

Miracle Mastery

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Welcome!

I would like to start out by thanking you for purchasing this manual. The simple act that you are reading this now shows that you are a rare individual.

The vast majority of people in the world are content to live passively, do what they are told, and ultimately believe what and how the people around them believe.

These people are content to be sheep.

They may be a part of a social herd. They may run with a Religious, Political, Economic, or even Scientific herd. They may even run with multiple herds at the same time; they are not all mutually exclusive.

One way or another, we all start as sheep. It is natural. We've been trained that way nearly from birth. If you are a child on a playground and you look or act different from the other children you are teased, ridiculed, or bullied.

Who would welcome this treatment?

We are taught early on, that there is safety in numbers and there is comfort in conformity. The individual that strays from the flock is far more likely to draw the attention of predators, so most of us have willingly chosen the relative safety of the herd for completely practical reasons... and then slowly become entangled in the subtle trap of the herd mentality.

Regardless of the amount of prestige we may accumulate within the herds, we are influenced and limited by the subtle but powerful psychological, emotional and even spiritual boundaries of the herds we run with.

The herd is not all bad. It actually serves many constructive purposes. It protects us. It supports us. It comforts us. But ultimately, the most important role that the herd provides is to show us the boundaries that we need to grow beyond in order to reach our true potential.

It is a rare occurrence, but from time to time, a sheep becomes something magnificent. It starts to change and grow, to question and learn, and ultimately it becomes something completely different than what it started as.

By purchasing this manual, you have demonstrated a willingness to take action. You show the vision to look beyond the confines of the conventional, and show the courage to step out of the comfort zone of the herd mentality.

I congratulate you for taking your first step beyond the shadow of the herd and I thank you for allowing me the privilege of being your guide as you explore beyond the boundaries that have defined your limits for so long.

You have before you, a map that will allow you to embark on the journey of a lifetime, but having the map and following it are two completely different things.

Should you decide to take this journey, it will challenge you, your assumptions, and quite likely your very perception of reality.

It won't be easy, and it probably won't be quick, but for those few that put in the time and effort required to advance on this path, it will be rewarding in ways you never dreamed possible.

- Dave

Chapter 1: Introduction

What to expect from this book

You are holding in your hands a manual unlike any you have ever encountered. The world that you live in is more spectacular than you could possibly imagine and I am going to teach you how to interact with it in ways that will seem a lot like magic.

This book is about tangible, physical, "miraculous" abilities. There are many, many books written on the subject of developing psychic abilities, but the vast majority of them are written only within the context of the psychic senses and perceptions.

Of the few that touch on the tangible psychic skills, most merely offer descriptions of what the abilities are. Very few offer any techniques that have any real worth for developing the more dramatic skills.

My goal is to teach you the techniques needed to build the psychic *muscles* that you need to make real, overt, tangible changes to yourself, your environment and even your relationship between the two.

This is not to say that we won't learn some powerful techniques for developing your psychic senses as well. In most cases, you won't be able to produce physical phenomena until you develop a method of perceiving what you are doing at the more subtle psychic level first.

The good news is that the foundation methods and exercises that you will learn here will develop both your psychic perceptions and your psychic "muscles" at the same time.

With diligent application of the training found within these pages, anyone with an open mind and in good health has the potential to manifest extraordinary abilities of some sort. Unfortunately, it is impossible to tell how long it will take before any specific person might see their first manifestation since everyone is starting from their own unique place.

Some people might already be experiencing spontaneous events, and with just a few weeks of practice can start to bring them under conscious control.

Some people are absolutely convinced that these abilities are impossible from the start, and those people are quite correct... It will be impossible for them to learn these new abilities because they have already decided they can't. If they are content to stay trapped in the prison of the herd mentality, then they will be forever safe from the growth and influx of new ideas required to step beyond what they "know".

People with a healthy skepticism will take longer to learn these skills, but they can learn them if they do the exercises regularly and with an open mind.

What often happens with these healthy skeptics is that they will start to experience more and more of the less dramatic benefits of doing these exercises, like greatly improved health, developing a photographic memory, automatically knowing the time of day without a watch, being more refreshed with less sleep or enjoying improved athletic performance. This leads them to realize that the exercises have merit, even if they don't really believe anything more will come from it.

Slowly and subtly, inexplicable positive things start happening with increasing regularity. Things like traffic lights changing in their favor, or wild animals getting surprisingly close to them without fear.

As they keep practicing one of three things usually happen. For some, so many inexplicable things happen that they eventually come to realize that they can't possibly all be coincidence.

Others may experience a more dramatic non-physical event like a lucid dream or an Out of Body Experience (OBE).

The last major group of healthy skeptics are the ones who encounter a physical spontaneous event that makes them realize that all this is for real, like a light switch getting thrown by itself the instant that person realized the

room was getting dark, or a salt shaker moving to meet their hand as they reach for it.

Of these last two groups, there are two likely outcomes: The first is shock and elation, which usually results in a dramatic increase in the amount they practice, which in turn leads to the corresponding improvement in both the frequency and control of their manifestations.

The second outcome is shock and terror.

Most of these people never *really* expected anything “real” to come from these exercises. They were merely curious about the techniques and “played along”, and now that something dramatic has happened, it has shaken up their entire belief system.

Many of these people stop practicing all together and eventually manage to convince themselves that it never really happened... It was a prank, it was a dream, it was a coincidence... anything to keep the context of their life “normal” so that they are not forced to leave the safety of their comfort zone.

There is another path for the “shock and terror” crowd.

These people have their world shaken up, but won't dismiss the significance of what happened to them. They may stop practicing until they can come to terms with what happened or they may stop practicing all together. They may choose to interpret their experience in a religious context and become fiercely devout.

Believe it or not, I myself come from the “shock and terror” path.

I started out as a “healthy skeptic”, but not a skeptic of the abilities themselves. I had studied and researched these abilities for nearly thirty years and I know that thousands of people in all walks of life and from all over the globe have had first hand experience with them. I was even fortunate enough to witness a number of extraordinary abilities first hand and interview the people who made them happen.

I knew the powers were real, but I was a skeptic about the possibility of *me* producing one.

I *wanted* to experience these abilities but all of my research pointed to a common thread. Individuals who could produce these phenomena at will had all devoted substantial portions of their lives exclusively to meditation and study.

I was honest with myself, and I knew that with the commitments on my time for work, school and family there was no way I would be able to practice with the dedication and intensity that I knew would bring results.

I decided to practice the exercises that I had learned through research and personal experimentation for about a half-hour a day, just to see if anything would happen.

I'd been trying to make something dramatic happen for over a year with no results, so I had pretty much given up on creating a tangible manifestation with the amount of effort I was able to put into it.

Still, the exercises *were* pleasant, and they left me relaxed and energized, so I got to the point where I was doing them out of habit, or if I needed a quick pick-me-up in the middle of the day. I wasn't even thinking of trying to do anything extraordinary any more.

One day I was doing the exercises, and "BAM!"... the *most* tangible psychic event you could possibly imagine: Bi-location!

Most Holy books have stories of Saints or Prophets doing this, and I had just done it by accident. (By the way, I'm no Saint, and I'm *certainly* not a Prophet!) I was literally and physically in two different places and able to do two different things at the same time, and let me tell you it was *weird*... and quite honestly, Terrifying!

For my very first tangible psychic event to be so dramatic was elating, but the fact that it was spontaneous and that I had no preparation for this specific

and very intense manifestation had a huge drawback which I still wrestle with to this day.

I'll share the full story with you in a later chapter, along with every detail of what I was doing at the time and exactly what to expect and what **NOT** to do when you finally exercise a psychic ability.

It is my hope that my experiences will act as your guide so that you do not have to suffer through the same mistakes and setbacks that I did.

By reading this manual all the way through before trying any of the exercises, you are far more likely to be relaxed, prepared, and confident when your first manifestation finally arrives, in whatever form it takes.

The problem is that the nature of these abilities and the way you feel when they are happening are so foreign to our usual experience that I can pretty much guarantee that you will be caught off guard when an ability finally comes.

Remember, when I first experienced my event, I didn't have the advantage of a book telling me what to expect, or a teacher to guide me, and I didn't even know that I was close to causing something to happen.

“Off guard” in my case turned out to be confused, disoriented and terrified, but with a little luck, *you* will have a much easier time of things.

If your first experience with a dramatic event does fall in the “shock and terror” category and you choose to progress in your studies, you will have a special challenge to face.

As you get close to manifesting an ability, the physical, mental and emotional sensations caused by your practice will at some point start to approach the same sensations that you experienced from the event that triggered the shock and terror episode in the first place.

The subconscious mind remembers the fear, and the “fight-or-flight” response kicks in: The body releases chemicals like epinephrine and

adrenaline into your system which cause the heart to race and the blood pressure to rise.

This is a natural response to fear which is designed to prepare you for a burst of physical activity to combat whatever frightened you, but in this context these physical responses are exactly the opposite of what you need in order to have an ability manifest.

The result of all this, is that you get tantalizingly close to creating an event and then get shut down by your own subconscious.

If you fall into this category as I do, you have your work cut out for you.

Not only will you face the challenges that everyone else has to overcome when developing these new abilities, but you will also need to face and conquer your own inner fears before you will ever reach that important moment when you consciously and deliberately make a miracle happen... *again.*

If you are well prepared and have a good first manifestation, you'll still have to deal with your excitement... that also raises the heart rate and can shut down an ability as it is manifesting, but this is a much easier thing to overcome than the fear response!

In any event, everyone will make their own progress at their own pace. For some it might take weeks, for others it might take years, and for some, it could take a lifetime.

You can stack the deck in your favor somewhat by being sure to practice lots of different kinds of abilities. While in theory, everyone should be able to accomplish any feat, the reality is that some people might have more psychological barriers to overcome to perform one kind of ability than for another.

For example, at some level, a person might believe it is easier to affect themselves than an external object. This person might find it easier to become invisible, heal a wound, or even teleport. Another person might think

that more dramatic manifestations are more unlikely. These people might find it easier to move small objects with their mind, create phantom lights or mentally entice wild animals to approach them without fear.

All of the abilities listed on these pages, and many, many more are within the reach of the dedicated practitioner. Usually, once someone gets their first success in any skill, other skills are easier to learn since they already know that all of the mental facilities are working together correctly, and they realize that the skills are truly possible.

