

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

Part I: Psychic Exploration

## Field Theory

One of the major problems science has had over the years with psychic ability is not the oft cited, but incorrect claim of “lack of proof”, as tens of thousands of studies have shown a real and consistent psychic effects. Instead it is the lack of a theory that explains how such thing can possibly happen that has stalled research and effort in this area.

Psychic Field Theory (PFT from now on in this article.) is an attempt to explain how our minds and bodies can create action at a distance and gather information not available to our regular senses. This information is critical, if correct or even if close to being correct, because it allows us the ability to see what techniques and studies may allow expansion of psychic, or mental skills, more clearly and move away from pure trial and error methods, which is about all that we have today.

We live in a world that is made of two layers, based on size. Possibly more than just two, but for now we only need the two that we know we inhabit. The Macro world, which is the one we normally see and interact with physically, and the Quantum world, which is the world of the very, very tiny. What science has tended to forget until very recently, is that the macro world and the quantum world both interact with one another constantly.

Changes in the “big” world are instantly reflected on the Quantum scale and small changes in the quantum world can have influence, sometimes powerful influence over the Macro.

I won't go into a lot of explanation as to the workings of the Macro world. Since we all consciously live in it, everyone should have a decent handle on it.

Instead I would like to start with a few points in regards to the Quantum level of reality:

Quantum Reality: On the level of the very tiny, time and space are not the same as what we think of as normal. Time may flow backwards or stop, cause may come after effect, before effect or simply never show up! Quantum particles travel from point 'A' directly to point 'D' without ever passing through points 'B' and 'C'.

On this level it is more than fair to say that “quantum Particles” are not actual pieces of something, but are instead vibrating “Strings” of information. This is all known (or at least theorized) by modern science.(The “new” information is below.)

PFT states that it is possible for a sophisticated and redundant mind to notice pattern disruptions due to Quantum Tunneling (That is what it is called when particles teleport) when tens of thousands of electrons pass into the brain from a specific object, another person or a field of energy that has some coherent form.

This explains all psychic information gathering. (Telepathy, psychometry and Clairvoyance as well as Remote viewing all operate on the same basic level.)

What is happening is this. When two (or more) objects enter into resonance with one another, which humans can start by focusing on an object or person and happens automatically, a cascade of quantum tunneling starts between the two objects, the person focusing and the object of that focus.(It is a little more

complicated than this, but that can be discussed later. For now this is a good enough approximation for this explanation.)

Once the Quanta (most probably electrons) are passing back and forth, each object (the focuser and the object of focus again.) will begin to have their basic pattern disrupted by the other object, as the quanta will tend to “fire off” in a pattern that represents their starting position in the object of origin.

If one of the objects is able to quiet their though pattern enough, they will be able to notice a pattern emerging due to the repeated, constant, tiny disruptions of their own being.

Simple, right?

PFT also allows for formative information to be passed in this fashion, allowing information from one source to influence the pattern of the other object, as long as the “guide” pattern of the influencing object is held in a fashion that allows for constant correction.

So, in other words, if you hold an idea or picture in your mind well enough and don't let it be influenced by the object you are focusing on, you can make changes to the other pattern.

The higher the energy state of this object, the faster changes will be made and the more focused the image in the mind of the first party will have to remain during the time of resonance.

It should be clear by now that two physical objects may interact at a distance if the conditions are right, but how does this alter the an object towards anything except the pattern of information of the first object?

This is a property that is strictly in the field of mind. Using our minds we can create an exacting “image” of an object with an effective quantum profile, that has no macro level mass or shape. But, if we hold it stead enough in our heads, this object responds on the quantum level exactly like it would if physically present.

By making (and holding) small differences between the mental object and the physical one, and not allowing deviation of the mental object (It will try to change due to resonance interference from the other point of interaction.) the constant flow of information will eventually alter that “real” object.

Again, the more energy involved in the process the faster and easier changes will be to bring about.

I would like to leave on this point:

The base psychic ability of humans is singular. We can interact with other things, people, places and concepts, and note changes in ourselves. This is the basic tool of all magic and psychic functioning. Everyone has this basic ability, though skillful application is needed for high level effects.

## Increasing the Effects of Psychic Interaction

Most people, at one time or another, have tried to WILL something to happen. They focus their thoughts, hope extra hard, visualize success or chant a phrase over and over again trying to make a process work. Sometimes it does, sometimes it doesn't and since most people can't tell why it should or shouldn't work, they write off both the successes and the failures as luck. This isn't the case.

In this section I will go over, step by step, what is needed to vastly increase the success of any psychic practice, magic (as denoted by ceremony for this article.) or will-working you may be undertaking. Before I start that though I would just like to clarify a few things about the differences between Magic, Magik, psi, psychotronics and most other practices, formal or personal, that involve influencing the world with your will. This may make some people a bit mad at me, but here it goes!

At the base level, they are all the same thing. Obviously each has it's own tricks and trappings, but that is largely the window dressing and setting that allows the subconscious mind to understand what it is supposed to be doing and when it should take place.

I may go into this in greater depth at a later time, because there are some ways to scratch out a bit more power and effectiveness using techniques that involve setting, mood and tools, but what I would like to go over now involves the level of work below that, the deeper level where the real "magic" takes place.

### **The Principles of Power**

The key components here are: Time, State, Bi-lateral synchronization, Conceptual thinking, Clarity and Foundation building.

No one part is more important than the other and they are all needed for maximum effect. If one or more of these is left out or short changed in your work, the level of effect will diminish greatly. Chances are that you already use some of them without realizing it, all the time.

#### **Time:**

This is the amount of time you spend working on a project, particularly the portions in which you are purposefully focusing your will.

Too often people, especially when first starting, try to get away with the minimum amount of time they can spend focusing their will. It takes work to do so and is a little boring if you are not in a deep enough mental state. A good rule to follow is this: for each action you desire to have happen, that you are trying to influence, pick how important it is for you on a scale of one to ten, with one being something that you would be OK with if it happened to ten being something that MUST take place. Then take this number and multiply it by three.

That gives you the rough number of hours (Not minutes, HOURS...) you should be willing to spend on that project.

The closer something is to pure "Will Working" where the only thing you are doing to make it happen is focusing your mind on the subject, which includes casting spells and such, the more time you need to spend on it

Let me give an example with some projected times

## ~Example~

You have a brick laying next to a circle drawn in chalk on the ground. You are outside (as apposed to hidden indoors, away from view and interaction) and other people are around. Your goal is to assist this brick into the circle. There are many ways to do this...

We are considering the time involved in focus to get this done in a given way.

Move the brick by hand: 0 time spent on focus.

Have someone else move the brick, but you ask for that help verbally: 2-5 minutes.

Have someone else move it into the circle without asking: 1 hour.

Have the brick move without a human agent at all: 1-2 hours.

Have the brick move into the circle without any outside contact being visible: 10 hours.

Now obviously these times are not iron clad. You may be able to get a person to walk over and move the brick for you by simply asking, for instance, the focus just helps ensure that it will happen. If you are in a proper mental state and focused well with high clarity, a person may come and do this for without asking far faster than 1 hour, but that takes practice.

Some people will be able to shift a brick in far less time, but unless you are telekinetically gifted, be prepared for a much longer effort!

The point of this is that even magic takes time. It is seen as a shortcut by many people, but while you can do more with it than without, the amount of effort in is still gong to be high in almost everything you do, if you want it to be done correctly.

## State:

In this case state refers to a persons mental state, this is roughly analogous to brainwave state as determined by electroencephalogram. (EEG)

Just to keep this clear from the start, your brain waves are largely a description of how different mental states are measured and not specifically doing anything on their own. They are useful to describe certain mental states though, as particular kinds of thinking tend to go hand in hand with specific brainwave patterns.

What is listed below is not all of the known brainwave states and there is some debate as to where one state begins and another ends. As they are loose categories for this discussion, this list should give you a place to work from however.

**Beta:** This is what we consider normal waking consciousness. 12-20 (some say up to 40) hertz frequency.

You will fall very naturally into Beta while doing normal tasks, such as reading, studying, or having a conversation. Focused concentration while in Beta is the most common hypnotic state. This shows that State of mind can differ even with a similar or possibly the same brainwave frequency being present. Don't let this

confuse you however, Beta is the weakest natural psychic State. It is very good for focused thought and reasoning, and is the main state of our daily world and interactions.

**Alpha:** Often associated with day dreaming or imagination, the alpha state is a sign of relaxation. It runs between 8-12 hertz.

Good for dreaming up new things, stories, songs and games as well as new technological devices. We all naturally fall into a deep Alpha "trance" when we watch television too long. (About 40 minutes for most people) It is a good mental state for physical activities, such as Yoga or running. Most people spend hours a day in and out of this state.

When you begin meditation, it is common to fall into an Alpha pattern. Those more experienced tend to skip this phase and go directly into their chosen end point state.

**Theta:** Zen meditation, the beginning of sleep, Intuitive and creative states. From 4-8 hertz.

For most people, this is the meditative and psychic state. It is the easiest to access of the deeper states and often allows for dramatic, photo-realistic images to be seen with eyes closed, visions as some would call them and the ability to hear voices in white noise. In this state you can reach the first of the "Empty mind" meditation points and because the thoughts tend to both slow down and become more powerful, thoughts tend to be easier to keep track of and understand as well as feeling more profound.

**Delta:** Deep dreamless sleep, some Yogic meditations, sleepwalking, driving a race car. Between 1-4 hertz.

Most people go into this state daily but are unaware of it, as they are deeply asleep at the time. With practice you can bring on this state consciously without being asleep, though few can manage it with their eyes open. This state is clear, calm and thoughts tend to be non-verbal. While aware of your surroundings it is possible to hold onto a single focus. Race car drivers going over 180 miles per hour fall into this state, indicating that fast reflexive action is possible while in Delta.

**Epsilon:** Stillness, no intruding thoughts. Some sense of movement in the stillness. Called the shamanic state. Below 1 hertz.

When in a deep hibernation/suspended animation, yogis go into deep epsilon levels. In this state it is difficult to move or perform any actions, pain is not felt or is barely perceptible and it is very hard to hold a focus for long periods of time.

That said, it is a very powerful state for gathering mental and psychic information as well as influencing large events, but strangely less effective when dealing with other people. Information gathered in this state is seldom incorrect, though it may be hard to put in terms that the conscious mind can understand.

**Gamma:** Unity of thought and mind. High level integration in all forms. Above 40 hertz. \*Note: some researchers are working on developing categories for several states above Gamma. What comes of this is unknown, most place the termination for Gamma between 60-80 hertz. These are unofficial labels at this time.

Gamma brainwaves tie all mental activity together. A lack of Gamma brainwaves has been shown in schizophrenia. There seems to be a strong link between Epsilon activity and Gamma activity, with both showing the other in a carrier

wave relationship. This relationship will be discussed more in the section on Bilateral Synchronization.

Meditation is basically a process of using concentrated focus to alter your mental state. For some this is the end goal, for others it is merely a tool to aid in controlling the mind. No matter what you are doing in life though, it is a good idea to spend part of each day learning to move easily into valuable mental states.

There is no perfect State for all things Magic (or psychic or what ever you wish to call it.) however. For most people I would recommend using a Theta level for most work and practice reaching the deeper mental states for more physically oriented workings. So if you are trying to influence the thoughts of another, Theta, if you are trying to cause rain, Delta and if you want to stop a Tsunami already in movement go into Epsilon.

More information will be coming in other areas of this web-site on how to reach those states, for the current time, plan on going into the deepest mental state you can reach, being as focused as you can, before and during all magical or psychic work

### **Bi-lateral Synchronization:**

When a mind is focused and working as a single unit it is said to be synchronized. This can happen regardless of mental state, but it tends to work best when focused on a single object (this can be a mental object or even nothingness as the object of focus, the point is "Just one thing") and the brain is showing high levels of Gamma or Epsilon brainwave activity.

When you reach a high level of synchronization it is not uncommon to feel a sense of thrumming, throughout your body. This will generally be in time to your heart beat and at times you may notice a very low tone seeming to come from your body. Due to the nature of infrasound it is difficult to test (at least for me here) and see if it is there, but I think it likely. (Infrasound means very low tones under 20 hertz. Hertz just means waves per second. These waves can be any type of wave though, which is why it is used for brainwaves, sound and radio waves as well.)

If you are in a totally synchronized state you will not miss the signs, but what if you are not up to holding a Gamma Epsilon state yet? Luckily for the vast majority of people, simply focusing on a single object or idea will increase your natural level of synchronization a lot. It won't be perfect, but learning to access varying levels of synchronization will improve the quality of your work greatly.

Gamma brainwaves seem to be the intuitive key here, since their prime function seems to be increasing synchronization in the brain and anything that produces Gamma brainwave function should aid in learning to become totally synchronized rapidly. So brainwave biofeedback is a good place to start if you have access to a high quality machine or can rent time on one.

If you don't have a \$30,000 EEG machine laying around, you may want to consider adding Tibetan Compassion meditation to your daily schedule. It increases Gamma brainwaves and induces a calm, peaceful and tolerant sense of well being.

Simply focusing your mind as well as possible on what you are doing is the cheapest way to jump start this and is good enough for starting with, but a bit of effort here will really allow your will working attempts to enter the major leagues.

\*Note: When two minds interact in the same mental state, even if at a distance,

the mind that is less organized and not synchronizing will follow and entrain to the mind with greater synchronization. Once entrained it is possible to pass thoughts as ideas, emotions and even preform biological control of bodily functions with both bodies being effected. (That last only applies if you can do the same in regards to yourself.) This is very useful in many situations and easily pulled off in public.

### **Conceptual Thinking:**

The subconscious mind makes up most of our mental being, it is hundreds, possibly thousands of times more powerful in it's ability to retain and process information and in it's ability to influence the reality around us. The language of the subconscious mind is concept. It is raw idea, without words, without pictures.

This does not mean that the conscious mind does not respond to the subconscious mind with words and pictures or that the subconscious mind has no ability to understand such things, but it does mean that when a person learns to understand how to think in ideas/concepts, their ability to understand and communicate with their own subconscious being grows immensely.

This idea is so important that it will have it's own section. For now though, try this simple exercise.

Look around the room you are in and pick an object. It can be anything, but a solid physical object is best for now.

Once you have that object in mind, and have finished reading this part, close your eyes and think of the item. Hold it in mind.

Now, if there are any pictures associated to it, any images, or colors that you are thinking of associated to it, let them go and focus on the sense of the object only.

