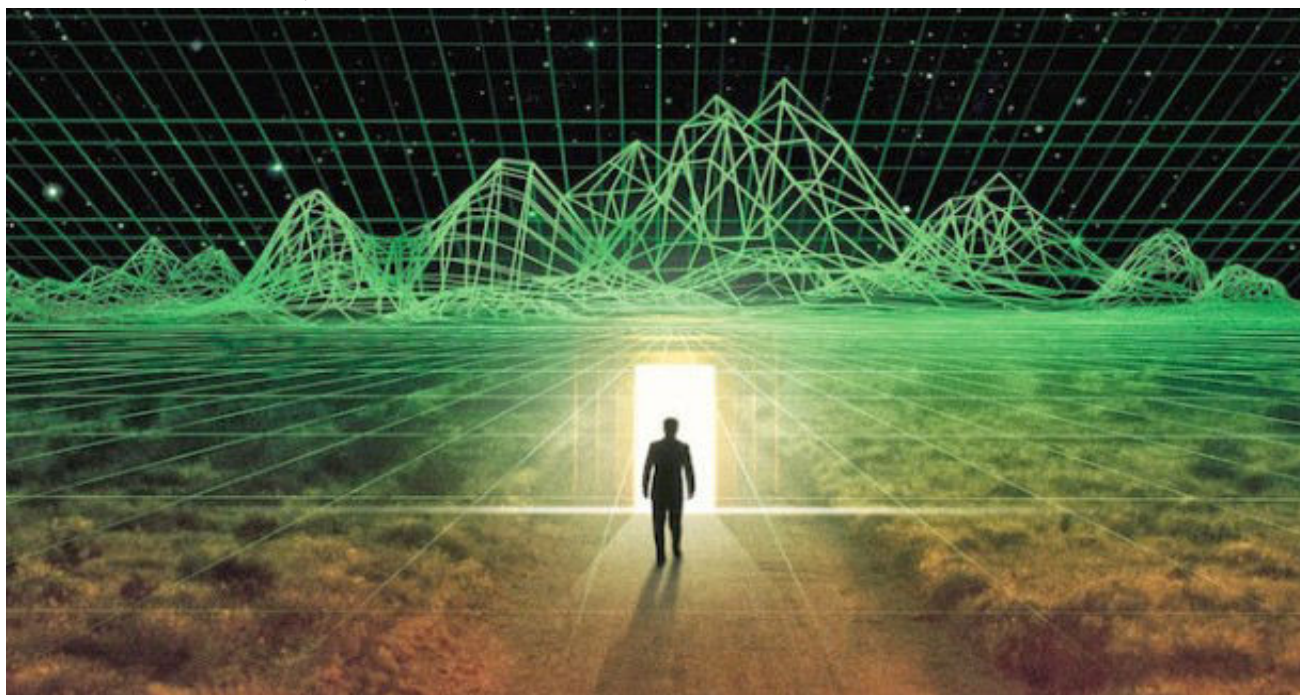


The Veils Between Worlds: Mind, Language & Time

POSTED ON AUGUST 17, 2018 BY DALE POWER



17 Aug

To understand why the Veil between worlds is thinning you first have to have an idea about what exactly this veil is, how it functions and what impact this thinning might have on day to day life.

First, the famous (and infamous) Veil Between Worlds, the separation between the lands of the dead, the pits of hell and the Other realms and our own world is not exactly a physical wall that keeps things separated. It is a mental construct built into (almost) all humans that keeps our subconscious awareness at a distance from what we consciously believe. By keeping ourselves isolated from knowledge of the other worlds, we have some small bit of protection from them built into ourselves.

A few hundred thousand years ago, some say as few as five thousand years ago, our minds worked differently. The connections between our conscious and subconscious minds were both stronger and more distant from each other at the same time. We heard our higher selves not as a vague suggestion, as we often do now) but as the literal "Voice of God" leading us to find reality as if something outside of ourselves. We now accept this voice as our own inner self, and its purpose (though most don't understand it this way, science does...) is to tell us a story about what reality is. This is the first and strongest of the Veils.

What this means is simply that the first Veil between worlds is the one in our mind, all of our minds, that "makes up" the story of reality.

We do NOT live in reality, not consciously, but rather live in a personally generated story, one that is most often very, very different from what is actually going on around us!

This is, as was stated above, the first Veil.

The Second Veil is Language.

We have all learned, most have at least, to think in words.

This is normal to us and indeed, it's a virtual "super power" in a world of animals that don't do so! I can use words to communicate complex ideas at a distance (like this article for instance) that no other animal on the planet can easily do!

But before we had words, we thought in concepts. Raw ideas. Our subconscious minds still do. If you can relearn to do so now, you can reopen direct communications with the subconscious mind.

The subconscious mind deals with reality directly, without the buffering of the "Story Teller" our conscious perception of the world. Language keeps the distance between these two solid.

The second Veil is language. The language of the mind. Right now this is the most stable of the divisions.

The Third Veil is Our Perception of Time.

We all "know" on some level two things about time itself. The first is that we "feel" it passing and can measure it using clocks and events outside ourselves.

The second is that we sometimes "feel" as if it goes faster, slower, jumps or stands still.

We have a natural perception of time and a learned perception of time...

And it turns out that both are inherently flawed!

Time itself is different than we expect or accept. It is all at once, with everything happening now. We can't deal with this, so we part it out, seeing things as happening in a linear fashion. (Which, really, thank goodness! It can be hard enough to get through a single day much less all of them at once!)

The third Veil is our perception of time. Not time itself, but how we see it individually and as a group.

So of these three Veils, these artificial divisions, two of them are at great risk of breaking down, allowing not just "glimpses" into other, unseen, worlds, but a fairly rapid decent into them. This is the break down of the conscious Storyteller and the perception of time. Language is safe for now, possibly as strong as it has ever been in all of human history, unfortunately though, this may only add to the coming problems as the other Veils weaken and eventually fall as will be discussed below.

Why are the Veils falling?

The conscious Storyteller (our day to day mind, which presents us with what we believe to be reality!) and the subconscious mind have worked together well for a long, long time, thousands, possibly hundreds of thousands of years.

The subconscious mind sees reality unfiltered, sees the ghosts, the Goblins, the demons and the minds of others, knows what is about to happen and what has happened, and holds most of this in, calling out suggestions to the conscious mind at times, but mainly keeping us from having to deal with every little strange thing that happens.

Here is an example you can use to test this effect in yourself:

Go to the first link, watch the video and participate as you are asked.

<http://viscog.beckman.uiuc.edu/grafs/demos/15.html>

When done, go directly to the second link:

<http://free.mailinfo.com/web/reality/step2.htm>

*Note, this is a real psychological experiment. This isn't a trick or visual illusion!

The experiment above shows us how well most people's internal Storyteller filters reality for us. Image what else most people miss most of the time? (And don't imagine that just because you are one of the people that saw the extra bit on the video that everything else will be as clear to you! It doesn't work that way.)

This is how we all live, most of the time, protected consciously from reality, while subconsciously being immersed in it.

But there is a loophole that modern man has begun to exploit more and more, without understanding that we are doing so, which is slowly blurring the line between the Storyteller and the "True Observer" of reality.

Fiction.

More to the point, advanced visual fiction. When we see and hear immersive experiences for a long enough time period (about 40 minutes for most people) our subconscious mind begins to accept these images as being part of reality. We begin to respond to what we are seeing as if it is really happening in front of us, on the deeper levels of mind. Even though we consciously "Know" that this is not happening, we subconsciously "KNOW" that it is.

Generally speaking, this is not that big of a deal. The subconscious mind is designed to react to reality while the conscious mind filters it. The danger here is not that we react and respond to fiction as if it is real, but that we are using vast amounts of fiction to train our conscious minds to see strange and unusual things!

We are training our protective Storyteller to allow in strange bits of data that historically would be ignored and perceived only by the subconscious parts of our being. A small bit of this is probably harmless, of course, but we live in a world where many people are spending hours at a time immersed in strange fictional realities that require the conscious mind to be limber and float from one hard to believe scenario to another!

Simply watching a television program does this. It doesn't take 3-d or virtual reality to allow this to take place. Movies, video games, television and even vividly imagined scenes can all have this "loophole" training effect.

The danger isn't just within each of us though. If that was the case, we could just protect ourselves from unpleasant realities by individually reducing our exposure to such stimulus, right? What happens though is that as more and more people become aware of a strange thing in our midst, the more likely we all are to be able to see it.

When enough people see what is really there, even the most hard headed individual will see it too!

And at that point, the Veil will have fallen and we won't be able to put it back.

At the same time we are breaking down the the divisions carefully crafted by the Storyteller, we are using the same media to skew our perceptions of time.

In fiction, time is a far more fluid thing. We see events both before and after they have happened in the story. We often see things in slow motion, as if time itself has slowed, or, more rarely, zooming by us at a faster than normal pace. We see people one week, and the next time we see them, a week later, we are given information that says it is a day later, or a year!

All of this causes us to lose track of our innate and trained sense of time, just a little bit, wearing away at our natural pacing. It makes it a little easier to accept slips and jumps in time, rather than ignoring them or pretending that they didn't happen as we normally do.

And if the Veils break down, so what? How will this effect our regular lives?

These divisions, The Veils, keep us more or less inside the boundaries of consensual reality. Without them we will all begin to see the world as it really is. All the ghosts, the demons, the mythical creatures and elves around us will be able to see us and interact with us as well.

Our ability to ignore such beings has, it seems, been our main protection from them over the millennium. As this protection weakens, we will have to learn to deal with such things directly again, and live in fear of them if we cannot do so well enough.

As an example, let's look at driving.

You are driving along at night, when a hooded figure steps out in front of your car, an old man it seems. Do you slam on the breaks, possibly causing the people

behind you to crash into you or each other, or do you keep driving, taking the chance of hitting an elderly person that is simply in the wrong place at the wrong time?

If it is a ghost, you would have simply passed through it. In fact, you do this all the time without knowing it already! But seeing it clearly will alter your ability to function in the world.

This is just one example.

Imagine for instance, trying to explain to your child that there is not monster in the closet, opening the closet to show them, only to find a creature of vile darkness sitting there waiting for you to leave?

There is also a chance that our focused attention will add to the power of many of these beings. That when we cannot help but notice them, they will gain real, physical level abilities within this realm. The ability to harm people, to move and break objects, to build structures and so on.

This is not to say that everything will be horrible for all people all the time if the Veils fall, but it will be very confusing at first, and probably change the nature of how we function in the world greatly.

So, why is this being brought up now?

Because the Thinning is already beginning to happen. We are already seeing more and more of the world around us. Not all people equally, but enough that things once kept out of our world are making their way through.