Still, we are only human... your own personal dedication and disposition will dictate how far and how fast you make progress.

How to use this manual

I know you are probably very excited to begin, but please: *take the time to read this entire manual from beginning to end before even starting to think about doing the exercises.*

This is important, so I'll say it again: **DO NOT skip the informational stuff and jump straight to the exercises!** Your understanding of how things need to work together is a vital component to gaining conscious control over your abilities.

Learning how to perform “miracles” is richly rewarding, but it takes dedication, practice and *patience*. If you can't take the time to read the entire contents of this manual, then quite frankly you don't have the self discipline needed to experience the extraordinary things that I hope to show you.

On the bright side, the exercises themselves are challenging, but not overwhelming and they get consistently easier with practice. Many of them can be done pretty much anywhere and at any time. In addition, there are the excellent, practical benefits that I mentioned earlier, like dramatically improved overall health and being more energized and invigorated while actually getting *less* sleep.

This alone amounts to putting more useable hours in your day, and in effect, adding more life to your life time. This is one of many benefits that you can expect to experience within the first few weeks of your practice.

This course is not simply a recipe for miracles. It's also an introduction to pieces of your own psyche that you may not even have known existed.

Nearly every sacred text of every major religion describes special people with the ability to do miraculous things. For lack of any better way to describe them, they are called many things: Saints, Blessed, Mystics, Prophets, Seers... "Holy" people.

In order to manifest miracles, we are going to embark on a journey to become "Holy" people ourselves, but not necessarily in the way that the religious herd would have you believe.

I am going to teach you how to become Holy, as in "Whole"-ly.

Most people go about their lives applying mere shards of their potential to the problems they face, and as a result they need to work hard to overcome those problems. That's because they are trying to fix a problem without using a complete tool.

Imagine trying to split a log with an axe that has no handle. Sure, with enough time and energy it can be done, but it won't be easy, or fast. There is a better way.

As we integrate more of our facilities, it's like adding a handle to the axe. Then learning the proper grip. Then the proper stance. Then the proper distance to the log, and finally the proper swing.

When all of the pieces come together on the same problem at the same time, it is possible to accomplish in one perfect, "Holy" swing what a week's worth of hacking could not.

In the psychic context, as in so many others, the whole is greater than the sum of the parts. This is called synergy, and it is this extra energy that “Holy” people can bring to bear that the uninitiated can’t.

When all aspects of your self are working harmoniously towards the same goal amazing things become possible, and even commonplace.

This single skill, this “*focus*” alone is sufficient to change every facet of your life for the better. It will allow you to accomplish things that are seemingly impossible to those who don’t understand this fundamental principle.

Since focus is so crucial to your success, realize that the informational parts of this book are designed to help your conscious mind understand the “big picture”. I didn’t add this information because I needed more pages in the manuscript. I added them because most people need extra help getting their conscious mind on board with things that will seem irrational without proper explanation and those doubts will sabotage your efforts later on.

Later in this book you will learn how the Sub-Conscious, Conscious, and Super-Conscious facets of your mind make up your total mental landscape... and how to get them all to work together in harmony so that you will be able to succeed at the *really* neat stuff!

While many other books on psychic development may give you exercises that might have some merit in the development of some specific psychic skills, very few of them address all of the factors that are needed for overall success.

Knowing what to do and knowing how to do it are very different things, and exercises designed to manifest one specific ability may actually be a detriment to true psychic mastery.

Exercises targeting specific areas have their place, but imagine what would happen to your physical body if you decided to start on an exercise routine focused entirely on your left arm.

Not only would your body eventually become awkward with one arm out of proportion with the other, but as your body grows less symmetric, “complications” start to develop.

Your posture suffers, your center of balance changes, your spine gets out of alignment, etc...

Now each of these primary symptoms generate secondary issues: When your posture suffers, you don't breathe correctly, which means you have less oxygen in your blood and you tend to have less energy. When your spine is out of alignment, it can pinch nerves or stress muscles in unnatural ways leading to headaches and stress...

The same is true with your psychic workouts, but the root cause of the physical symptoms created by doing psychic development exercises incorrectly will be nearly impossible for a conventional doctor to identify and fix.

Their lack of understanding of the root cause of the problem will quite likely result in them simply putting you on drugs to treat the symptoms, and quite possibly other drugs to treat the side effects of the first drugs.

Of course, the more artificial chemicals coursing through your blood, the less likely you are to experience the natural, perfect, harmonious chemical balance that is required for truly optimal health, and not surprisingly, for our desired results of psychic manifestations as well.

If you are going to work out, do it right or you could set yourself back or even hurt yourself.

The same rules apply to psychic exercises as to physical ones:

- Do the exercises correctly
- Don't do one exercise to the exclusion of others
- Do them regularly
- Don't overdo it.

Doing a little exercise every day will have much better effects in the long run than doing a power workout once a week.

Remember, my own experiences came only after I basically gave up on chasing the goal of “making something happen” and when I just relaxed and did the exercises without any expectations.

Trust me. This was one of the first mistakes I made, and it is probably the one that set me back the most. Hopefully you will benefit from my experience. You’ll reach your goals much faster by not rushing!

So who are the “Holy” ones?

There are thousands and thousands of documented cases of bizarre, inexplicable and extraordinary things happening to ordinary people.

There are many, many people who have had recent brushes with the paranormal. There are people who became spontaneously invisible. People who have disappeared out of moving vehicles only to appear a few seconds later confused and disoriented... and hundreds of miles away from where they were. People who wake up to discover they were literally sleeping on air, and then come crashing down as soon as they realize that what they are doing is "impossible."

The list goes on and on.

We've all heard the myths and legends of these sorts of things at some point in our lives, but for every story of a spontaneous occurrence that manages to stumble its way into a tabloid newspaper there are thousands of even more amazing things that are being done deliberately, carefully and quietly by an elite group of people who can do them repeatedly and at will.

These incredible happenings and many, many more are documented throughout human history.

The truth is, there are people out there doing miraculous things right now, and the people doing them are the “Whole-ly” ones.

These "whole" people have learned to recognize that humans are more than just the flesh that we wear. We are exquisite, subtle creatures of both matter *and* energy, and once we remember how to manipulate and control that energy part of ourselves, extraordinary things become possible.

“Holy” people have learned to see the world in a different way, and this new perspective lets them understand how the reality that we perceive really works.

Once you understand how things work, you will understand where and how to focus your efforts to create real, tangible, "miraculous" changes.

Most of these miraculous people have one thing in common... at one time or another they all started out pretty much just like you and me, until something or someone led them to start thinking outside the box.

Some had help like a teacher, Guru or in our case, a book. Some did not.

Some of them are deeply religious. Some of them are not. Yet all of these people have embarked on a literally miraculous journey, and one that I invite you to start as well.

Exploring the line between Faith and Science

Most of us are not fortunate enough to have had a spontaneous experience or see proof for ourselves before attempting to learn the skills listed in this book, so our natural tendencies lean towards doubt and skepticism.

Unfortunately, doubt has a valid place in our world. Its presence makes us cautious and helps to keep us safe, but sadly doubt is also a self-fulfilling prophecy in the miracle business.

The folks who run with the religious herd have a huge advantage here. They have *faith*. Faith in God. Faith in a higher power... Faith in *miracles*.

If you believe in God, and truly believe in miracles, then it doesn't take a very big leap of faith to speculate that it is *possible* that God could work a miracle through *you* if he wanted. "With God, all things are possible".

If you are religious minded, then you can read the rest of this manual within the context of the exercises being a different kind of "prayer" specifically designed to show God that you are sincere about allowing him to work miracles through you.

In this context, you are already where you need to be: open to the possibility of something literally miraculous working in your life.

That's not to say you should skip the rest of the chapter. Faith is a tremendous advantage in the production of miracles, but clearly it is not enough or every sincere priest and worshipper of every religion would be blasting out miracles all over the place and you would not have need of this manual.

Faith and science do not need to be mutually exclusive. While it's very rare to have one support the other, it is not impossible and when the two work together you will see for yourself what a tremendous power is unlocked.

I would ask that within the course of this manual that those with a spiritual disposition humor me, and follow along with the more scientific explanations of how things work.

For those of a more scientific mindset, I ask you have a little *faith*. Ask ANY scientist and they will quickly confirm that there is a tremendous amount of *stuff* out there that we don't yet know and understand. Even the things we think we know can change as new data becomes available.

We are about to explore the grey areas between what is "common" scientific knowledge, and the spectacular unknown where miracles live.

Some of this might get a little technical, but it will be to your advantage to follow along as best you can. As I said before, you don't need to understand

all the details, but if you can grasp the big picture you will have a big advantage going forward.

So Where ARE all the Miracle Workers?

I understand that this manual makes some extremely bold claims.

The skeptic is well within his rights to ask: If anyone with an open mind can eventually learn to perform tangible manifestations, then why aren't the newspapers filled with stories of miraculous events?

There are actually a lot of reasons for this.

Reason 1: There are not as many miracle workers as there should be.

Our modern way of life puts a remarkable amount of distractions before us that keep us from practicing the skills most needed to develop these abilities.

Our free time is spent on the phone, in front of the TV, listening to music, playing video games, or on pretty much ANYTHING except the kind of quiet introspective activities that develop the internal, mental and psychic strength required to manifest our true potential.

How many of us in the Western world, sit quietly and meditate for an hour a day? Of those, how many know what direction to take those meditations to develop their psychic abilities? How many teachers and role-models for this kind of development are available to us?

The answer to each of these questions is “Not enough”.

Reason 2: We seldom see or hear about miracles and miracle workers because “holy” people are far more likely to develop in less technologically developed areas of the world where there are few technological “distractions” and coincidentally fewer opportunities to be photographed or videotaped.

In addition, very few people have a true understanding of how “reality” works. An educated person requires *some kind* of believable explanation on how these things can work or the doubts from his conscious mind will sabotage his efforts.

For those who understand how a “miracle” works, it’s nothing more than the conscious application of internal energy to make external changes. In that way, it is similar to how a firefly glows, or how a chameleon can change his color. These creatures are born with an innate ability and the instinct to use them.

For those that don’t understand how a miracle works... it’s magic, and “*everyone* knows that there is no such thing as magic”.

This, of course, is the kind of thinking that cripples our potential and traps us in the herd mentality.

Unfortunately for us, at least as far as psychic development goes, much of our “instinct” is suppressed in favor of what the herds teach us from an extremely early age.