Now do the same with words...

If you are like most people you will probably have noticed that this was really hard. Either a word pops up to remind you of what it is or an associated image comes up. If it is not that hard for you, then you are either naturally gifted in this area or, more likely, you are not actually at a level that allows you to notice what is happening in your mind yet. Either way, if you keep practicing, you will begin to notice far deeper flows of information.

By practicing this daily, you will soon notice that this happens less and less. Possibly even going away totally if you practice this enough. (I personally have worked on this for over a decade and still find that things slip in every now and then! But that doesn't seem to interfere with the communication lines to the subconscious overly.)

You can think of almost any object or idea this way, though numbers and letters are harder to manage, as the subconscious mind does not use them in the same way the conscious mind has learned to.

If you thik conceptually while doing psychic efforts everything you try will suddenly work far more smoothly. This is because your deeper self is not struggling to figure out which of the tens of signals you are constantly sending it should be responded to first, or most strongly. It knows, because you are trying to talk to it in it's own native language. Concepts.

### **Clarity:**

When you hold a thought in your head for a while, it will start to drift and become fuzzy. You may find yourself suddenly thinking of other things, your daily life, what you last saw on television, someone from ten years ago that you haven't seen in ages...

This of course, does not help you build up the field strength needed for most tasks. The natural (and correct!) thing to do is to place your mind back on what you were thinking. It is natural to drift a little, but the more clearly you can stay focused on your objective the better off you will be.

There are a lot of little tricks that can be used to help maintain focus, but the one I find works best is to figure out your average single point attention span, cut that amount of time in half and make a point of reasserting your focus at that relative interval.

So if you have not trained regularly in meditation, you will probably have a single point attention span of about three seconds. Sound low? Try it. Focus on a single object and see how long it takes to lose focus. Can you beat three seconds? Most people think they can hold a single point of focus for a much longer time, but the fact is, untrained people rarely do better than 3-5 seconds interesting. People with extensive mental training often manage twenty seconds and some who have mastered the skill can go for much longer than that!

The trick is in coming back to what you were focusing on without a large gap or disruption, so again let's say you have a three second attention span. Cut this in half leaving on and a half seconds. This means that for a nearly flawless stream of focus, you should bring your attention back to point every at that interval. Try to do it using conceptual thought, as this will leave your mind clearer and not interrupt your concentration as much.

The second part of clarity is that you have to understand what it is you are trying to do.

Here is where the magic gets fun, you don't have to know all the steps in how something works or even any of them at all. Focus on the end goal itself, not how things would need to happen to get to that goal. Some people let themselves get so caught up in the minutia that the clarity of there idea suffers.

By staying well focused and by using simple concepts whenever possible, as well as making sure the concept is of your end goal and does not micro manage, you will get faster and more powerful results.

### **Foundation Building:**

This is an incredibly important part of all magic, psychic work and will working of all sorts that has been hidden through out the ages.

All magic(of any type or kind) must be used in conjunction with energy of some sort in order to be maximally effective. In human beings the strongest force is physical effort. This means that if you have a magical goal, you need to do all the physical world things as well to make it work at the highest possible level.

While there are some exceptions to this rule, such as healing where the physical work is being done by another person (by healing their own wounds or illness physically) or working with the weather, where nature provides the active energy system, most things you will be doing need a solid foundation to be built. The amount of work you do physically should equal the amount of time spent on the mental/psychic/magical level.



### ~Example~

You decide you want a boyfriend or girlfriend. You make a plan that set aside the following:

Time: 5 hours a week.

Focus: Concept of love connection. (It makes it harder to do, but you could build a conceptual image of the type of person you want, as long as you are careful to conserve clarity of concept)

Work state: Empty mind/ meditative theta.

Foundation Building: Go out on weekends to Club, parties, organization meetings etc. Talk to people and try to make a connection. Ask for phone numbers. (3 hours a week)

Read books on how to meet people and make connections, apply if it seems workable. (2 hours per week)

Can magic work without all that pesky "doing stuff"? Yes. But you will make everything work about a dozen times faster and gain much greater effect if you do the Foundation Building portion too.

How much more effective?

It really depends on what you are doing, but in many case ten or twenty times more is not out of the question.

Ideally, as you master these skills, you will eventually learn to work the magic/ assert your will, while actively doing the Foundation portion of things. This will gain you much faster results and in some, perhaps most, cases gain you effects that are very nearly at the level that we have come to expect from movies and television.

## Telepathic Transmission and Reception

Though this may surprise some people, all humans communicate with those nearest to them on a subconscious level most of the time. I don't just mean body language or physical nearness here, but actual telepathic, empathic communication that is often highly advanced.

**There are several things to know about this kind of communication before you start though.**

**First**, most telepathic communication (I will refer to it as **telepathy** for this article, though it refers to the mental transmission of any type of data. Empathy certainly counts, at least when referring to the psychic kind.) takes place in the subconscious regions of the mind. In order to “hear” this data, you will have to quit your own mind and move more deeply than is normal into your subconscious range of thought.

**Second**, since the subconscious mind is not verbally organized, this information will likely be conceptual, presented as an idea, sometimes with a vague “visual” to go with it. Keep in mind though that these visuals are most likely your own interpretation of purer data being sent to you. This means that it is one step further removed from accurate “pure” information.

**Third**, for stronger levels of communication, you need to find a resonance with the individual you are trying to gather or send data with.

**Fourth**, when in resonance with another person, you must have a higher level of coherent mental activity than they do, unless you are simply gathering data from them. In general you will want to train yourself to be the mentally more synchronized person whenever possible in any given situation involving others.

What is below is a basic, step by step “how to” and description of what to expect when interacting more directly with someone else's mind.

Begin by trying to quiet your mind for a few moments.

This step is integral to almost all psychic work and should be practiced daily, even if you are not actively doing any psychic level work. (So build a regular practice of focused meditation.)

When you feel you are at a mental place that is about the best you can do for now, move on to the next step. Don't get bogged down in being perfect. You will get better with practice and doing is a better teacher than reading in most cases.

Focus on the person you are trying to form a resonance with.

It works best to simply hold a mental impression of how they “feel” inside your mind. Try to keep yourself focused on the sense of their presence, without words or pictures. If you do get a picture of them mentally, refocus on that sense of presence as best you can. This will help get more of your deeper self to focus on this resonance.

Here is a “trick” that most people never use in mental communications. The mind will form a link to this other person rapidly and naturally (just looking into someone else's eyes tends to cause a link to form that is measurable on an EEG.), but maintaining focus on them in this way for a longer time period (say 20 minutes to an hour) before trying to send or receive information will link your minds much more firmly and cause them to synchronize to a much higher level. So be prepared to focus for some time before attempting anything!

In general, the more time you spend in direct contact with another mind, the easier it will become to reach them solidly. With enough work on a single individual, this effect can become far stronger and almost instantaneous in some cases.

Assure your greater level of coherency.

If you have been practicing specific coherence exercises, simply bring up that feeling of unity at this point and hold it while also focusing on the other person. What will happen here is not only entrainment, but you will pull the other person into what is almost certainly a slightly altered state for them, leaving the lines of communication much more accessible. (It is also a mentally healthier state with some decent benefits in regards to some mental disorders.)

If you haven't been practicing coherency exercises, you will want to make certain you are focusing as hard as you can the whole time you are attempting to do this. Focused will automatically increase mental coherency. Not as much as specific practice will, over time, not even nearly so, but it will probably be enough to entrain most people that are not used to such things being done on a conscious level. Everyone is used to this on the subconscious level, it happens all the time after all.

At this point, you are going to be able to pick up concepts from their subconscious mind and also place concepts in their minds.

To do this well however, you will want to have either a very clear mind to receive concepts from them, so you don't get in your own way, or have a concept or set of concepts ready to hold yourself.

You do not specifically have to think of doing things in "their mind" as in a very real way you are sharing a mind for this brief window in time.

The more time spent holding an idea like this, the greater the effects will be on them, as their subconscious being will perceive it as more and more important, due to the long time period the idea is being presented over. Most people do not focus on concepts for longer than a few seconds at a time. Even when they do, doubts, conscious thought in words or pictures and boredom often cause the subconscious mind to get mixed signals. This muddies the effects of their own thoughts and communication with the deeper mind.

Once practiced at this, it is very possible to have more impact on a person's subconscious (and thus conscious mind by proxy) than they have on their own mind.

Remember, you are sharing large parts of yourself in this as well, so communication will go your way most often if you can keep all doubts and worries or fears from popping up while working. The best way to do this is to practice regular meditation with some form of external and variable distraction.

So, if you read and practice the above for a bit, you have the basics of mental communication. The largest obstacle is not communicating though, but is rather consciously perceiving the information coming in from a less focused mind. The "cleaner your own slate" the greater the impression that will be left on your mind. **Simply accept what they are thinking without judgment or attempt to understand, remember what you sense and interpret once you have finished your task.**

The longer you spend trying to influence a person, the greater the impact. The closer the idea you are presenting is to how they already

think on a given topic (which you should be able to sense now, as conceptual data) the more easily they will accept the new data.

For example, let's say you are getting a Birthday gift for a person you know to be a bit picky, there is much you can do using this skill set.

You can "read" their mind and get a sense of what they would like. Then once you get them a gift, you can influence how they will view it, so that they will think more highly of the gift you gave them, value it more and so on.

If that gift is close to what they really wanted, your mental work will be far easier!

One last thing!:

Just in case what you want to impart to the other person is somewhat farther from their mind than not, you will be best off slowly introducing new concepts that build upon what they already think, guiding them gently over several sessions towards the final goal you have set. Dumping something untenable into their mind will cause them to rebel against you, possibly even act with real, palpable, fear in your presence. They *WILL* Fight this kind of intrusion.

But a slow change of ideas is natural and normal and most people can be brought around to thinking positively about almost any subject if the concepts are handled correctly.

## Time Field Control

Time, as we know it, does not really exist. It is largely a perception that we, as humans, seem to hold together using unconscious group effort. For most people, in day to day life, Time is considered a constant, and functionally acts like one. What I am going to go into here will allow you, with practice and effort to bend time, speed it up or slow it down, warp space so that distances shrink or grow and possibly time travel to both the future and the past.

**First, let me state for clarity: This article is about time manipulation, not about manipulating your own perceptions of time. This is the actual changing of what is measured on a clock, and when managed the time travel described is a physical alteration of when you are.**

(I stated this because it always bothered me as a young adult that some people claim that time traveling in the mind, as a mental process somehow counts as time travel. It doesn't. It counts as Clairvoyance, Possibly Remote Viewing, but not as Time travel or manipulation.)

The hardest parts of this kind of work involve capturing the concept of time itself, which basically means "feeling time" and then altering it to your will and holding that field as solidly as possible.

Practicing time manipulation isn't all that hard to do though, in fact most people probably bounce a bit in time, with things speeding up or slowing down around them, at least a little, every day.

Time Travel requires a good bit of understanding in regards to psychic function, and a fairly exacting ability to both pick your Time of being and let go of your current time framework.

The starting point for all of this is gaining a conceptual sense of time.

### **Sensing Time:**

As with almost everything psychic, start out by clearing your mind of all concerns possible and letting go of all words and pictures in your head.

When you have done this, don't worry if it takes a little practice it can be done, focus on the feeling of time passing. This will be very vague and smooth to the perceptions of most people, which is fine, just get a sense of it and once you have what you think of as a sense of time passing, let it go.

Then recapture it again. Do this over and over again until you can feel this light touch of time with just a little extra thought.

Try to recognize it as a concept however, so that changes made to this perception of time will be interpreted by your subconscious mind as the rate of time changing and reinforce that action.

### **Bending Time:**

When you have a handle on your innate sense of time, or at least have a good proxy (Yes, even if you use your imagination to build a false sense of time, it will still work! So don't worry if you are uncertain about what you are feeling, this is a very, very smooth and constant process. It is akin in a way to feeling still air around you without moving, possible, but it takes work.) you can begin to speed

up time around you or slow it down.

It is best to stick to one understanding of this for now, for instance that the time around you is slowing down, or speeding up. (As apposed to the time within you.) This will prevent mental confusion as you work.

Start by regaining your sense of time, and alter it to "feel" faster or slower.

How you make this alteration, what it feels like to you, this doesn't matter as much as the conceptual intent. Focus on it going faster or slower and it will, as long as you hold the concept clearly.

It generally takes some time for the strongest effects to build, about forty minutes of work, so be ready for some work there. This is part of the reason that many more people do not just "float away" in time more often. It takes focus or an altered state of mind to create the effect in most people.

Also, time tends to warp in a field around you, When I have done this in the past, I found that clocks placed within 5 feet of me registered the same time as a watch or clock on my body. Clocks ten feet away showed about half that time difference and clocks that were farther away than twenty feet OR that update from outside the field, tend to remain accurate. (Updated from outside, such as the clock on your cable television program guide or in some cases, computer.)

### **Why Bother?**

There are a few things that are helpful about bending time. You can cover a distance while traveling in less time without physically moving faster. It is a little subtle and odd at first, but you can, with practice, cover about 1/3rd more distance while still going the speed limit in a car or while flying in a plane. What's more important, a radar gun will still clock you at the speed your car is driving. Even though you get to your destination earlier than that speed would allow.

Time, as mentioned above, does not work as we generally think!

This will allow you to do more work or to hold off having to go to work for a little while. Depending on what kind of person you are.

\*While I have never done this, a tightly held field could allow for a person in a fight, or other life or death situation, to have more time to react and respond, and even seem to move faster than their opponent.

\*\*OK, I have used it to appear to be moving faster. But not in a fight. It may be hard to muster the needed focus at those times.

The main reason though is that it allows you to develop a sense of times passage without danger.

\*Warning!: While time is very elastic and will rebound, bending it can and will mess with your clocks and sometimes they will, over the course of hours or days, reset themselves as time catches up to them or, at times, this won't happen and they will just need to be reset. It seems to have to do with how profound the original bending was.

Doing this near your computer can cause sudden and catastrophic failure. Protect your machine by moving at least ten feet back while practicing.

Also, it is not unheard of for physical effects to manifest that are not intended. Metal bending, electronics having disruptions and other things in that vein.

ALL time manipulation seems to also bend space, at least to some small degree. Keep this in mind, as the effects can be very odd if you don't look out for them.

Time Travel:

When you bend time around you, you are, of course, time traveling. At least a little bit, for a little while.