It means that during this, and future Halloween seasons, we all need to become aware that things that we learned to view as harmless jokes as children, the Goblins and Ghouls and Vampires and Demons, may, in some fashion, be out walking the world now.

It is time and past time to start taking things seriously and to learn to protect yourself and those you love from things that go bump in the night. Because as the Veils thin, you may find yourself suddenly having to face your worst nightmares one day. Possibly one day soon.

DISCLAIMER: This was written over 10 years ago by Dale. Although the information pertaining the veils is accurate, we don't believe the veils are thinning to the extent that you would all have to worry. In fact, we don't feel that this is happening any time soon.

How To Communicate With The Dead

POSTED ON JULY 30, 2016 BY DALE POWER



30 Jul

From personal experience I can clear some of this up for you right now, and can even give you some tips of communicating 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. 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.)

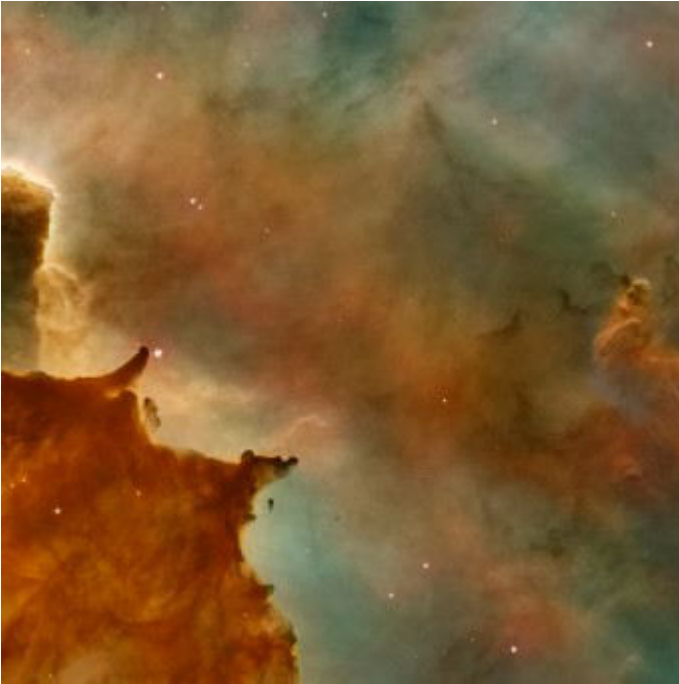
This never ending collection of all we are, both consciously and subconsciously, is what we normally refer to as the soul.

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. You can read more about that here.

[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. If you start to feel a negative presence creeping in, you can play the negative energy/entity removal audio out loud.

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 tobin 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.

Walking the Dragon Paths: Entering Other Dimensions

POSTED ON JULY 30, 2016 BY DALE POWER



30 Jul

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.

You 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.

Be aware of danger

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.

Surefire Methods to Accelerate Healing

POSTED ON JULY 30, 2016 BY DALE POWER



30 Jul

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.

Another easy way of inducing delta brainwave state is by listening to dreamweaver's delta audio which induces you into the delta brainwave state.

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:

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.

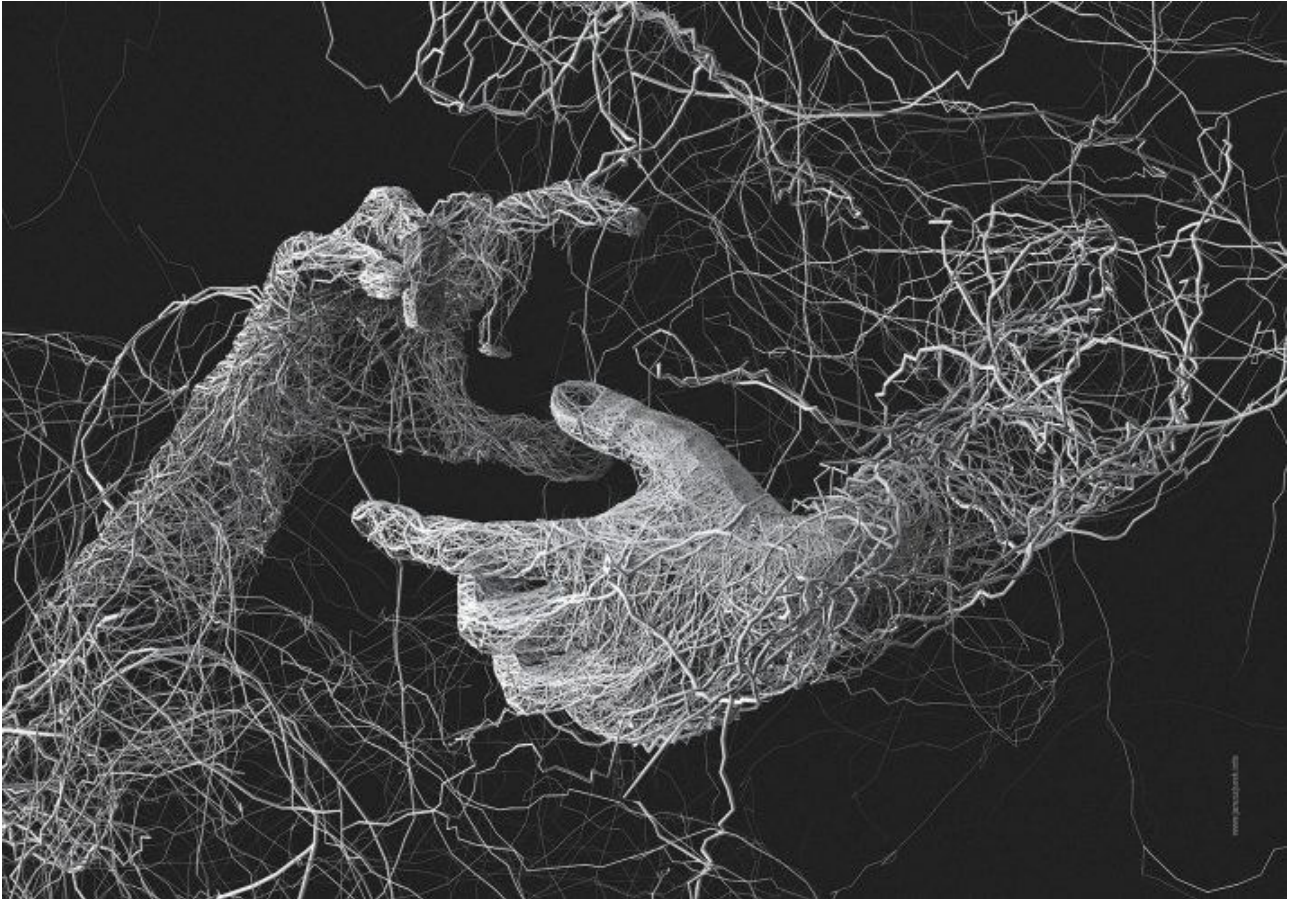
Plus, stretching releases a small dose of endorphines! The feel good brain chemical we all know and love.

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!

Telepathic Transmission And Reception

POSTED ON JULY 30, 2016 BY DALE POWER



30 Jul

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.

Tumo: The Generation Of Metabolic Heat

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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 know 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 preform 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 except 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.

1. 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.
2. 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.
3. 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.
4. 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.
5. 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.
6. 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.)
7. Breath 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.
8. 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.
9. 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.

One Of The Greatest Secrets Of The Mind

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[30 Jul](#)

There is one thing that you should learn if you wish to be really effective in your psychic work. How to think purposefully on a “subconscious” level. (I know, I know, if you are thinking on that level and able to be aware of it and direct it, then it is not subconscious? We run into some language problems here though, so please bear with me.)

You do this all the time of course, think on that level, I mean. After all, it is the fundamental way that your brain works. For our purposes though, it is really more of a matter of becoming aware of a certain kind of thought pattern. Once you get it down you will be able to leap ahead in your ability to interact with the world in a psychic manner, receptively and effectively.

The primitive levels of the mind

On the deeper, some might say more primitive, levels of our minds, we do not use words to think. We do not even use pictures overly. The thoughts of the deep subconscious mind are expressed as ideas, pure concepts, a “knowing” that has no words or need for words. On this level the pictures are without color, even though you will “know” the color if you think about it, the shapes are fuzzy and without the sharp delineation of our normal thought patterns. The most standout feature though is that there are no words.

So in principle the basic technique we need to learn is simple. All you have to do is “know” something, say what your target is and what you wish to happen to it, and hold that thought. In practice most people can’t even capture the idea of what to do, much less form a conceptual thought and hold it. The main problem is not one of ability, but rather a clear understanding of what it is they are trying to do.

Here is an example.

A good friend of mine and I had gone over the idea of conceptual thought several times. She was certain that she understood the idea and could do it with no problem. When she tried to affect the roll of a pair of dice though, she kept coming up with the same results she normally got. (About twice what chance would account for.)

Finally in frustration she asked me what she was doing wrong. (Actually she kind of yelled the question at me?) It turned out that as a very verbal person that thinks in words as a matter of course, she was actually “chanting” at the dice mentally.

“Well, words are ideas, right? I mean you can’t have an idea without a structure to hold it can you?” She did not seem happy when I told her that you can.



With a bit of work though she finally got the technique down. “It feels very weird. When I am getting it right, it is like I am almost unaware of what I am doing?” Her numbers on the testing shot up almost instantly, more than doubling the previous levels.

Very visual people have a similar problem. It is very easy for them to think that a picture, which is worth a thousand words after all, is the same as a basic concept. In a small way they are right. Humans are so very tied to visual

understanding that we use a more primal part of the brain to understand what we see, at least in part. It is one of the reasons that visualization is so effective in making changes in ourselves and the world around us. Pictures though, still carry other information and associations than we may intend, this causes even the best image to be fuzzy and unclear to our subconscious mind.

What is the secret?

So the big "secret?" If you wish your powerful and psychically active subconscious mind to clearly understand your wishes, the thoughts you must use will be rather unclear to your conscious mind!

My feeling is that the best way to know if you are being successful is to use regular testing. I generally use two six sided dice and try to make them both come up the same number. The odds of them coming up the same are 1 in 36. So if you are testing often you will know if you are having solid and consistent effects. When you learn to incorporate deep conceptual thought into your practice you will find that you double or more your beginning numbers. Four times chance is a normal result.

Being aware on this deeper level will also cause your raw intuitive level to shoot up rapidly. It seems, at this point at least, that all intuition starts at this level. When you remove the tendency to distort and imagine what you wish to exist, which simply does not happen at this level, as your subconscious mind is not imaginative in nature, your ability to access a whole host of psychic abilities will open up.