For this reason a lot of the exercises that you will learn within these pages are actually methods of getting reconnected to the subtle physical cues that we routinely ignore from our bodies. We need to get reacquainted with sensations and habits that most of us knew intuitively when we were too young to have words to describe them.

People with little or no formal education, which again is far more common in less developed parts of the world, are often much less removed from their instincts and seldom give much thought to how reality is “supposed” to work or the “fact” that these abilities are “impossible”. For these people magic is already accepted as a part of their lives and culture.

This mind set makes it far easier for them to develop their abilities because they have so much less to *unlearn*.

Reason 3: Of the people who *can* manifest extraordinary abilities, not many of them have developed to a state where they can perform consistently, instantly and at will.

To attain this level of expertise takes a lot of training and willpower. Even if someone with real abilities were to happen upon, say, a burning building, many would not be able to muster their energy and concentration fast enough under such distracting circumstances to be of help.

Reason 4: Pretend that you personally have developed to the point where you can work a miracle at any time, under any conditions. Consider some practical considerations for why you might not want to call attention to yourself.

Once word gets out, you will never again be able to appear in public without a crowd of strangers begging for a favor... Terminally ill people would camp out on your door, curiosity seekers would demand you to perform tricks, and religious crackpots would run the range from trying to declare you as the next messiah to trying to assassinate you for being in league with the devil. It is possible that someone might even threaten your friends and loved ones in attempt to get you to perform for them.

Add to all of this, the fact that the vast majority of people would simply assume that you are a liar or a scam artist out of hand. There would be groups of people who would be *actively* making trouble for you and trying to prove you are a fake so they can protect the boundaries of their respective beliefs.

Once the cat is out of the bag, you can't put it back. So... it makes perfect sense that anyone who actually has these powers and does not want to lead a life fraught with these kinds of perils would want to keep a very low profile.

Reason 5: Another reason for the shortage of proof for miracle workers is a pretty basic and profound one. The personality types that are best suited for developing these skills simply have no desire for fame or recognition... and they have a breathtaking array of tools available to them to assist them in keeping an exceedingly low profile.

Some can influence events without even being present. Some can make themselves invisible. Some can teleport to a spot out of sight and work from there.

In short, you don't run into many obvious miracles today because there are not many practicing "holy" people out there and there are a lot of excellent reasons and methods for them to keep an extremely low profile.

A word of caution:

For the reasons I just listed, it should be obvious that *you* should be very careful about displaying any special abilities to people you do not trust completely. Some people get away with performing miracles in public under the guise of performing "magic tricks".

Regardless of what means you use to protect yourself, be careful to cover your tracks. Also, be aware that performing a manifestation on your own, in a quiet, safe, comfortable, familiar environment is completely different than attempting the same act in front of an audience... even if that audience is just a friend or family member.

Understand that it is human nature to fear what is not understood. It is very possible that people you show, even people you considered close friends could become fearful of you. Be careful not to make people uncomfortable or you could even lose friendships. People like the status quo. That's why the herd mentality is so common and so hard to break away from.

If you absolutely must demonstrate an ability to someone, use the most trivial and unassuming example as that you can think of. For example changing the way the needle on a compass points without touching it is a relatively undramatic demonstration, and is less likely to promote a fearful response from your audience than, say, levitating the whole compass, or teleporting it across the room.

In addition, since your subconscious mind needs to be working with you in order for you to perform successfully, it may sabotage your efforts in order to protect you or your relationships. Trust your feelings and be careful. Remember, you can't "unshow" someone something that you have done.

You have to live with the consequences.

As you develop your psychic senses and abilities, you will start to experience things that other people will not. Be careful what you say and to whom. You may start to hear "voices" if you inadvertently tune into other people's thoughts, or perhaps you will see a blemish in someone's aura that indicates they are getting sick...

Step lightly! These are traps that could get you labeled as a "Flake", a "Freak", or if you are careless enough, could even end up with you being brought in to a hospital for observation.

It is better to be cautious and wise than to be reckless. For a friend that is about to be sick, you could always say something like "I've been feeling a little under the weather lately, how are you feeling?" Or, play off of something less mysterious, like "You look tired. Are you feeling ok?"

In short: **Don't flaunt your abilities!**

Some final words of caution: **Many of the training exercises listed in this book can and will alter your normal state of consciousness. They should never be done immediately before swimming, driving, operating heavy machinery or anything where a lapse of attention could be harmful to yourself or others.**

In addition, the first time you accomplish something dramatic, you will likely be filled with some mixture of fear, euphoria, nausea, disorientation, or any of a number of completely indescribable sensations, depending in part on what specific ability manifests and your own personal disposition.

Some abilities, like teleportation for example can be physically very draining at first, and should never be attempted by anyone with a weak heart, in poor

health (including high blood pressure), or in any way under the influence of drugs, alcohol or even cigarettes.

This brings me to the fact that I am not a Doctor and am not qualified to speculate on any potential dangers involved in doing any of these exercises.

The reader assumes all risks associated with these exercises.

Only you can be responsible for your own well being. If you are performing an exercise from this book and something feels wrong, then STOP.

Please, please, please, use common sense while doing these exercises and when using your abilities.

Now that I have the warnings and disclaimers out of the way, if you are still interested in learning how to manifest some tangible psychic skills, then keep reading... you are in for a heck of a ride!

Chapter 2: Escaping “The Box”

In order to begin working miracles, we need to see the world in a new way.

The purpose of this chapter is to shed some light on some of the political and social forces that have conditioned our thinking and defined “The box” that has so effectively ensnared our minds for so long.

Understanding the Box is the first step in breaking the shackles of conformity that society has installed. It will help us understand the bigger picture, and most importantly it will help the sub-conscious part of our mind realize that some of the key limits and assumptions it has been working under for so long are purely artificial.

This chapter will help free your mind by showing you some of the kinks in the armor of conventional reasoning. It is designed to break down the conventional *belief* that there is no such thing as psychic powers and explain how and why society has arrived at the conclusions which many people accept without question.

You can know in your heart that psychic powers exist and still not have the frame of mind necessary to manifest them. For this reason, the last and most important goal of this chapter is to help you learn to recognize when your thinking is trapped in the comfort-zone of conformity and to give you the tools that you need to break free

Once you start thinking for yourself, *outside the box*, you will begin to see the world in a very different and literally miraculous way. *That* is when your journey really begins.

Why science can NOT disprove miracles

Let me begin by saying that most educated people place a lot of credibility on expert opinion. “Science” is the body of “proven” knowledge that was discovered, tested and verified by experts in their fields.

Scientists are people who apply a specific methodology to learn, verify, and expand the knowledge of a specific discipline, like physics, or chemistry.

Most people give no credibility to psychic phenomena because scientists and other “authorities” have not “blessed” it as a real, valid thing. Since they have not been able to examine it, reproduce it under controlled conditions, and formulate equations to explain how it works and what it does, it does not exist for them.

But scientists don’t have all the answers. In fact, for perhaps a hundred years they had egg on their face: They could not explain how a bumble bee could fly. Obviously bumble bees did not all fall out of the air when the equations of the day determined that the surface area of their wings was too small for their body mass to make flight possible.

It didn’t mean that bumble bees were trying to pull a fast one on humans, or that their flight was all an illusion done with sleight-of-hand or mirrors... it simply meant that scientists did not yet understand all the factors that apply.

As it turns out, the math/science behind the way a bumble bee flies is *exceedingly* complicated, and only relatively recently has the equipment and understanding in science advanced enough to explain it. Their wings flex and twist in flight in very interesting ways that create vortex air patterns that provide lift on both the upward AND downward strokes, and it took nothing less than lasers and high-speed photography to figure that out.

The point is, that just because science doesn’t (yet) understand the specific details of how something works or can’t recreate something in a laboratory doesn’t mean that the thing doesn’t exist.

Many scientists will tell you that psychic abilities do not exist for this very reason, but that is not a true statement, and a *good* scientist would never utter those words.

A good scientist knows that in general, it is impossible to prove that something does NOT exist.

In order to prove that something exists, all you have to do is find one occurrence of it *anywhere*, and your search stops and you have your proof.

In order to prove that something does **not** exist, you would need to look “everywhere” and verify that the thing is not in *any* of those places. The search never ends because you can always change the scope of the search to look in more places.

With this in mind, what a good scientist might have said something more like “I know of no facts to support the existence of miraculous abilities”... but “Facts” aren’t carved in stone and they can change surprisingly quickly.

Some Funny Things about Facts

Not that long ago, it was a *fact* that the world was flat, sickness was caused by evil spirits and the sun revolved around the earth.

Just a few decades ago, it was a “fact” that a specific kind of fish called a “Coelacanth” was extinct. The facts showed fossils of it from millions of years ago, but the fish was not seen in more current fossils, and no one had ever encountered one directly...

...UNTIL some fishermen caught one in a net!

Suddenly the facts changed. Now there was proof.

Scientists measured it. They studied it. They learned from it. New facts were born: “Coelacanths still exist”. “Coelacanths live in deep, cold water”. From this they generalized some other facts: “Species thought to be extinct may still be around in very specialized or exotic locations”.

All scientific knowledge is nothing more than the experts' best "educated guess" based on what they know and the data they have to work with at the time.

As we learn more, new questions arise which give us new avenues to explore and increase our body of knowledge.

So... the funny thing about facts is that they can change pretty quickly, and you can get a lot more of them fast once you know where to look.

In the case of our Coelacanth, once scientists learned that they were really out there, they started looking for more of them. Once that happened, they quickly learned more specific information about where they lived and at what depth so they could send down cameras and study them in their native habitat.

One “trigger” fact pointed scientists in the right direction and led to an avalanche of additional related facts.

Another funny thing about facts is that it can be surprisingly easy to misinterpret them.

If a tree falls in the forest and no one is there to hear it, does it make a sound?

Nope!

Sound is “defined” as vibrations transmitted through a medium that are detected *by the ear*, so in order to fit the definition, there must be a listener (with ears!) involved.

“If there is no ear to hear, there is no *sound* around.”

The truth of the matter is that a tree that falls in the forest is going to stir up a lot of “vibrations” whether there is anyone there to hear it or not. The lack of a listener does not mean there was nothing to listen to... but without a listener those vibrations don’t fit the definition of “sounds”.

I understand that this might be a little confusing, but the simple point I am trying to make is that in order to make sense of things we need to make sure we are all starting on the same page, and speaking the same language.