What I would like to discuss now is how to deepen that experience and move greater distances through time in your chosen direction, to a given destination.

The big difference here is that you need to gain an understanding of your time location field itself. This piece of information is sliding along in the "NOW" all the time. By focusing on the passing of time, and how it relates to your body and energy field, you can find out what this field feels like.

Once you have that, you can practice placing it in different areas of time, holding the focus on that feeling and "slipping" into different times.

Because teleportation is highly related and is done in much the same fashion, don't worry overly about the physical placement aspects of things. Your innate psychic ability will keep you in position on the Earth, and not drop you into deep space, even though the planet may be millions of miles away from the past or future you are selecting.

You will find, once you have traveled to a new time, that you have to hold on to the new location in time, or else you will eventually slip back into your current now.

\*Personal Note: I have only done this once, a movement four days into the past, which

I used to meet a deadline on a project. Oddly (or perhaps not?) I was in the same place I had been originally, but the "Me" from the first time through was not there.

I say oddly, because everything that had been done was done and what interactions I had before with others repeated.

I suppose a greater distance in time is possible, I have even heard of many such cases, but it would require the desire to travel to that time specifically.

Remember: When working, try to apply the basics at all time. The time you spend, the focus and clarity you bring to this effort, the physical actions you have taken to make it work and the level of your mental state and bilateral synch pattern will all play a large roll in your success.

There are very few areas in life where letting go of the fundamentals gains you better results.

**Precognition, Postcognition, Clairvoyance and Remote Viewing.**  
**(Are all the same thing!)**

All psychic data gathering uses the same psychic mechanism in the brain. Basically this “sense” is caused by disruptions in the brain caused by quantum anomalies. When a person goes into resonance with another person, object or even idea, a link is formed that continues to grow stronger as long as the resonance is held. This creates linked state Quantum Tunneling to take place between the two objects, the person gathering data and what they are focusing on.

Time itself is not much of a factor on the quantum level, so if you focus your mind on a person, place thing or state of being and that “object” is in the future or the past, you will still be able to form a picture of it mentally, due to the disruption of the activity in your mind.

This means that all of those things in the title, and more, are just different names for the same basic process!

What's more, it means that everyone has the same basic equipment in regards to psychic functioning, it is not a special Gift that only some people are born with, but is instead part of how our minds function naturally. In fact, this even goes for animals. (Which may help explain all those psychic dog and cat stories we hear in the news, and why my dogs come running every time I am about to try and eat a cracker. Of course that could be their sense of smell too.)

So, what makes one person accurately psychic and leaves another missing the mark over and over again, if they both have the same basic psychic platform to work with? Well, a good psychic will have a few traits that tend to be different than the norm.

Extreme Introspection: The more a given person is prone to notice their own thoughts and mental processes, the more likely they will notice disruptions and out of character impulses. People that live their lives focused outside of themselves make great entertainers, but tend to not be as good with pure data collection on the psychic level.

Willingness to be wrong: The feeling that “I could be wrong here” is a very common one when collecting psychic data. This is strongest when what you are perceiving mentally goes against your innate sense of what should be happening. In most cases if something seems to be that different from what you believe it should be, going with the perceived data is the correct choice.

Letting go of the internal storyteller: As humans, our conscious minds roll is to make sense of our world and reality, and place it in an understandable (which means survivable) framework. With psychic function though, it tends to degrade the information when you try to build the pattern consciously, spinning the information into a story, rather than letting it form on it's own and simply reporting the data.

The better you get at *NOT* “putting the pieces” together, the higher the quality your collected data will be.

In general it is hard to do these things without letting go of your own ego. (Not sense of self, but pride, vanity and greed. That kind of ego.) If you learn to do away with that portion of yourself, you will find you ability to gather psychic data grows rapidly.



## **Tumo:** **The Generation of Metabolic Heat**

High in the Himalayan mountains of Tibet, young monks must prove themselves in a contest of will and focus against the deathly chill of winter. Using special meditation techniques and breathing practices known as Tumo, they must survive in a freezing room made of stone from dusk until dawn the next day, wearing only a thin wrap that is very similar in thickness to a bed sheet.

Though it took several years of research to find out how this technique is done, and a bit of tinkering to improve upon it for Western minds, this secret can now be shared with you in full here.

Understand before starting, to the Monks of the Mountains, these techniques are a purely spiritual effect. While they perform all of the physical steps listed below, it is not though to be the main portion of this technique at all. To them, the mind and will play the most important part in most activities in life, this one being no exception at all.

Most people reading this may tend to ignore the significance of this and view only the outward trappings. Both are mistakes. We are not creatures of mind and spirit alone, and are also not beings that exist only as physical bodies. Taking the time to integrate ourselves fully and accept ourselves as being both physical and mental beings allows us to use a far greater portion of our personal potential.

### **Tumo:**

Before you start this warming exercise, you will want to arrange your surroundings carefully.

Find or create a sheltered space, where little to no wind passes or circulates around you. This will aid in preventing loss of body heat. It only makes sense to keep the increased heat you are generating as well as possible.

Also, find something, a rug, a piece of wood, a pillow, to sit on, so that you are off of the floor or ground, as contact with chill surfaces can lead to rapid loss of heat, defeating your efforts.

Last, find a voluminous wrap of some kind, in which pockets of air warmed by your body heat can become trapped. While many small pockets of warmed air is the ideal, still air is the most important factor here. It is the best insulation you can find without pre-planning.

Once that is done, sit comfortably off of the floor, with your back very straight and as close to straight up and down as possible along your bodies core. Don't hunch or bunch up and try not to lean forward or back too much. Make your body heat travel through as much mass as possible on it's way up and out of your body.

Hold your hands, palm up, on your lap, with your arms relaxed, but as close to touching your body along their whole length as you can manage without tightening your arms. If you can hold or drape a bit of material over your hands, so much the better.

Now, lightly tighten your stomach muscles, using about one quarter the effort it would take to do a sit-up, and keep them tight as you inhale, extending your stomach as you breath in (rather than lifting your chest up, this is important as the physical work required to warm your body is being shared between the very high

endurance stomach wall and diaphragm.) and tightening your stomach and chest muscles as you exhale. Try to fill your lungs full on the inhalation and do it slowly, and empty your lungs as fully as possible on the exhalation. This will help prevent hyperventilation. (Breathing slow is the key.)

Breathe only through your nose for this exercise. It allows the greatest pre-warming of air and heat retention than breathing through the mouth.

This alone will warm you, possibly enough for survival, but there is a bit more which will really help to kick start the fires within.

Focus on the pit of your throat, a point just behind the half circular dip. Behind this point (more or less) is where your Thyroid gland sits. Feel it growing warmer (in your imagination, thoughts, or in your physical perception, what ever works for you.) and feel it enlarge a bit, swell and tingle as more thyroid hormone is secreted into your system.) Just focusing on this spot can be enough to trigger an increase in thyroid production. The more intense the focus, the greater the amount of metabolic boosting hormone will be produced.

As you continue with all of the above, focus on a stream of fire, moving from your Hara (Japanese, a point a few inches below your belly button.) Up the front of your body, warming you as it goes, up the chest and neck, through the face and then to the top of the skull. At this point it folds over the top of the skull and runs down the back of the body, down the spine, until it enters the Hara from the other side of the body, forming a loop of hot energy.

As you inhale you should imagine this burning fire moving as if pushed from the front, and as you exhale, you should image it as if it is being pulled from the back. Keep this image up while working, to help the capillaries along the core of your body open up and relax. It will also cause your mind, which is doing many things at once, to increase in neural recruitment, which tends to raise the metabolic rate.

You should be breathing between six and sixteen times per minute for best affect.

You will be able to use this technique to stave off bitter chill and even potential death, as long as you use it correctly and as soon as possible. It is best to practice first however, as the stress on the diaphragm can make you sore the next day if you have not conditioned yourself properly ahead of time.

Very few people have learned these techniques outside of Tibet, it is hoped that this skill will aid you in hard times, if they should ever come.

## Communicating With Your Higher Self

Your higher self is the part of you that has access to all of your subconscious information and processing power, while simultaneously having full knowledge of your conscious thoughts, needs and desires. Very often this portion of your own being will know what path is the best one for you to take at any given time and be able to lead you through your life in a manner that will help you to grow into the being you are supposed to be.

Yes, it is still you, and will still be working off of the same base information you have held within you, but it will generally be the more psychic, wiser and most stable portion of your being.

The trick to communicating with your higher self is two fold.

First: you need to understand that this part of yourself is still you and don't try to distance yourself from it. A lot of people expect it to be some large, unknown thing, but it is very known to you and you have probably had input from it on a regular basis, without being consciously aware that this was the case, hundreds of times per year.

Why don't you recognize this when it happens? Simple, your higher self will sound like your own internal voice, because in part, it is!

Second: When you ask your higher self for advice and it gives you advice that is different than what you want to do at the moment, in general, follow the advice of your higher self. You control your actions, but that portion of you has all the available information. (And possibly a lot more than we are supposed to consciously know about. This has been hinted at throughout the ages by many sages and wise men and even in my own communications with my own higher self, so it seems very likely that this *greater than human knowledge*, is the state of things.)

The data given by your higher self will NOT be perfect. What it seems designed to do is to drive you towards the best life and pattern for you to be in at any given moment.

As this is normally the best you can do in any given situation, so it is well worth listening too!

Does your higher self ever foretell the future?

If you ask it to, it will. But the answer you get will be what ever you need to hear in order to keep you going, change course to a better path or grow as a person. (So in general, don't try using it to pick lotto numbers!)

Will I be given secret information about how the world/universe/life works?

Yes! By definition though, you already know all of what you are told by your higher self though, so even if you are not consciously aware of it, you already know these secrets.

Here then, is the how-to portion:

(This is safe to do at any time and while practice helps, you should be able to do this almost instantly.)

Sit quietly and close your eyes. Clear your mind of all thoughts and when comfortable, ask your higher self to become noticeably present.

How you ask is up to you, but you can use words for this, or pictures or concepts... Whatever seems best to you.

It may take a moment, and you may even find yourself thinking things like "one moment" or "be right there". If so, stay relaxed and wait a few seconds for your higher self to organize itself properly to communicate with you.

I don't know why this happens, as it should know you are "coming" to visit with that part of yourself, being literally *you and cognizant of your intentions at any given moment*.

You should then find yourself thinking something that affirms that your higher mind is present for communications with your on the conscious level.

If for some reason you don't "hear" this, it is most likely due to holding on to the idea of separation between you and your higher self. Relax for a bit and start asking questions and the answers will start to roll in.

Once you ask a question, you will hear yourself answer it. Pay attention to these answers! They may differ greatly from what you would normally tell yourself to do.

With practice you will begin to be able to pick out the more unified mental flavor of your higher self and find that when acting from that plane of being you make far better decisions that tend to help more people and harm virtually none.

The more interesting the questions, the more interesting the responses will be in general! (Because just as in any conversation, what you put into it is, in part, what you get out.)

Have fun with this and use it as a tool to aid in your growth towards whatever it is you choose to become.

## Tulpas: Creating Beings of Thought and Energy

### **Part One**

A Tupla is a construct. A being or object created out of thought that sometimes manifests in the “real world” so that others can see it, interact with it or at least perceive it.

Really, a Tupla is what your imaginary friend from childhood could have grown up to be, if you would have kept playing with them. Able to interact with others, probably in a slightly ghostly fashion, move objects and gather information for you at a distance, without your conscious control, or effort.

There is a good chance that the “Familiars” of wizards and witches of old were sometimes actually Tulpas of unusual power. (When you live off in the middle of nowhere by yourself, you have a lot of time to put into such things.)

It takes time and focus to create a Tulpa, of course, especially if you are doing it alone. If you can get with ten friends or so, and keep them on the same page about what to do, then it is far easier and the results will likely be far more powerful over all.

In part one of this series, I would like to address the steps needed to set the stage for good psychic work to be done allowing the full creation of a manifested thought entity. Later we will go over the actual creative process and how to interact with your new Tupla in order to increase the results of your work.

### **Setting up:**

As with most psychic or mental work, or magic for that matter, begin by clearing your mind and finding a space where you can work without feeling self conscious or distracted.

Close your eyes and focus on letting go of all the internal noise, the cares of the day and any worries you may have.

Once focused, let your mind move towards the concept of the Tulpa you are going to work on. Not the particulars yet, just the “feeling” you want it to have over all. (Concept, not pictures not plans, just what you want it to feel like to you mentally.)

This feeling is crucial to what happens next in this endeavor!

Spend some time, perhaps a week of daily work, going over what your new Tulpa will be perceived as, in the form of a concept. This will build the base for the more physical trappings later, but will give much greater depth and power to the Tulpa all together.

Try to notice this conceptual feeling as if it was a person you were picking up on a telepathic level.

This will give a backdrop “form” to your future work. This is where you are setting the true personality of the Tulpa and doing it in a way that won't allow it to shift later.

Some practitioners have found that Tulpas tend to reflect the worst of the person

making them, if no steps are taken to prevent this from happening. The petty fears, desires and anger that we all bury inside ourselves can come out unexpectedly in a Tulpa, as they are simply a physical manifestation of our mental selves. (Especially when formed by a single person.)

Doing this first will also get you ready to spend the needed several hours a day in focused concentration. It takes about 2,000 hours to create a physically manifested Tulpa for a beginner. Lesser manifestations are faster though, so you will be able to see a payoff from your work much sooner than that.

The point is that you will not create a Tulpa by yourself with an hours worth of work per day, it will take more time to gain solid benefits. Get ready and plan on self-discipline if you want this to be done correctly.

## **Part Two: Design and Creation.**

Since a Tulpa is a creation of the mind, you can shape it to look like anything you want, to hold whatever abilities you can conceive of and have a specific, desired personality type.

The only thing really holding a person back here is their ability to hold all of this information clearly in mind, and focused into a given location in space.

By figuring out, even writing down, the following first, you will find it far easier to remember and hold onto the whole picture of your Tulpa while working on it.

It is better to go simple and be successful than to go too complex and have no results for your effort! Keep that in mind before you add ten thousand bits and pieces to your creation.

### **Design Considerations:**

Name your Tulpa!

It doesn't matter what you name it, but you, as a human being, will work better with a handle to hang everything else on. We use names to make things "real" to us, and with a being you are creating from thought, this is doubly important.

