard! This should be done with just enough force to create the desired results, which should also allow you to do this imperceptibly to the human eye or observation.

*Be careful and don't over do it.*

### **Increasing Heart Rate:**

Start by tensing the muscles of your body slightly, as if stressed, but not like you are exercising.

Take rapid shallow breath into your abdomen. This means your stomach moves in and out when you breath, rather than your chest cavity lifting up. Try to keep a pace of about thirty breaths per minute.

Now, tighten your sphincter muscle (no, seriously...) and imagine a sense of excitement running through your whole body.

This takes a little practice and you will want to check your pulse while getting a feel for it. If you imagine the "feeling" of excitement strongly enough, you will trigger an adrenalin response, which is what we are going for here.

True, being in control of adrenal responses have a lot more utility than just being able to speed your heart rate, but that is a discussion for another time.

## Getting Into “The Zone”

“The Zone” is a phrase used to indicate a mental space where physical achievement, dexterity and accuracy of motion all come together to allow people performing sports to reach peak efficiency. It isn't hard to reach once you understand what is going on and that you have the ability to consciously control this state, just like you can control all others with practice.

In short this is a deep Theta brainwave state, in which the conscious mind and thought processes are subdued allowing increased subconscious guiding of muscle control and precognitive function.

This is a useful state to learn for anyone engaged in sports, dance and even singing (which is a physical action, even if it takes time to understand it as such.) It also works well for combat, should the need arise.

The method of entering into this state is simple, and needs to be so that this technique can be utilized while moving and reacting to hundreds or thousands of variable.

### Technique:

Clear your mind of all concerns, all words and pictures. Practice conceptual thinking if you have picked up the process. If not simply try to “Be” for a few moments.

Staying mentally clear, focus on the movement of hands or feet, whatever is in motion, on both sides of the body. Try to split your focus, so that each foot or each hand is being paid attention to all the time.

This will increase the neural activity in the brain in general and will aid bi-lateral synchronization.

Maintain the clear mental space free of words and pictures as best you can.

Now, while in motion, without pause, relax every muscle that is not currently in use.

This will get you into The Zone and allow for increased achievement. By allowing your subconscious mind to take control of the situation, you are increasing the processing power being used by several hundred times. Some people have suggested that the subconscious mind may be capable of tens of thousands more calculations per second than the conscious mind. If this is true, it would explain why it is so much more efficient to get out of our own way by using a technique like the one above.

It is a good idea to practice this regularly, as it will both allow you to enter this state more easily and strengthen the effects of this state, as you can actually learn to become better, much better, fast in such a mental state than you would ever manage without being in it.

Like most things related to the mind, practice is extremely useful here.

This is the first step to learning to enter and use a totally integrated highly coherent state, sometimes called “The Super Human” state. That is a different article for another day however.

## Overcoming Boredom!

Boredom! We all feel it from time to time, but we generally don't really understand exactly why. It is convenient to blame lack of stimuli, but is that really what causes boredom? If we learn what boredom is, can this help us prevent it from gripping us in its bland, unamused clutches? (Because if fear has an icy grip and anger a hot one, boredom is at best lukewarm.)

Interestingly enough, boredom is not an external thing, and is actually a sign that we are learning our environment well!

Boredom is what happens when we begin to pare down the amount of mental effort needed to perform a given task. This is why doing new things is always interesting, as long as it is not too similar to things we are familiar with. As we learn how to do something, our brains can do the task at hand more and more efficiently, until there is not enough mental activity to keep us engaged in the task any longer.

This saves energy, something needed in a harder, more primitive world! Boredom however, while energy saving, also drives us to find new activities and interests, so that we will continue to expand our world, rather than getting used to a simple holding pattern and staying exactly as we are.

Our natural mechanism for handling boredom is clear and fairly simple. Seek out a novel activity or piece of information. Doing so will push our brains into using greater neural recruitment, which will handle boredom for us without doing any hard mental work.