If *I* assume “vibrations are sound”, and *you* assume that sound is what the brain interprets from data sent from the ear, then sooner or later we are going to run into problems communicating about the subject.

We might be using the same words and they might work in the same general framework up to a point, but as our conversation gets more detailed sooner or later we are going to hit a wall that will prevent us from going further until we understand where our differences come from.

So, facts can take on different “shades” of meaning depending on the experiences and preconceptions of those they fall on. That’s why this book is designed to teach you how to get your own proof and your own experiences.

Is something a fact if no one knows of it?

No.

Our definition of a fact is that it must be seen, tested and proven and in order to do that, someone has to know about it.

Can something be a fact if only a single person knows it?

You bet!

If I put a ten dollar bill in an empty box and close the lid, I know how much money is in the box.

If I then walk up to someone else and ask them how much money I have in the box, the best they can do is guess... until I share the information I know with them or open the lid so they can see for themselves.

Then they have the **FACT** of the matter.

Are facts infallible?

Yes...Right up until they are proven wrong!

Then some other fact comes along to replace it.

What if I showed the person the ten dollar bill in my box and they noticed it was counterfeit?

Suddenly, the facts have changed. I no longer have ten dollars. I now have a worthless piece of paper.

As with our Coelacanth example, facts can change quickly as more data becomes available.

Most people are content to ride along with the herd in their beliefs that psychic abilities do not exist, but it is possible that at any time one simple and possibly even accidental “trigger” fact might prove conclusively that they do.

But what if that trigger fact were already discovered... Would it be released to the public? Would the public believe it if it were?

The “Costs” of New Facts

Some facts are harder to accept than others, depending on how challenging it is to existing beliefs and how much effort and “cost” there is in coming to terms with the new fact.

A scientist actively looking for a Coelacanth before they were “rediscovered” would be lumped into the same category as tabloid journalists and “crackpots” who hunt for Big Foot or the Loch Ness Monster.

If word got out that he was serious about tracking down a creature that “everyone knows” is long dead, he could pretty much count on the fact that any research money he might have had coming in would dry up pretty quickly, and he would soon be out of a job.

Science is heavily influenced by economics because most scientists do not have the resources to fund their own research. Because of this, they are

dependent on staying in the good graces of those that control the purse strings.

This effectively means that the people with money are the ones who dictate the kinds of things that will be researched and released to the public, not the people with creativity and vision. The farther away a subject is from what is currently known, the less likely it is to be considered a good investment.

This touches on the economic reality of acquiring new facts via scientists, but there are other costs too.

When Galileo proved that the sun did not revolve around the earth, anyone with a telescope could see for themselves that what he said was a fact, but there would have been tremendous personal costs to any scientist who came forward and declared that the bible was wrong.

The establishment with the most to lose in this example was, of course, the church, and they had a *lot* to lose if science could actively disprove the facts as laid out in the bible. In addition to that, they also had a lot of power to ensure that facts that they did not approve of were actively suppressed.

(Through the magic of the internet, you can actually see some pages of the original proceedings against Galileo here:
<http://asv.vatican.va/en/doc/1616.htm>)

It is a sad truth that the facts that make it into our “public body of common knowledge” are heavily influenced by politics, economics and even religion.

There are many, many examples of information being a fact for one person or group and not being a fact for others. Knowledge is power, and for that reason a lot of people have a vested interest in ensuring that their power does not get diluted by being shared with others.

This is a reason that we are living in a world increasingly dominated by secrets, patents, “intellectual property” and the reason that suppressing facts, propagating misinformation and flat-out lying have become common place in our society.

Assume for a moment that psychic abilities really do exist, and with the correct training that anyone could develop them.

To what lengths would people currently in power go to prevent this information from becoming widespread?

If *you* were the company that invested millions of dollars in research that led to a breakthrough that gave your company a vast competitive advantage would you want to “even the playing field” by sharing that discovery?

Would politicians be happy with a body of voters that could read their minds and know instantly when they were deliberately lying or making promises they had no intention of keeping?

What would happen to the multi-billion dollar communications industry if you could share your thoughts and ideas with someone directly, at any distance without the need for a phone or technology of any kind?

Where would the billionaires made from the pharmaceutical and health care industries get their wealth, when people could be cured once and for all of their sicknesses and no longer need a lifetime of pills and treatments?

What would the people and institutions that sell oil do to prevent people from learning how to do away with the need for their product?

How would the current leaders of the various churches feel if anyone could perform miracles at any time? Would there be a need for priests if everyone had a “direct line” to God?

Collectively, these groups of people wield almost all the real power in our modern society, and they all have a tremendous amount to lose if psychic abilities go main stream.

Money and Media are wielded like knives to carve public opinion, and both of these substantial resources are firmly entrenched in keeping the status quo.

Most of the people enjoying their power and success in our current society would never knowingly fund or allow serious research on something that would jeopardize their positions. Rest assured that if that information were around, they would do everything within their very considerable power to keep it out of the hands of the masses.

That's not to say there is a global conspiracy to actively suppress this information... there is no need for anything so grandiose... yet. It is "common knowledge" that miracles are impossible (except when the church winks at us and says it's ok... but only when THEY say so!) so human nature and the herd mentality takes care of the problem for them.

If an institution like the New York Times were to report seriously on psychic events, they would lose credibility with the masses of "sophisticated, educated" readers who are their target audience. Since those people "know" that psychic abilities are "impossible", the readers of the paper would lose confidence in the paper's ability to report the facts, and that would be the beginning of the end for them.

Institutions, just like individuals have an instinct for self-preservation and that instinct will keep the stories of miracles either out of their reporting altogether or reported with such a biased slant that it is effectively mocking the very notion that these things are possible.

To save face, if a paper did a piece on a psychic event, it would essentially be winking at the reader and "reporting" the event like a private joke, in effect saying "Yeah, we don't believe it either".

Arthur Schopenhauer, an influential philosopher of the nineteenth century, claimed that truth goes through three stages: first, it is ridiculed; next, it is violently resisted; and finally, it is considered self-evident.

Obviously, as a society, we are in Mr. Schopenhauer's first stage when it comes to psychic abilities, but the general constraints that society chooses to inflict upon itself to prevent the discomfort of change does not have to be honored by an individual.

While a main-stream news reporting institution might have a lot to lose by reporting on psychic phenomena, an interested individual has a *tremendous amount to gain* by exploring them... and not much risk if he explores them *quietly*, without calling any attention to himself!

Look at the potential cost/benefit to a news organization:

Cost: Damage to Readership credibility, lost sales and advertising revenue.

Benefit: A story to fill space that most readers will not believe regardless of the proof offered.

Now compare the potential cost/benefit to an individual:

Cost: Ridicule from friends and family (IF you chose to tell them what you are doing and you chose to give up before achieving success!)

Benefit: Flawless health, the ability to read minds, travel instantaneously, move things with the mind, etc...

How We Accept New Facts:

We can see there is a very small “cost” to *us* to run with psychic development as a fact, and a lot to gain... so why not just accept the fact that psychic abilities are for real and dive whole-hearted into the exercises to develop them?

Because our minds don't work like that.

In order to truly accept a fact, we either need a reason to believe in it or at very least, good reasons not to disbelieve it.

Just saying something is true does not make it so. You need some sort of credibility to back it up.

Even something as simple as having the information come through the right channels can be enough to help convince you that a fact is true.

If you read a children's book about a purple monkey, you are not likely to accept the existence of real purple monkeys as fact. On the other hand, if you

were to see a wild life documentary with purple monkeys on the Discovery Channel, you would be a lot more inclined to believe they exist.

If new information that is presented to you seems reasonable and comes in through proper channels it has a much better chance of being accepted. If that information also does not conflict with things you already understand to be true, makes sense within your intellectual framework, and doesn't require you to make a great effort to adapt to it, then very little supporting evidence may be required for you to accept this information as "truth".

For example: If I were to tell you "The temperature on the sun is over 1000 degrees Celsius", you would probably accept this as truth. You don't know me to be an expert on the sun, and you probably don't know how hot the sun really is, but the sun looks like fire, and you know fire is hot.

You can feel heat when sunlight touches your skin and you know the sun is very far away so it must be pretty hot to have its heat felt from that far off. All of these things are consistent with what you know, and there is no reason to doubt the statement, so you will probably be willing to accept this statement as true without requiring any more proof than your own personal experience.

Now if I were to tell you "there are rats that glow in the dark", you would probably have a harder time accepting this.

To accept this as a fact, you would need at very least a plausible explanation: "Scientists have genetically spliced the genes from fluorescent jellyfish into lab rats". This makes the statement much more believable, but you may still require more proof to accept it as fact.

Since scientists actually *have* created glowing rats, you can actually go out to the internet and find detailed information about how it was done, including pictures, and if you have the right skills and equipment, you could actually make your own glowing rat for the ultimate proof.

My point is that in order to accept an extraordinary truth, you need an extraordinary explanation which usually leads to... a change in your frame of reference.

Changing how you think.

To change how you think, you will need two very important skills: The ability to keep an open mind and the ability to look at things differently, to change your frame of reference.

Like any skill, practice leads to improvements in these areas and you will need to master both of these skills in your quest to perform miracles.

My original statement “there are rats that glow in the dark” probably led you to immediately make the assumption that I was talking about *naturally occurring* rats that glow in the dark and your first reflex was probably to think “No way”.

This example illustrates how most of us have the tendency to make assumptions and to come up with knee-jerk reactions based on them. Both of these behaviors are side effects of thinking inside the box and as we have just demonstrated, this can very easily lead to an incorrect conclusion.

You need to be very careful making assumptions and need to suppress your knee-jerk reaction for disbelief. *(As an exercise, notice all the assumptions that I am making about, you, my reader in the last two paragraphs! While I was doing this to illustrate a point, many people do it out of habit, and that will frustrate your progress until you learn to overcome these tendencies. Learn to look for things like this... every assumption that you catch yourself making, or that you see someone else making is an opportunity to retrain your brain into thinking differently. Awareness is the first step!)*

If you stopped to really think about how it could be possible for a rat to glow, then you were keeping an open mind.

Based on careful consideration of the information you had: “I’ve never seen a rat glow in the dark” and “I’ve never heard of any mammal that could glow

in the dark” you could still come to the conclusion that there are no glowing rats.