I find it easiest to take seriously if I don't get too cute with the name. A dragon named "Mr. Snookies" is going to be hard to take seriously for most people. The name is truly up to you however. Use your own best judgement.

### **Looks:**

Your Creation does not have to look human, but it should look like something, or someone, that you find compelling. You will be spending many hours focused on the idea of how they look, so something interesting that "feels right" to you is going to really pay off in the long run.

Be complete in your description, write out eye color, hair color and length, curly or straight (or bald if that is the case), height, weight, what kind of clothing they wear, complete with colors and styles, what kind of shoes and so on.

### **The more complete the better!**

If they are non-human, then take care to describe them even more closely. We

are built to mentally accept the human shape, alien or "monster" shapes are harder for most people to hold in their thoughts for long. (One of the reasons many people cannot "see" monsters and will forget having met one...)

### **Personality Type:**

Is your Tulpa happy? Kind? Gentle? Protective? Make sure you know before you start and *ALWAYS* think of them in that way! An angry or selfish Tulpa can turn on you, especially if your subconscious level of self-esteem is low.

Pick traits that cannot turn on you easily, just in case something is hidden deep in your mind.

### **Beginning the creation process:**

This will take focus and time, set aside as much time as possible each day to work on this, and make certain you keep working on it daily.

Begin by finding a centered, bilaterally synchronized place within yourself. The more highly focused and organized you are the better and faster this will work.

Form the idea, this time with a fully visualized picture, of your Tulpa in your mind.

Keep there personality constantly in mind while doing this as best you can. If you find yourself unable to keep the whole picture in focus, try to practice holding certain pieces while shifting your mental "gaze" to other areas of the mental image until a complete picture appears.

When (notice this does say when, not if...) your mind wanders, try to bring it back as quickly as possible to the mental image you are creating.

Once you have an image solidly in mind, try to bring yourself into resonance with it, as if it was in a certain space near your physical location.

This is easier to do than it sounds like. Focus on a space in front of you, or to the side of you if that is more comfortable, and imagine the Tulpa standing there, as big as life, solid and whole.

Try to mentally "feel" it, as if sensing an object or person standing there. The better job you do at this point, the faster it will all come together.

Hold this for as long as possible, day after day. In about three to six months, you will probably start to get flashes of it, much as if it were a ghost. Others will probably begin to catch glimpses of it too.

If you have decided to let it do so, it may also begin to move objects at this phase.

The longer you do this and the more people see it, the stronger it will become.

### **Part Three: Group Tactics**

If you can get people on the same page, working with a group can be incredibly powerful and have much faster and stronger effects than working on your own. This

section will include some tips for getting a group into resonance and focus on the same thing at the same time.

### **Selecting your group:**

A working group can be any amount of people, but you should at least be able to tolerate each other, as you will need to be in each others presence at least a few times a week.

It is also best to leave out people that are easily frightened or that have serious anxiety issues. These powerhouses can co-opt the work of an entire group and twist it into their greatest fear before you can say "Good Tulpa". The only way to stop this from happening for most people is to simply recognize that some individuals need to be kept away from powerful workings until they get a good handle on their inner self. (Not just Tulpa work, anything powerful.)

Last, don't neglect the quite but hard working types! This isn't pick-up baseball at the lot like when you were a kid! Good Looks may make you feel like a person is a good choice, but the quiet introverts that don't readily step forward are as often as not the ones you want for this kind of thing.

### **Agree on who or what your Tulpa is:**

Everyone should be at least "O.K." about the projects goals and the Tulpa itself. Not everyone will love everything, but one person really feeling disgruntled can cause things to turn ugly very fast. Or worse, not work at all! (Yes, I said it that way on purpose.)

So take some time and make certain that everyone is feeling, if not good, then not bad about the project you are undertaking.

Being willing to compromise is a useful skill in any group and should be encouraged from everyone.

Find a good working schedule and meeting place.

Not everyone has to be available each time you meet, but the more the better. Try to have reasonable times set up.

Establish working resonance before starting group visualization.

When two people eyes meet for a time, even a short time, the less organized (less bi-laterally coherent) person will fall into synchrony with the more organized individual.

This will hold as long as the more organized person keeps their attention on the other person.

If you have an individual that has a daily practice of purposeful focus, like meditation, they are probably going to be this person in your group. If you have many such people, you will have to establish this by trial and error or use an EEG. Have the most coherent person look into the eyes of each person and focus on them, while maintaining the focus on the rest of the group.

The rest of the group, as they fall into resonance, should in turn, focus all of their attention on the new person being entrained. Each time, and shift as smoothly as possible to the next person.



Once everyone has gone through this and is focusing on a single person, the next step is to shift to the focus on the Tulpa itself.

This is done almost exactly as you would do it yourself, there is no particular trick needed here. Just pick the focus and stick with it as a group as well as you possibly can.

It is not uncommon for groups to have good effects starting to show up within six work hours, though it varies from group to group. It is possible for physical manifestations to show up far more powerfully with the energy of a group behind you though, so stay ready for the unexpected!

## Accelerated Healing

There are several internal methods of increasing the speed at which we heal wounds or illness. Below are several of them presented, hopefully, in a manner which is usable to most people reading this.

Each year we spend Billions of Dollars on unneeded health care in the U.S. Alone. Being slightly proactive and learning a few tricks will help keep you out of the medical system except in cases of extreme emergency.

So in no particular order...

### **Delta State Thinking:**

Most people wrongly assume that Delta brainwaves only happen during deep dreamless sleep, at least in a predominate fashion. But contrary to this incorrect thought, you can enter a Delta brainwave state on command with just a little practice.

All you have to do is think of nothing, say a void filled with air, inside a rubber ball that is situated over your head.

Then make the ball go away, leaving only the void filled with air.

Then make the air in the void go away.

Then try to make the void vanish...

At about this point you will have dropped into a delta brainwave state. (Don't kid yourself though, it could take a few hours of practice to really achieve a solid delta state.)

The trick of course, is holding it long enough to trigger a release of growth hormones. It takes about five minutes to trigger this kind of release, and you get one such "jolt" of growth hormone every twenty minutes or so, then it needs to replenish in system.

So with fifteen minutes of focus per hour (about twenty minutes apart.) you can keep a consistently high rate of healing promoting hormones in your system.

How much will this accelerate healing? About *ten times*.

Now, you can also do this by sleeping (yes, this means you automatically heal about ten times faster in our sleep than when awake.) but sleeping all the time is not good for you. So It pays to learn alternative methods of doing this.

With a bit of practice you should be able to drop into a deep delta state within moments of closing your eyes AND remain conscious of it.

One small side effect of this is that you may notice yourself being conscious all night long, even though you are technically asleep. Don't worry about it though, this is not as boring as it sounds, you simply note what is going on passively as you rest.

You will also tend to dream slightly more often, and remember more of what you dreamed for a while after waking.

### **Controlled Feedback:**

If you can feel a bodily system, you can learn to control it. Since so many problems in the body are linked to chronic inflammation, learning to sense it and then reduce it, even eliminate it, will help your ability to stay healthy through out your life.

On the flip side of this, if you learn to increase blood flow to an area, you can speed up healing at that point by about three times.

Since both of these techniques are very similar in practice, they can be lumped together here.

You will first want to find a comfortable, distraction free place, at least while learning these techniques. (I have managed both of these at the same time, while running, but that takes a little practice!)

Get comfortable, close your eyes and relax completely.

The relaxation will help you feel small changes as you make them, by removing a point of confusion from your system.

### **To reduce inflammation:**

Start by letting your attention move to an area of your body that you suspect to be inflamed. Notice how it feels. It may feel like a low level pain or feeling of fullness around a joint for instance, or an ache in the muscle.

This will be very low level however, in most cases, so let yourself be free to feel the slightest bit of what is there, with out trying to ignore it or push it away.

Once you have a sense of it, image the pain or fullness fading away, try to feel the changes in the effected area and when you do, continue doing what you are until the whole area is free of that sensation.

You should do your whole body at least once a week!

### **To increase blood flow:**

There are two small “tricks” to increasing blood flow. The first is what I call “profound” relaxation. When you relax fully, the amount of blood flowing into the capillaries of an area increases dramatically, nearly three time the amount of blood will move to the area being worked with. (Nearly three times per minute that is, not all at once.)

The second “trick” is really just a part of the first, but can be thought of as separate pretty easily. If you imagine you feel heat in an area, then your body will respond by relaxing the capillaries in the skin in response to this warmth.

Which, of course, increases the actual temperature of the skin in that area.

(Finally a “Catch 22” that works in our favor!)

Both of these things will take a little practice, but are well worth the effort to learn and keep up with.

## **Pain Control:**

This topic is big enough, and important enough that it has [ts own Article](#).

Pain is the starting point for the inflammation cycle however. Pain causes swelling of nerve tissue which triggers edema in surrounding tissues, which causes more pain.

By learning to control the pain directly at the source, you can side step a whole host of chronic problems, like back pain, arthritis and to a small extent asthma.

## **Stretching:**

Not just for sports warm ups any more!

Daily stretching helps to keep blood flow high to the muscles and prevents tightening which can lead to pain (see above for inflammation cycle.)

While it may be “handy” to be able to touch your toes, a lack of stretching can lead to fluid build up in muscle and soft tissue, which can be perceived by the body as a chronic infection or attack on the system. (And not in a good way, if it goes on too long.) The net effect is to weaken your bodies ability to heal by distracting it with unneeded work.

Plus, stretching releases a small dose of endorphines! The feel good brain chemical we all know and love.

There are many other ways to increase healing speed. Psychic healing, Magical constructs and Herbal remedies work well in specific cases if used correctly. There are sound therapies which seem to work as well as aromatherapy which is actually starting to prove out somewhat in scientific testing!

Don't let yourself be boxed in by “the way things have always been done” in medicine. Trying new things and being willing to experiment a little can lead to a healthier you before you know it!

## Pain Control

There are three main types of pain control that you can do yourself on a strictly mental level. These techniques will allow you to manage pain without drugs or external treatments, though they all take a bit of practice to master.

There are many reasons to learn this kind of pain control, the most obvious being that at some point in your life, you will be in pain, and pain isn't much fun. There is also the ability to offset pain during physical activity for increased sports performance, respond and continue responding to an emergency situation and of course, resisting torture. Hopefully that last one will never come up for anyone reading this, but it is one of the prime reasons for learning pain control techniques.

Learning to control pain can also improve your health, both mentally and physically and reduce chronic health problems significantly. Pain tends to start long term inflammation problems, which can lead to more pain in a vicious cycle.

Here are some techniques that will allow you to use the three different kinds of pain control. There are many, many ways to tweak each of these main techniques, so don't be shy about experimenting.

Endorphin induced pain control:

Endorphins are, in layman's terms, essentially naturally produced Morphine. (Though in reality, Morphine works because it is similar in chemical structure to Endorphins, but the idea is similar between the two things.) By causing your brain to release them, you get a shot of pain killer.

Unlike Morphine, Endorphins are not truly addictive as you will not constantly need more and more of them to create the same responses. This is because Endorphins are produced in the brain, and when Morphine is introduced to the system, less Endorphins are produced in response, being 'unneeded' because of the drug taking their place.

Here is a fast and safe way to produce an Endorphin response:

Begin by imagining a small, about the size of a golf ball, space in the center of your brain.

Now, with each breath you take in, feel just a little bit of tickling happen in this space.

Each new breath you take, allow this feeling to get a little stronger. (Use your imagination for this! Imagine it so hard it is like really feeling it!)

A minute or two of this will trigger a pretty decent Endorphin response, out of sympathetic reaction.

You will want to continue this past the point that pain is relieved for a longer lasting effect however, so keep it up about a minute past when the pain is gone.

\*This technique is great, because you can use it with already existent pain.

Distraction Techniques:

Most pain control techniques use some variation on distraction. Basically you set

your mind to a task that is complex enough that you automatically defer pain, so that you can accomplish the task.

I find it works best to focus on one thing, rather than try to distract myself with entertainments, reading or externals like that. These things CAN work, but they tend to be too sporadic for long term success and pain control.

It is easier to use such a technique before the pain begins (so you don't feel pain) than it is to control the pain after it begins. Some researchers have noted this and stated that it is "impossible" to control pain after it starts. I can attest to the fact, from personal experience, that it is indeed very possible and simply takes a greater degree of focus to move past the pain.

This is a built in response and we all have it as a part of our make up. It is probably to allow us full use of our minds in emergency situations.

This technique below is a fairly good one, that I have used for a long time. It is nearly identical to the pain control techniques used by Inuit Shaman.

### **Begin:**

Focus on the bones in your hands:

When you have a picture of them in your mind, move to the bones in your arms, while continuing to hold the image of the bones in your hands.

Now add the shoulders, the spine, the ribs, the skull and pelvis.

Next add in the long and short leg bones and the feet.

Feel, in your mind, the texture of the bones all the way through.

Hold this pattern while moving, slowly at first, then at normal speeds.

With a bit of practice, you will be able to bring this image up while walking, running and even playing some sports.

If you pinch the skin on the inside of your forearm lightly, it will either feel as if it is only a slight pressure, or, if you are doing this well, you will feel nothing at all.

\*Keep visualizing the whole of your skeleton while doing this.

The interesting part of this is that your idea of what the skeleton looks like is not really that important to how effective this will be. It is the amount of focus you put into the image which counts.

### **Site Specific pain control:**

This is the hardest type of pain control to get a handle on, but once you do it is the most powerful and effective pain control method available.

Start by focusing on the pain that is bothering you.

Define where it is in your body, how deep it goes and what it feels like.

Then, without letting go of the shape of the pain, move into it mentally, and feel the pain turning into a sharp, almost ticklish feeling.

After a few moments of this, the pain will suddenly fade, but the work is not done yet, this fading is temporary and will stop once you release focus on the area.

Instead increase your focus even more, try to feel each little bit of residual pain, and replace it with that sharp feeling of tickling.

What you are doing is trying to convince the nerves around and in the area of pain to stop producing the chemical signal of pain itself.

This may take several minutes, but once you have managed it, the pain will stay gone as long as you don't re-injure the area. (Or as long as you keep your focus up, in case re-injury cannot be helped due to an emergency situation.)

Why we feel pain.

Pain is, of course, a signal which prevents us from damaging ourselves further in case of injury. At times though, it can become inconvenient to feel pain, as we must preform a task anyway. Chronic pain is almost always more detrimental to our health than helpful in the long term.

With these basic techniques, and some practice, pain will, at the very least, become something you know you can manage at need.