Still, finding something different to do is not always an option. Try explaining to your boss that, after five years on the job, you have learned all you can and that is why you need to spend all day on the Internet instead of doing your boring and mundane work. (Don't really say that! You probably like having a job and paying off your bills, eating and all that stuff.)

Luckily though, there are other ways to fight off boredom. Ways that always work if you apply yourself to them with great focus!

Here are some of them that can be used to improve the daily life of anyone that needs to keep working while not going insane from the boring world around you!

### **Focus:**

This is the simplest sounding of all the techniques, but don't be fooled, people have spent a life time mastering this one.

All you have to do is pay attention to what you are doing. Very close attention. Don't let your mind wander and when it tries to, bring your focus back to what you are doing. Lock in on the patterns, the flow, each portion of each moment as it happens.

This is deceptively taxing, but you won't be bored if you actually do it! Really, you can't be bored while doing this. It is biologically impossible, as long as you are actually doing the work and not just phoning in your attempt.

### **The Glow:**

This is similar in some ways to the technique above, but has a nifty variation that makes it far easier for most people to handle.



When you are doing something boring, try to imagine a brightly colored glow around everything involved in the process. Hold this mental image while completing the task. Use multiple colors, a new one for each portion of the task. Try to follow the flow of energy and visualize it as it is happening as closely to what is really going on as possible!

Change the colors, the size and pattern of the glowing, add in dots of color, wavy lines, expand the area of "effect" and contract it to a tiny portion of what you are doing!

This process will easily kick your brain out of boredom, due to the massive amount of novelty and neural recruitment!

You can also add in sounds to go with what you are doing. (Imagined sounds, otherwise things may get a bit odd at work.)

Oddly enough, since you are matching what is going on around you, your ability to focus on and remember what is happening will go up significantly while doing this.

### **Emotional Resonance:**

By imparting even the smallest portions of what you are doing with an imagined emotion, that you actually try to feel acutely, you also can dodge around boredom rapidly!

Focusing on the Happy feeling of pushing the letter J on your keyboard or a sense of accomplishment when you remember to sit up straighter will impact your brain chemistry rapidly.

You can use any emotional state, but I recommend sticking with the positive ones, as imagining negative emotions can bring a person down even more rapidly than being bored does!

### **The Third Gait: Efficiency Running**

There are three forms of locomotion that are efficient for the human body, walking, running and a third form of movement that is between the two other forms, but that humans do not naturally use. This isn't Jogging or speed walking, jogging being a very slow, and much less energy efficient form of running and speed walking is simply pushing the upper levels of walking speed.

Running in humans is actually most energy efficient when performed at a speed of over 8 miles per hour. Between 8 and 12 miles per hour for most people. If you push faster than that energy efficiency begins to decline rapidly. In part (along with a lot of training and very hard core will to keep going) this explains why top marathon runners tend to run within this speed range. If they begin to run faster, their very gait begins to work against them, eating up energy. A person can run faster than this, certainly. Past about 12 miles per hour in running speed though, advances in record times will have much more to do with improvements in physiology, fitness and mental strength, than in the efficiency of gait. Sprinting is incredibly inefficient by its nature. Massive energy is wasted and even the most in shape of people can only work at top running speeds for about 40 seconds.

Walking is the most energy efficient method of human locomotion. It is, literally, what we are designed to do. Even out of shape people can walk for hours on end if the need arises! Not a fast way to travel, it allows people the ability to travel greater distances in a day than many (most non-flightless) animals!

There are also dozens of different movement variations that are less efficient and normally left for children to explore, rather than practiced by adults. These include, but are not at all limited to, jumping, hopping, skipping, crawling, scuttling and walking backwards. All of these things are far less useful than walking or running in regards to raw energy used.

This leaves the third gait. The one that science tells us exists between running and walking, but that nature has not given us direct instructions about for some reason. Probably because walking is very efficient if time is not a large issue and running is faster. People though have found that being able to move quickly and for long distances can aid us in emergency situations from time to time and that being able to manage our physical abilities tends to only help us in the long run.

