

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

Part VI: Discussion Topics

## **Weight Loss Strategies: Gourmet Dieting**

The classic example of a “Gourmet” (A person that appreciates fine food) is a very thin man or woman eating many very complicated, sometimes disgusting sounding, foods, but in very small portions.

This idea is completely opposite of the Modern American Diet (MAD), in which one or two foods make up the bulk of a meals calories, large quantities are presented at a single time and beverages often make up a significant portion of calories in a single sitting (about ten percent, sometimes more).

The typical American is getting fatter though, while the Gourmets are staying slim and trim and eating a more interesting diet and enjoying their food more.

So what to do? After all, eating snails is definitely not something the typical burger eating person wants to contemplate! Is that the kind of food that has to be eaten in order to get and stay slim?

Fortunately it turns out that it is not the type of food, not alone at least, that allows them to stay slim, but the style of Gourmet eating that does the trick! By practicing a few simple rules, you can add enjoyment to eating while feeling more satisfied with what you have eaten, while actually eating fewer calories!

Plan a time for each meal and stick to it whenever possible.

Poor eating habits form, in general, due to expediency. We feel rushed by our lives, so we try to cut corners to make more time to get everything done. The picture of office workers sitting at a desk, working while absent minded consuming calories is so traditionally American (Especially U.S.) that we don't think twice about seeing it happen.

School kids are rushed through there lunch periods, with more than half of them not even eating, because they fear gaining weight.

Those that do eat do not take time to enjoy what they are eating, generally having either substandard food provided by the school or bringing a rather boring lunch from home.

Even when at home, most meals are caught on the fly, eaten in front of the television or computer and don't even have food on a plate, but rather coming straight out of the container.

By making definite times to eat, we can more easily learn to shift focus on to our meal, and plan out what we are going to be eating ahead of time, instead of on the fly. Just sitting down and focusing on your food when eating, rather than something else (work, television, computer war simulations Etc.) you will feel full faster and feel better about what you have eaten, normally after eating less.

Eat off of a plate.

Or out of a bowl, because soup is hard to eat off of a plate when you get down to it. (And while cutting calories, it wouldn't be very satisfying.)

The point is to not eat out of the package, container or what have you, instead, put the food in a specific dish, so that you focus on it and can clearly see how much you have in front of you.

The more "real" the dishes appear to you, ceramic or glass instead of paper or Styrofoam, using metal eating implements rather than a plastic spork, the more importance you will place on what you are eating. This will tend to help you focus on the meal itself, rather than on simply stopping hunger.

### **Eat Several Courses.**

This does not mean eat several heaping helpings of each thing!

A course is best defined as a single food item being placed in front of you, as apposed to everything being put on one plate.

This forces you to focus on the food in front of you, but also slows down your meal. You want to take at least 30 minutes to actually eat your main meal each day, and should plan an hour for the whole thing.

So having one portion in front of you at a time will help draw out the length of the meal! This means by the end of the meal you will be more satisfied with what you have eaten than if you ended the meal sooner.

It takes about 20 minutes for your brain to register you are comfortably full after you begin eating. By slowing down you give your brain chemistry time to catch up with what you have eaten without over indulging.

### **Eat Low Calorie Foods First.**

Don't start with soup or salad, start with a soup and then a salad! You can keep the portions small, and the calories low, but by having both regularly, you will actually cut out about 30% of the calories you would have eaten by the end of the meal and still feel like you have had something worth eating.

If you are like the typical American you may have a bit of a problem incorporating vegetables into your diet, finding them to lack flavor and not very satisfying. There is a reason for this.

The vegetables you get from the store, in general, suck.

They are picked under ripe, to extend the amount of time they have to get them to the store. On top of that the varieties that are grown commercially are those with the highest commercial value, which means they look good in the store and keep well, not those varieties that have been selected for flavor or even enjoyable texture!

Grow your own, buy from the local greenhouse if you can and find local small farms that grow real food.

If you must buy from the store (and most people have too, especially if you live in a city setting.) then season the heck out of your vegetables! Herbs, spices and vinegar are your friends here.

If you really cannot make yourself like vegetables right now, tough it out and eat them anyway. Because it is counter to good survival skills to exclude vegetables and is too wimpy to allow to flourish in ourselves.

### **Use small plates with small portions.**

A full portion of any one thing should be about half a cup. If you are not clear on how small this is, go and get a half cup measure and take a peak.

This is about how much food you should have on your plate at any one time! Get used to seeing small servings and knowing that this is what is actually supposed to be in front of you, not a full bucket of KFC fried chicken!

\*Don't worry, you will get enough food! There is not famine, and if at the end of the meal you are truly hungry, you can always have more.

### **Eat at least six courses at diner.**

Soup, salad, first and second vegetable dish, pasta and main course. A fruit and cheese course is also nice and makes a fine replacement for desert in the normal course of things. You can add in special (small!) drinks, at various positions during the meal as an individual course as well.

Desert should be special when you have it! Don't just slab off a hunk of cake or pie, pick something exotic, something you especially like or that has meaning to you. Keep the portion very small, because you likely will already be full anyway.