This one, basic technique, is not the only thing you can do to increase your overall skill level of course! It is however one of the most important skills you can learn, when it comes to making real and powerful changes in your life.

It takes time, honesty with yourself and effort to learn to think on these deep levels well. It is essential though, if you really want to use your psychic abilities to the fullest. It is worth the effort.

Stress Relief

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The best stress relief techniques I have ever found are all very straight forward and simple. Most of these things are skills you have likely seen before, or at least heard suggested. A few are going to seem a little new, perhaps strange, but they still work, so at least consider giving them a chance.

Here's the list, because if you are stressed, you don't need me to draw this out too much!

- **Progressive relaxation:** This is a fancy term for slowly relaxing each muscle one at a time. Start with one finger at a time and let go of the tension, move on to body of each hand, one at a time. Progress through each limb to the center of your body. Finish with your neck and head. The concentration it takes to relax each muscle, one at a time, is enough to place you in a light state of self-hypnosis. A few suggestions to yourself about how relaxed you feel can really help at this point as well!

- **Tense to relax:** This is really what it sounds like. You tense each limb, then relax! The initial tension will allow you to notice the relaxation more easily. This works very well if you are already REALLY stressed out and frazzled. It takes very little concentration or thought to do.
- **Aromatherapy:** If you have the time, go smell something pleasant. Flowers that have meaning to you or a few table spoons of cocoa powder boiling in water can work as well! Scents that have meaning to you personally, that create relaxing internal feelings will be of more value to you than just following the guidebooks. If you're on a budget, go to a health food store and smell the free samples of essential oils!
- **Listen to music:** Most music that soothes will do. If you need an extra boost, pick up some Baroque music. This form of classical music sounds a bit funny, sometimes creepy, to the modern ear, but it incorporates specific beats into the music that will help entrain your brainwave patterns to a relaxed and focused state. Look for things in 4/4 time for greatest effect.
- **Listen to SapienMed:** There are several audios on the youtube channel that induce a very relaxed state of being within minutes of listening. After having a bad day or even beginning to fall into a pattern of negative thinking, I listen to the positive uplifting energy for your environment . It does exactly what it does it does... Saturates my being and environment with positive energy and puts me in a positive state of mind. Better yet, I don't even have to listen to it consciously and it works! Just play it at low volume and it will work wonders for your state of being. I also recommend the schumann resonance audio and love and



gratitude audio.

- **Go running:** It may seem counter intuitive, but running, or any other exercise that is somewhat difficult and takes longer than 40 minutes, will release endorphins. Endorphins will help you relax and feel happier!
- **Take a warm bath:** Soaking in warm water will allow your muscles to relax. If you can fill the tub enough water to cover you, it relieve the pressure of gravity at the same time. You will be able to relax and let the warm water support you.
- **Leave the stressful situation:** This does not work in the long run, perhaps, because you still have to deal with your real life. In the short run though, it can really help to get away from stressful people and situations. Think about the situation first of course, but if it can be done without making things worse, give it a shot. This is not to say you should avoid things forever! Just take a break of a few minutes to collect yourself and your thoughts, before jumping back in.

Now for the psychic techniques!

- **Shield:** Many times when we deal with others, whether we admit it to ourselves or not, we are bombarded with the feelings of others. Good shielding will help keep the others out and make sure the stress you feel is your own! (If you don't know how to shield yet, please read "Empathic Shielding" by Dale Power)
- **Generate a field of happiness:** This is easier than it sounds. Relax and remember a time when you were happy. Replay the feelings and let them grow stronger. Hold on to this for a few minutes. This will build a psychic field around you that will help to keep both you and others happier.
- **Entrainment therapy:** Get a friend with skills to help you out, or hire a professional. When you focus on each other, the person with less synchronized brainwaves will match the more unified state of the other. This will almost instantly relieve stress and garner peace of mind for you. The person doing the entraining does not even have to be a "psychic". An advanced practitioner of meditation can do this as well. It is the deep state of mind, the level of synchrony, that matters.
- **Commune with nature:** Go to a natural place, or a nice park, and open yourself up to the experience. Plants have a stress relieving quality, when interacted with on a psychic level. They simply run to a feeling of calmness that soothes!

If you are stressed, pick one that seems easy to do, give it a good half hour to take effect. If that doesn't work for you, try another!

Entity Removal

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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.

1. Being able to sense the entity, it's true location and what not.
2. Lack of practice that may make this harder to pull of 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. And at last, there is the easy method that requires no effort at all.

The three methods 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.

[Sapienmed Negative And Entity Removal Audio:](#)

Sapienmed has released an audio that works towards removing any negative energies in your entire energy system and well as getting rid of any negative entities or thought forms that may have attached to you. The more powerful or attached the negative energy or thought form is, the more frequently you will have to listen but it will undoubtedly weaken it and rid you of it in due time.

Types Of Entities

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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.

You can read this article for a guide on how to get rid of them.

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.

What is a demon?

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 be come 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. 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 add 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.

How To Communicate With Your Higher Self

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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.

1. 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!

2. 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.

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.)

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

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.

Psychokinesis

POSTED ON JULY 30, 2016 BY DALE POWER



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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 perform 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 is simply a part of successful living, you have to put energy into anything 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.

What you desire for outcome matters

In most cases you will find that psychokinesis is most valuable in influencing processes and aiding physical actives 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!

Finding Your Path In Life

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

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

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

Getting Started:

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

To focus this, try writing two lists.

1. Put everything you like to do. Add in everything! (No one else will see this list, so be honest and open with your feelings about things.) Try to think through an average day and figure out what you do for fun, what you do to relax, what kinds of things you research and follow up on. Don't worry about having the skills to make a living at these things, just write down what you like for now.
2. Write down everything you wanted to be as a young child, even if this does not apply to you now. It will help free your mind, opening up to process new possibilities as you did when younger. Get them all down as best you can! So if you wanted to be a fireman, write it down! A ballerina? An astronaut super hero that travels through time? That counts too. (Don't leave anything off out of embarrassment and try to scrape your memory for all of them you can find.)

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

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



Winnowing:

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

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

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

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

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

- Are movies mentioned a lot or television programs?

- Do you enjoy games or books a lot?
- Is your interest geared towards fashion or mechanics?

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

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

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

Picking your path:

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

When you feel ready, open your eyes and read the first item on your list and then close your eyes again.

- Ask yourself: how does this item make you feel?
- Do you feel happy considering it as a career or life path or does it make you feel a bit uncomfortable and edgy?

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

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

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

Do this for each option on your list.

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

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

Making a Plan:

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

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

One last thing...

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

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

How To Achieve Profound Relaxation

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

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

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

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

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

1. You will never let go of all tension in your body. Keep striving to find the tension that is hidden from you and to let go of it. In this way you will gain the ability to let go of more and more tension on demand, until you can go totally limp with simple a decision to.
2. Your normal state is one of relatively high tension. You even tend to hold tension while you sleep. This means that while practicing relaxation techniques, tension has a tendency to try and creep back into your body. Learning to keep your attention on the task at hand, relaxing, will allow you to reach deeper levels fast.
3. Relaxation is not hypnosis. The focusing aspect of some relaxation techniques has been used in hypnosis for a long time, but it is a separate phenomenon. Relaxation techniques give you control over you body and remove some distractions, but

they will not ever allow someone else to take control of your mind.(Not that hypnosis is control of a persons mind...But that is a full topic in itself.)

4. There is no way to fail at relaxation. You simply keep letting go of tension over and over again until it is gone. It just takes practice and as with all things, daily practice is best.

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

Psychic Self Defense

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When is the last time you were attacked by a ghost? Or chased down a dark alley by a Werewolf? Think back to the last time your life was ruined by a powerful sorcerer or witch. (No offense to Wiccans here. Lets face it though, not everyone is as nice as you are.) Seriously. Think really hard about it.

Been awhile?

Most of us need to be a bit more worried about muggers than monsters. Road rage is a bigger danger than demonic possession in day to day life. The point? We need to protect our bodies as well as our minds. While we are at it, maybe we could protect our wallets as well.

Most of the time when you read an article on the topic of psychic self-defense, you get lectured about not using a ouija board and a basic primer on shielding. These are wonderful tools to use if a Svengalli is trying to take over your mind or your pushy neighbor is having a bad day and projecting it full power to everyone within fifty miles, just when you need to go to bed.

How about protecting your body though? Can psychic self-defense help you out in that regard at all?

Surprisingly, the answer is yes!

Here, briefly, are some techniques that can help you protect yourself from physical harm. These are all methods I have used personally and tested in real life situations. One note of caution however, do not take these methods lightly. You must approach these techniques with a serious mind and proper intent if you wish to use them successfully. After all, you are not trying to make a plant grow a little taller or guess who will call you next on the phone, you are trying to protect your life. Do the work and make it count.

First Technique: Empathic Field Generation

It may sound a little weak at first, but think about it for a moment, most people that are attacked are dealing with an enraged person. If you can produce a feeling of calm in them before the attack takes place, they are much less likely to even try.

- Relax and quiet your mind. You will wish to hold a conceptual mind state as much as possible. Think in ideas rather than words or pictures.
- Define the space of the effect. To do this hold the idea in your mind of a bubble around your body that goes out about twenty feet or so. Remember, you simply “know” the field is there and how big it is. Your subconscious mind will take care of the rest. This should be done for at least five minutes.
- Once you have defined the space you wish to condition to your satisfaction, shift the concept you are holding to one of relaxed calm and friendliness that fills the entire field, make sure you define the idea that it will effect those around you and not yourself, unless you want it to do that as well. This should take around ten to fifteen minutes.
- The next step is to make the field self-sustaining. Hold the concept of the field as you have generated it. Then add to the concept the idea that each part of the field will tell every other part to continue to function at full strength at all times. Hold this whole, organized field for at least five minutes.

This will give you around a week of very solid coverage. If you wish you can arrange the structure to reflect any emotion or mental state you can think of. It is best to keep the idea simple to start with, a basic field that does what you want is much better than a complex field that has “strange” consequences. Here are some variations you could use just by replacing the central idea you use.

1. Aversion. Hold the idea that anyone who would do harm to others will simply not wish to stay around you. I have used this to very good effect in some very dangerous situations.

2. Confusion. Replace the central idea to one of dangerous people having a difficult time in thinking. You have to be very careful that you are targeting only harmful people and that the field strength is very high and tightly focused!. An enraged person that is a little befuddled can still hurt you. In fact they, are likely to. You have to make sure that they cannot even think about hurting anyone without being distracted and confused. Double the overall time spent on this one if you are going to use it.