If you thought about it and considered that possibility of lab rats and human intervention, you might have come to a different conclusion: “Maybe there ARE glowing rats somewhere, I don’t know”.

The thing is, you can be open minded and still be wrong. Being right or wrong is actually pretty much irrelevant within our context.

The WAY we think is far more important than what we think.

The trick to being open minded is that if new information is presented to you, then you need to be open to reevaluating your beliefs. You might still come to the same conclusions, but at least you don’t do it out of reflex.

Learning how to Learn:

As you start practicing the exercises in this book, you **will** start to *FEEL* things that I can’t put into words. Many of the physical sensations I can describe fairly well, but you will soon see for yourself that there will be other things going on too; mental and emotional “sensations” that words can’t really describe and that may even be different from person to person.

All of these feelings and sensations are part of the new information that you need to be on the lookout for. When you get this new information, it will provide you with hints of how you need to rethink your own understanding about yourself and the world you live in.

Contrary to what you may have thought, “miracles” do not come from concentration that entails grunting, contorting your face or furrowing your brows. It’s not that kind of “effort.” Miracles come from the manipulation of *subtle* forces in exceedingly delicate ways.

Because the sensations and forces you are looking for are so subtle it is very easy to dismiss them out of hand, just like everyone else does.

Therefore, you need to actively look for them, and recognize them for what they are when you find them.

Each is a precious clue that will help you reshape your frame of reference, and each one is a necessary stepping stone in order for you to reach your goal.

Your knee-jerk reaction will most likely be to ignore these sensations or to think “Oh, it was nothing”, or “that couldn’t have been it”. Once you start ignoring them, even as they become stronger, they will be harder to identify. You are in effect conditioning yourself to miss the very thing that you are looking for.

For this reason, don’t rush things. Look for the new sensations. Delight in their discovery. When a new sensation comes, study it. Examine it. “Play with it.” Try different things. Is it a physical sensation? Try tensing different muscles in your body and see what effect it has.

Is it a curious “mental” feeling? Try thinking in different ways to see if you can make the sensation stronger. Does it get stronger when you try to do math problems in your head, or when you try to remember the patterns on a butterfly wing?

The progress that you are looking to make in your quest for tangible psychic manifestations is not going to be measured by how quickly or how often you go through the exercises presented in this book, but by how well you learn the lessons that those exercises are designed to teach.

How to join the Miracle Makers Club:

There are a lot of checks and balances in the miracle business. The cost of admission to the miracle club is that you ultimately have to walk the path for yourself, learn the lessons that *you* need to learn, and cross the threshold on your own.

I can’t just tell you exactly how to do this because of two problems:

- 1) Everyone has different weak areas that they need to focus on.
- 2) We don't have a common frame of reference to communicate about the things you need to know.

On the bright side, I CAN show you things that will help you discover your own understanding and call your attention to things that you might have missed that will greatly speed you on your journey.

In the beginning, the effects you are looking for may be very subtle and could be easily missed. In most cases, especially until you develop a little more, they will be taking place right at the limits of your perception so it is important to learn how to look for them.

You will start to experience more and more of the “hard to put into words” stuff as your practice progresses, and you will start to get insights into things that might not have made much sense earlier.

Things that you may have glossed over when you first read them will take on a sudden relevancy once you have a stronger context to work from.

As this happens, you will put more faith into the exercises that follow and your progress will start to increase dramatically.

At that point, our relationship changes.

With your new found open mindedness and the interesting, exciting new sensations that my words have pointed you to, I will have made the transition in your mind from some guy spouting a bunch of nonsense, to some guy who can show you things that you are excited to learn more about.

I become a teacher, but you also make a transition at this point... You change from a skeptic, dreamer, or someone looking for something bizarre to read, into a student.

At that point I might congratulate you on your first miracle of transformation: Changing yourself from a sheep to a student is no small

accomplishment, but I don't want you to think these are the kinds of miracles this book is about!

We're not talking about mental or social transformation, although these happen as an inevitable byproduct of your psychic growth. We're talking about bold, "in-your-face", making-stuff-appear-out-of-thin-air miracles!

As a teacher, I challenge you with the bold claim that "**You** have the potential to do it!"

This statement seems fantastic because it conflicts with what you know, but stay open minded, and consider the statement carefully.

You have never performed a miracle, and probably don't know anyone else who has. You have probably never seen one first hand, and may have heard that "authorities" say they are impossible. You have no context to understand what a miracle really is or how they could possibly work.

Extraordinary claims require extraordinary proof.

Earlier, I have given you some reasons why you probably haven't personally encountered any tangible psychic phenomena yet. I also have given you some reasons that the establishment will do everything they can to keep people as loyal, productive sheep in the vast worker herd, but clearly I haven't given you enough facts to support my claim that anyone can learn to perform miracles... yet.

So, what plausible explanation can so change the way you look at the world that suddenly miracles are possible?

What recognizable, respectable authority could I possibly cite to back up my claim of the existence of these extraordinary phenomena?

Chapter 3 is going to blow your mind!

Chapter 3: The Nature of Reality

The purpose of this chapter is to show you that there might actually be a rational explanation to how “miraculous” abilities can work and that it *might be possible* for **YOU** to manifest them.

This chapter is included to help those of you with a logical mind to understand that there are lots of interplays between energy, forces and material things that we completely take for granted.

I’ll shed a little light on a few of the “implementation details” that make up our reality, and with a little luck this will help you understand how and why you can influence that reality in new and exciting ways.

We don’t have to put a name to something to know it’s there and working, but it does help when you want to talk to others about it. When I can, I’ll try to explain things from the scientific point of view, but you won’t actually need to understand all the specific details for how these things work. You just need to understand that all of the pieces come together in a truly remarkable way that makes these tangible psychic abilities possible.

Once that happens we can move on to the specifics for how to get the hard proof your rational mind craves: by actually manifesting an ability yourself! In the mean time, please follow along as best you can, and enjoy the ride.

I know the gory details aren’t for everyone, but at some level or another most people really need to get a least a little taste of the “big picture” to get pointed in the right direction.

Unfortunately, before we can expect to make any serious progress, most of us have a pretty substantial obstacle that we will need to overcome....

The Paradox of Proof

A paradox is basically something that is a logical contradiction.

For example: “This statement is false”, is a paradox.

If the statement were really false, then its claim to falsehood is incorrect. If it's wrong about being false, that would mean that the statement must be true, but that's not what it says...

Like the legendary Sphinx and other Guardians of “Sacred Knowledge”, you have before you a riddle that you must solve in order to prove that you are worthy to advance and study what I have to show you.

The Paradox:

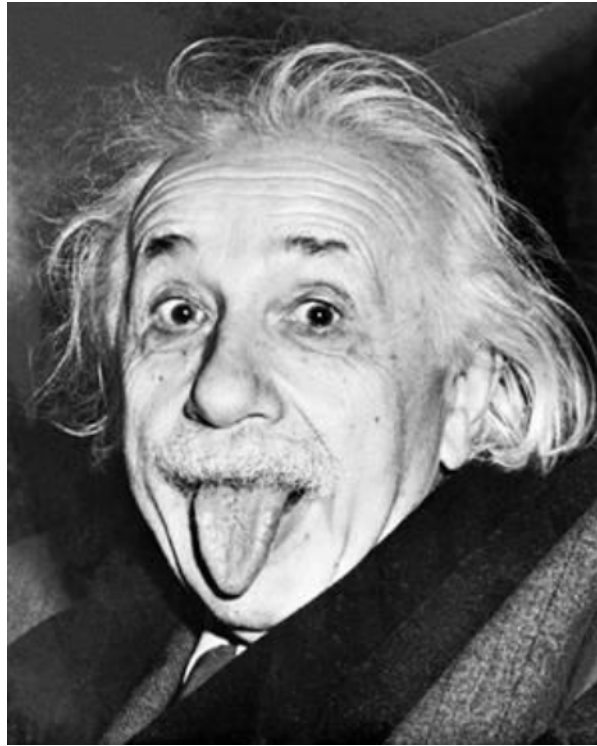
It is a fact that if you don't believe miracles are possible, you can not consciously make them happen. So how can you release your doubt long enough to manifest an ability so you can get the proof you need to release your doubt?!

The answer is different for everyone, but it is my hope that this chapter will give you enough information to solve the Paradox of Proof to your own satisfaction, because it is *your* conscious mind that will hold you back if you don't.

This is an ancient problem, one that even Jesus's Apostles wrestled with: In the Bible, Matthew 17:14-20 recounts the story of a man that the apostles couldn't heal. Jesus promptly healed the man, and the apostles asked Jesus why they had failed. Jesus said to them, “Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove: and nothing shall be impossible to you.”

To understand how and why psychic/miraculous phenomena exist, (and how to bring them about!), you are going to need to look at the world a little differently than you have in the past. Particularly in the beginning, a little faith will go a long way, (at least until you prove things for yourself!) but for now I hope the next section will help you see things in a new way.

Changing your frame of reference



You may have heard of a brilliant gentleman by the name of Albert Einstein who wrote down a remarkable equation back in 1905:

$$E = MC^2$$

In English, this equation states that the amount of energy associated with an object is equal to the amount of matter it is made up of (“mass”) times “a really big number” (actually, the speed of light squared).

This is a POWERFUL equation.

So powerful in fact, that it changed the course of World War II. This is the equation that gave birth to the Atom Bomb, and that is a crass, primitive example of its true power.

What this equation *means* is that energy and matter are directly, intimately connected, and that they can be converted from one form to the other.

In fact, our science has already discovered how matter can turn to energy. It occurs in nature via:

Radioactive Decay: the process where a radioactive substance releases large amounts of energy over time and in so doing gives up some of its mass while turning into a lighter element.

Fission: The process of splitting the atom into smaller pieces and releasing energy in the process. (This is how an atomic bomb works.)

Fusion: Fusing together two or more lighter atoms into a single heavier one, with the remainder being converted into energy (This is the method that powers the sun.)

Science also knows how to turn energy into matter, but we aren't very good at it yet... Particle accelerators can convert energy into some of the subatomic particles that are the building blocks of atoms, but we don't know how to assemble these particles into whole atoms to form any kind of usable matter yet. (Besides, it takes a **huge** amount of energy to create a tiny amount of matter!)

So... why should *we* care about the relationship between matter and energy?

Simple:

***Matter and Energy are separate sides of the same coin.
They are essentially the same thing in different states.***

This is one of the fundamental principles of miracle making.