Some people like to add in a fine sorbet (learn to make your own. The quality will be far higher than anything you can get at a store in the U.S. And cheaper too, even after adding in the cost of an ice cream maker.) to cleanse the palate during the meal.

As you can see, it would be simple to put ten to fifteen courses into a meal!

Eat with someone else that is willing to eat this way.

This should not be a deal breaker, but you will have more fun doing this with good company. Finding someone that needs to eat food isn't that hard to do really! If you are truly so isolated that you have no one, don't let that stop you from enjoying yourself though!

Good food is one of the main pleasures in life. A big part of this is socializing with others while we eat!

### **Take small bites!**

Don't over load the fork, spoon or your mouth. You have time to eat, pay attention to the flavors of the food as you do it, the scents and even how it looks on the plate!

It should take you about 15-20 bites to get through a half cup serving of anything.

This should mean your fork or spoon is about half full with each bite.

By keeping the bite size down, you will chew more fully, slow down your eating time and be able to discern more subtly in flavor and texture.

### **Try new things!**

Only about ten percent of Gourmet foods is strange. Be willing to try things that are new but within your personal comfort zone though.

New foods seem more important, which increases our focus on them when we have them, which makes them more satisfying to eat!

Plus life can become boring if we eat the same few foods over and over again as if it is a chore.

### **Keep things lively and interesting in the kitchen!**

Now, obviously, ten courses of an overloaded plate won't do the trick here. Be sensible and give yourself permission to enjoy what you are eating and to take enough time to actually notice the food. It can only help you to practice noticing what you are eating more than you are now, even if you feel your current skills in this area are fine.

This isn't so much about what foods you are eating, but rather about how you decide to eat them. It takes some dedication to establish good eating habits, but the increase in pleasure, the decrease in waist line and the satisfaction of still having fine foods while losing weight makes it well worth while!

## Holiday Planning Time!

Every year we find the holidays coming, normally at a mad pace, hitting with what seems to be one after another after another! The stress of this is enough to strip the fun right out of the whole season if you are not careful! (And Really, if we can't have fun during the "Designated fun time" we have some serious problems to deal with.)

Here are some tips and tricks that may help you negotiate this time of year without pain.

**Start Early:** We always say we are going to, next time, but this year actually do it. Before the end of September, actually plan out your major holiday schedule, leaving time for other people's parties and festivities.

If you like to make your own gifts, start now! Rushing through hundreds of hand made invitations isn't fun, so take your time and do it right.

**Be Creative:** Tired of doing the same old thing year in and year out? Why not pick one holiday this year as a special project and try to add a little color? The Internet has a million options (or more) for every occasion, so you don't even have to use your own creativity if you don't want to!

Adding a few cute ideas to your normal Holiday schedule will allow others to adapt without hassle while still making changes.

**Make Time To Exercise:** Half the fun of the holiday season is getting to eat things that aren't very good for you! A good exercise program will help you stay in a low stress mode while not gaining pounds though.

The extra endorphins are enough of a reason to exercise all on their own!

**Plan ONE Party:** Too often people feel the need to be the planner for all their family and friends during this time of year. If that is you, then pick one Holiday to plan for and let others know they get to pick amongst the others.

If you are one of those people that normally just floats along, letting someone else do all the work, give it a try this year! The holidays actually mean a lot more when you participate in them fully.

Also, by focusing on just one party or event, you give yourself permission not to worry for three months while everything is going on. You take responsibility for one thing, when it is over, you can just let it go and enjoy the season.

**Get a Holiday Buddy:** If you don't have any friends, go get some now. Join a crafts club or something. If you do have friends, see if one of them would like to plan that party or event with you! Shared work is halved and most things are more fun if you have someone around to do them with.

**Practice Important Holiday Skills Early:** If you have never made a Thanksgiving Turkey before, don't wait for the day to learn how-to! If last year's peppermint egg-nog didn't work out exactly right, take some time to perfect it now.

Do your package wrapping skills lack flair? (Mine do!) Take this opportunity to find out what the pro's do, rather than waiting until the last minutes and slapping

things together in a haphazard fashion.

If you want a “Christmas Brunch” with home made everything, make sure you make all of the dishes ahead of time. Peppermint Pancakes sound good, but do you have the right kind of syrup ready for them? (Maple won't work well! Try strawberry.) Do you even know how to make those cinnamon rolls yet? Now's the time to try!

Don't neglect Scent: A scent of pumpkin pie, Cinnamon, fresh baked cookies...

These are all part of the visceral memories people have of Christmas. (And Pumpkin pie can double for Thanksgiving too!)

Halloween is trickier though just as important!

Try a mix of caramel and apples, with just a hint of mild-dew. (I know, gross, but it really sets that creepy mood you may be looking for. Keep it a vague scent and watch people be far more interested in what you have planned than they did in years past!)

Pick Out Your Music Early Too: We all have favorites to add to our Holiday playlists. Still, how often do we actually hear them at the right time?

Getting some of your favorites collected into one place now will make everything easier later.

Starting early will also give you a chance to ask others what they want to hear! A little tailoring done months in advance will let people know you care as well as helping you pick out selections that everyone will like.

Practice Moderation: Plan out how much you will drink and stick to it. Eat your favorite things, but don't eat too much or eat it too fast. Savor it and enjoy it instead!