You can create a great deal of fear in anyone seeking to do harm. Again targeting is key, and don't forget to control the area of effect! Some situations, such as driving, can be very dangerous if those in other cars start to have panic attacks!

Second Technique: Precognitive Warning.

If you are not there they will have difficulty harming you. This is a semi-permanent filter designed to bring to your attention anything that might do you harm.

- Relax quiet your mind and enter a conceptual state of mind.
- Hold the concept in your mind until you feel it lock into place. As it is not externally active you will not have to make it as strong for it to be useful as the other techniques given here. A few minutes a day should work well to enough to keep the field sustained.
This is basically just focused intuition. The focusing process makes all the difference though, so make a point of establishing this type of filter each day.

Third Technique: Aversion Shielding

This is an active psychokinetic shield. A real honest to goodness physical shield, of a sort! When an object is coming towards you to do damage, This field will make it veer away from you missing, if it is at all possible. While I would not personally replace a bullet resistant vest or a flack-jacket with an aversion shield, I would certainly have one going full blast if a fire fight was about to start. As an active PK (a field designed to influence active systems) method it will have to be very strong to have the desired results. I recommend at least an hour be spent on generating and reinforcing the field properties.

- Relax, quiet your mind and enter a conceptual state.
- Now generate and hold a consistent and self-sustaining field, containing the properties of aversion for incoming objects from all directions at once, with a tight core of aversion around your body and a

secondary level about ten feet from your body that will redirect objects before, they can reach the inner core shield. It is important to keep this dual field both conceptual and consistent for best results.

- During the last quarter of field generation, add into the process the idea of the field growing in strength rapidly over time. If done well the field will continue to grow in strength, but not size, even after you stop focusing on it.

This type of field is very advanced and may take a bit of work before it can be assembled properly. As it is self-sustaining and self-propagating it will become many times stronger than you could generate otherwise. Please be very clear about what you are doing. Mistakes will exaggerate as the field grows in power.

Self-defense is sometimes needful, but this does not give us license to harm others out of spite or anger. All of these techniques will help to protect you at the same time as not harming others. For them to work however, you will have to prepare before problems arise. Exactly as with all other forms of self-defense, diligence and discipline will pay well, if used.

You can have actually have this powerful field on you all the time and become impenetrable to negative energy.

Psychic Linking

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Once you have learned to think utilizing conceptual processes and to clear your mind enough to hear the results, the next step is to understand what goes in to developing a psychic link to the information you seek.

What is a psychic link really? Is it a mystical line of power between you and the information? Is it a closely held resonance with a person or object that requires a physical object? Is it an alien thing that is hard to work with?

No.

A psychic link is, in short, just a way of focusing your subconscious mind on the topic you wish to address. By using specific techniques, which mimic the way we think and remember ordinary information, we can easily find data that we ordinarily would never notice.

Let's go over some basics about psychic perception first to make this easier to understand.

[Psychic Perception](#)

We live in a sea of information. This information does not have the ties to space and time that our physical bodies do. In part (and perhaps even in whole, though we can't realize this in a meaningful fashion?) we are also built of information. By noticing a specific set of information, our information "mixes" with it, and, if we are paying close attention, we can notice the slight interference that results from two (or more) fields of information interacting, due to the changes in our own information field.

We do this all the time.

Most of the time, we notice things, bits of information, that are important to our personal well being and items of information that we think of on a subconscious level, personal concerns and worries for instance. So for the most part, we naturally tend to pick up information that impacts our safety, comfort, physical, or mental well being. To a lesser extent, because we hold concern for others, we may pick up information about other people that we focus on, as we go through our day, even though this information will not impact us personally in a meaningful fashion.

This is good in many ways, as it helps to keep us from being overwhelmed by useless information and keeps us safe from many kinds of harm, as long as we are paying attention. This is a relatively natural way of interacting with the world and is likely good enough for most individuals, as it will always address their most important concerns.

At times though, we may wish to aid others, that are relative strangers to us, or to find information that has only intellectual interest to us and is not going to be considered important to our subconscious minds.

So we build a link to the information we seek.

Because of the nature of information and the way our subconscious mind works, all we really have to do is focus on the concept of what we are looking for, and the psychic information will be accessed. Once accessed, we have to translate from conceptual thinking, the way the subconscious mind thinks, into a verbal or pictorial format, that our conscious minds can understand and work with.

There are a few tricks that can help you target specific information and form the "links" you need. Your subconscious mind works by association, when remembering information or when accessing outside information. We can use this to aid in building our links!

- First, you need to define the information you are looking for. This can be any specific topic or piece of information. It is important to know exactly what you are looking for, because trying to handle too large a set of information will tend to either overwhelm you or give you small clips of information, in a disjointed and non-useful fashion.
- Next, you need to be able to find something to focus on that has a relationship to the subject at hand. For instance, if a person wants to know about their love life in the next six months, you can use the specific search term of "love life in the next six months" develop and hold the concept of this phrase (so your subconscious mind can work with it!) and get a "feel" for the person you are searching this information out for.

This will lead you to the correct information. Interpretation and translation from concept to a useable form take practice, but you will be on target!

Let's look at a slightly different way of using this technique.

Let's say "Dan" has a car and we need to know the color.

We can get a sense of Dan pretty much just by thinking of him and feeling the psychic "concept" that comes to mind.



Then, holding this concept, we can develop and hold the concept of "his car". This will shunt us over to his vehicle in short order.

All we have to do now is focus on the concept of the color and we will be set!

It takes practice

These are simple links, of course, and with practice you will be able to make tens or even hundreds of links in a quick and exacting fashion, not just one or two at a time, as it is a natural process, needing only to be set in motion and guided, not forced into action.

Now that this is understood, we can get into some of the more interesting uses of Psychic Linking!

You don't have to meet a person, have a picture of them or hold an object they have owned to pick up information about them (same with an object, if it comes up.) all you need is the knowledge that this person exists and some person, object or event associated with them to create a link.

Though it is not very useful, you can even work "blind" and just poke around for information by starting at a random point and linking from one concept to another until you find an interesting topic. (This is a bit like free association in the psychic realm.)

You can even address "topics" and focus in on information that is of interest for you! I have used this technique to find new martial arts and psychic techniques and concepts to very good effect.

By learning to form purposeful links to needed information on command, you will likely increase the utility of your psychic abilities by many times and find it a far more interesting and practical ability for the modern world than it has been traditionally.

You can begin to grow your psychic abilities at a faster rate than ever and harness your psychic power by listening to this third eye audio and this psychic stimulation and growth audio which will help bridge the conceptual gap between your subconscious and conscious mind.

How To Program Water With Intent

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Water is a very unique substance on the psychic level. Being a liquid it can easily take the shape of not only the container it is in, but any mental fields that interact with it as well. At the same time it is dense enough to hold on to psychic information, as long as it is not exposed to high level energy sources.

Why would you want to work with water?

With this technique you will be able to alter water to have almost any effect you can think of. This treated water can aid in healing, energy, happiness, pain relief and mental calmness, depending on what kind of field you place on it. It can also be used to purify other water or resonate to any other state you can impart to it. Once “trained” this water can be used internally or externally and will hold the information field for some time, up to a week or two, without too much degradation.

The information that can be held by water is limitless. Any concept you can generate and hold as a psychic field can be picked up, so the only limiting factors are your own imagination, will and discipline. Be creative and have fun with the process and you will quickly see how very useful these techniques can be.

Getting started

- **Boil or stir the water.** This will add energy to the water. It is this energy that will allow the changes to the water to take place. It is most effective to boil the water, because it takes time for the water to cool, and

this time can be used to maintain a strong psychic field around the water. You will want to add the field to the cooling water rather than during the heating portion. The energy from the heating (or the stirring or shaking) is too chaotic to allow for good organization. As the water cools or calms, it will naturally form to the field you have generated and then hold the field as the energy dissipates.

- **Pick your concept.** Decide specifically what you wish the water to do. If you wish to use it to heal, impart a specific emotion or collect energy, the idea needs to be decided and clearly understood before you begin generating the field.
- **Generate and hold the field.** Place the water in the container it will be in as it calms or cools. Calm your mind and hold the idea you wish to impart to the water. Think of this idea as being part of the liquid itself. Maintain this concept for at least ten to twenty minutes. The longer you try to influence the process the stronger the final effect will be.
- **Seal the water until used.** Try to keep the container from moving too much or getting to hot before use. It is often best to use the water as soon as possible once it is carrying the field you imparted. Certainly plan to use it within the first week for best effect.



A full container with a lid should hold the water stable enough for you to transport the liquid from one place to another. Too much vigorous shaking could cause the field to be scrambled over time, so use care.

Of all the mediums that can carry psychic impressions water is unique. It not only holds the field involved well, it can be taken internally or used on the outside of persons body. Some effects can be used from inside a sealed container, much as a crystal is used, but taking much less initial effort to organize.

By using an external medium you can increase the overall power of your psychokinetic efforts. In this case, the water holds the psychic imprint far more consistently than most people are able to. This allows you to more than double your overall effectiveness. Plus, you can do the work before you need to use it, when you have time, energy and the space to work without pressure. This alone makes the working with water worth while!

Thermogenic Dieting: Boosting Your Metabolism To Lose Weight

POSTED ON JULY 30, 2016 BY DALE POWER



30 Jul

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

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

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

Exercise is important

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

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

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

- The more active you are, the greater the amount of calories you will burn off per day!
- The more spicy foods you eat, the greater the metabolic increase as well!

The keys are not overeating and generating heat. To check and see how many calories you burn off during a day, here is a link to a good calculator to help you figure that amount out: [Hiking Upward](#)

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

BUT...

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

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

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

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

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

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

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

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

Spices:

- **Hot Peppers:** These have been shown to increase basal metabolism for several hours after eating. One teaspoon full seems to kick the metabolic rate up by about 20-25% for about four hours after eating it. This is about the amount of peppers you would find in a table spoon of Tabasco sauce.
- **Ginger:** One teaspoon boosts the metabolism for about four hours by about 20%. Fresh ginger should be finely chopped or crushed first. Powdered, dried ginger works well though. Crystallized ginger works, but has too many calories. Save as a treat for when you reach your weight goal.
- **Mustard:** One teaspoon of the dried powdered kind will kick your metabolism into gear! Again by about 20% for four hours. This tends not to be too spicy and for people than have only had it in it's vinegar sauce state, the taste is very different. A little bit nutty, and not sharp at all.
- **Cinnamon:** Regulates blood sugar levels well, meaning you won't become as hungry as soon after eating or drinking it. No scientific findings on a metabolic boost, but I am going to hazard a guess, based on personal perception, that it boosts basal metabolism by about 15-20% for four hours after eating. Again, about one teaspoon full.
- **Clove:** Another obvious warmer, it is scientifically unclear as to what it does. It seems to have analgesic properties when used topically and possibly when taken internally and adds to significant warming, without a burning sensation internally. Possibly as high as 20% for about four hours for a teaspoons worth.
- **Cumin:** Good pain killer, anti-inflammatory and warming. Seems to pack a little less heat than some of the others above. Call it 10% increase over four hours? Use a teaspoon of this instead of over the counter pain medications.
- **Wasabi/Horseradish:** Powerful and obvious warming effects. Easy to eat enough for full thermogenic effects, as a tablespoon can be cut with other foods, particularly fats, to lower the "heat" from it. Again with a jump of about 20% for four hours after eating it.