The relationship between matter and energy is very similar to the relationship between Ice and Water: One is simply a different form of the other.

Ice is a crystalline form of water that takes place when the correct conditions arise, which in this case is when the temperature falls below 32 degrees Fahrenheit. Crystallization is nature's way of organizing small, diffuse elements into a compact regular structure.

In this sense, matter is nothing more than crystalline or "frozen" energy: it is simply tightly packed and well organized "Quanta" (little bits) of energy!

Our current frame of reference is based on matter.

Matter = "Stuff".

It's a car. It's a cat. It's a diamond.

It doesn't matter what the stuff actually is, what matters is that stuff is tangible. It can be touched. It can be seen.

Our current view of reality is based on a model presented to our brains by our senses and those senses were designed by evolution to detect "stuff". If you can't find "stuff" to eat, you die. If you can't avoid stuff that eats you, you die.

Having senses exclusively attuned to "stuff" as opposed to energy made sense in our past, but now that we have for all practical purposes "Conquered" our environment and have risen to the top of the food chain (with a few exceptions like polar bears and mosquitoes!), we finally have the luxury of developing beyond just the things we need for survival.

If you are going to evolve yourself to the next level, you need to start understanding that all the material "stuff" you see around you is really just nicely packaged piles of energy and you need to start training your senses to look for new things and to start working in new ways.

Once you start looking at things in terms of energy, *everything* changes.

Why should you care about Energy?

Energy is a subtle, fluid force. It can be manipulated directly and indirectly (by psychic and more conventional means), converted from one form to another, and converted to and from matter. It comes in many different flavors, and each one behaves differently and is good for doing different things.

Depending on what you set out to accomplish, different kinds of energy and forces will be brought into play. You will eventually be able to instinctively call on the correct combinations of energy to create the effects you desire.

Here is a very brief overview of the different kinds of energy that we will be working with, and some of the specific psychic abilities associated with each.

Heat: is a kind of energy that is directly related to motion and vibration. All atoms are in motion all the time, but when you add heat to a substance, its atoms move around a lot more. More heat = more motion and all that extra motion means a greater likelihood of atoms bumping into each and vibrating. If one were to psychically manipulate the vibrations of objects, you could heat things up (possibly to the point of ignition or explosion, which is called pyrokinesis), cool things down (possibly to the point of freezing, which is called cryokinesis) and indirectly use this force for subtle manipulations including things like helping plants grow and for healing.

Light: is an important kind of energy that comes in discreet clumps called photons. Our visual sense has evolved to detect photons, particularly when they reflect off of other objects, which is how we see. Light is particularly special for us because photons are a bridge between matter and energy. (Photons have momentum, but no mass... they are *almost*, but not quite material!) Psychic forces that

manipulate light can cause invisibility as well as the ability to convert matter to energy and vice versa, which is a requirement for teleportation and materialization.

Sound: In spite of our earlier definition that an ear is needed for sound to exist, what we perceive as sound is basically a bunch of pressure waves vibrating through a medium like air. If you doubt sound is a form of energy, I would point you to the example of the Opera singer breaking a glass by singing the correct musical note. Sound is important because it is another form of energy that we can directly influence. Sound can be converted directly to electricity via something called the piezoelectric effect and directly into motion by way of resonant oscillation (making things vibrate). It can also be converted into heat in the example of ultrasonic sound vibrating at a resonant frequency of water (kind of like how a microwave oven works) to create steam. Psychically induced vibrations in air can cause sound, including disembodied voices and music and cause things to vibrate, possibly to the point of shattering.

Electricity: Electricity is a force that comes from the flow of electrons. Electrons are one of the smallest “major” parts of the atom and are negatively charged. Psychic influence on electricity can manipulate electronic devices, weather, the nervous system of humans and animals (useful in self-defense, healing, human and animal telepathy) and indirectly, for telekinesis and levitation.

Magnetism: Magnetism is a force we are all familiar with. Depending on the interplay of the positive or negative forces of magnetism, attractive

or repulsive forces are generated. Contrary to popular belief, magnetism influences *everything* not just iron, although most other things are influenced so much less dramatically that you can't tell there is an influence at all. There are certain substances, like water, bismuth and graphite, which are "*diamagnetic*" – they are repulsed by magnetic fields. (Unfortunately the effects of diamagnetism are generally so weak they are not obvious, but have no fear! Pop out to the internet and search on "Diamagnetism experiments" and you'll find a number of easy experiments you can try for yourself.) The psychic influence of magnetism can manipulate certain electronic devices, influence animals, and work as a part of the forces responsible for telekinesis and levitation.

Gravity: Our science does not yet understand the specifics of what gravity is or how it works, yet it is a fundamental force in the universe. Our current best scientific guess is that gravity does not exist as a force in its own right. Instead, it is a side effect of big pieces of matter (like our planet) basically "denting" space, and then the dent in space affecting other bits of matter. Fortunately, we don't need to understand exactly what gravity is to know that the effects that are assigned to it can be indirectly manipulated by the application of psychic powers. If Gravity exists as a force in its own right, its manipulation would come into play for the production of effects like telekinesis and levitation. If Gravity turns out to be just a symptom of the shape of space, then psychic energy can be used to change the shape of space, much like rising one edge of a piece of paper to make a pencil roll off. If space could be folded, this could account for events like teleportation.

Thought: Ok, you might be thinking that I am going out on a limb here, but thought *is* a kind of energy, and an exceedingly important one at that... When you have a thought, a massive number of cells in your brain called neurons communicate with each other by flashing electrical impulses through the nerves, so at very least, thought has an electrical component. When electricity travels through wires it creates a magnetic field around the wire, and when electrical nerve impulses travel through your brain and body, they too can create fields. Some believe this may be part of what creates the “Aura” that surrounds the body of living things. (We will talk about that a lot more a little later!) “Thought Power” is very subtle, but since we are working with subtle manipulations, it is an extremely important form of energy.

Now that you have a rough idea of some of the basic types of energy and what they are good for you can relax, secure in the knowledge that most of this won't be “on the test.”

One of the beautiful, magical things about what will soon be your new relationship with reality is that you don't need to know all the fancy scientific names for the things you are going to be doing and for all the forces you will be working with.

As you begin to exercise your intuition more, you will instinctively know which forces to manipulate and how without thinking about them. In fact, if you are thinking about them, you are using the wrong part of your brain, and you won't see the results you are looking for!

The names of these forces don't matter. *Feeling* matters. You will sense the energy moving in and around you and you will develop an intuitive understanding of what you need to do with it. The correct forms and movements of energy will be brought into play automatically!

So, to get back to the point of this topic, why do we care about energy?

Since matter and energy are separate ways of looking at the same thing, by influencing energy, we can influence matter... and there is at *LEAST* one kind of energy that you can influence directly: *Thought*.

While this might not be a very glamorous example, it is the power of thought that allows you to move your body.

Thought generates electrical impulses in your brain which travel through your nerves to the appropriate muscle group. Electrical energy makes the muscles contract which creates the movement.

Note that **very small** electrical currents trigger very impressive physical movement in the muscles. To think that a tiny nerve impulse can trigger a weight lifter to lift 100's of pounds is astounding, and this is just one example of a tiny manipulation of energy to cause tremendous physical effects.

There are some exciting technologies that exist right now, where high-voltage electricity is used to move objects directly.

The film "The Hunt for Red October" was about a "magnetohydrodynamic" (the movie called it a "caterpillar") propulsion system that used electromagnets to make a stealth submarine.

Breaking down the scary scientific word, we have:

Magnet – just like you know already, but really,
really powerful

Hydro- meaning "related to water"

Dynamic – in motion

If we put all these parts together, you get a word that means using magnetism to put water in motion, which is how it would move the submarine.

As proof that anything can be influenced by a strong enough magnetic field, if you want to do a search on the internet on “Diamagnetic levitation + Frog” you should be able to find a short video of a very confused frog floating in mid air, suspended only by the powers of a very strong magnet.

If you search the internet for terms like “ion Propulsion” or “Ion Lifter”. There are some interesting videos around that show devices floating around labs perfectly silently, being lifted with no moving parts, just electricity!

(If you really want to blow your mind, look up “T. Townsend Brown”. He discovered that one of the best shapes for converting electricity into motion was a saucer shape, and actually constructed “flying saucers” to prove it! While most “respectable” scientists consider him a crackpot, some of his later work became classified by the U.S. government and he eventually went to work for the military, so you would guess he must have stumbled upon *something* interesting!)

Influencing one kind of energy can also affect other kinds of energy too. For example, Magnetism converts electricity into sound in a speaker. Gravity bends light in the example of a black hole. Light is converted to electricity in a solar cell. Movement can be converted into electricity in a generator, etc...

So, there you have it.

If we can somehow use the subtle energies associated with thought, (with its associated electrical and magnetic properties), sound, or some other form of energy that we can directly control or influence, we can make subtle changes in other energy fields, in very small pieces of matter or indirectly effect much larger changes, as in the effect of the electrical impulse triggering a muscle to move.

That’s why we care about energy!

While all this information is nice and hopefully sounds quite plausible, it’s not particularly practical... yet.

Remember, the goal of this chapter is to explain the material world in such a way so that the logical part of your mind can come to terms with the fact that your thoughts can literally change your world.

Quite honestly, I can't explain how ALL of the abilities that I am going to teach you about work. I've had experiences with *lots* of things that I can't explain with logic, but in spite of that, I know how to manifest them, and how to teach you to do them yourself, once you get out of your own way.

The problem, of course, is convincing your conscious mind that these abilities are real even when I can't give you the play-by-play for how they work.

Fortunately, I CAN give you an explanation for how one particular ability works.

It is my hope that if I can provide a simple example with a solid explanation, that your conscious mind might back down from its conditioned disbelief of all psychic abilities long enough for you to get your own proof so that you can advance on the path uninhibited.

Moving Objects with your Mind: The Basics

I am going to show you how to move something with the power of your mind alone. This ability is called "Telekinesis".

If we break the word "Telekinesis" into its root components, we have:

Tele – meaning Distant

Kinesis – meaning Movement

Telekinesis literally means "distant movement" and is generally interpreted to mean "Moving objects without touching them through the use of mental powers". Some people may have heard this same ability referred to by the name "Psychokinesis", which literally means "mind movement", but regardless of what you call it, we're talking about the same thing.