Plan to eat full, healthy meals before “snack based” parties. Being comfortably full makes it easier to turn down extra junk food later. If you do break down and start eating everything in sight, being full already will help you stop this sooner. Physics can be your friend. (Though you probably won't feel like it at the time!)

If you try something new and don't like it, stop eating it! You go to parties to socialize, do new things and have fun. If something isn't fun, then don't do it.

A little moderation in all things will make everything seem a little brighter and a little more valuable to you.

Ultimately Though, Don't Sweat the Small Stuff: If things go well, great! If drunk Uncle Steve falls into the tree or drowns in the apple bobbing barrel\*, get pictures. These are the memories you will treasure later!

\*Though if Uncle Steve is really drowning, calling for medical assistance will also be a good idea.

The point here though, is to have fun, no matter what! If you go in with the idea that you will enjoy whatever comes, it is a lot easier to roll with the small things and focus on the people around you, which will help at least some of them have more fun too!\*\*

\*\*Well, Drunk Uncle Steve may not actually have fun. You can't blame him though, destroying the tree, nearly drowning...

Not to mention what he is probably going to do in your back yard later...

## Why Are There No Superheroes?

After nearly 100 years of superheroes in comic books, on radio, movies and television, you would think that the trend would have caught on in real life, wouldn't you? While it is clear that we do have costumed vigilantes running around fighting crime, many of whom have catchy names for themselves, we never seem to see these folk come into the eye of the press like you would think they would.

Wait...

You didn't know we had real superheroes around?

Well... That's kind of my point here!

If you want to find out more about the real life superhero's check out:

### [Real Life Superheroes](https://web.archive.org/web/20101230041422/http://www.reallifesuperheroes.org/)

<https://web.archive.org/web/20101230041422/http://www.reallifesuperheroes.org/>  
and

### [The World Superhero Registry](https://web.archive.org/web/20110510075809/http://worldsuperheroregistry.com/world_superhero_registry_gallery.htm)

[https://web.archive.org/web/20110510075809/http://worldsuperheroregistry.com/world\\_superhero\\_registry\\_gallery.htm](https://web.archive.org/web/20110510075809/http://worldsuperheroregistry.com/world_superhero_registry_gallery.htm)

It's worth looking into.

But, this article isn't about the reality of Superheroes it's about why we don't seem to have any. Here is a list of reasons why these folks may not have made the papers or national press as regularly as they deserve. (And many of them really do deserve our attention!)

They don't have cool powers. This is not to say they don't have powers. Maybe they do! Still, flying around without a plane is highly visible and catches attention, where as being twice as strong as a normal man of a similar size is pretty easy to ignore.

Blasting powerful ruby red eye beams is impressive, while the ability to simply know where a crime will happen is not too flashy. (Though ultimately such a power would probably be more useful to a real life crime fighter!)

Wait, you may say, Batman doesn't have cool superpowers either! Neither does Hawkeye of the Avengers (he just shoots a Bow and Arrow really well.) So maybe this isn't the reason here?

Batman has Billions of dollars and an array of really expensive toys for flash though and Hawkeye...Well, he has Thor standing behind him, which kind of draws the eye. And She-Hulk. Also eye catching. Plus, he tends to be ignored even in the comic books. (Actually he may be out of the Avengers by now. I admit I'm about 20 years behind on my comic book reading.)

So until someone starts flying around like Superman, or destroys large buildings with a wave of a hand multiple times, we probably won't see the feats of these people on Fox news or CNN.

They don't fight Super Villains. Let's face it, it is hard to get good press when your greatest battle to-date was against a "Gang" of fourteen year olds that ride their skateboards too recklessly.

Most of the press for the real Superheroes comes from work done in public service areas. A man (or woman!) in a cape delivering meals to the housebound or shoveling snow for free is good for a small spread in the local paper, but most people don't read those things anymore anyway. So they often go unnoticed.

The fact of the matter is though, that a truly good super battle is hard to have when your biggest enemy is the hardened criminal "Jeremy" who peddles cut rate Marijuana behind the Tasty-freeze!

The Police ask the press not to report on Superheroes to cut out competition.

I have no proof of this of course, but let's face it, the police do NOT like it when someone does their job better than they do. Anyone with a Superhero suit and name would make the Police feel inadequate and as if they were not needed. Instead of changing to less corrupt ways, the bad cops will try to hide who is really getting the work done. The good Officers won't do that, of course, which doesn't say a lot for the modern force I'm afraid.

The Press doesn't want to seem silly. A masked man fighting crime? Is that supposed to be a joke? Well, to the modern press it sure seems like it!

How, they would ask, if I had bothered to interview any for this article, which I did not, how can we be taken seriously as journalists if we report on things that look even a little "goofy". Just because it is happening and is real, that is not reason for the press to report it as a serious story, is it?

If someone did report on it and didn't make fun of it, they could kiss that big job as an anchor goodbye, right? All Americans should know by now that getting a better job is what the "Real" journalists all care about most in life.

Well, that and their hair. Good hair is important to them too.

Real Superheroes lack funding. Sad but true! Maybe we should take up donations for them? It gets expensive paying for tights and rocket packs you know.

Weapons capable of stopping a tank don't grow on trees either.