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

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

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

Don't stint here. If you "hate" exercise, then try to move past your dislike. It is counter survival, so your attitudes need to change.. You are biologically designed to need a certain amount and should get it daily. If it is hard, hang in there, but don't let flashbacks to 8th grade gym class prevent your from exercise as an

adult. No one ever will pick you for a team last, not if you are working out on your own! Most gyms for adults don't even offer dodge ball, so you should be safe.

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

SHORTCUT: If you follow this guide and listen to Sapienmed's super metabolism audio two to three times daily, you will experience immediate results!

The Power Behind The Trigger Effect (AKA Butterfly Effect)

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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 someone's 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.

Simple things can cause big effects

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.



Find the trigger

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.

Techniques To Overcome Boredom

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

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

Boredom drives us to find new activities

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

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

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

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

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

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

Focus:

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

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

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

The Glow:

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

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

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



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

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

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

Emotional Resonance:

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

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

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

How To Improve Your Sensory Perception

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There are two ways to increase how much you perceive. The first is to repair any damage that may have been done to the sensing organs, perhaps even improving on the natural structure. You might do this with mechanical enhancements, like glasses, binoculars and hearing aids or with surgery. It is possible that in the future gene therapies will be discovered that will allow a person to grow better eyes, ears and noses.

You can also improve your ability to see, hear, feel, taste and smell by learning to be more fully aware of the information that is coming in.

The mind protects us

Our minds filter the impressions we get from our senses. This is done to protect us from having too much information to work with in our early lives. When we are young and have not learned how to deal with the world, and we learn to block out large portions of the incoming information. Visually we only block out about twenty percent of what comes in through our eyes. This makes sense for a species that is primarily visual. We only

process around twenty percent of what we hear, ten percent of what we feel and around two percent of what we smell and taste.

By learning to pay closer attention to what we are perceiving, we can condition our minds to expect greater amounts of information. In a manner of speaking we can learn to have better reception of sensory input.

It takes practice

The techniques for this are not hard, though they take regular practice and a meditative state of concentration. With practice you should notice testable results without even being in a deeply focused state.

How to begin

To start focus on the individual sense you wish to sharpen. Resist the temptation to concentrate on the sense organ, make sure you pay attention to the information coming in, or you can slow your progress. In other words, if you want to see better, focus on what you see, not on your eyeball!

Relax and clear your mind.

Pick one of the below methods to work with at a time. It works best if you separate your exercises by a few minutes. Do one, wait a bit, do the next. Pick the senses that you wish to improve and practice daily. You can work on more than one sense per day.

Vision: We really do tend to notice what we see. So to increase your visual skills, concentrate on the things you don't normally notice.

Relax your eyes and pay attention to your peripheral vision, the fuzzy edges of your sight. Notice your cheeks below your eyes? How about your nose? With practice and attention you will begin to notice the blind spot in the center of your visual field.

Keep looking straight ahead while placing your attention to the front, then points to the side, then on your nose, then the blank spots straight ahead of each eye.

Now, start paying attention to two things at once, after minute switch to another two. Practice holding your attention on more and more objects.

This will force your mind to adapt and allow you to notice things you normally block out.

Hearing: We generally have a lot more room to work with in our perception of sound, than of light. In many ways this makes this a much more impressive skill to master than the one above.

Find a quiet place, indoors or out. Pick a sound that is fairly consistent, the sound of a river, of a passing car, the hum of a refrigerator, whatever sound is handy. Focus on that sound, notice each part of the sound. How does the sound change? Does any of it stay the same?

After a few minutes switch to another sound. Switch two or three times.

Next, try to pay attention to all the sounds around you at once.

Smell: With smell it pays to focus on only one scent at a time. The trick here is to be able to isolate each one from the others.

Try to get a sense for each scent by paying attention to a point around and inch into your nose, on the top side. Alternate short inhalations, with long slow breaths through your nose.

Pick one scent at a time and focus on it for around a minute. Then change to another scent.

Only practice this for a few minutes at a time. The proteins released that bind with particles in the air will rapidly be exhausted, due to greater release caused by your focus. It takes a few minutes to replenish fully.

Taste: Place a small bit of food in your mouth, chew it a bit first. Draw some air through your mouth, over the food and push it through your nose. This will allow the particle to pass into the nasal cavity. What we think of as taste is actually made up both true sense of taste and the ability to smell.

Again break the sensations apart and focus on one. With each bite, refocus on a different part of the sensation.

End the session with a few sips of water. Focus on the differences between the food and water.

Touch: Take a bag and put a dozen or so differently textured, but similar objects in it. Try to pick objects that will be difficult to feel a difference in.

Pick an object and focus on the way it feels, holding it in the bag so that you cannot see it. Touch it, rub it, hold it. Focus your total attention upon the object.

Choose a different object after a minute or too and do the same thing.

When you have done several different objects, stop and notice how the rest of your body feels. Feel the clothing on your body, the parts of you that touch different areas of the room. The pressure of what you are sitting on, the feel of your feet in your shoes.

Now keep all this in mind and pick another object in the bag. Try to hold all this information at once.

Be creative and push yourself to notice finer details and sensations as you go on. Practice daily and you will find yourself noticing much more of the world around you.

Build Muscles Without Lifting Weights

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

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

MCE. Maximum Contraction Exercise.

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

The Pro's of this kind of exercise:

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

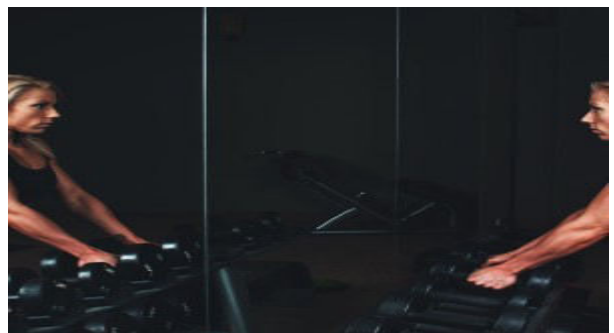
If you are lifting a weight, or even using an exercise machine, your movements are limited to the upper level of force you can move in the weight increments provided, instead of using the full force of a muscle group each time.

Let's say you are doing dumbbell curls.

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

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

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



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

It takes a lot less time, because you can fully work a muscle group in about twenty seconds, since you are using full contraction of the muscle. Instead of working out for hours, you can get a good (even a great!) work out in about 10-40 minutes. (40 minutes would be for very advanced levels of conditioning or people working on muscular endurance growth rather than strength.)

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

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

The "Cons":

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

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

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

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

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

A program in overview:

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

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

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

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

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

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

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

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

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

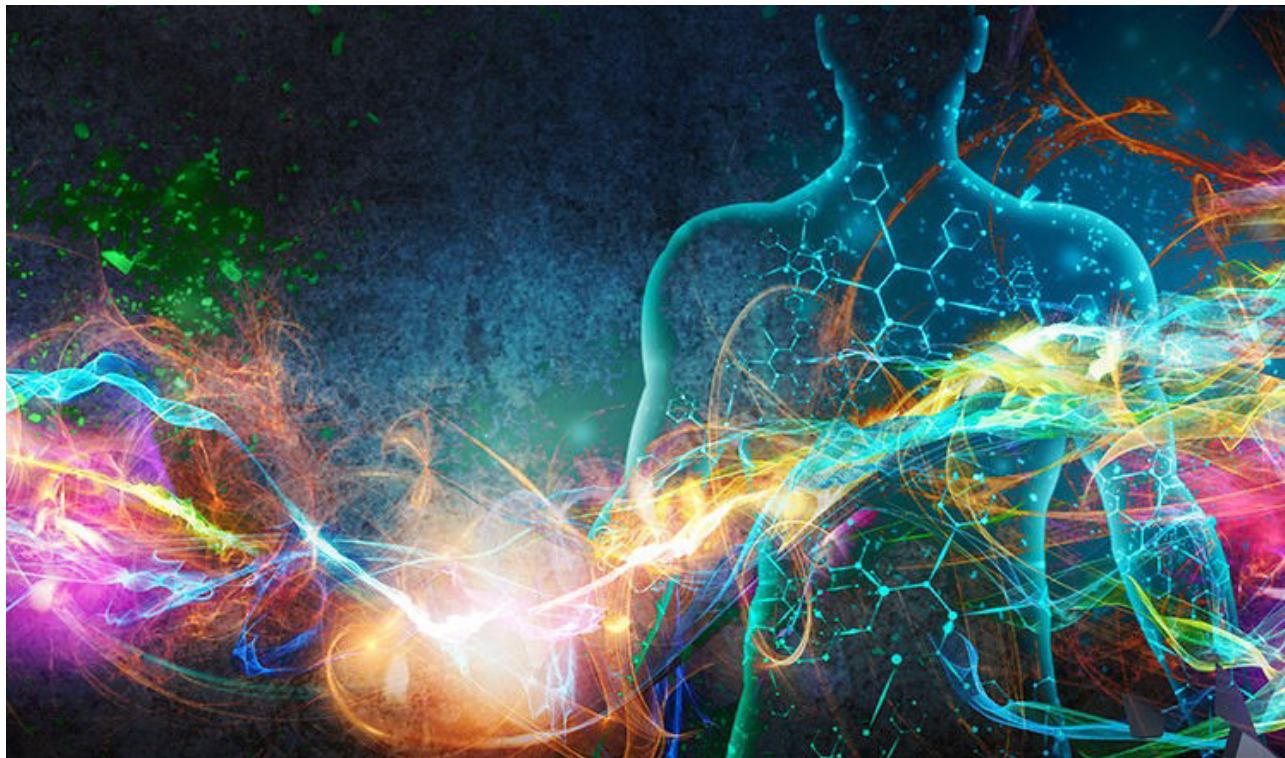
A full list of basic exercises (with pictures) will be added later, but these are very simple to do, just tighten down a muscle all the way, concentrate on the contraction and be willing to endure a bit of discomfort.