You *do* have to remember to use the techniques however.

## Psychokinesis

Psychokinesis is the ability to influence a physical process using your mind. In general this is not movie style "telekinesis" though from time to time the effects will overlap. For instance it is often possible to cause large complex structures to suddenly stop functioning with very little work, or even catch fire. This isn't a flaming fire ball in the air, but the effect can be dramatic. (And costly, do be careful around your computer while working with these techniques!)

What can you do with psychokinesis? Pretty much everything!

You can influence and control the weather, bend metal and glass objects, create healing in yourself or others, cause objects to move, cause objects to burn or catch on fire, teleport objects from point a to point b and so much, much more.

All of these kinds of actions require the same basic steps to preform well and they *all* require practice if you want to become good at them. The better you become at each step of the process the stronger your results will be. This simply a part of successful living, you have to put energy into any thing you want to be good at, regardless of natural talent.

There are also a few rules that, if you use them in your practices, will increase the effectiveness of your efforts by several times. (Or more!)

### **The Basics:**

Rules: (For best effect follow these rules, but try other things too! What works for you and what you discover may be great and helpful to many others later, so don't let these "rules" stifle you!)

It is easier to influence highly energetic processes than it is to influence low energy ones.

It is easier to influence the weather, which moves, has random energy fluctuations and changes readily, than to alter a rock, which has a low level of energy movement mainly on the quantum level.

You must be in resonance with the object you are influencing.

If you lack good, specific resonance, you will tend to influence everything in a given area (which will vary in distance from you based on what you are doing and how strong a field you are generating.) that is similar to the object you are trying to influence or that is connected to you OR the object in some way.

Focus and be sensitive to feedback from the specific object to increase targeting fidelity.

The deeper the mental state, the stronger the effect and the faster the field of information changes in and around the object of focus.

At very, very deep levels it becomes harder to maintain focus in a way our conscious minds can relate too, but the power levels increase enough to make it worth doing anyway.

This can create an odd situation, where you consciously are not aware of what you are doing, but still get very high level effects. It can be disconcerting at first, but is worth learning how to do.



Focus on the goal, not the process:

Focus on a single end point. Trying to concentrate on the process will tend to scatter your efforts in too many directions, even though we have all been taught that focusing on one step after another is the way to do things in life. (This is normally good advice, this area of endeavor is simply an exception to that rule.)

### **Psychokinesis, How-to:**

To start, you need to know exactly what you are trying to do, what the object or process you are trying to effect is and have the time set aside to do the work needed. You will want to make a guess at how much energy a process has as well, as this will tell you the approximate amount of time and effort you will need to put into reaching your decided end point.

Start by clearing your mind of all concerns, just as if you were going to try and gain information about the object you are focusing on. (Because you are! You want psychic feed back from what you are trying to influence. It will allow you to make subtle changes on the fly, increase the field strength when needed and generally allow you to do everything many times faster than without such feed back.)

Focus your attention on the object or process and allow yourself to drift into a much deeper mental state, by not thinking of anything else. If something intrudes into your thoughts, let it go and move back to the concept of the object you are focusing on.

When the concept feels “connected” to you, alter your focus to the end point goal, while keeping your mind trained on the object of your attention.

This should have you in a decent level of resonance with the object and getting feedback from it on a deep level.

This is the time for careful concentration and focus. What you are going to do is try to mimic the object mentally (you are already doing it, that is what resonance is all about in this case!) but with the changes you desire in place. Try to “feel” the goal as if it has already happened to the point of focus.

You need to hold this field long enough for the effects to either make the changes in a single session or for residual field strength to last until the next session ( An hours work will allow a 50% or so retention 24 hours later.), so that you can continually make small changes until the full results have been achieved. (The more energy a process has, the easier it is to influence, which means that high energy processes can be influenced in “real time” if you focus well enough and stay resonate with it.)

At a certain point, you will “feel” that the work has been accomplished. This is due to feedback from the field you are interacting with.

Once you have that feeling you can relax and let the field you have created (the new goal, change or end point for the object or process) finish the work without spending a lot more time concentrating on it.

\* \* \*

\*This initial procedure does not address the time at which you want something to take place. That is more complex and will have to be addressed later.

In most cases you will find that psychokinesis is most valuable in influencing processes and aiding physical activities in which you desire a specific outcome. (And have added energy too already.) Rather than moving something with your mind, which is almost always more easily accomplished by simply using your hands. Of course great distance, hostile environment and other factors can make the time and effort of using psychokinesis more practical than a hands on approach! Trying to shift the path of a killer asteroid for instance is much easier to accomplish from the surface using psychokinesis than trying to reach up and push it out of the way.

Humans seem naturally adept at healing for instance, which works with a human body and in working with the weather, both medium energy level processes.

High energy processes can gain shocking results, such as trying to warp very hot objects or bend light. (Most people can do this, but light has a pesky problem in that it keeps moving, so you are always trying to bend *new light* along its path!) Electronics are also fairly high energy processes which are easy to effect.

Teleporting objects requires a similar set up, but requires a few specific things that will also be covered in another work. At least for high level effects. Don't let this stop you from trying using the techniques above!

## Entities and Possession

There are many types of entities that may bother a person from time to time, some are harmless, some are pests that should be removed from your presence and some can create harmful disruptions to your life and in rare cases your health.

It is important to remember that traditional names for these types of beings may be wildly incorrect at times, so are better avoided, at least until you are certain about what you are dealing with. A ghost, for instance, is certainly a type of entity that most people are familiar with, but the vast majority of them are completely harmless and don't even notice you are present, even though that is not always what popular stories tell us.

A *Demon* though, is a very specific term that represents something that few if any entities actually represent, though some of them will try to lay claim to the title in order to inspire fear or heightened emotions in you. (More on this below.) You are best served by not giving them a title that confers power or importance though, as most of them have a specific goal in mind when interacting with you, and it is not to get your immortal soul.

The classes of entities presented here are general and meant to help place what the goal and power level of a being is, so that you will know how to best deal with them. Traditional names are not used, mainly because they are labels that generate fear in many people about a subject that should not create fear. At all.

### **Classes of Entities:**

Type A: These are Beings that have a presence, but do not show themselves to physical sight or interact with humans. You can feel them, sometimes as cold spots or a tingle in the air. Sensitive people may pick up bits of information from them.

Type B: These creatures will show themselves and sometimes have small, physical, but harmless interaction with people. The power level is low in the physical realm of being, but they are often able to interact with the mind slightly. They are however harmless.

Type B2: The same as type B, except that they may present a fearsome or angry demeanor. Still harmless, as long as you do not give into fear. This is the largest group of negative entity interactions. They do not appear to feed off of negative energy however.

Type C: Low level feeders. These entities are the first of the classes that can "Possess" or more properly in this case, "Attach" a person. They tend to sit in the energy field a human produces and absorb energy as it is produced. They are about as intelligent as a leach or worm.

Type C2: Similar to the type c, these will work their way into the body however, and attach quiet firmly. It can become a constant, if low level, energy drain on a system.

Type D: These beings show primitive thought, and can create and enhance emotional states that cause increased neural activity, which they seem to feed off of. Many people with this kind of being intuitively know that something is wrong, and will often feel cursed or possessed. This is a far higher level of drain on a system and can cause slow damage to the body at or near the point of

attachment on the energy level. (So physical damage to the body, coming from the energy level of being.)

These beings can sometimes cause objects to move outside of themselves, create a sense of foreboding in others at a distance and sometimes manifest visual illusions.

Type F: True Possessors. A person that is infected with one of these beings will tend to drain energy from those around them, will NOT know that anything is wrong in general and may not be in charge of their physical body at all.

They are being perfectly managed by an invading force.

When trying to remove these being, it is important to shield the individual being worked on as well as all surrounding people in the area.

Physical attacks that do real damage are very possible, even at a distance from such a being, especially if they are attached to a human at the time.

These entities can give the full on "Hollywood Movie" type of experience, and feed on any extreme emotional state. When dealing with them, remain calm and collected mentally, to avoid increasing their power at the moment.

### **Commentary:**

Several main religions have used fear of possession as a control mechanism over their followers. At the very worst though, such entities are nowhere near as powerful in the human 3-D world as we are as physical beings. Not even close.

Humans have great power over such beings here, and it is only the fear induced by indoctrination and lack of knowledge that allows such creatures to seem significant to us at all. (The unknown is scary and this area has been hyped up a lot by people wishing to control others through fear.)

Yes, something trying to drink your life energy seems spooky, but not nearly so when you learn that you have the power to stop them from doing so at will, if you choose to.

I will ad more soon about how to rid yourself of such beings, or what things you can do if you do not feel up to the task yourself.

## Removing Entities

If you feel that you are inhabited or that the energy system outside your body contains entities of any kind, these techniques will aid you in ridding yourself of them.

These two techniques are basic, but will be effective with all lower level energy beings of any kind. If they are of a higher level, or if you simply cannot rid yourself of such things, don't be bashful about seeking help. What are professionals there for if not to help you out when you need it?

This article could be loaded down with caveats and warnings, but the simple fact is that you will be no worse off for trying to remove such a creature than you would have been leaving it alone.

There are two conditions that you may be in that have real bearing on this kind of work. The first is a being able to sense the entity, it's true location and what not, the second is a lack of practice that may make this harder to pull off for some people.

So for those that are having trouble finding the darned thing that is bothering them, we have a brute force method. A slightly more elegant method will follow for people that can sense the energies involved.

Both work, but using brute force will take longer and be physically and mentally more draining.

### **Brute Force Method:**

Make sure you have supplies on hand, water, some kind of quick energy food and a blanket to prevent chills. You can always uncover yourself to get rid of heat, but chills can be harder to handle when you are already preoccupied.

Find a comfortable place where no one will intrude on you for at least several hours, possibly longer, up to a day. (That is very rare if you are doing this correctly though, but better to be prepared than to find yourself lacking in an emergency situation.)

Set up some kind of soothing music in the background, that loops so that you can keep track of time and be reminded to hold your internal focus.

When you are ready, close your eyes and begin by focusing on a tiny, tiny speck, the smallest thing you can imagine, right in the center of your body. This point does not have to be perfectly centered or anything like that, just pick a place inside of your body and focus on it.

This will be the middle zone, your reference point, for this whole work, so hold this point for a few minutes to let yourself learn exactly where it is.

Now you are going to slowly cause this point to grow. As this grows, try to generate force pushing outward while it gets bigger, hold the concept of this pushing away anything that doesn't belong. This has to be done slowly and with great focus, in order to disrupt the tiny hooks that holds an entity in place in your body or energy system.

This will take time, because you do not know where the being is located, you have to do the entirety of your body and the aura of energy around you, out to at least

four feet in all directions.

Plan on taking an hour for it to reach the size of an orange then another hour for each doubling of size past that.

When you reach the edge of your auras outer limit, instantly shift to shielding protocols, as indicated in the [Psychic Shielding](#) article.

### **Focused Removal:**

Take most of the initial steps above, just in case this takes longer than you think it will, again, better safe than sorry.

Start by locating the entity or entities, and build a shield around each one so that it cannot move.

Focus on one of them and empty your mind. Seek the smallest finest level it exists on.

When you think you have it, try to feel the interface between itself and you. You should be able to notice a place where it feels “welded” or connected almost seamlessly. Focus on that point and hold the concept on a tiny portion of it that these points have come undone and have moved slightly apart.

You will have to do this to every square millimeter of attached area, but once done you will have a disconnected entity within a shielded area.

Move that small shield through your own protective shielding and place it somewhere very far away from you.

Check for a line of energy between you and it.

If there is one, focus on it and hold the concept in your mind of it dissolving. It should do so almost immediately. (There is little to hold it in place at this point.)

Then repeat this process with the rest of the entities if there are any.

Finish off by reestablishing your [shielding](#), just in case anything got moved or jarred while you were working.

## Psychic Shielding

If you only ever bother to learn one psychic skill, make it this one. Being able to bolster your natural protections against outside influence and emotional bombardment is well worth the time it takes to learn, even if you personally will never come under a directed psychic attack. Small bombardments from angry or fearful people add to the stress we carry with us and effects our lives far more deeply than we consciously understand.

These skills work to help protect you from any psychic, magical, spiritual and entity based attack. There is no difference between what you need to do to stop a ghost from bothering you and what you need to do to stop an emotional person from (inadvertently) forcing their emotions into your mind.

This is a great source of comfort to most people that interact with others regularly, as each person tends to leave a small link to themselves after contact. In today's computer driven world, such contacts can be incredibly wearing, as we have the ability to be connected with so many more people than ever before! (Yes, links between people can and do happen over the Internet. It just takes mutual focus on the other person or something associated with them. E-mails, Tweets, even web-pages could all be potential sources of links.)

At times it is possible to come under psychic attack. Most such attacks are not being done on purpose, but are just a subconscious lashing out on the attackers part. Some are being done on purpose and those tend to last longer, sometimes days or weeks, before the person tires of attacking you.

Entities can also attack you, trying to gain something, energy, attention, a body (so very rare, I wouldn't worry about it on the whole!) or who knows what!

As mentioned above though, you need only one type of shielding to effectively stop all of these things from effecting you.

The type of shielding below is good for people that need help fast, but requires regular upkeep, if you come under attack. Most shielding does though, so it is best to maintain good work habits in regards to holding personal shields at all time. (Which just means check them or go over them a few times per day. It takes moments once you have the pattern down. Just don't forget for too long.)

### **Shielding:**

Calm you mind.

Simply calming your own thoughts takes focus, and will trigger your bodies natural protections against outside influence or attack. Plus it makes holding any kind of idea easier to pull off.

Imagine an 'egg' around you, a *solid* egg!

Focus on yourself and the space around you being fully protected, and let this field go through your body in your imagination, so that it is a solid shape. Don't just imagine a shell! This way you will be protected if that outer layer is stressed to the breaking point.

Hold the idea of the entire solid layer deflecting incoming information or energy.

This is the actual shielding portion of the event. You want to give the information incoming a place to go, that is not into yourself. Just bouncing off is enough. When the target is missed, it will tend to dissipate rapidly.

Keep this focus up for at least five minutes and keep checking for weak points!

If you are not used to hours of meditation or focusing, it is easy to let blank spots show up in a mental image. Keep shifting your focus, first around your head, then body, then feet, the back of you the front and so on.

This will not only help you build a strong shield, but will focus your mind in a way that will prevent influences from easily effecting you while waiting for the field strength to build.