Have you even priced personal jet planes lately? (Not cheap!)

If you have ever thought about helping the world around you, maybe you should find and help out your local Superhero first?

Finally, men in tights look silly. There. I said it. Try some more manly looking costumes if you want to be taken seriously guys!

Maybe something with body armor worked in, so that I don't have to hear about a Masked crusader being shot by street punks?

I suggest looking at pre-Superman costumed hero's for inspiration. Those guys often worked on no budget but still managed to fight the good fight. Without bright or day-glow colors either!

These are just some reasons why we don't live in a world filled with Superheroes yet. That coupled with the ever falling violent crime statistics means that the noble

caped crusaders of this world may be out of a job long before they ever get a chance to truly shine and make an impact on the public consciousness.

## Helpful Advice for Humans

Getting tired of the same old advice that you know you won't follow anyway? Well here is a list of whole new ideas for you to ignore!

### **You can only absorb 24 ounces of water per hour for cellular use.**

Everything else is wasted and washes through your system almost directly. It doesn't matter what the external conditions are. Desert heat, arid tundra. 24 oz per hour is all you get.

### **Most scientific studies are mis-reported in the press.**

Normally this is because the reporters are not scientists and so do not actually read the studies they are reporting on, instead taking single lines out of the abstract and running with it. This means that about half or what you think it scientific knowledge is simply misreporting.

### **You can only process about ten thousand calories a day.**

You can burn off more than that, if you are an ultra endurance athlete or if life suddenly goes very wrong for you very fast! But eating more than that won't help you, no matter how much you burn off.

### **Optimists are generally smarter than pessimists.**

By about five I.Q. Points. They are also luckier on average, by a whopping 33%. It pays to stay positive and expect the best!

### **People find you more interesting if you seem interested in them.**

Just don't make eye contact for more than six to eight seconds at a time. It gets creepy.

### **It hurts less to pull off a band-aid slowly and carefully.**

By about 30%

### **If you stand up straight, people will think you are better looking.**

By 50%. This works for both men and women. That is the difference between being perceived as a 5 (on a scale of 1-10) and being seen as a 7.5. Worth doing no matter who you are.

### **Crystal Meth is highly addictive because it acts as a true aphrodisiac.**

This has been kept out of the press on purpose. Go figure?

### **Men: If you smell like Pumpkin pie women will be 60% more attracted to you.**

Yes, Pumpkin pie.

### **If you smell like lavender, everyone will be more attracted to you.**

Male or female. About 50% more attracted.

### **You need about two hours of exercise per day to operate at peak efficiency.**

It can however be spread out and include some low intensity exercise, if at least 30% is high intensity.

### **Honey not only can be used as a topical anti-biotic, but will likely replace many of the current anti-bacterial agents on the market within the next ten years.**

It contains specialized proteins that destroy bacteria and turns into hydrogen peroxide as it degrades. This is why honey almost never "goes bad".

**Daily Stretching, taking only five minutes, will cut out 60-80% of all future chronic back problems.**

The rest normally are due to injury at some point.

**Most of the negative effects of aging happen because people stop doing active and engaging things.**

If you stay engaged and active, you remain stronger longer.

**Gambling is a losing proposition long term.**

It is designed to make you feel like you can win, but the odds are always in the houses favor. Play long enough and you eventually lose everything.

**If you are interested in someone, ask them out now.**

They may say yes and if they don't the pain of rejection is less when very near the start of interest than several weeks or months into it.

**After forty minutes in a virtual reality simulation, your subconscious mind begins to act as if it is real.**

This also holds true for vividly imagined things as well.

**Any activity done regularly for six weeks tends to become a permanent habit.**

**Eating large amounts of Turmeric may help prevent many forms of cancer, reduce tumors and prevent fat accumulation in the body.**

About two tablespoons per day should do the trick.

## Using Physical Energy to Increase Psychic Effect

“The Secret” took the Internet by storm a little over a year ago. A well produced modern take on the well known Law of Attraction, it postulated that “What you think about, is what you bring into your life”. The only thing they forgot, and probably do not even know consciously, is the missing portion of The Secret, that has been applied by practitioners throughout the ages and even by the producers of the video themselves, even though they did not do it knowingly.

What is this amazing and incredible hidden value that causes the secret to explode in power and utility?

Work.

That's right, the Law of Attraction was never meant to be separated from actually working to achieve your goals, it was historically used by people like Issac Newton, Leonardo Da Vinci and St. Germain as ***only one portion of a given process they were already working on!***

If Leonardo needed a patron let's say, he would use the law of attraction daily, focusing on this patron already being in his life, visualizing it completely and fully... And then go to parties with the rich and famous who may actually take him on in that capacity, talk to his friends that knew people and made a point to be seen as an unrivaled artist. He didn't sit in his house dreaming all the time, he got out, worked on making his dream come true and was not content to simply try to will things into being.

What this does in short is put an order in with the Universe, and follow that order with the physical expectation of it happening, while adding energy to the process.

The greatest ability of humans in the physical world is our ability to add energy to it selectively through work and effort.

Another Leonardo example: (these examples are made up using him as a focus, they are not necessarily what he personally did in real life. I don't want him spinning in his grave over these claims though...)