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

*I highly suggest you listen to Sapienmed's muscle growth supercharger right after doing these exercises to accelerate muscle growth at a very fast rate and start seeing results immediately

Using Physical Energy To Increase Psychic Effect

POSTED ON JULY 30, 2016 BY DALE POWER



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“The Secret” took the Internet by a storm several years 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.

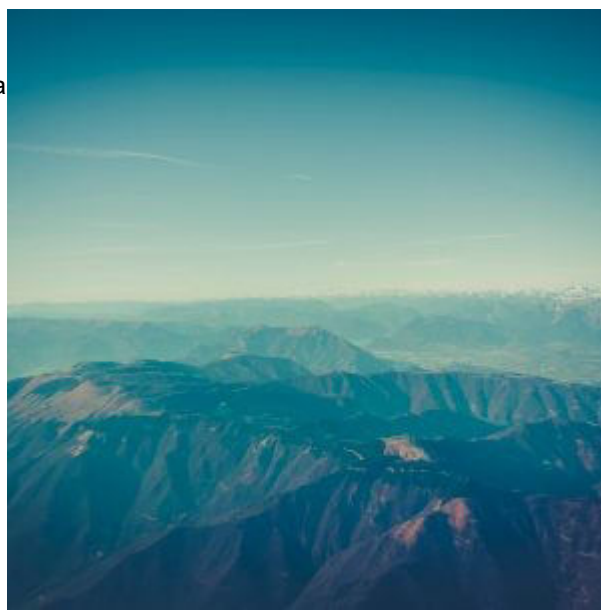
What is this amazing and incredible hidden value that causes the secret to explode in power and utility?

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.

[Adding energy to your intent](#)



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 willing 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.

Whatever You Do Must Have A Means To An End

POSTED ON JULY 30, 2016 BY DALE POWER



30 Jul

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!

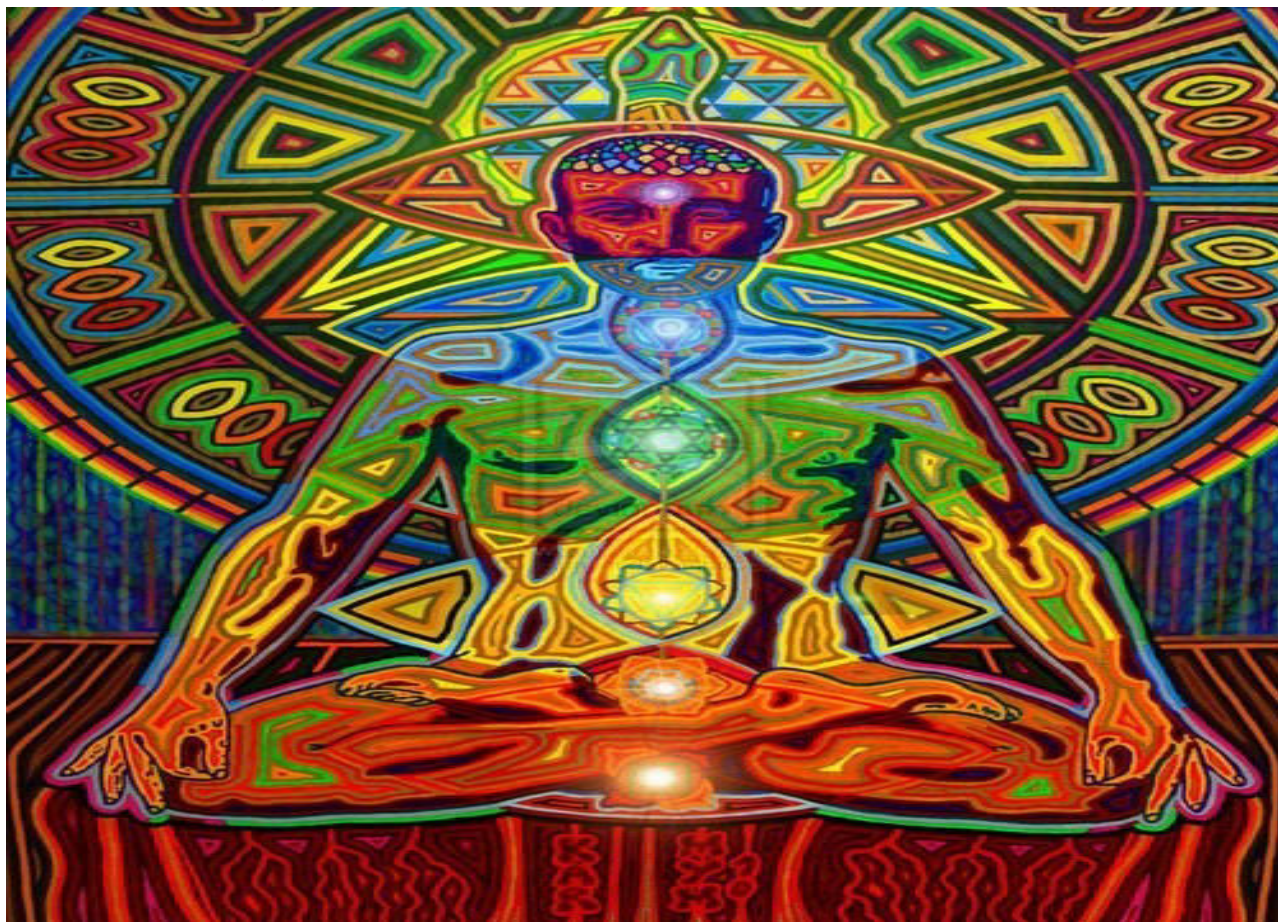
Think of power lifters for a moment. These men (and women) are very strong, dedicating large amounts of time to their chosen sport. This isn't a bad thing, but what's the point?

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.



30 Jul

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 person's 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.

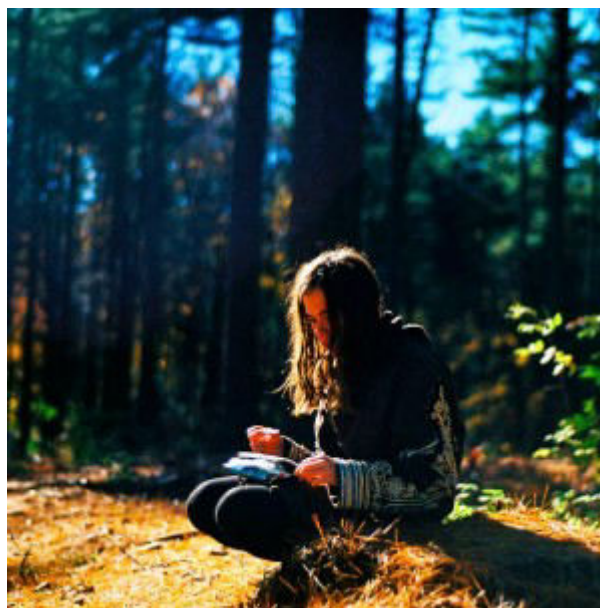
Gamma brainwaves seem to be the intuitive key here, since their prime function seems to be increasing synchronization in the brain and anything that produces Gamma brainwave function should aid in learning to become totally synchronized rapidly. So brainwave biofeedback is a good place to start if you 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 its ability to retain and process information and in its 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 its 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 think 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 its 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.

6 Ways To Begin Taking Control Of Your Mind

POSTED ON JULY 23, 2016 BY DALE POWER



23 Jul

Part of being a happy and effective person is being able to control your own thoughts and emotions. If you do not learn to control them, you will always be at the mercy of those around you, and let's face it, many of the people around you will gladly manipulate you to their own ends.

Manipulation of emotions is so common in our lives that many people have become convinced that it is impossible to control their own emotions. This bit of disinformation has been fed to us over television and in movies subtly over the years, as well as being reinforced by those around us. In a way it may be purposeful. After all, if you don't know it is possible to control your thoughts and emotions, you will never really try, therefore you can be controlled. It makes sense in a dark and somewhat evil way.

This is a false premise though. You can control your own mind and will be happier and more successful when you master your emotions and can control them at will. It simply takes a bit of effort and practice.

How can you begin to control these things?

1. Turn off the T.V.

Keep it off. With its jump cuts and blatant emotional manipulation, this box is one of the major sources of stress. It is difficult to learn to control yourself on a deep level when you keep getting distracted by the bright colors and overly loud sounds. Okay, this is not so much a technique of control as it is a piece of advice that will make the other methods more easily achievable.

2. Learn to meditate

Meditation is a fantastic tool. It will help you to calm your mind, which is a form of personal mind control right there, and will help you become more aware of your internal mental state. You have to be able to realize what is going on in your head before you can control it! An easy way to skip the difficulty of reaching meditative states is to listen to this theta audio field which increases the amount of theta waves in your brain and entrains your brain to naturally produce stronger theta brain waves and to allow you to become conscious in those states for longer periods of time.

3. Smile more

Even if you don't feel like it. Studies have shown that smiling releases endorphins even in sad people. The trick? It is the initial act of smiling that causes the release. So for a big blast of endorphins, smile fifty times in rapid succession! Just don't do it in public or people will think you're a bit strange. You can also listen to these sapienmed videos which make release the neurotransmitters in your brain that make you happy. They are Dopamine Neurotransmitter Overload and Serotonin Boost.

4. Practice direct mental control

You can control your thoughts. If a negative thought comes into your head, you can replace it by consistently dwelling on a good one. The key word here is consistency. If you give a half hearted effort, you will get poor results. If however you stay on top of things and keep replacing the negative thought pattern you wish to get rid of with a better one, you will soon find that you have achieved control. This may seem a constant battle at first. Years of negative ideas won't just disappear overnight. They will disappear though, if you take enough time to make it happen.

5. Replace your emotions with better ones

When you begin to go in to an emotional state that you dislike, change it. Here is a **simple method** that really works!

1. Calm yourself as much as possible by taking several deep breaths and closing your eyes. Relax your body as much as you can, given the circumstances.
2. Focus your attention on a spot inside your brain. Even with your eyes from the front and about half an inch in front of you ears. It is less important that you be exactly on target than that you become aware of the feeling inside your head.
3. Imagine a small point of ticklish pleasure at this point, near the center of your brain. Really try to feel it.
4. Now, every time you inhale, imagine this point of pleasure getting bigger and stronger.
5. On every exhalation feel the pleasure hold its position.
6. Let the feeling grow until it fills your head. Then let it run down your spine, sending pleasure out into your body.

What you have just done is create a **release of endorphins into your system**. By increasing the amount of pleasure you feel, you will also increase the amount of endorphin release!