Knowledge of this "third Gait" is not unique to our time in history though. Ancient Native Americans in the North West practiced it under the name "treadfoot" for instance. Large distances would be traveled at a speed of about 5-8 miles per hour, sometimes for up to 100 miles in a day. The Ninja of Japan (The Iga and Koga Ninja specifically, the ones we think of as Ninja, not the ones that lived on the Coast that were basically Pirates.) used this gait, which has specific, though secret names, to travel large distances, some times out pacing men on horse back, yet still leaving themselves enough energy to carry out their assigned task and retreat safely later. It is possible that the Zulu warriors learned a variation of this gait as well, as they were forced to run up to 120 miles a day, barefoot and in formation, which tends to lend itself toward this form of movement, though no specific mention is made of this actually being taught or encouraged specifically.

The technique is not hard to practice, but does take repetition and practice to actually master. Simply running a lot is not going to always teach you to do this properly, though a few master class ultra-marathon runners seem to have picked it up.

In order to do this, or any other highly repetitive physical task that is new, a high

level of attention is encouraged. Learn to focus on the process of what you are doing intently and this kind of thing will become far more simple for you. Without such attention it becomes very difficult for people to alter their form of movement long term.

### **The Technique:**

Start at a slow jog and introduce the changes to your movements while you move.

Stand straight, hold your head high with your back making a "straight" line above your hips.

Land on the ball of your foot to start with, this is the part right under your toes, and then shift the impact backwards on your foot, so that each step lands about  $\frac{1}{2}$  of an inch behind the ball of the foot.

This impact point on the foot should not hit the ground past the knee on that side of the body, making each step very short, but supported by the bones of the body. (You can go faster, which we will discuss in a moment. This will be very slow when you are first learning it, it just takes a little practice to learn!)

Each step should extend outward as low to the ground as possible, This will give you a shuffling gait, but it is key to not wasting energy. Don't lock your knees at any point in this however, keep them just slightly bent at all times to reduce impact stress.

Hold your hands low, near your hips.

Now, relax every muscle you are not actively using to move or hold yourself upright. (OK, this is not strictly needed for this to work, but you can save an extra 10% in energy costs this way, so it is worth practicing!)

Now, slowly, with your back straight, lean forward.

As you do this, you will notice that you speed up!

Keep your attention on two factors, standing straight and the impact point on each foot, making sure it hits the ground right under your knee (obviously this is the knee on that leg.) with every step.

Practice controlling your speed by leaning forward and back.

Once you have this down, you will be able to move, at what was a "jogging" speed before, for about two to five times the distance without having to stop. The better your level of physical fitness, the more you will be able to do, and don't forget that suddenly trying to move very great distances can give you issues with blisters and wear on joints!

This style of movement has less impact than running does and should feel very smooth, almost as if you are flowing along the ground rather than that slightly bouncy feeling that slow running imparts.

It is possible to increase your "running distance" traveled much faster than normal using this technique, so be aware that your body still needs time to adapt! Pushing to far too fast can lead to injuries using this style of movement, even if it is less likely than when running.

# Collection of all found posts on “Field Effect” from Dale Power

Part V: Sustainable Living

## **Multi-tiered Bioremediation and Land Reclamation**

Human beings have damaged the Earth in many places, making certain areas dangerous or even deadly not only to ourselves, but to other kinds of life as well. This damage is often long term if untreated and the costs associated with trying to fix it have historically been so high that only token efforts have really been tried.

Bioremediation and Land Reclamation techniques offer some hope of fixing some of these problems in a cost efficient and low to medium human resource requirements that can be fulfilled by relatively untrained people.

### **Bioremediation**

Is simply using living things, bacteria, fungi, plants and things associated with life, like enzymes, to repair damage done by breaking down chemicals in soil or water, absorbing pollutants and sequestering dangerous properties to a certain designated area to prevent spread or water table infiltration.