When he began a painting, he would first create the idea. He would focus on it and give it life in his mind. Then, when it was alive to him, breathing, real, perfect inside his mind, he would begin to paint, bringing his creation into being.

Would he have done as well if he just started painting or if he was not as diligent about trying to bring the mental aspects into play? Not likely. He needed to bring his full *INTENT* into the picture to extend into a higher level of skill than people would normally be able to achieve.

The trouble here is that a lot of people have been taught that magic is supposed to work without physical input from the practitioner, as if adding physical energy somehow steals the magic from the situation. I do not know if this was done on purpose or not, or if the situation is simply one where the ancients never even thought that someone would “forget” to do the actual work needed to bring about a successful end.

## **Foundation Building**

It cannot be stressed enough that all “magic” requires a physical foundation for best effect.

If you want a new house, you can't just sit and magic it up (Well, so far no one I have met can do this), you need to look for it, find ways to pay for it, trade for it or build it to your specifications.

### **So what good is “the Secret”?**

It's value lay in it's ability to increase the effectiveness of what you are doing, about ten times. Sometimes more.

When done well, opportunities that you would not have had to find that house will appear while you are looking. You will find yourself in places where people are more likely to aid you in your endeavor and they will more often be wiling to “make a deal” that favors you!

### **Magic, psychokinesis, will working...**

They all work best when paired with physical work and action! This does not guarantee certain results all the time, but it will make a huge difference in how well things work for you and help you to shift into the correct framework for what you want to happen to become reality.

Don't become disheartened, though! Not only can you be more successful by combining these two things, creating your reality mentally and doing so physically, you can learn to use the energy available in other people places and things to increase the effectiveness of work at a remove from your physical location as well! The physical work is needed, but it does not always have to be your own!

Healing is most often done this way for instance, where the actual work is done by the healing mechanism of the other person, and what you are doing is adding pattern stability and a corrected information network.

Influencing the mind of another is also largely “borrowing” external energy, getting the person being influenced to do most of the work.

Influencing the fall of a die uses the energy created by you (in picking the die up, then dropping it) or another person (in the same way) to increase the effect of your intent!

Keeping these things in mind, and being willing to do the work needed, will easily take your “power” up several notches almost instantly!

Remember: Magic, The Secret, Will working, Intent, These things work best when not placed in a vacuum! A little extra work, in a very normal way, will make everything you do far more powerful! It is more than worth the effort.

## **Fringe Techniques to Save the Environment**

It should come as no surprise to anyone reading this that mankind has damaged the Earth lately. A Lot. Our actions have lowered the amount of oxygen producing Plankton in the worlds oceans by an incredible (and frightening) 40% since 1900. We dump millions of tones of Greenhouse gases into the air each year, a full thirty-five years after it was originally recognized that this was a real problem that will have consequences in our life time.

We over-fish, use high yield (a good thing) farming practices that poison the water of the ocean (bad) and erode the soil into near un-usability that cannot sustain high yield growth without damaging fertilizers and chemicals. (Bad!) We have to keep doing this, we are told, because of the ever growing world population problem! Within four months of this writing it is assumed that the worlds population will have reached over seven Billion people!

Each person adds to the stress placed on the planet and no realistic program or technique has been offered by our governments to do anything meaningful about it.

So here are a few suggestions about what we may want to try ourselves and suggest to politicians and officials the world over.

### **Permaculture:**

The idea here is a simple but powerful one. Use long term farming techniques to feed yourself and your family, without using unnatural pesticides and harmful fertilizers.

The closer you are to living where your food is grown, the less pollution, greenhouse gases and so on are produced by it. If you walk out and pick it yourself, there is no need for a truck to ship it across country, right? That takes out a lot of pollution right there!

Doing things on a small scale with perennial shrubs, plants and trees means that the amount of work you will have to do in your garden is far less than with typical food gardens done in the traditional manner.

Even if you have only a small bit of land to work with, these methods can save you hundreds of dollars in food costs each year and take a bit of stress off of the food production system.

### **Go Vegetarian:**

Or even more helpful to the environment, go Vegan.

A vegan is a person that eats only plants, where a vegetarian might also eat milk, cheese and eggs. Some vegans use no animal products what so ever, which is helpful given some modern farming practices, but unneeded in other areas for environmental reasons. Currently most Vegans are such for ethical reasons however.

How big of a difference does this make? One recent study claimed that simply going Vegan was the biggest impact a person could have on the world's environment, even larger than not driving a car!

Vegetarians come in nearly as well though, especially if they don't eat dairy products. The cattle industry is huge and a major producer of environmental damage. Not eating dairy means that fewer cows are needed for milk production, meaning fewer calves placed in the veal pens and less trucking of cattle and meat as well as milk is needed taking out a lot of stress on the infrastructure of the country. (Leading eventually to less road work.) It has a snowballing effect with a single persons choice have a bigger impact than the single action taken would appear to have on the surface.

### **Community:**

Over the last 100 years in the U.S. We have moved further and further away from the idea of inter community cooperation.

By increasing the bonds of community, we can share work, production of local goods and entertainments, lowering the cost to each individual for many goods and services.