6. Pretend your way to total control

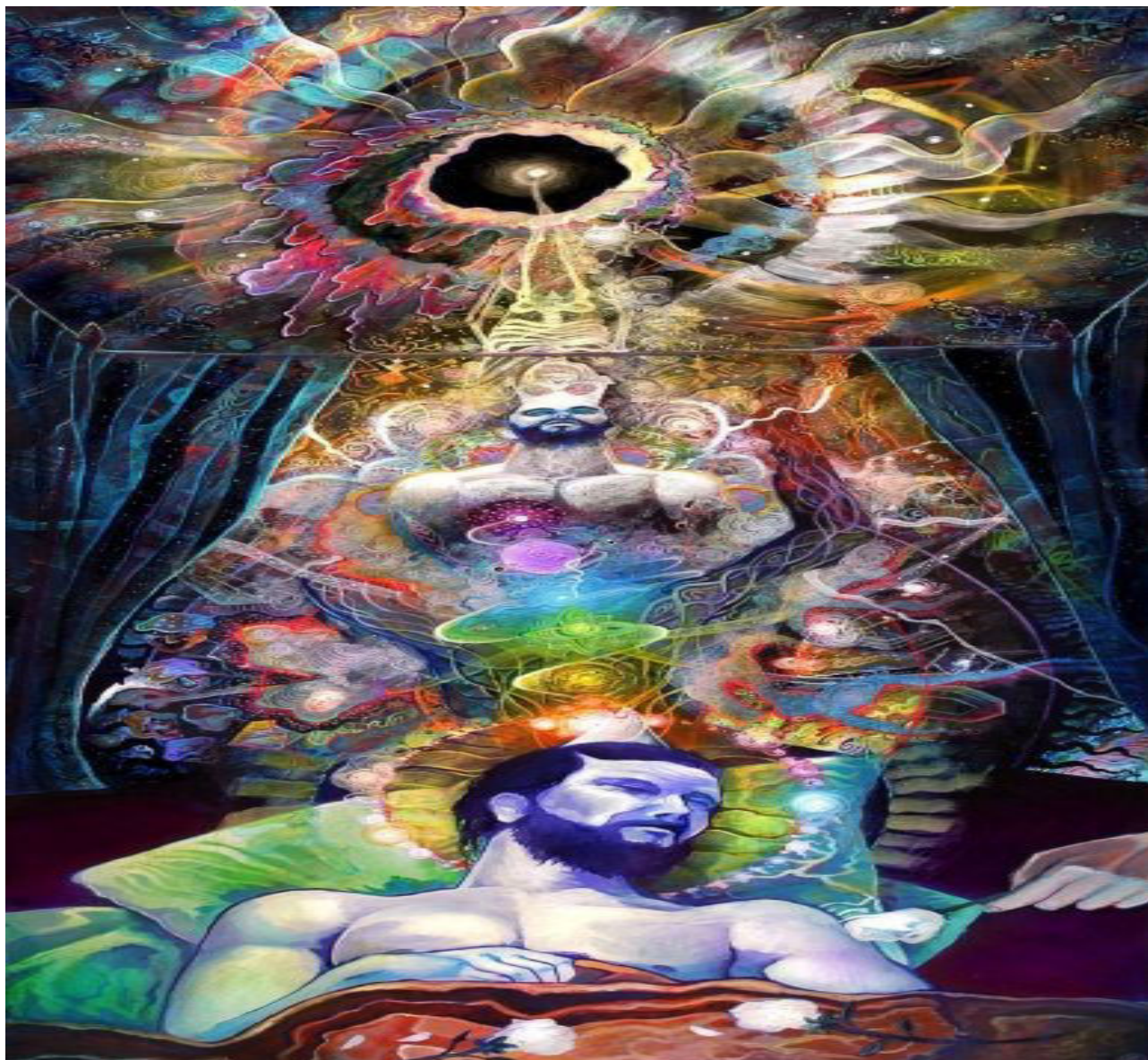
By pretending you are in control of yourself, you can increase your actual control. By this I don't mean acting like you are in control on a shallow outer level. Rather try to internalize it. Become the particular state you want to feel as much as possible. Run over how you wish to feel and what it is you wish to be thinking. Let it sink in completely. If another thought or emotion intrudes, just acknowledge it, then set it aside. With just a little practice, and by a little I mean less than a days worth, you can turn your "pretending" into direct and complete personal mind control. Also, having confidence that you are in control definitely helps internalize that you are in control and by consistently listening to sapienmed's confidence booster, control will be gained very quickly.

These are all techniques that anyone can do without special training. Do they represent the only things you can do? Not by a long shot. In the near future I will release a follow up article that will illustrate how you can use your own innate psychic abilities to reinforce your meditations and mind control efforts. These new techniques will likely open up a world of self-control for you that few have ever mastered.

Until then, remember that you have the power, the skills and the responsibility to yourself to control your own mental and emotional state. It is up to you.

How To Effectively Tap Into Your Intuition

POSTED ON JULY 23, 2016 BY DALE POWER



23 Jul

When I say Intuitive thinking, I am not talking about using the occasional hunch or even having full blown psychic premonitions. Intuitive thought is a complete process that allows for psychic input as well as learned information, to form complete ideas that can be used in everyday life. It is a true altered state of consciousness.

With this one technique you can learn about, understand and invent processes that otherwise would never occur to you. It allows a person to approach true understanding of a subject matter, if given enough time.

[See what's coming](#)

It can also allow you to understand the current course of events in a specific subject area, and by application of thought, let you to alter or influence events in another direction. This is perhaps the true, greatest use of precognition, to see what is coming and avoiding it skillfully to your benefit.

I have used this type of thinking to make great personal strides in many areas of my own life, martial arts, psychic phenomenon and business in particular!

First I am going to make a few assumptions here. My working premise is that anyone trying this will already be familiar with some form of meditation or bio-feedback, as well as some type of psychic functioning.

Second, if you are interested in intuitive thinking skills, that you are a person with enough discipline to handle the potential problems that may arise from thinking in a new fashion. Quite frankly, when you begin to think in a

markedly different fashion, it is possible to encounter situations in which your actions seem so different that to some they seem insane. Until your actions bring about the desired results, of course.

Even with the potential hardships involved, as we are moving into times so troubled that they cannot be understood in our common way, we need to have as many as individuals possible capable of alternative thought and action.

- Start with an idea of the topic or subject you are going to address. You will need this idea as a starting point.
- Drop into a theta brainwave state. You will recognize it either by the meditative feel of the state, the clarity and lack of verbalized thought, or you may notice clear photo like images in your mind. Both show you have reached the appropriate mental level.
- Once you are in a deep clear space, introduce the idea you are going to work on. Hold it in your thoughts, getting a sense of the psychic reality of each portion of thought.
- You will begin to feel as if you are thinking from the middle of your head. This is a sign that you are entering the correct mental space.
- From this place of abstract thought, you will be able to focus on each critical part of an idea and allow the intuition to direct you from one part of the idea to the next. What is of interest here is that you will often move from information you already know, to information that is true, but you had no awareness of before.
- The next step is to use this form of thought in daily life. This takes great practice and control, but will allow you to live as an intuitive being, rather than simply as a psychic. This is also a learning process. It will take time for your mind to learn how to react to the world while in this state.

It is important to understand that this is an integrated state. You are not just in a meditative state, but a logical one, that uses intuition and psychic information as part of its base. You will find yourself understanding not only what will happen, but often why and how to change it to a different, hopefully better, outcome, if needed

How To Immediately Increase Your Energy

POSTED ON JUNE 24, 2016 BY DALE POWER



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

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

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

Energy Breathing works in two ways

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

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

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

Energy Breathing Technique:

- The key here is to take short, very rapid breaths for about twenty seconds, through the nose if possible, while expanding and contracting your stomach. This should give an almost "bouncy" feel to it, if you are going fast enough.
- You should try to take about three to four breaths per second. You obviously won't be filling your lungs all the way, and that's all right.

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

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

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

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

Tips:

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

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

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

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

How To Control Fear

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Fear. Of all the emotions one can experience, this is the most unpleasant. While it is useful at times, in our modern world it more often stops us from taking needed actions rather than aiding us in survival.

The good news is that fear can be understood and controlled to a great extent. By acknowledging that we have fear, what it is, and learning what can be done about it, we can master it, rather than it's servant.

What is fear?

Let's begin with a brief description of what fear actually is. Fear is a primitive chemical response that releases adrenaline, creates muscular tension and slows higher level thought processes. The design of fear seems to lead to two main physical functions, a short burst of speed in running or a paralysis that freezes our muscle function.

In the wild, these are good responses, allowing us to run from powerful threats or freeze in place so as to not be noticed by predators.

But what happens when the threat you face is not a wild animal, but rather a crowd of coworkers you have to give a speech to? Running away won't get the job done and freezing in place won't hide you from these crafty and attentive folk! No, what is needed in that case is to deal with and overcome your fear.

How to Control Fear

- **Acknowledge that fear exists:** Many people think that they can control fear by ignoring it or pretending that it does not exist. In practice though, this type of thinking tends to set one up for a sudden onset of fear with no real plan to address it! This leads to freezing, or to making poor decisions, far more often than it helps anyone cope.
- **Control your breathing:** Taking slow deep breaths can help your body believe that it is not experiencing a fear response. It will also aid in relaxation.
- **Relax:** For fear to be experienced as such, you have to have a high level of muscular tension. Learning to relax can totally short circuit this emotion! It pays to practice relaxing as often as possible, at least once a day.
- **Control your thoughts:** Meditation, especial Zen and “empty mind” meditations are of great help in controlling fear. If you can stop thinking about the object of your fear, you will stop being afraid. Again, daily practice can help a lot with this, so if you have not done so, consider starting a meditation practice.
- **Start early:** This is likely the most important skill you can develop. If you address things before a full fear response is in play, it will be much easier to deal with! A little meditation or muscular relaxation will do wonders if used early enough, even if your skills in these things are not yet at a very high level.
- **Practice:** Spend a few minutes a day mentally addressing fearful topics as vividly as you can. As you feel yourself tensing, or feel butterflies in your stomach, take a moment to clear your mind and relax.



By repeating this daily, you will train yourself to respond to these situations in a non-fearful manner. What is more, if you practice regularly, you will train yourself to respond to all fear inducing situations in a relaxed and focused manner.

It is worth the time and effort to learn to control your personal fears. More than anything else you can learn, this one thing will increase your confidence and lead you to a happier life!

Powerful Method To Improve Your Meditation

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If you have ten years to sit at the bottom of a dark cave you can really master meditation. Short of that you could enroll in a monastery and devote your life to contemplation. Perhaps you would rather move to India and become a yogi?