This is very easy to do, the hard part is practicing enough to make it automatic to you and learning to produce a very strong shield without thinking about it overly.

If you find yourself getting bored with a "plain shield" dress it up with your mind! Feel free to change the colors, the shape, what it smells like, anything you can come up with! The more focus it takes to hold your shield in place to begin with, the stronger it will end up being.

If you are under attack, hold this field constantly. Yes, you can learn to do it while doing other things as well, it just takes practice.

If not under attack, make a point of checking it at least once per day, more often if you encounter a lot of people. Check it once for every ten people or so you run into!



## Shifting Natural Lines of Power

There are natural lines of power that flow over and through our world, through our very scheme of reality itself. These lines are shifting ripples and flows on the quantum energy level that turn into rivers of potential energy, energy capable of creating massive effects on the macro-plane where we exist consciously.

These lines, rivers and streams of energy are very much like power lines carrying AC current. An AC current moves first in one direction, then back the other way, over and over again, transferring massive potential energy to the end point. It is not a flow like a rushing river, but a vibration that can be tapped and used.

The Lines of power are much the same. They are patterns of aligned vibrations that have developed around the world, some times literally through the world, that can be tapped by a knowledgeable person using a variety of techniques.

This is hinted at in Occult studies and older texts and in modern times malformed into the concept of the lay line. (Supposed lines of power found originally by linking sacred points on a map to make straight lines.) Lay lines do not exist as presented in modern literature, but the idea has a basis in fact, there are natural, but subtle, flows of energy in the world.

I use the term "flow" to describe this, but it is not really an accurate term. If these massive rivers of energy, Potential Energy, were ever to truly *flow*, our world would be torn apart in a few moments. Still, "flow" does convey the idea that energy is passed along these lines so I will keep using the term for convenience. Just remember, it is not really like a river flowing.

This article is not about how to tap these flows for energy. That will come later. This is about first learning to sense such rivers and lines and keep track of them in your mind, and once you can do that, shifting them, so that you can move them (temporarily) over a given point in space. This needs to be done slowly and with caution, because just "grabbing a line" and pulling it about can cause small, but real flows of energy into the Macro world.

This can create storms, Earth quakes, personality changes in people and animals and alterations in plant growth, along with many other uncounted effects I'm sure. So use caution and remember that just because you are the one doing it does not mean that huge amounts of power are not coming into play.

It really takes very little power on your part to trigger incredible forces into action. So take care when doing so. It is fairly safe as long as you take your time. Try not to shift a line more than about 100 miles in an hour, or more than 400 miles all together. Shifting them too far from their original area creates large stress zones.

### **Sensing Energy Flows:**

If you have been practicing any kind of psychic data or information retrieval work (Telepathy, precognition, remote viewing that kind of thing) then this will be easy and is mainly just shifting your awareness to a sense of movement in the world around you. Very few things will be as large and moving, so you won't easily be confused.

Just try to gain a perception of movement that runs roughly in a line. This line may be in the air, under the ground, running in any given direction or seeming to go up and down. Normally the ones on the surface running near the ground are the

most noticeable to humans however.

If you are new to psychic data collection, or just want to make sure that you are doing it right, here are some step by step instructions.

Quiet your mind, close your eyes and let go of conscious thought.

Just sit for a moment or two.

Cast your attention out softly to the world around you.

Since you are looking for a sense of movement that is subtle in nature, just knowing what you are looking for and going to it is enough. You will pick out the closet line. Once you have done this a few times, it will become easy to do in the future, so easy you may be able to do it with your eyes open in fact.

Don't get bogged down, if you can't find a line, just widen your search pattern.

Keep expanding the circle of attention you put out around you.

Once you have a line located, let yourself experience it.

Spend a few moments getting a feel for which way it is flowing, follow it (in your mind) in both directions, see where it ends on the bottom and also on the top. Get a feel for it, impress it's particulars into your memory.

### **Shifting a Line:**

Why would you want to shift a line of power to where you want it? Mainly so that, once you learn how, you can free energy from a natural source at the spot you need it, rather than trying to transport power to that site or trying to work within the limits of energy a given object may have. You won't always have this kind of option, but it can both increase your effectiveness and save your own energy for other things. In this case energy saved means less of your self being dissipated while working.

Lines can and will move back into their normal locations when you are done with them, so be aware that they need to be actively held at the desired location for the length of time you wish to use that line.

Tying a line in place artificially can be done, and is insanely foolish. You can do a lot of unpredictable damage, open windows (and possibly doors) to other realities, other times or worse and have no control over these events at all. All of the consequences are potentially harmful to other people and animals though, so avoid creating a permanent disruption in a line.

We will start from where we left off in sensing the lines of power above.

Orient your thoughts so that you notice how the pattern of potential energy is moving along the Line.

From this point you will want to orient yourself so that the line is to your right side, and you are facing the same direction the line is. So if it is running North to South, you will be facing South.

Form and hold a resonance with the line.

To do this, just focus on it and feel it in your mind. That will form the needed link.

Now, alter the sense of movement in your head, so that it is coming towards you, or being pushed away from you.

This is the primary form of movement you can do with a line and the vast majority of the time you will be guiding the line towards you, so that you can use it, so practice that.

Do NOT try to move the line along it's direction of travel!

Not while moving a line. This will tend to free energy at the location of the line and the better job you do at it, the more energy will suddenly be released at that location.

Once you have drawn the line to where you want it, hold that position in your head.

Do this with great focus. You cannot afford to have your attention waver too much while doing this. The line will try to move back to it normal position if your attention waivers, which may mean having to repeat your work.

**CAUTION:** Working with energy on the quantum level is far faster and in many ways easier than working with matter directly. You can easily create very fast movements in these energy lines which will cause damage to the real world around that line, eventually. You may not notice immediate damage, but it can show up much later and is still the responsibility of the person that moved the line without enough caution.

## **Conceptual Thinking:** **Understanding the Subconscious**

The subconscious mind doesn't think in words and seldom thinks in pictures. Instead it uses concepts, raw ideas, to rapidly process huge amounts of data about you, your world and what is needed for survival.

The conscious mind normally uses words and pictures to process information and make plans.

Since there is a language gap between these two parts of what should be a single unit, problems ensue. In fact most problems that people have in life can be linked directly back to this divide in information. Either because the mind is working against itself with the two parts both trying to make what it believes is a good decision or because needed information is not shared clearly between the two parts.

Take dieting for instance. You consciously have a list of good reasons to lose weight. Thin people have less heart disease, you want to look good in your new outfit and so on. The subconscious mind though perceives a mixed bag of signals that may or may not relate to dieting. A desire to be healthy for instance, or to look good and impress others. Why? Because it clearly picks up only the conceptual portion of your thoughts. It also has cataloged millions of instances of you liking cake (Or whatever you personally like). Nothing you shared with the subconscious mind says this is different now, so it guides you towards doing what it thinks you need to survive. Cake, for all it's dietary "sin" is a source of high calorie food that sets off good feelings and associations in most people. So your subconscious self views it as a good thing.

What it amounts to is that the subconscious mind cannot hear the conscious mind much better than the conscious self hears the deeper levels of self. This lack of communication can be resolved however, by learning to think consciously on the same level as the subconscious mind.

The greater the amount of time and effort you spend doing this, the greater the level of integration will become. You will be better able to understand your own true motivations, change habits without effort and perceive things normally hidden to the conscious part of your being.

Plans work better when the mind is operating as a single unit and "powers" that were hidden from you will become far, far clearer.

Learning to do this takes practice, but a little effort now will have huge payoffs for you down the road.

### **Conceptual Thinking:**

These instructions are simple, but doing this well takes time and practice. Even when you think you have it down, I recommend regular (daily) practice and use to keep yourself sharp and don't be too disappointed if you find later that you have a bit more to do to get it right. This is all part of the learning process for this method.

Start by finding a simple object. Look at it and close your eyes after a moment of getting a feel for it.

With your eyes closed (or open when you are getting more advanced at doing this) think about the object, but, don't say the name of it or describe it with words

in your head and let go of any pictures that are (will!) be generated if they try to pop into your head.

Try to make it simply the idea of the object.

When you have this as well as you are able, try to hold the concept steady in your mind.

This will firm up your ability to communicate to your subconscious self while at the same time help you learn to notice when you are slipping into your old thought patterns.

You really can't practice this too much!

Now, after doing this for ten minutes or so (feel free to switch objects frequently, to try to hold ideas about abstract things or to think conceptually about what you perceive around you! This isn't meditation exactly and the more you interact with your world the better you will be able to share complex information with your subconscious mind.) try to empty your mind and look around you. If a picture pops into your head, let it go, and really focus on the concepts and ideas in your head.

As they bubble up to the surface of your mind you should be able to perceive that you are thinking them. This is part of your subconscious mind thinking while you observe it! (Seriously, how cool is that? Most people are never consciously aware of what they are doing on this level at all.)

Try to track the information, the ideas and remember them for later consideration.

### **Advanced Level:**

It is very hard to think of some things as true concepts. Letters and Numbers are some of the hardest! (Reading is a conscious process by and large. The processing done by the subconscious mind is mainly due to the conceptual links you form when thinking about what you read.)

So, practice conceptualizing each letter of the Alphabet!

Then count from one to ten (or higher) doing the same thing.

Remember though, make ALL the pictures and sounds of the words go away! This gets tricky, because you may not notice at first that you almost always visualize letters and number OR say their name when thinking about them, even while trying not to!

### **Why Bother?**

Most people cannot easily pick up letters and numbers well psychically, not because the information is not their, but because their subconscious mind, which originally gets all such information loses a bit of data when trying to pass it through to the conscious mind for translation. Rather a lot of information actually.

By learning to think in such a fashion, information can be passed more easily and quickly.

Another great "side effect" of learning to do this is that you can "talk" to your subconscious mind directly, to help move past traumas or to understand dreams

and what they mean.

The subconscious mind is involved in everything you do, say and desire. Sometimes, often, without you being consciously aware that this is even taking place. The more integrated you become the truer you can be to yourself and what you really want in life.

## Psychic Generation of Physical Energy

The body, the mind and the energy system of our beings are all interconnected. Literally one thing. It can be easy to forget this, since the Western world has increasingly become one of specialists, that make their way by focusing on ever smaller portions of the whole.

It works, but has some weaknesses inherent to it, this high level of isolation, compartmentalizing each portion of our lives and treating them as separate. The biggest problem is that we forget, or don't even know, that we can use one part of our beings to support and nurture the others and vice versa.

Though titled "psychic" this technique will help you to pull together many of the main parts of your being allowing a high level of energy to be freed up and activated with just a little practice. This is physical energy, for working, running, fighting or what ever is needed at the moment. It taps into sources that are normally not available however.

### **Technique:**

Read up on [Energy Breathing](#) if you haven't. You will want to employ those techniques near the end of this.

Start as you would if trying to psychokinetically influence something outside of yourself.

Quiet your mind, and when ready and in a deep mental state (should take about five to ten minutes, much less with practice) cast your mind to a time when you felt tremendous physical energy. When everything in your body and mind was telling you to move, to go and to do.

Focus on this for a moment and then check to make certain that that time really was the point at which you felt the most energy. Look deep in your memory in case there was a point of greater energy. (This is important. Do the searching!)

Once you are certain that this is the case, capture the sense, the concept, of that moment in time and how it felt.

Hold this concept in mind and focus on increasing the sense of energy. Let it build and build within you, becoming stronger as you subtly change the concept you are holding to reflect this new and greater sense of energy.

Hold this for as long as is needed. About 20 minutes of such work will set up a field that will last about twelve hours if done with good focus and clear use of concepts.

As you come into the last few minutes of the time you have chosen to spend, begin to employ a full Energy Breathing cycle.

This will free tremendous physical and mental energy resource and tend to linger for most of the waking hours of the day, allowing far greater productivity and mental clarity as well as helping with physical exercise and performance.

## Walking the Dragon Paths: Entering Other Dimensions

The Dragon Paths are lines, that exist all around us when outdoors, especially in Wild places, that when followed allow us to slip from this world into one of the nearby dimensions. This is not travel to alternate universes or realities, this allows for a normal 3-D human to slightly enter a true fourth dimensional space for a time. for a normal 3-D human to slightly enter a true fourth dimensional space for a time.

will be able to reach places that otherwise would not be possible, travel over great distances rapidly even though on foot and go unseen to the naked eye, or even cameras, that may be watching while actively in this other place.



This is both a psychic/magical technique and one that requires conscious mental participation as well as physical movement. Though each part is spelled out separately here, all of the things below need to be done at the same time.

When you enter into the Dragon Paths, you will feel it as a slight dislocation in space at first, and notice that the colors of the world around you seem slightly more vibrant. Other than that, things will seem fairly normal. Unless of course you try to walk the whole route again in normal space, then you will find key portions of the path you walked to be missing all together. The end point may well be different and everything will look different as well, even though in some places there will be signs of your passing before!

This happens because the Dragon Paths sometimes touch our own world. If they didn't we couldn't walk them. It is possible at these points which allow entry to show back up visibly in our own world for a time.

\*Just as conjecture, I would like to point out that the Sasquatch (Big Foot) moves in patterns that seem similar to my own experiences walking the Dragon Paths in the past. Showing up for brief periods then disappearing, even though the landscape may be such that a large creature should be visible.

There are conditions on this one however, if you want the technique to work well.

### **Wild Places:**

It is theoretically possible to walk the Dragon Paths in the city, but the lines laid out by humans never run along them. We build roads, paths and houses in such a fashion that these intersections don't often happen.

In undeveloped places, people feel comfortable following their own path and can make out the areas of difference, the places where nature allows for passage, even though there is no trail. Following these lines will get you going in the right direction.

Also, the further away you are from large groups of people, the less tied you will be to their preconceived notions of reality. This will allow you more freedom in movement than you would normally experience, because others are not holding you down.



With enough practice, you may eventually be able to discern where these paths are, by watching where humans have not built, in urban areas. This takes practice and a willingness to be led by the subconscious mind without worry or concern for rules.

### **Walking:**

In general, you will actually want to physically walk the paths, rather than trying to ride something or drive. It is potentially possible to fly them, but I don't have enough experience at this point to recommend that course of action.

*So be ready to walk!*

Comfortable shoes and enough conditioning that you can go the needed distances are great places to start! Carry what you need for your trip, because as with hiking, you may not simply be able to stop at a local store. Though there are a few in certain locations, that line up on the paths.