It has to start somewhere, so why not be the one to get a community projects group together? Or a bartering club? There are a lot of things that many people would like to be a part of, if only someone else will do the work of getting it started... Perhaps that person should be you?

### **Plant Trees:**

We all intuitively know that having trees and green things around is helpful to the environment. Rarely though do we actually put trees in the ground.

While we can't fix global warming by planting trees, we may be able to protect our local environment, prevent droughts and keep things considerably cooler in the summer and less breezy in the winter by making trees a part of our lives.

It takes about 20 seconds to put a seed in the ground or plant a single seedling. So for a time investment of only 34 minutes, each of use could plant 100 trees per year. Is it enough? Probably not, but it is about 99.8 more trees planted per person than would otherwise have happened! (Not including government efforts which should continue regardless.)

It is only one step, but each tree gives us a bit of hope!

### **Cut Back:**

The less we each use, the less stress we place on the planet.

When you use a good, try to use the whole thing. Reuse the bottle or bag it came in, don't waste any of it, use biological scraps that are uneaten by you or animals (pets, livestock, teenage children) as fuel for your compost heap.

Try to use glass, which is reusable, durable and can be recycled easily, instead of plastic, which has none of these characteristics at a high enough level.

Try to drive less. Or not at all if that is available to you!

Keep the lights off, the air conditioning off and the heat turned down low.

Don't eat more than you need to for health and survival! Eat only foods that come from local sources and that have a low impact on the environment. Some research is needed on this topic for each person, of course, as each local area will have different products that vary in the amount of environmental impact.

### **Don't over Breed:**

Until we have the population under control, it is irresponsible to have too many children. One child per couple should be the norm.

Now, many western cultures and countries like Japan have been slowly moving in this direction, but it needs to be turned into a world wide meme.

It is a bad thing to have too many children and endangers us all, at least a little. We cannot count on technology to save us. It may yet do so, but we cannot count on it. We also cannot count on Jesus coming back to make fixing the environment a moot point. So living as if this is the world we have is a good idea for now!

Should we take away the right to breed from people that abuse the privilege? I hate the idea of it, forced sterilization has so many negative overtones, but if people cannot learn to control their baser desires, I fear that this is coming sooner or later. (I'm talking about a desire from the presumed ego boost of having many children. Not controlling the desire for sex. Fighting that one would be and has always been, a losing battle. Best not to waste time on it.)

We can head it off now though, by taking control of our own biological destiny and being more careful.

### **Actually do it:**

We all know what to do, but we often fail to follow through in regards to the environment. It seems like there will be plenty of time to do it later or as if someone else should be taking care of it.

There isn't more time. We have to act now to have any effect later. The longer we wait the worse it is going to hurt trying to fix things.

No one else will do this for us. The big companies have no reason too, and have some reason to fight against change that would make them less rich. Governments stay in power by keeping people happy, not telling them that they will have to learn to do with less. The only group with a reason to take action is us. The mass of humanity that will actually suffer as things get worse, if nothing is done.

**So action must be ours, and it must be personal.**

**Or nothing will change.**

## **Alien Visitations: Alternative Explanations**

We have had strong history of strange sightings and reports of alien visitations and abductions over the last sixty to eighty years of American history. These events tend to come with little or no physical proof and often leave everyone involved baffled and perplexed as to what, if anything, is really going on.

Having had a visitation experience myself many years ago, I started to look into this phenomenon, looking for answers. While I don't have anything definitive, here are some thoughts as to what may, or may not be going on.

### **The “Ships”:**

People see a light in the sky and assume it is a physical craft, but this may not be the case. Given the way that these craft move, it is also very possible that we are dealing with a non-physical event that is closer to the focal point of a lens than a physical ship.

What would the end point of a worm hole searching for an anchor point look like to us on the ground for instance?

Or, for that matter, what if these lights in the sky are a creation of the collective unconscious? Could it be that we are all getting together on a deep level and causing these things to appear?

If so, is it possible that what we see now is not something truly alien, but simply a reflection of ourselves, much like the Gods and Goddesses of old were? (If that theory holds of course. If aliens are real now, then who knows what the ancient gods really were.)

### **The “Aliens”:**

The aliens themselves that are most commonly reported, the “Grey's” bear a strong resemblance to the “Mechanical elves” that people report seeing when undergoing a DMT trip.

Dimethyltryptamine(DMT) is produced by the brain and other tissues of the body in very small, normally not psychoactive, amounts. Is it possible that in certain circumstances our own bodies could send us on a sudden and unexpected “trip”? It is a powerful psychoactive drug, specifically a hallucinogen, that is reported to cause sightings of “Mechanical singing elves” in high enough doses. A slight chemical difference, such as experienced in the production of such a chemical in the body as compared to a laboratory, could cause small differences in how the experience is perceived.

This does not mean that DMT is not simply allowing us to see what is always there, of course. If that is the case though, we need to rethink our understanding of reality a lot, as we are never as alone as we think we are.

There are also the rather “ghostly” effects that these visitors often show. Passing through walls, appearing and disappearing, Sometimes seeming to be translucent.

This could indicate a high level of technology, or a difference in physical being, as beings from a significantly different dimension would not necessarily interact with our world like we do.

Finally, we have the collective unconscious again.