There are different ways to accomplish telekinesis, and some are far more dramatic and powerful than others. We are going to start with the method that is easiest to learn, the easiest to understand, and the one that generates the least amount of force, which makes it a perfect place to start... After all, we need to learn how to walk before we can run!

While our example is not particularly glamorous, especially once you understand how it works, it is extremely useful for illustrating how the power of your mind can literally make changes to your external world. It also lays an excellent ground work for an explanation for how the more dramatic version works, and for how the other tangible psychic abilities work as well.

For starters, I would like to teach you about something that I call “second order telekinesis”.

“Second order” abilities are ones that tend to act very close to the body, but second order does not mean second rate. It is used in one form or another in most tangible psychic abilities including healing, levitation, invisibility, invulnerability and even teleportation.

A “First Order” ability is manifested remotely to a target and can be used at much greater distances. Abilities like telepathy, remote viewing, remote healing, the more powerful form of telekinesis from chapter seven, teleportation, and materialization all are first order abilities. (Note that teleporting is an ability of both the first and second order since it entails an effect both immediately around the body and at the target site.)

Second order telekinesis is an excellent teaching tool that illustrates some great points, and will help you understand how to work with more advanced things a little later. It is a fairly substantial step removed from the epic, extraordinary “First Order” Telekinesis that we have come to know from our fascination with movies, TV, and comic books.

It is generally impractical for anything short of winning bar bets, or illustrating my point simply because it is only useful on very light objects and over extremely short ranges, say from barely touching your skin to about 4 to 6 inches away.

Here's how it works:

We all know that your thoughts control your body, but most of us tend to think of this mind-body connection in terms of the conscious thoughts directing conscious actions.

Our minds are very complex and also control other aspects of our bodies even when we are not actively thinking about it.

For example, the heart is a muscle and just like any muscle, it uses electrical signals from the brain to tell it what to do. You don't need to consciously think about making your heart beat because it's taken care of for you automatically.

With practice, it is possible to start exerting some control over many of the functions that your body normally controls automatically, like your heart beat. While we will learn techniques for that and many other things a little later, for now we are going to focus on a different process that goes on automatically in your body: the way your body constricts or relaxes blood vessels in its effort to regulate your blood pressure.

“BioFeedback” is a technique where you are connected to some device that gives you real time information about some aspect of your body that you want to learn how to control. You try different things and the machine gives you “feedback” that tells you if what you tried is getting you closer to or further from what you are attempting to accomplish.

Eventually, people learn what to think or do in order to make the desired change happen in their body. Once they know what they need to do, they no longer need the machine.

Biofeedback is usually used for medical reasons and the devices usually come in a few standard flavors: Some can detect changes in muscle tension, which is useful for learning stress relief techniques and for muscle rehabilitation after a serious injury. Some devices are capable of monitoring brain waves, which in some cases have been used by epileptic patients to help control their seizures (and would be particularly useful later on in our

studies!), and some of the devices will monitor temperature, which is often helpful for controlling circulation problems.

I understand that most people won't have access to Biofeedback machines but I'm bringing this up just to illustrate how things work in a more scientific context. We'll be getting into lots more detail in later chapters but for now I just want to help you think about things a little differently and understand that it is possible to use your body in ways you might not have considered to accomplish feats you might not have thought possible.

For the purposes of this discussion, we are going to focus on your hands.

If the blood vessels in your hands constricted for some reason, for all practical purposes you would have smaller "pipes" delivering blood to your hands. With less blood flowing to your hands, you get less heat delivered from the trunk of your body, where most of it is generated. So, constricted blood vessels mean cold hands... this is a classic symptom of poor circulation.

Now the opposite is also true. If the blood vessels relax and open wider, more blood flows from your trunk, more heat gets through and your hands get warmer.

By the use of special relaxation and visualization exercises learned from Biofeedback sessions (that I will teach you in the next chapter), ordinary people can learn to alter the temperature in their hands by 10 degrees or more, and they can even go in opposite directions with both hands at the same time.

If you can make your left hand 10 degrees colder and your right hand 10 degrees warmer, you have a fairly substantial temperature difference between them... substantial enough in fact, to actually create small changes in the air pressure around each of them, which will set small air currents in motion.

Heated air tends to be less dense, and so tends to rise. Cooled air tends to contract and sink.

Now if you were to balance a light object on a sharp point so it can spin and rotate freely, and then place your hands on either side of it (or above and below, depending on how you are attempting to move it) those tiny air currents that you are effectively controlling with nothing more than your thoughts will actually move that object.

Some folks are so good at this and can change the temperature in their hands so quickly, that literally without moving a muscle, they can make their balanced “spinner” move, change direction, or stop at will.

If you get really good at this, you could have some fun with this by making an arrow shaped balanced spinner, and then marking a direction for “Yes” and a direction for “No”, and having the “magic spinner” answer questions that people put to you.

This technique was actually fairly common back in the early 1900’s, when some unscrupulous Spiritualists used tricks like this to convince paying clients that the spirits of the deceased were communicating through them.

When you get more skilled, you can try a harder variation, like moving a ping-pong ball across a glass table top.

So how does “real” Telekinesis work?

Ok, so far we have learned a pretty interesting trick based on established principles from biology and physics.

We learned of a mental technique that can change the temperature of our hands to induce micro-air currents which literally blow on a small object to make it move.

Some of you are probably disappointed because the results and technique aren’t all that exciting, but the results prove exactly what they need to: that your thoughts *can* influence your environment.

We just saw how the power of your mind can directly influence your body in ways that you might not have been aware of. As it turns out, your body has

another component that can be influenced by thought, and most people are not even aware exists.

There is an energy field surrounding all living things which psychic practitioners call “The *Aura*”. It directly and subtly interacts with the world, and because of some of the extraordinary properties that it has, it has the *potential* to do astounding things.

Practitioners of the Martial Arts have probably even seen some demonstrations that showcase the use of this energy, which they call “Ki” or “Chi”, depending on the country that originated the art they are studying.

As an example of an “offensive” use of the energy, there is an art form called “Ki-breaking”, which sends an explosion of energy through a strike to the top of a stack of bricks, but only the specific brick in the stack will break.

For an example of a “defensive” use of the energy, there is a type of Kung-Fu called “Iron Shirt” which teaches how to focus the internal energies very close to the skin, to make a shell of “Spirit Armor” that makes the fighters incredibly hard to hurt. A typical demonstration would compose of a practitioner being suspended in the air with their entire weight suspended on the tips of 4 spears without getting pierced.

Regardless of what name you call it, the application of the potential energy of the *Aura* is the real key to all of the hard core psychic abilities that this book is about. Learning how to control and manipulate your *Aura* is a lot trickier than learning how to regulate the blood flow and temperature of your hands, but it’s also lot more rewarding.

The “real” telekinesis that can move larger solid objects at greater distances is done by using your thoughts to change the shape and properties of your *Aura* so that you can influence material objects directly.

The *Aura* is the psychic tool that we are going to use to do our proverbial (and literal!) “heavy lifting”.

About the Aura

The Aura is a sort of multi-layered shell of energy that surrounds your physical body. Without direction, it is constantly changing in size, shape, colors and intensity based in part on the physical health of your body, on your emotional and mental state, your current thoughts, actions and even based on your *intentions!*

In most people, the main portion of the Aura extends from inside the body to a distance of maybe two to three feet away, about a foot above the head and a few inches below the feet. Its shape is generally an oval with the long axis running head to toe.

By practicing some very special exercises that I will teach you in chapter 6, we can actually increase the size and intensity of the Aura dramatically, to the point where its natural state is a nearly perfect sphere centered near your solar plexus and radiating out for a distance of 12 to 14 feet or more.

Later on, I'll actually teach you how you can view your own Aura and those of other people, animals, and even plants so that you can see some of its amazing properties for yourself. For now, just understand that the Aura is a part of you, and just like controlling the circulation of blood to your hands, the Aura can be altered and manipulated by thoughts, physical and mental exercises and sheer force of will.

The energy of the Aura is very interesting. Left to its own devices, it's got properties a lot like electricity, but it's not exactly electrical. It has properties similar to magnetism but it's not exactly magnetic. It's got colors and even some quasi-optical properties but it's not exactly light.

It's like a field of raw potential that hovers around us, waiting for us to tune it to whatever task we wish to accomplish.

The Aura is essentially our psychic Swiss-army knife.

With practice, we can change the properties of the Aura so that instead of existing in its natural "sort of like nothing and sort of like everything" state we can make it act like a real, usable force.

Remember before when I said that *everything* can be influenced by magnetism?

Guess what? You can learn how to induce magnetic properties to your Aura and use them to move much heavier objects over much greater distances. Before you get to that level, you may find it easier to tune into some of the electrical properties of the Aura to create electrostatic effects to move smaller objects but from much greater distances.

Want to blow out a candle from 10 feet away? Extend your Aura around it and then focus it down smaller and tighter around the wick. With practice the aura will manifest itself dense enough to keep oxygen from getting to the wick, and the candle goes out!

Want to *light* the candle with the power of your thoughts? It's the same idea (but much, MUCH harder!) Extend the aura into and around the wick, and "feel the burn". Induce such a kinetic frenzy in the aura that the atoms in the wick start dancing too. All those vibrations and collisions of the atoms in the wick make friction, which makes heat, and ultimately... Fire!

Nearly every extraordinary ability that you can think of can be created by various direct and indirect interactions between your Aura and your environment: Invisibility. Levitation. Invulnerability. Telekinesis. Healing. Materializations... You name it!

For any given ability, if the Aura isn't making the change happen directly, you can bet it's playing a pretty instrumental part in some other way (usually by gathering and shaping the paths that the energy is flowing in.)

For us to get from where we are to where we would like to be, there are only two feats that we need to master; strengthening the Aura, and controlling it.

Once we have mastery over our Aura, we can use its energy to interact with and manipulate the subtle energies that make up our "physical" world.

To sum it up:

The material world that we know is essentially a “workable illusion” engineered by your senses. It is an *approximation* of the true beauty and grandeur of a universe that is painted from an exquisite palette of pure and subtle shades of energy.

The sad truth is that our senses are a filter whose job is to dull the magnificence of reality down to a level that our brains can comprehend.