Don't be tempted to run! Not at first at least. You want to learn the correct "Feel" of the paths before setting out at full speed. Otherwise you will keep losing them and just be going for a normal jog. (A good thing to do, but not what this article is about.)

### **Mental state:**

For this endeavor, you will want to be in a clear Theta brainwave state. Focused and alert, without too much noise in your head. Most people can manage this with just a little practice, but learning to do it before you try this will make a huge difference!

### **Intuitive/Attentive focus:**

This is the crux of walking the Dragon Paths. Not any great mental magic, though some is needed, instead the key is attention to things most miss.

What looks like a line in the grass? Follow it. A place where the bushes don't meet perfectly that will allow you passage? Go there.

Do this while holding the right mental state and you will step directly onto the Paths without a problems.

It also helps (but is not absolutely needed at all times.) to have a destination in mind. You can also just explore, and sometimes find things that are very different than you might expect.

You do need to keep your full focus on the paths however. Let intuition guide you and simply go where you think you see a line, a path or even just feel a sense that you can go in that direction.

You will begin to feel that you are winding back in on your trail, if you are doing it correctly, though you will not recognize everything as you go past it "again" just a few landmarks and recognizable things, normally surrounded by unrecognizable ones.

That is all it takes. You have probably actually done this once or twice in your life by accident! It is one of the reasons that people can at times become lost in

familiar areas.

There is a bit of danger in doing this, about the same amount as hiking in the woods, and for similar reasons. Animals cross these paths and some of them are dangerous. A few are not exactly normal animals the way we would think of things either. These are called Dragon Paths after all! (Because of the way they twist actually. I have never seen a dragon myself.)

If you are injured on the paths, it may not be possible for searcher to find you, even if you can see and hear them. So be careful.

Finally, it is possible to end up many, many miles further away than you have walked physically. Keep that in mind when traveling this way, that there is no consistent measure of distance on the Paths. You may walk a mile to find that you are only a few Hundred yards away from your starting point or you may walk a mile and find yourself twenty miles away even though only twenty minutes has passed.

In general however, this is a fun things to do and allows for some useful tricks, such as disappearing from sight and sometimes running into strange people and creatures you otherwise would never have met.

It varies from place to place, and from one time to the next, though you can follow the same path to the same location if you are careful, more than once.

## Healing: Part One

Healing is the single strongest psychic ability that any person possesses. It doesn't matter how strong another trait is, healing is, even if unknown to the individual, even stronger. Around five times stronger on average.

What this means is that, even without any training or practice, almost everyone can effect healing in both themselves and other people, just by willing it to happen. In fact, most healing techniques used today are basically just that, a single person or a group willing someone to be healed.

The technique given below will get you better results though. The more you practice the higher the level of effect. Which should not be a shock to anyone seriously practicing psychic techniques. Practice and testing yourself are required for good results to be had. Keeping that in mind is essential to making good progress in this area.

This technique is basic, but effective. Using similar techniques, people (myself included) have brought others back from the brink of death many times. There is no reason you cannot do the same.

### **Basic Healing:**

Healing is more effective than many other psychic tasks because people come equipped with a basic template from which to reference what changes are desirable. This being their own body and energy field.

What a healer needs to do first is find a basic reference for the individual being healed, then simply overlay this pattern (the healthy one) over the existing (Injured or ill) pattern and hold it there while the body naturally acclimatizes to the new form.

The best place to look for a healthy pattern that is nearly the same as what a person has right now, but is healthy, is of course the past of that individual.

Simply focus on them, and let your mind drift back in time until, while holding focus on them, you come to a time in which they were healthy and whole.

Then, get a feel for their pattern at that time, as a concept. Just get a sense for what they felt like at the time.

Use this pattern by holding it over the individual in question and keep reinforcing the chosen field. (Don't let your concentration on it slip and keep coming back to it if it does slip.)

Remember, you are not providing the energy for this healing, just a new pattern that you are insisting on holding in place! Using personal energy is harder to do and riskier, so don't try it until you have some experience healing using the other person's energy for the task.

Now, hold the pattern steady for as long as it takes for the field to hold itself in place and not slip back to the old, injured pattern.

You may have to do this daily for some time, but if you are willing, and able, to hold this conceptual pattern in place long enough in a single session, you can begin to effect healing in near real time. This will depend upon how much energy the person being healed can spare at the moment however.

When you are finished, especially if the person is very ill, has cancer or other dangerous chronic condition, remember to spend an equal amount of time holding your own pattern steady in a similar fashion.

When you effect another object or person, they also effect you. Most of the time this is not as strong an effect, as you will be the more coherent and focused person. But it is still possible to “catch” illness if you are not careful. Rare though, so don't let that stop you from helping others, just take care of yourself when you are finished healing for the day.

## Living in a Receptive Psychic State

It is possible to live in a good, highly receptive mental state at all times in regards to psychic interactions. There are some draw backs and a few very powerful positive effects from doing so.

### **First on the negative side:**

It is nearly impossible to stay engaged with people on a verbal or written level while in a strictly receptive psychic state. The two types of being, analytical and consciously driven writing, math and consciously controlled story telling (which is how most people live and interact with the world most of the time!) does not work well with purely receptive, interactive psychic focus. That is accepting of information coming in, has low ego values and is non-judging of the information.

So it is hard to write, for instance and to be in a good, deep, psychic state.

Talking too, to a slightly lesser extent. If you must talk to communicate while living in a psychic mental space, try to communicate in a one way fashion. Just speak of what you are perceiving, do not have a conversation with another person if you can at all help it.

Pure psychic interaction is also weak when it comes to truly novel creative endeavors. If you are an artist or writer, then trying to live in a pure psychic mindset is probably not the best plan for you.

### **On the positive side:**

In a focused and deep state, reacting on a psychic level to the world outside of yourself at all times, you will rarely misstep. Even things that may seem bad at first will tend to work out with surprisingly good results over time.

Apparent reaction time is increased by a large amount. On a physical level this means you will seem to have better reflexes than a highly trained athlete. It is really due to beginning the process of reaction much earlier, three to five seconds earlier, than most people do most of the time.

Skills learned while in such a state tend to gear towards very high level effects. Things just seem to “work right” without thought or focus on making them do so.

While creativity is lower, you will still often be able to produce works that seem novel, and to do so without much effort, simply letting the words or actions flow into being. Technically this is not creativity though. It is more along the lines of copying something else you have seen or heard.

So, how do you do it, if you decide to give it a try?

Start by letting go of ego as much as you can.

Clear your mind of conscious thoughts when you notice them.

Think Conceptually whenever possible.

Keep your thoughts focused on your areas of interest. In this state, you will perceive information about what your mind dwells on. Keeping your thoughts focused on things that are important to you will direct what information types you notice.

Refrain from making up stories about how things work. Just accept that what is, is. Not it, react to it and move on.

In its pure form, this is verging on a true super power, but it takes pure dedication and a willingness to be estranged from the world in many ways. You do not hold a pure psychic function like this and maintain a normal relationship with the world around you. Speaking clearly will become harder, you will know more about what people around you are thinking and planning, especially on the sub-conscious level and many people will become “spooked” by your behavior.

It is powerful if you are willing to sacrifice those things though. Much more so than can really be said in words.

## 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!



## Teleportation: How-To

The basics of teleportation are simple. Find the conceptual code that indicates where an object is in space and alter this information to “read” as if it is in another place instead. When you do this strongly enough, the object will change physical location immediately (after hours of work for most people...) and will tend to stay in the new location.

The hard part here is explaining to people what this “sense of location” feels like. It is innate to all objects and every time you think about an object you will find that this location index is present. The problem is then, of course, noticing this thing that is always present but is subtle and often ignored.

Teleportation isn't without a cost. While it does not take direct energy to perform (it is a substitution of information, not direct energy the way some people seem to think of it.) it always wears on your personal location index, using this information as leverage for any other object you are moving. If you are trying to teleport yourself the process tends to be unstable, because you are not (normally) using an external leverage point, and the information shift comes from your own internal template. More on this later. What this means for most people though is that you will place stress on your physical body when you teleport other things. You will heal from it, but you need to be careful to give yourself rest after moving objects or even failed attempts at moving objects, if the object in question is large.

Teleportation is systemically exhausting, out of proportion to the movements made, if used in close relation to the body. For greater distances this cost becomes far more worth while though!

Also, just from personal experience, it is almost impossible to teleport an object that you are actively looking at or holding. This is easy to understand, since looking at it or holding it causes you to sense it's current location in space clearly, in relationship to yourself. It is actually easier (and far more effective) to teleport objects at a remove from your physical body! This is not to say that you can't teleport something that is close to you, just that you will fight yourself the whole time you try and end up doing many times the work that should be required of you.

To save time and space here, I won't go through every step of the early process, as it is all material that can be gleaned from reading the rest of this web-site.

### **Still, it helps to:**

Use the deepest mental state you possibly can hold for the time needed.

Create an internally synchronized mental state.

Set aside enough time to do the work well. (About an hour or two. More if it is very important and you have little experience doing such things.)

### **Focus on the specific end goal.**

Now, for some things specific to teleportation directly.

Pick an object to be moved that, ideally, you have sensed only on the psychic level. So try to pick something that you have not (recently) seen or touched directly, especially in your first attempts. Pick an object that is small enough for you to move physically, this will be less stressful to your body.

Find the object and the location you wish to put it, the place that is your end goal, on the psychic/mental level. This will happen almost automatically, and it will feel like you just “know” where these things are relative to one another. This is fine. Don't expect a light show or something to hammer information into your brain here, this stuff is subtle, even though the results can be very impressive.

Once you have those two locations, focus on making the location of the object “FEEL” like the location of the goal end point. Create a reference field for it and hold this information field over/in the object being shifted through space.

You need to keep your focus as high as possible and to use good feedback sensing here. When the object finally moves, there will be a relief in the mental pressure, though you will want to hold it in it's new location (in the same fashion you just caused it to move) for a while to lock it into place firmly. About ten minutes or so should do.

The big “trick” to doing this well is in learning to notice the sense of location for any object. If you are practicing any kind of psychic information gathering of objects at all, this information is already present! It is that little idea or knowing of where something is in relationship to you or it's own surroundings. You don't have to consciously understand what this information means, just altering it to the new location information will cause the desired movement.

### **Personal Teleportation:**

Obviously if you just change your own sense of where you are, you will shift position, right?

Well...

In the way this is true. The problems comes into play in regards to making that initial change (because we tend to hold ourselves steady in space all the time, staying where we have physically moved in general) and then holding it long enough to remain in the new location once we have arrived at the destination point.

It is difficult to do so at first, as we tend to be locked into place pretty solidly. Though with repeated teleportation we free ourselves from these bonds a bit, making it easier to manage over time.

There is danger in this however. If you spend too much time shifting from one location to another you can eventually lose your hold on reality all together. You will want to make certain that you can stay long enough in one place that your lock on that location becomes normal before moving to another location, at least occasionally.

It helps a lot to lose your sense of orientation when trying to shift yourself through space.

Learning to do this (originally) moving from a sensory deprivation chamber or at least a very dark room with no noise, is perhaps the easiest way. It is not a requirement, but it will make things simpler to do, so is worth the hassle of making the needed preparations.

Start by going into as deep a state as you possibly can.

Mentally sense the location of your destination. Try to get a conceptual sense of what it feels like to you and hold that for a while, so it become comfortable to you.

When you are ready, replace your own location information with the new location information and hold it.

The clearer this information is in your mind and the stronger the new field you generate the faster the whole process will be. Be ready for this to take a while though. Especially when you are first learning to do this.

Once you have shifted locations, and you will know when you have done it, try to hold the location information for as long as you can, to keep yourself in place.

Odds are, if you do not consciously hold that information, you will eventually shift back to the place you were originally.

You may have to hold this new information for up to several days without interruption to solidify your new location! This means going without sleep for most people. Otherwise you will probably wake up in your old location, without any physical signs to prove you traveled at all. (Objects carried will not come back with you, for instance.)

Now, what you do at each end will have physically happened, you still show up on video and all that, because this is an actual change of location, just remember it takes work to make it stick.

The cost of personal teleportation is high though. It is wearing and may do some damage to the cellular structure of the body if done too often. The historical record seems to indicate that people that teleport themselves from one location to another tend to die early, often simply teleporting one time and never showing back up again.

This tends to come over time though, not in the stumbling first steps, so it is probably safe enough to gain this skill, though using it to frequently or frivolously is not a good idea.

### **Other Warnings:**

The sense of *where* an object is can be similar to the sense of *when* and object is. It is common for people to warp time slightly when trying to move themselves through space. This is due to a good sense of the differences between time and space and can be fixed with effort and attention, still, it is worthy of note, as time manipulation can be hard on electronics in the area.

Also. Committing a crime is still wrong, even if you can avoid capture for it or have an alibi, say, being thousands of miles away at the time.

Be safe, use your abilities for good and keep trying. This is a hard technique to learn at all and I have yet to meet anyone that has truly mastered it. Perhaps you will be the first?

## Trigger Events

When a person interacts with certain parts of reality, they can set huge events in motion with just the tiniest use of personal power.

Think of this kind of event as someone else having set up an intricate array of carefully positioned dominoes, where one tiny flick of the finger can send tens of thousands of them falling over, each one moving the next just enough for gravity and nature to take over and complete the process. If laid carefully enough, each domino can knock over another that is just slightly bigger than the last, until the domino being moved is huge, the size of a door, or even a building!

All of this can be triggered by simply moving your finger at the right point, in the right direction at the right time.

Now, obviously a lot of someones power has to go in to setting that specific situation up! If you learn to sense such potentials though, you can find a lot of situations in the world around you that can be triggered with little more work, some psychic, some physical, that can also have huge effects all out of proportion to the work you yourself has done.

To give a slightly more magical example (hey, if you don't feel that tens of thousands of dominoes being knocked down by a single movement is at least a bit magical, you need to recapture your sense of wonder!) let's look at the weather.

The world's weather is a vast and complex array of energies. Simply shifting one tiny bit of energy in a single location can impact the climate of the whole world, if you effect the right thing at the right time. By simply causing a change in the timing of a rain storm, so that it dumps its water before going over a mountain, you can create conditions that cause drought on the other side of that mountain. This isn't a constant effect, and takes careful planning and management, but the lack of a single good rain in the right place at the right time, can alter everything, at least a little.