The idea here is that a belief held strongly enough, by enough people, could manifest in certain parts of a given society. This certainly seems to be a factor in how we describe things, if nothing else. Two thousand years ago, would we have seen angles and Gods instead of E.T.'s? Four thousand years ago, would they all have been ancient demons from the Earth?

This brings us to at least two other groups of sighted "aliens" the tall "Nordics", who reportedly look just like we do, only taller (about seven foot) blond and universally good looking.

This could easily be an idealized vision of ourselves and what we hope to be.

The Reptilians are, if from our own minds, basically demons. Primordial ones at that. They change shape, have sharp pointed teeth and need to consume humans for some reason. (Possibly to hold their shape) they are also known to be sexual with humans, but in a manner that the humans seldom enjoy.

It is not certain that these creatures are from our own minds, but they do kind of fit nicely into our human scheme if looked at in this way.

### **The Responses:**

The most inexplicable factor is the response of those in the scientific community. Instead of looking at this as an interesting phenomenon that is reported by millions of people, they simply dismiss it without acknowledging that anything is even going on.

It seems that a full scientific study would be called for, no matter what the cause of these events happens to be. If it is psychological, then being able to show this to "abductees" with definitive proof would give comfort to a great many people.

If it is a simple biological hallucination, then why wouldn't scientists as a group be interested in finding out how this comes about? The greater our knowledge of ourselves the better off we tend to be.

Even if this does turn out to be aliens in the literal and normal sense of the word, physically coming to our planet, a wide spread study of what is going on could help us gather information that would allow us to interact with these beings and gain insight into who and what they are. Or if need be, to protect ourselves from them.

Without study, we cannot know what is going on for certain. Without information about reality, we cannot make good choices. By refusing to look into this, science as an institution, is failing to investigate a situation that, at the very least, should have interesting findings, no matter what those findings turnout to be.

## **Is Jasmine Really as Effective as Valium? (Part One)**

This isn't *my* claim, but rather one made by researchers from the Heinrich Heine University in Düsseldorf, who have stated (after a study with hundreds of volunteers) that smelling jasmine is as potent as taking Valium for stress reduction, relaxation and as a sleep aid! Supposedly identical effects.

Here is more information about this from Science daily:

### **[Intoxicating Fragrance: Jasmine as Valium Substitute](https://web.archive.org/web/20101124093340/http://www.sciencedaily.com/releases/2010/07/100708104320.htm)**

**<https://web.archive.org/web/20101124093340/http://www.sciencedaily.com/releases/2010/07/100708104320.htm>**

So, tonight I shall test it out and report my findings tomorrow!

I am going to try this at 9:00 P.M. Well before I would normally be tired, by about four hours or more, to see if I can discern real effects from this or not.

It is not that I do not trust the scientists, but claims such as this are best tested in real world conditions as well as in lab tests.

I shall try inhaling through the nose (in case this is actually due to scent directly and not just air born chemicals), from a bottle of NOW Jasmine scented oil.

My findings will be reported regardless of the effects or lack there of.

Stay tuned for part two tomorrow! (Will this really do anything? I don't know, but telling others to use it or try it without doing so myself seems...lacking, somehow!)

## Can Jasmine Replace Valium? (Part Two)

I have to admit, when I heard that the scent of Jasmine could replace a fairly powerful drug and have nearly identical effects, I was a bit skeptical.

But after trying it, I have to agree that there was a powerful effect similar to Valium.

Things I noticed:

The effects took about the same time to kick in that one would expect from having taken a pill, not something inhaled, which normally hits the system faster. This would indicate that a certain threshold of particulates is required for full effect.

(Meaning that, even though a common substance, this appears to be a drug reaction in the system, not a psychological effect from a soothing scent or something like that.)

It left me feeling very relaxed and loose, but not sleepy. (Which is also what I found the few times I had Valium for anything, it seemed to act as a muscle relaxant for me more than anything else.)

Given that this works on a GABA response, (again, just like Valium) it would seem that the addictive indications would likely be identical to Valium.

This means that while you can have the Valium like effects for a very low price and without a prescription and do it legally, you will want to make certain you don't fall into an addictive cycle.

The general rule is that you should never use any drug more than once every four days if it is addictive, if at all possible.

So far I have to give Jasmine four stars out of four though. It is cheap, available, effective and legal.

**Use with caution.**

## A Means To An End

Everything we learn in life is only a means to an end. While the specifics of that end, your personal goals, will vary from individual to individual, there are some basic themes that tend to be very meaningful to most people.

**Helping Others:** Almost everyone can see the value in helping other people. Those that can't tend to end up with a great internal stockpile of misery. Why is this? Possibly because helping others is inherently good for both the survival of the species and the survival of a given society or sub-group.

When you help other people, there is an innate biological reward button that is "pushed". Which tends to make us feel better about ourselves and let's us know that we are doing something meaningful.

When we ignore such signals and focus on greed, jealousy or anger, we tend to end up harming ourselves and others through incorrect action and harshness that is unwarranted.

**Protecting Resources:** This is similar to helping others, but has a different form. When we try to protect the planet, to conserve resources for later or even save money, time or effort, we feel a little more complete as individuals.