For a long time such extreme techniques and lifestyle changes have been the only way to really do what we have wanted in regards to psychic power and ability. Even if you are willing to do it though, it has been kind of hard to find someone you can trust to push food through the little slot in the door each day or pay for the plane ticket.

Most people have an innate feeling that if they could just concentrate a little harder, go just a little deeper into their own minds, they would be able to unleash incredible power. All reliable reports say that they are right to believe this. Most people also find it hard to set aside an hour for meditation, never mind ten years.

Here is a simple method that can take the place of that ten year journey inside yourself. You still have to pay attention and use discipline to get where you wish to be, but you will speed things up several hundreds times, reaching levels of meditation that many have thought could not be reached at all and certainly not by city dwelling folk like most of us!

[Use the meditative skills you have](#)

The concept here is a bit circular. You use what meditative skills you have to generate a psychic field, which will carry your mind into a deeper and more focused state. In that deeper state you reinforce the psychic field, which will drive you deeper still.

When you reach the state you wish you simply set the psychic field to resonate with that level of thought and you will easily maintain your place.

I am not suggesting that anyone give up their meditative practices and move to only this technique. Think of this as more of a tool to help you speed up your progress, rather than a complete program. After all, no single tool will ever replace self-discipline for getting things done. It also never hurts to give new skills an honest try, if you wish to perform at a higher level.

Some of these steps will take a little work to perfect, but don't let feeling a little shaky on one or two of them stop you though, as this method has a tendency to work itself into a consistently stronger format on its own!

So lets get started.

- Allow your mind to quiet. If you have meditative skills, begin by going into yourself as deeply as you can. If you are new to meditation, just try to make the inside of your head feel quiet and hollow (or acquire this theta audio that gets you to a deep state of consciousness automatically). Don't worry about doing it correctly. Just acknowledge any thoughts coming in and set them aside for a few minutes.
- In this quiet space, you will want to focus on the feeling of your mind moving into a deeper place. It is important that you focus on the "feeling" or the raw "knowing" of what you want. Try not to dwell on particulars. Your subconscious mind will get you where you need to be, you are just providing the basic suggestion to go there. At this point you will have automatically begun to form a psychic information field around your mind.
- Now we will begin to program the information field. First you will want to define the physical parameters of the field. Let it surround your head and hold for about twenty seconds the idea that it will stay within this general area. This will prevent you from effecting those around you overly much.
- Once the space of operations has been determined, we can move into the content of the information. We want three different but linked things for this one field.

First, "know" without words or pictures that this field will hold itself together well. This will make it self-sustaining and consistent.

Second, "feel" yourself going deeper and becoming more synchronized in brainwave pattern. If you don't know what that should feel like, just "know" that that is the goal. This is something your mind has a natural talent for, it already knows how to do it, you just need to let it know what you want done!

Finally, you will want to place a general guideline as to how deep you wish to go. While you are in little real danger from this technique, as you can always shake it off, or better reset the field to reflect the mindset and level you wish to be at, it is possible to go so deep that you will have trouble remembering what else you wished to do once you got there!

To release the field, simply hold the concept of it dispersing for a few seconds. You should be able to sense the state of the information/psychic field fairly easily at this point.

Practice meditation first

In general it is better to practice meditation for a while before jumping into this technique. Knowledge of what deeper mental states feel like will help you in bringing them back later.

If you take just a bit of time, and make the effort, you can make faster progress in your meditative practices by using psychic skills than you can without. This technique is simple to use, true, but it also delivers as promised.

You can hold the field and continue to go as deeply as you wish. Once you are where you want to be, you can stay there, with very little effort. By increasing your ability to synchronize your mind and focus on a greater level, with improved consistency, you can increase the effectiveness of your psychic work by many times.

How To Communicate With Your Subconscious Mind

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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.

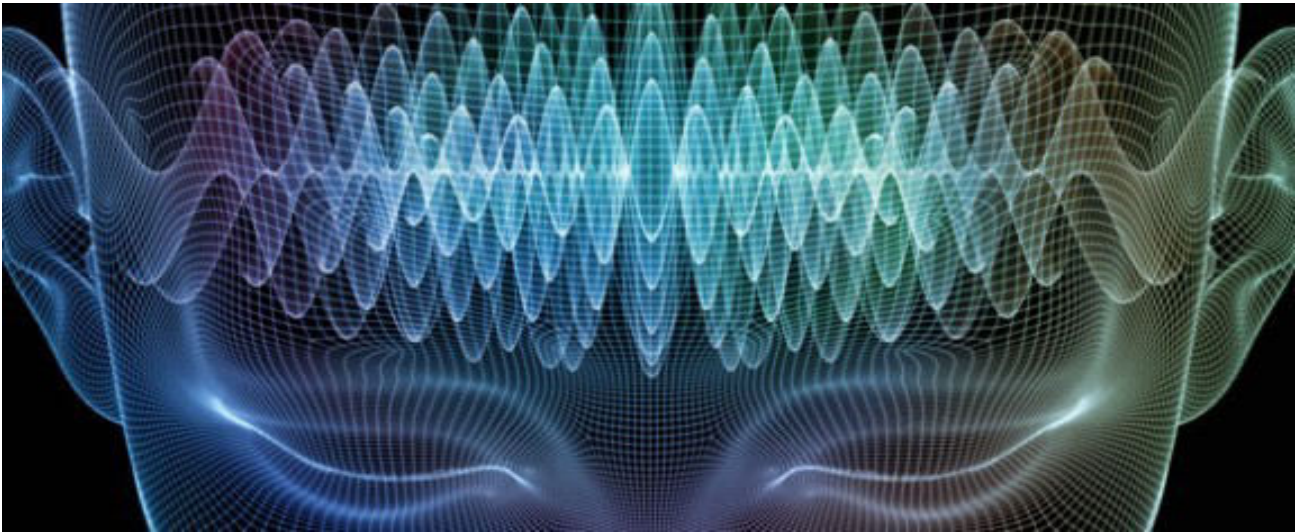
Another great "side effect" of learning to do this is that you can "talk" to your subconscious mind directly, to help move past traumas or to understand dreams and what they mean.



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.

Brainwave States

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When measuring brainwaves, we generally use of a specific machine, sensitive to electrical activity, call an electroencephalogram or more commonly, an E.E.G. This device measures the strength and frequency of the tiny electrical signals given off by the brain.

While it is important to remember that brainwave activity is only an indicator of mental state, not the state itself, the level of brainwave activity can provide a rough guide as to what is going on in regards to a persons mental state. High level active brainwaves indicate an agitated state, slow calm brainwaves indicate more focused activity and relaxed states.

Main brainwave activity

For the purpose of this article, I am going to focus on the more mainstream levels of brainwave activity. These are Beta which can run from around 40-14 hertz, Alpha which runs from 14-8 hertz, Theta from 8-4 hertz, and Delta from 4-1 hertz. I am also going to add a bit of description to one of the newer levels known as Epsilon, which is anything below 1 hertz. (Note: These values change from source to source, use them as a general guide for best results.)

All of these states will allow you to utilize psychic abilities to some level, but data seems to indicate that the deeper the level of brainwave state, the better the psychic effect or response. This likely stems from the fact that deeper, more primitive areas of the mind are more active in deeper mental states, while the pre-frontal lobe (which is responsible for focus and concentration) is also easily engaged.

Here is guide to what these states feel like and what level of response you should expect when working in them. I have also provided hyperlinks to audio fields that will take you to these deeper states of consciousness.

Beta

This state is our normal daily waking state. It is jumpy and tends to be lacking in concrete focus. Most brain activity will be focused in the higher, frontal portions of the brain. Psychic information tends to come in flashes in this state and the messages tend to be rather fuzzy.

Alpha

In Alpha, imagination is easily engaged. Often individuals in an Alpha state find relaxation to be easier and more natural. Daydreaming is a natural Alpha process. Concentration is more easily achieved by most people in this state. Psychically speaking, effects will nearly double over what a given individual achieved in Beta, but information still tends to be jumbled and processed through conscious thought before realization that the information is there. The ability to affect the world around you increases, but is still fairly small.

Theta

In Theta state, a feeling of calmness often comes over you. It is common to see (with your eyes closed) images that appear almost photographic in quality, at times voices or music will be heard, particularly in the presence of white noise. It is in this state that useful psychic abilities will often begin to manifest. In this state psychic information will linger longer and the conscious interpretation of the data is slower, giving more accurate images. When affecting things (psychokinesis), your rate of success will go up greatly.

Delta

If you are in a Delta state, you are likely asleep! If however you can learn to retain awareness in this state, you will notice increased levels of healing and release of growth hormone. (Well, you may not notice the growth hormone, but the levels do increase.) The feeling is that of emptiness, or a void inside of your head. It will often feel very clear. Very few images or impressions will exist in this state and almost all thought will be conceptual in nature. That means you will simply "know" what you are thinking, without words or pictures.

Traditionally, this has not been thought of as a psychically active state. This largely came about because very few of the subjects being observed in early studies could reach a Delta brainwave state and remain aware. Upon further study though, it has been found that the ability to use psychic abilities continues to go up in this deeper state.

It is important to remember though, that any speaking, writing or other communication will most likely drive you out of the deeper mental states, so any information, largely in conceptual form, must be committed to memory and be reported later.

The quality of data goes up greatly as do psychokinetic effects.

Epsilon

In the Epsilon state, you will often notice a lack of awareness of self, but only after you have regained a higher level of thought. All mental activity is constrained to conceptual reasoning. There is actually very little feeling of anything during this state, with any sensory impressions diminishing as you descend to deeper levels.

Psychic data gathered here tends to be correct. It still must be remembered and carried forward later, but the basic impressions turn out to be correct a very high percentage of the time.

The ability to effect things psychokinetically goes up greatly as well. The level of effect can approach 100% in active systems.

In general, the deeper your mental level, the greater your psychic abilities will be. As of yet though, it has proven difficult to sustain deep Delta and Epsilon states for protracted periods of time, especially when trying to interact with the day to day world. So daily living must still be done in higher brainwave states, for the most part.

I recommend using theta brainwave state levels for most day to day psychic interactions and using Delta and Epsilon states for active working states where you need high level information or wish to effect things. Delta is easier to maintain while using complex ideas or concepts, but Epsilon gives you such powerful results that, if possible, you will normally want to look into simplifying your operating concepts to make use of it.

It takes practice to learn to reach and maintain these states on demand, but if you are interested in using your psychic abilities to their fullest potential, these basic states are essential to high quality performance levels.

Psychic Field Theory

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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 show 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.

Two worlds

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 thought 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.

You can make changes

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.