The basic idea itself isn't so hard to understand. You cause a single event to happen that causes other things to take place, using energy outside of yourself to do work you want done. The President does this automatically when he calls for action in an interesting way, say with Kennedy and the space program for instance. It is similar to the idea of the Butterfly Effect as used in Chaos theory, except that, instead of unintended consequences being reached, the goal here is to find intended consequences and search out possible triggers for specific events.

Doing this consciously won't work in most cases. We cannot focus long enough or deeply enough on average to figure out how things will happen at two or three removes from a single triggering action, much less thousands of potential removes. So, to do this well, we will have to look into the psychic areas of reality.

Simply put, all we have to do here is find a future in which the event we want has already happened and find out if there is any link to ourselves and our own actions and that event happening. By following the line back to the first thing we did that caused this event to happen, we will (part of the time) find the trigger.

Sometimes, about 70% of the time, there will not be a simple trigger available for very large events. Of course that means that talking to the right person at the right time, focusing your will at a certain place in a certain way or moving a child's

toy may have fantastic effects in about 30% of all cases. (These are specific cases, there will be non-specific triggers all over the place. It is best to ignore these though, as they can drive you mad trying to keep track of everything you set in motion or participate in!)

There is no specific technique for this, as each case will be slightly different, but using good psychic data gathering protocols, finding the end point you want to bring about and finding links, no matter how convoluted back to yourself is a good starting point.

Then pay attention to what you actually did to start an event!

Let go of the idea that this will have to make any sense at all. It may be something that would be highly bizarre and even out of character for you to do. The more unlikely the event you are trying to trigger the more likely it is that what you will have to do to influence it will be very odd.

This is a skill worth learning, even if you don't enjoy 100% success with it at all times. The times it does work are so obvious and so powerful that you may end up being amazed and awed at your own ability to influence reality!

Use this power for good please.

## Talking to the Dead

When people pass, we often wonder what has happened to them. Have they disappeared into the folds of time, or are they watching us, seeing and knowing everything we think, say and do? Do they have insight into our lives that we don't have and if they do, can they share this with us, or is the divide between our worlds, the one in which we live and the one that they have entered, so great that no communication is possible?

From personal experience I can clear some of this up for you right now, and can even give you some tips of communicating with the dead yourself. Almost everyone can do this and many find great comfort in it. It is nice to know that things don't just end and that we have new adventures waiting for us!

**Is there "life after death"?**

**Yes!**

It seems that while we exist here on Earth, we imprint reality with an indelible copy of all that makes us what we are. This seems to be imprinted on the quantum backdrop of reality (which doesn't have time, at least not in the way we think of it, so something that has happened once always is.)

This never ending collection of all we are, both consciously and subconsciously, is what we normally refer to as the soul.

It has no weight, and exists outside of our bodies. It is more an imprint on reality than anything else, but it is very real and much more complex than our conscious minds would be able to comprehend right now.

The fact that you are alive right now means that, in part, you always will be.

And probably that you always have been. (Now there's a spooky thought!)

**Do the Dead care about us here?**

This varies from person to person of course, but generally speaking, those that have passed are very concerned about the people that are still here.

What amazes people the most, when they start talking to the dead, is that people that were a little...Difficult in life, often show a lot more love, compassion and kindness than they did used to.

This seems to be related to the subconscious mind being the larger part of our mental beings. On the deep levels of mind, most people are better, kinder and gentler than we are consciously. This is not certain though and rarely a person will be far worse on these deep levels than we expect. Normally those people were pretty evil in life though, so it shouldn't come as too great a shock when you bump into them later.

Most of the dead though care about those that they have left behind and check up on them. Sometimes they even call out suggestions from the sidelines for us! Most people have trouble hearing such suggestions though the



techniques below should help.

So, when it comes down to it, most people that have gone on care far more about you, and know it, than they did while they still lived.

\*Which can be off-putting when you run into “evil” great aunt Ethyl, who tells you she loves you and wants you to have the best life possible! (This is really, really common! Most of the time what the dead wish you to know is that you are loved! Seriously, this is about 90% of what they want to tell you.)

So, if someone dies today, I can talk to them tomorrow, like nothing happened?

No.

There are two main factors here that you have to remember when first talking to the dead. (If you want answers at least and to communicate with them in a manner that they will understand.)

The first is this: we all communicate on the subconscious level all the time, but we do this by sharing raw information, concepts and ideas, rather than words or pictures. When we die, since the subconscious mind is vast compared to the tiny conscious mind, it tends to take over and become the leading partner rather than the conscious mind taking the lead as it does here.

This means that words, the way we normally think and communicate, are no longer king.

It takes time, about one to three months, for most people that have passed on to understand part of how this works, to start getting a handle on things so that they can communicate with you clearly.

So, one to three months for clear communication!

Second: As the humans communicating with them, we need to be able to think and exchange conceptual data for clear understanding.

If you can master [conceptual thinking](#) now, this will probably allow you much greater range when you eventually die!

So, while I keep saying things like “Talking to the Dead” communicating is perhaps a better way of putting it! Don't let that stop you though. While it takes some practice, conceptual thinking isn't that hard to learn.

Will the dead lead me to secrets and treasures?

They can only do this if they knew about such a thing in their living days. Grandpa can't lead you to his secret cache of gold if he didn't have one after all!

As time goes on, the spirits of the dead have less and less knowledge of such things that still exist. Their real treasures are information, history and bits and pieces about what will come next.

**Can all those that pass on communicate equally?**

No.

Most can manage all right, but even the most talkative will move on after a time. Contrary to popular belief, they CAN and DO come back every now and then!

In the main, their "leaving" seems to be about making certain that those they loved here do not become preoccupied with the dead to the detriment of their living world.

Between those that have some problems communicating, and those that leave for one reason or another, we end up about 1% of those that have ever died being available at any one time. This is about 80% of those that have recently died and a smattering of others than hang out for one reason or another.

Wait, so if they can't talk well when newly dead, then those "dreams" people have of loved ones are fake or at best are just "dreams"?

I actually spent several days looking into this, questioning people on the other side about ten years ago. The answer is really simple: Some of the beings and people that hang around for a while are willing to help the newly departed communicate with those that still live.

Most often these beings are really good at it, which is why you get full apparitions and dreams with high levels of verbal communication!

It's real and generally has the involvement of the specific person, but it is not their own abilities shining through yet.

More rarely, the person themselves simply goes to the point in time and communicates, after they have learned how to do so. This tends to be more of a "sense of presence" than a full blow experience though.

### **Can the Dead cause objects to move?**

Yes.

This is similar to your own ability to move objects with your mind though. So as you can guess, this isn't exactly a high level skill that you magically get when you die. It takes work and effort to learn to do this and there seems to be very little pay off for them to learn how to do it well.

Still, it happens and at times random seeming things that happen really are a sign from a loved one for you that they are still around.

### **What is the benefit of Talking to the Dead?**

Personal comfort and perhaps a bit of insight into the world around you.

Knowing that everyone doesn't just end gives hope, which is generally a good thing!

Plus, on some occasions, those that have passed on can experience information you otherwise would not know and will share it with you, if you ask politely and are willing to talk to them.



## **Is it scary?**

Not really.

If Uncle Joe was a good guy in life, he will probably be an even better one in death.

Even if you catch the attention of someone you would rather avoid, it is simple enough to simply ignore them or shield yourself and block them out.

In the world of the living, we have the power. So much so that most people block out such things all the time!

## **Is it dangerous?**

Again, less so than dealing with living people would be. The biggest danger is in attracting the attention of entities (not humans that have passed, other things that exist in the darkness...) that can attach themselves to you on the level of energy interface with the quantum reality.

Some of them seem to feed off of small energy changes, such as emotions. Of course the ones we notice are those that feed off of negative emotions, and do so by causing problems for you to increase their supply of energy.

Good shielding before you start working on communication will stop this though. Again, they can do what they do mainly because people ignore the fact that they, the individual with a body, is very, very powerful here!

Obviously, if you are afraid when you start working on such communications, you are putting out a signal for such beings. (Kind of like a bakery pumping donut scented air out onto the street! Yummy fear advertising!)

Take some basic precautions and it isn't dangerous though.

## Information on Shielding

### **How-to:**

This part is really simple, the trick is to get your conscious mind out of the way for a while so that you can listen and "speak" to your target audience. (The deceased person you want to talk to specifically.)

Read up on and do some practice (at least ten minutes or so! More is better.) using conceptual thinking as in the linked article above. When you can do this well, you can preform all sorts of psychic feats almost automatically.

Also read up on and do some practice with shielding techniques.

Set the mood.

You don't have to light candles and sit in a darkened room, though some people like to do so for effect. What is more helpful is to have some kind of reminder of the person you are trying to connect with, something that will evoke within you thoughts of them. This can be an object, a familiar piece of clothing some soft music, what ever reminds you of them most clearly. (You don't technique have to have anything of course, this is just to make things simpler for you.)

## **The Calling.**

Recall what they felt like to you in life, on a conceptual level. Hold this feeling of them until you sense their presence with you.

Holding such a thought as a concept is a powerful way to gain a persons attention! (This works on living people as well, though those on the other side actually know it is happening.)

Once they are with you, you can begin to communicate.

## **Passing information:**

Any information that can be held as a concept will be easily understood both by them and by you. Try to take turns communicating at first though. (Kind of like how people take turns speaking to one another?) This will allow you to actually notice what they are saying.

All you have to do to ask a question is to hold a single concept.

When they answer, you will notice the concept being held changing, the idea will shift. Let it happen and simply notice what this new idea is.

Then, when you have it, take some time to remember it for later and shift into your next question, comment or statement.

It's really that simple!

## **Some parting information:**

If you start speaking to the dead regularly, word will get around and many, many beings and spirits will show up. If you can't handle it, ignore them for a while and the herd will thin.

Language doesn't matter. Since you are speaking in concepts and those are similar from one person to another regardless of language spoken in life.

Names and numbers don't translate well. Don't expect to get the name of someone you do not know or next weeks Lotto numbers. If you know a person, you will get a sense of being when they are being communicated about. You also get this if you don't know them, but you won't have anything to link this feeling too in particular! Numbers (and letters for that matter) are a consciously learned skill. The subconscious mind is hazy on the exact usage of such things at the best of times. Luckily for us, most information is outside of those areas.

## Moving Meditation

When you get down to it, basic meditation is just the process of getting your mind to focus on a single thing at a time. How you do this can have side effects, of course, driving your mind into very deep states, such as with yogic meditation techniques that induce a state of slowed metabolic activity (hibernation) or much faster mental states such as dervish dancing or high energy shamanic rituals.

The basic idea, focusing on a single point, remains the same though.

Moving meditation is just adding another step to the process, in order to increase the over all utility and function of this focusing ability, as well as widen the range of situations in which you can apply it.

By learning, and practicing, meditative skills while performing slow, simple movements, you'll gain the ability to stay in a focused state most of the time, or at least move into that state when you need to with less difficulty, even in stressful situations.

By practicing emergency skills, fighting, running, even things like first aid or computer programming (If you need emergency programming skills. I can't think of a situation myself where this would be needed, but, hey, the world is a big place. If this applies to you, then go for it.) can be learned and practiced in a meditative state, allowing you to increase accuracy and decrease response times greatly, while making far fewer mistakes and not triggering fear or anxiety responses.

Even if you don't feel the need to practice specific skills this way, learning to meditate while moving, even just taking a daily walk, will act to free your subconscious mind and deepen your ability to sense thoughts inside yourself. The sooner you can notice a thought forming, the greater control you'll have over a given thought. It sounds odd, but when it comes to useful mental skills, being able to notice and gain control over a thought is perhaps one of the most powerful things an individual can ever learn to do.

### **Getting Started:**

Pick a time during the day and a location where you can walk, uninterrupted for at least twenty minutes. A local quarter mile track (Like high schools and some colleges have) works well for this, since you won't have to watch for traffic.

Walk at a comfortable pace, holding your mind as clear as possible.

When a thought comes, just like in empty mind meditations, simply note the thought exists, without judging it or trying to understand it and let it fade away.

As you increase in skill, it will take greater and greater focus to find deeper thought patterns.

\*It's normal, with daily practice, to suddenly feel that your mind is full of noise and thoughts again on occasion. This can be disruptive, if you don't have someone to tell you that it's a good sign. (So here I am. It's a good sign.) It generally means that your ability to notice deeper thoughts has increased, rather than a sudden dropping in skill level. You won't drop in skill with regular practice, barring major health issues.

It can take a few days each time this happens for you to move past the new level, returning a sense of quiet to your mind, and may be weeks, months or even

years between one event and next. This is all normal though and is a sign that everything is going well.

Is there a point where this will stop happening? Probably. But a casual mediator likely won't reach it within twenty to forty years, so don't worry about that part of things. (If you meditate for over six hours a day, then your mind will rewire rapidly and you won't worry about things like that anyway, so it's a win-win.)

\*\*Walking or moving while meditating is harder to manage, especially at first, as movement stirs up subconscious thoughts and responses. That's the point. Don't get frustrated if it's harder than sitting meditation!

### **Advanced Practice:**

There's nothing too special about advanced moving meditation, except that, since you will be using a complex set of movements instead of a more simple one, say a yoga routine or martial arts set instead of walking, you need to learn to place your focus on what you're doing instead of on emptying your mind.

How you do this is a personal choice though.

You can choose to focus on the interplay of muscle and bone to create movement, or the sense of your body flowing through space.

You can focus your mind on the effects you are having outside of yourself as you manipulate your world or try to maintain a specific, detached state while performing a given task.

How you do it is less important than being consistent in what you do though.

Pick something that feels challenging to you and keep at it. (If it's easy, then you already know enough about how to do that specific thing, move on to something harder!)

### **Finally:**

It will be obvious to some that you can do this all the time, focusing intently as you move from one part of your life to the next, at all times.

I've done it myself, for long periods of time.

It tends to simplify emotional responses, and does help make concentrated focus more automatic, but other than that, there doesn't seem to be any great power or ability that comes from it. Past learning the basic skill well, living in this fashion doesn't serve you overly, though some people will try to convince you otherwise.

Unless your choosing to live as a monk, a simple daily practice is probably more than enough to get by with for this one.

Having fun with it and not taking things too seriously will serve most people far better in the long run than narrow, near perfect, focus. Keep this in mind when starting this or any other mental practice. Human beings excel at being generalists. To great a focus in any one area tends to warp a person into something less able to get by in the world.