### **Biological Land Reclamation**

Is the process of using living organisms to alter the shape, function or microclimate of a given area.

Generally reclamation is used to designate “reclaiming” lands that were once grassland or forest that have turned into desert using forced planting and irrigation in an attempt to create a self sustaining ecosystem. The term applies equally to efforts to build coast lines using rock piers and berms or Earth moving techniques to turn farm lands back into a wetland environment to clean farm runoff waters before they can reach the ocean.

Biological Reclamation is a bit more basic however. It is attempting to use living things, complexes of plants, fungi and bacteria, with small introduction of insect life, to do the same things without expensive physical interventions, such as building artificial structures on more than a small scale to gain the desired long term effects.

### **Multi-Tiered Bioremediation and Land Reclamation**

Current environmental clean-up and repair techniques generally use one or two specific components to create the desired effect. On the surface this seems like the most effective use of time and materials, but often neglects long term consideration.

This is also true of most bioremediation efforts. A single set of bacterial, fungal or phyto (plant) are chosen that have a specific desired effect, say absorbing a chemical or breaking down a hazardous compound, and it is placed in the contaminated area so that it can go to work. With plants, harvesting is often needed to remove the absorbed chemicals from the system.

In a multi-tiered system however, each layer of the ecology is considered in all possible situations, and biodiversity is sought in the placement of agents being used. This kind of work promotes a stronger long term eco system in the area and will allow several strata of bioremediation agents to act as back up for others as

well as supporting their long term growth and the safety of the surrounding areas that are not at risk.

On land, the multi-tiered bioremediation "build" would be designed something like this:

A diverse complex of fungi and bacteria, appropriate to the clean up at hand is place two to three meters into the ground using bore holes placed between one half to one meter apart, and poured into place in a nutrient bath to accelerate growth. This will tend to put deep lines of mycilia and bacterial colonies into the soil, allowing them to not only do the job assigned them for clean up, but to free nutrients from the soil, hold and shift moisture to needed zones and aid in preventing polluted water from entering the deep water table.

On the perimeter of the contaminated zone other bore holes would be made and a complex of soil bacteria and fungi that naturally exists in the area, made from raw samples, so having full biodiversity, would be created and filled in a similar fashion, promoting rapid growth to create a barrier that will act to keep in and eventually integrate any new species introduced to effect remediation. The barrier zone should be as thick as possible, but be at least two rows of bore holes thick, so at least a one meter band, if at all possible. If not a much closer spacing, about .25 of a meter, should be used to create a line of bore holes all the way around the area.

Above the ground a similar design should be used, with the remediation green plants being placed in the contaminated zone, with the greatest biodiversity possible and local plants being used to create a dense perimeter to prevent top soil loss or too rapid spread of introduced plant life.

Careful attention should be paid to holding the soil in place at all points, to prevent loss of healthy surrounding top soil or spread of contaminants as blow by the wind.

While contaminated plants must be harvested and dealt with, the natural support system of the area should not be neglected, and adding insect life, attracting it using appropriate plants from the surrounding areas or seeding colonies near the contaminated zone should be considered.

In example, if radioactive materials are being absorbed into Sunflower plants, introducing natural predators that will keep populations of plant eating insects down is helpful to protect the plants and keep radiation out of the food chain.

Earthworms can help break down materials, fertilize and aerate the soil, allowing for faster plant growth and at the same time, spread bacteria and fungi through the soil faster, creating a more rapid break down of damaging chemicals.

Even in dangerous situations, worms can be used in the parameter area for these same effects and may be used as an indicator of soil cleansing, as they slowly become able to migrate into the contaminated area.

Then, harvesting of plants should be seen to as needed, for several planting cycles and the site checked on regularly for health, as it breaks down the remaining problems and returns the soil to normal.

It can then be left alone for years and will, if all goes well, continue to improve soil conditions and break down the last traces of unwanted materials making the area fit for human and animal use once again.