**Excitement:** This is the most dangerous of natural drives. (I bet you thought that would be sex, but no, that comes in about third. Right behind, gluttony.) The need for stimulation. It is basic and innate, but can lead people into increasingly bad decisions if not controlled well!

You will most likely still seek stimulation! So do so with care for the world and compassion for others to use this source of energy well.

Most of the time this is expressed within us as interest! (Which is a good thing!)

So, what is the point of listing these things?

Everything we do in life needs to support a major theme in some way. Magic, psychic abilities, will working, meditation...

These things are no different!

To have value in the long run, all of these things need to be used in a fashion which supports a larger goal!

Think of power lifters for a moment. These men (and women) are very strong, dedicating large amounts of time to their chosen sport. This isn't a bad thing, but what's the point?

To be physically strong? That's nice, but just being strong is an empty thing, if that strength is not going to be used for *something*.

This is not to say that they shouldn't be power lifters, just that each person should seek a greater meaning for each skill and practice, a framework that will give meaning to what they are doing!

If you learn to sing, and do so to uplift the spirits of others, there is greater power in that than if you do so just to make money. BUT, there is greater power in trying to make money (even if that is a bit of a selfish goal, it is good to remember that everyone needs to eat and pay the rent...) than in learning to sing *just* to be good at it.

So ask yourself, why do you want to learn to read minds, or foretell the future or control your own body? If it is just to *know how to do it*, then such things may not be the best way to spend your time.

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

Part VII: Rogue Techniques

## **Rogue Techniques: Quick and Dirty Altered States**

So, you have read up on the various psychic techniques on this site, and even have a project in mind, but don't want to spend six months to a year learning how to enter the deep mental states needed for best results? O.K. Your best bet is to simply hire the work done, or buy an object that will do the work for you, like the ones located in our [Shop](#).

Still, what if that is out of reach for you? (Or you really, really just like to do things for yourself?)

There *are* some ways you can quickly reach altered states of mind deep enough to be useful to you, without breaking the law. I'm not anti-drugs (In regards to psychic/mystical uses), but they need to be used carefully and with control (I am indicating psychotropics and hallucinogens here). Enough, so that I don't use them myself, just to prevent mistakes. Be careful and have a long term plan that you follow carefully if you are going to mix drugs and psychic matters or magic. As always though, don't break the law if you can help it and if you must break the law, do so in a way that actually helps the world and society, not in a selfish manner.

Here are two techniques that will get you into a deep state, in a way that will allow you to focus and get work done. These should not be your go-to techniques, because you will eventually want to be more adaptable to situations than they will allow for, but they will get the job done in a pinch.

### **Sensory Deprivation on a Caffeine Kick:**

When you are in a sensory deprived state, you will drop into a midrange Theta state within about six seconds. This is a fine working state, though most untrained people will also have to fight hard not to fall asleep.

To get around that, I recommend caffeine tablets. (Not coffee or soda, as though will also tend to make you have to use the restroom which will be disruptive if you need extra time to get the work done.) You will have to judge how much to take based on body size, gender and tolerance for yourself, but for a normal sized adult, one to two tablets should be fine. (150 milligrams to 200 milligrams)

No need to over do this, it should just be enough to keep yourself awake.

Setting up a sensory deprivation chamber takes a little work, but you don't have to spring for a three thousand dollar flotation tank. You just need a dark room, a blind fold and some ear plugs. The room should be at a very comfortable temperature for you, so that you really don't feel the air on your skin.

You will want to be sitting in a very comfortable reclining style chair or lying down.

Once this is set, go to and follow your plan with focus.

This will be good for about two hours of deep theta work time. After that your brain will probably distract you with colorful images and realistic pictures unrelated to your work. Try to be done before that time.

\*The images you may see, called hypnogogic visions are no more likely to be exactly related to other things, like the future, the past or events happening at a distance, than any other kind of psychic information. Don't be fooled into thinking they are exact representations. These visions have been filtered through your own lens of mental distortion even before you see them. They may have good information at the same time! Just be careful about reading meaning into things.

### **Isochronic Sounds:**

You will have to look this up online, but the short version is this: Certain kinds of sounds cause brainwave entrainment. Isochronic sounds are the ones that get the strongest effect.

These tones vary in intensity in a single range, which makes a kind of "Wah-wah" effect to the ear. (If low enough in hertz, waves per second, for you to make it out.)

You can look this up on line now, as some kids are using them as a recreational "drug". They are harmless however, as long as you treat them with care and don't do hearing damage.

With a little effort you can learn to make your own, or buy music online that has them already embedded in them.

For beginners (to altered mental states) I recommend experimenting and working in the Theta range first, then pushing into deeper ranges after a few days or weeks of use.

If you can match a strobe light or flashing light effect to the Isochronic sound, you will further increase the depth of entrainment.

It helps to *seek* the level the sounds are guiding you towards. Clearing your mind and focusing on the feeling of the state for a bit, about ten minutes, before beginning to focus on your planned work.

### **Don't be lazy!**

Just because you can do these fast and without much work doesn't mean you won't benefit long term from learning these things the long way too! Machines break, lights can be bright and people noising, just when you need to get something done. By learning to hold the deeper states in a variety of situations, you can't easily have such things taken away from you.