Obviously every site will have it's own special considerations, different amounts of

water, sunlight and human considerations, but by using many layers, below the ground, interior of the problem, external barrier areas and even near by support locations, a lot of work, reconditioning and containment can be done by plants and other bio-sources that will be easy to put in place and attractive to the eye, making it easier to “sell” to the local inhabitants.

In the following chapters each of these areas will be discussed, with an eye towards understanding design factors and some materials, as well as techniques that can be employed in creating both emergency bioremediation zones and long term land reclamation projects using the lowest level of personal energy and cost possible. It is not possible to list all of the different potential bacteria, fungi or even plants that can be used for these purposes because many of them, probably most of them, are still undiscovered.

Instead the focus will be on learning what kind of thing to do, and how to figure out what specific bio-resources may work in a given situation.

### **Zone Based Bioremediation**

The real world is three dimensional and remediation needs to take that into full account if it is going to be optimally effective in a large array of situations. To make selection of organisms easier for the purposes of design, the effected and surrounding areas can be broken up into five main zones.

**Deep Interior:** This is the ground, or in some cases water, under the surface of the effected zone. The depth of remediation attempts can vary a lot, based on what is needed to prevent deeper contamination, the rock structures involved or a difference in medium. Water, forest loam, sand or other, non-soil type.

**Surface Interior:** This includes ground level, but also the first six inches of soil, rock or water. This is the life zone for most plants and animals we are used to dealing with on a regular basis. In many ways this is the most delicate area to work with, as it is in this zone that you need the highest concern for personal safety in regards to contaminants, in general.

**Deep Perimeter:** The ground under a strip of land, or water, running the circumference of the contaminated zone, but not technically contaminated itself.

**Surface Perimeter:** The life zone, the ground or water surface and first six inches under the surface, surrounding the contaminated area.

**Satellite Effect Areas:** This is probably the hardest zone to deal with or even think about including when forming a design plan. It references all sites, distant though they may be, that can be contaminated by the original contamination. This could be due to prevailing winds, infiltration of the water table, runoff, or even contaminants being carried away from the site by animals or insects.

Almost every remediation plan should address all of these areas and possibly others, if special circumstances arise, so it is important to have a good sense for what is likely to be required in each area while keeping in mind that these zones literally interconnect and no living thing placed in one zone can fail to effect all the others in some fashion.

## **Time**

There are four stages to bioremediation work based on the time of application of effort:

**Before the event:** It is not always possible to prevent damage before calamity strikes, but at times we can see an event unfolding days, weeks or months before hand. When possible, gaining untainted samples of indigenous life from the area is helpful. Soil samples from different depths, samples and even seeds or cuttings from plants in the area and a catalog of insect and other life is a good idea, so that a baseline can be created as to what biological specimens need to be introduced to the area and what possible counter indications may arise.

It is also best to get an initial report as to what the main pollutant entering the ecological zone is likely to be. Pollutants tend to alter slightly when exposed to the variety of natural forces and interactions with living creatures, of course, but it is helpful to know what the initial operation is going to face as early as possible.

**Event Primary:** This is the time at which the event itself actually begins. The first bioremediation efforts should begin as close to this time as possible and in some few cases, before it takes place.

**First Planting:** Time of the first inoculation of soil, water or air with any seeds, spores, bacteria or adult plants. This is important as a stand alone time mainly due to the need to record growth and recovery times, schedule future check-ups for the area and arrange any harvests of plant growth needed for disposal. This will also give a likely schedule for the second planting if needed.

**Follow up:** This is the longest time period involved in this work. All sites must be monitored regularly and tended when needed. This can take years of periodic work, even after the main portion of reclamation or remediation has been accomplished.

The situation must be looked into to make certain that the biologics used do not create unintended negative consequences. This is unlikely given the biodiversity and containment built in to the planning system, unfortunately the unknown factors of the real world can sometimes make even the best laid plans uncertain.

## **Triage**

In order of operations we must:

1. Contain the problem.
2. Protect the local biodiversity for long term stability purposes.
3. Try to prevent further such incidents in the area of effect.

## **Bio-amelioration**

Using living organisms to slow, stop or reduce an encroaching problem is called bio-amelioration. In many ways it is best described as stopping problems before they start.

To use it requires a certain amount of foresight on the part of the operations planner, since by it's nature it requires putting living organisms in place before a problem manifests, but this is often easier to do, and more natural to human thought patterns, than it may at first seem.

If long term trends are showing an area becoming drier, lets say, you may put in a

large scale natural planting (as apposed to farm field planting) of a biodiverse set of plants better able to withstand dry conditions.

If a new oil drilling operation is going in near by, a long term planting of trees, shrubs and grasses around the facility can greatly reduce the spread rate of any possible future accident, without looking to the public as if accidents are unavoidable. This will also allow for beautification of the surrounding area, which gives the operation a much softer public perception. (Thus showing another facet of bio-amelioration!)

It is most likely to be used at first in areas surrounding contaminated zones however. If a given problem shows up in a specific area, the odds are that a much broader range in that location (other than what is effected) is at risk, even though no problem has yet to present itself overtly. Creating a healthy natural environment is a good first step towards preventing future difficulties.

### **Urban Environments**

The biggest hindrance to any work involving the environment is always going to be people. Sometimes even to the point of them acting against their own best interests. What would seem to some as helpful and beautiful, such as promoting urban green spaces, is often fought against by others, that view such things as primitive or even ugly.

Still, humans generally live in places where life can fairly easily survive, and the more life an area has, in general, the stronger it's ecosystem will be and the easier life will be for all involved.

Whenever possible urban areas should be planted, the ground in the areas seeded with healthy bacteria and fungi and every space not actively used by humans should be re-purposed with an eye towards greenery.

If such greenery were to be promoted in large cities, such as New York, London, Hong Kong or Tokyo, it could improve air quality, provide needed local food stuffs and help filter contaminated rain water before it hits the water table.

For this to happen in any real fashion however, would require people to take individual responsibility for starting such growth and the cooperation of city officials. While little money would have to be spent over all to make such things happen, seeds, and growing materials would have to be dispersed to interested parties and growth of plants would have to be allowed by those in charge.

By showing the long term benefits versus risks of such a plan, individuals and cities may be made interested in such projects.

### **Ocean and Sea Bioremediation**

Water in general presents special problems and opportunities when dealing with bioremediation. The sheer size an amount of water involved, the movement of ocean currents and the lack of knowledge as to the active biologies present in the ocean all make things very difficult on the surface.

These factors are balanced though by the oceans great ability to heal itself if given enough time and attention. By fixing a few problems, much of the long term damage to the ocean may be undone.

It is best to separate both the desired bio-agents you are working with and a general zone specific sample of life on the cellular level though and to incorporate a biodiverse seeding process.



Since most of the water on this planet is not interacted with below the surface areas most of the time the designed bioremediation can largely ignore the human component and simply respond to the needs of the area involved.

By using "Ocean farming" techniques, creating life zones in a controllable fashion, much work can be done with small amounts of initial material and low expense. At times the waters can be aided in recovery by doing nothing more than placing a proper nutrient solution in the correct area. Algae will bloom with additional Iron or Nitrogen and Krill (The main zooplankton in most areas of the world.) can be directly seeded into those growth zones where phytoplankton (algae) is already thriving to help bring larger fish and marine life into a given area.

### **Surface Waters**

Streams rivers ponds and lakes are all susceptible to many kinds of pollution and tend to be easily disrupted by human activity. This water can be cleaned and purified using simple in situ bioremediation.

Duckweed is one promising method of cleansing water.

Rhizo filtration and myco filtration methods.

Bringing these together in nature or in the city.

Building wetlands for massive filtration.

Biodiversity should be maintained at all stages if possible. It is better to heal and environment more slowly than to make grievous errors that destroy entire species