To illustrate the point, did you ever wonder why snow is white? If you’ve ever looked closely at a single snowflake, you know that it is actually *clear*, so why don’t you see the color of whatever is under the snow? The “white” light that illuminates the snow is actually composed of a spectrum of colors all mixed together, which is how a prism in a sunbeam can cast a spectrum of colors. This is also the same principle that creates a rainbow when the conditions are right.

When this white light hits a snowflake, (or a whole lot of them!), it is broken into its spectrum of colors exactly the way a prism does.

Those snowflakes are actually sending a dazzling assortment of colors to your eye, but your eye doesn’t have enough resolution to make out each dot of color individually, and if it did you would be utterly dazzled by an explosion of color that would leave you essentially mesmerized.

So, rather than being frozen in sensory overload every time it snows (which I’m sure was bred out of our ancestors early on, since it’s an evolutionary dead end!) , we simply perceive snow as white and go about shoveling it off our sidewalks, completely oblivious to the wonder it contains.

That’s the filter of our senses doing its job.

Everything is energy. It’s dazzling, and overwhelming, so we perceive it as “matter” to simplify it so that we can interact with it easier... but just because something is easier doesn’t mean it’s right.

Once you learn to see things the right way a world of possibilities opens up to you.

Just as learning a foreign language requires you to train your ear to hear distinctions in sounds you might not have noticed or needed in your native language, we can train our perceptions to look past the material and start to perceive the world around us in *its* native language: Energy.

So... to recap how it is possible for tangible psychic powers to work, here are the key points of this chapter:

1) *Everything* is energy... even our bodies.

While the majority of our body is composed of the densely packed energy we call matter, that “meat shell” is actually infused and surrounded by another multi-layered shell of energy called the *Aura*.

2) The *Aura* and your body are directly and intimately connected.

Just as thought can induce changes in your physical body (like changing the temperature in your hands), thought can also induce changes to the properties of the *Aura* that surrounds you.

3) One kind of energy can influence another.

Since the material world is actually made up of standing waves of energy, and the *Aura* is a field of energy that we can influence with our thoughts, it stands to reason that we can use the form of energy that we can control to influence and manipulate the energy we call matter.

4) You can increase the strength of your *Aura* with the correct workout.

Just as physical exercise can increase the “muscle mass” of our physical bodies, there are special exercises that we can do to increase the amount of energy available in the *Aura*. With more potential energy available to us, we can accomplish more dramatic feats.

Now What??

These first three chapters have set the stage for us so that we are in the proper frame of mind to begin the real task of learning and developing our skills.

Now that you have your shiny new understanding of how reality works, and know that the tool you need to change that reality is literally already a part of you, you are probably itching to try it out.

You have already come a long way in your journey, but you still have a long path ahead of you, and it is going to take a lot of work.

In Fact, nothing less than the “Holy-Trinity” will do it:

- Mastery of Body
- Mastery of Mind
- Mastery of Spirit (Aura)

That’s a tall order, but you are absolutely going to get your money’s worth from this course, I *promise!*

The next three chapters are what I call the “Boot Camp” section of this course, and they contain the seeds of an extraordinary transformation.

Be sure to read through each chapter completely *before* trying the exercises. It is to your advantage to understand how and why the exercises work. It also gives you an idea of the “trail markers”, associated with doing the exercises: both the warning signs if you are doing something wrong, and the signs to look for when you are doing everything correctly.

You need to master the information in all three chapters in order to succeed in deliberately manifesting any extraordinary “physically psychic” phenomena, and all of the information is presented in the order that you need it.

I didn’t put any extra stuff in here just to build a sense of anticipation.

Actually, it is to your advantage to read through all three chapters of the Boot Camp material before you start the exercises from any of those chapters. This will help you understand why a mastery of the Deep Relaxation Training (DRT) presented in the next chapter is essential for your success with the exercises presented in chapter 5, on “Mastering the Mind”. You will also

understand how and why you must master both the Body and Mind training before you can excel at the Aura or “Spirit” training.

Once you understand how the exercises build off one another and that each one is a *crucial* stepping stone to your destination, you will be a lot less inclined to sabotage your own efforts by glossing over the exercises that are harder and put more time into the ones that you enjoy or are good at.

Right now, before you even read the boot camp material, is the time when you should choose if you are a casual reader and just want to know how it all works, or if you are a serious student and are determined to experience the extraordinary with your own eyes and through the power of your own will.

If you are serious, make yourself a *promise* *right now* to succeed. Anyone who is capable of doing the exercises can ultimately succeed if they just stay with it. Success is a simple matter of discipline, desire and time.

You 2.0

To say that you have a lot of work ahead of you is something of an understatement, but fortunately there are some pretty rich rewards sprinkled along the path as added incentives to keep you moving forward.

On top of all that, I don’t even have the words to describe the elation you will feel when you first perform something truly miraculous.

You are going to learn things about yourself that will completely shatter your current understanding of your so-called “limits”. Some of the *side-effects* of your studies are enough to change your life forever:

Imagine what you could accomplish if you literally had more hours in the day. In the next chapter I am going to teach you how to optimize your sleep patterns so that you can actually get a deeper rest, usually in less time and you will even learn an exercise that is actually *more restful than sleep!*

Are you perpetually sick? Do you have high blood pressure? Fatigue? Headaches? Are you constantly stressed out? Cold? Suffer from poor circulation?

Stress is directly and indirectly related to at least 70% of the illnesses that we suffer and many of the base issues stress causes lead to a domino effect of secondary symptoms.

Check out this article from the world renowned Mayo Clinic in Minnesota for a detailed break-down of some of the devastating effects of stress on each system in your body: <http://www.mayoclinic.com/health/stress/SR00001>.

The Deep Relaxation Training that you will learn in the next chapter not only feels incredible, but will obliterate stress in your body, calm your mind, and help equalize chemical and energy imbalances. Quite often, this will allow your body to finally heal the root cause of long standing health problems and their secondary symptoms

Not only will you feel better than if you spent the day at a spa, but at the same time you are rejuvenating your body and supercharging your immune system. You'll feel like you just got a brand new body!

The physical changes in your body and health you should begin to notice within just a few weeks of starting the exercises, but they pale in comparison to the mental changes that await you.

How would your life change if you had a “photographic” memory? Imagine attending classes or meetings and never needing to take notes or write things down. Say goodbye to cramming for exams or panicked preparation for meetings, and think of all that extra stress-free time you will have to enjoy!

Did you know that mental exercises can greatly improve your athletic performance? These days, professional athletes routinely use visualization techniques as part of their training but I'll show you a technique that is a lot more powerful than what the pros are using. You'll see for yourself as you work through Chapter 5, and I'll explain exactly how it works and why.

Your practice from Chapters 4 and 5 alone will be enough to turn you into a new person, but Chapter 6 is where things start getting *really* interesting...

It's almost impossible to identify the "secondary" benefits you will experience once you start practicing those exercises... they are tremendously varied and are different for everyone.

People you know may start to notice "something different" about you.

I've found that babies often tend to start giggling and laughing for no apparent reason when I enter a room. (I personally believe that's because very young children can naturally see the aura much better than even trained adults, and they are entertained by the bright colors and dynamically shifting patterns and shapes.)

You'll start to develop an uncanny intuition about all kinds of things... You might decide to work a little late at the office one night, and discover on your way home that a bad accident happened right where you would have been had you left at your usual time.

You might cross the threshold into your house and instantly know exactly who is home and in what room they are in or experience other examples, like traffic lights changing uncannily in your favor.

Whatever forms it takes, you'll know... actually, you'll *feel* a strange, positive "potential" floating around you.

Of course, generating this potential and knowing how to use it are two completely different things. That is why the final chapters will teach you exactly what to do with all this magnificent potential so that you can shape it into something truly amazing. Invisibility. Teleportation. Bi-Location. Creating objects out of thin air. Healing. With enough practice, these abilities and many, many more are all within your reach.

Now that you have a rough idea of what to expect, let's get started!

Chapter 4: Mastering the Body

This chapter is an exciting one! It contains the single most important exercise in this entire manual, and lays the foundation for *everything* that follows.

The physical body is a truly remarkable machine. Its elegance is literally embodied in a myriad of intricate interconnected specialized systems.

Fortunately for us, we don't need to know all the specifics of how each system in the body works. What we DO need to know, is how to optimize our health and vitality and how to detect the subtle clues that the body makes when we are progressing on our personal path for psychic development.

Forgive me if this chapter starts out a little mundane with some common, and even common-sense kinds of information. I'm covering them to make sure we all start on the same page and so that an incorrect assumption at the very beginning of your training doesn't thwart your progress.

All of the information presented in these "boot camp" chapters must be taken as a whole, so skimping on something seemingly minor in this chapter might diminish or even negate the effectiveness of another exercise coming up!

Don't worry. I'll gloss over the parts about diet and exercise quickly so that we can spend more time dwelling on the exciting stuff that you need to succeed in your quest for the extraordinary.

Now that we got that out of the way, let's talk about what it means to "Master" your body.

You might think that living in the same body every day for your entire life would make you something of an expert on it by now.

You'd probably be wrong.

An expert is someone with a *special* skill, knowledge, or ability in some field and mastery is *applied* expertise. Since most of us really have only a basic understanding of our own bodies we don't qualify as experts *yet*.

Sure, you've picked up lots of little details about yourself... You know better than anyone about the things you like to eat, how fast you can run, how sore you will be the next day if you over exert yourself.

That's all great information to know, but since everyone knows that about themselves, it hardly qualifies as "special" knowledge.

In order to accumulate and manipulate the kinds of energies needed to manifest a tangible psychic ability, we need to expand our psychic potential, and in order to do *that*, we need to learn how to get the most out of our bodies.

Why we need to Condition our Bodies

You may be wondering why we should even need to bother to condition our physical bodies when we want to work with psychic energy...

Good question!

While this statement might seem bizarre and even downright illogical to many of you right now, the Body, Mind and Aura, are so intimately connected that a weakness in any of them makes problems for all of them.

It's easy to think of these three parts of yourself as separate things. We've been conditioned into thinking of "Mind" as compartmentalized into its own abstract world which is filled with things like math and art, while "Body" relates to the physical world, and the physical things in it.

Sadly, most people don't even acknowledge that the Aura exists, which for our purpose is even worse than having incorrect assumptions about it.

Ok, enough of how most people think. Most people can't do the things we want to do, so it would be silly to emulate them and hope that we somehow get different results!

To understand the relationship of the body to our psychic potential, we need to practice our shiny new "thinking outside the box" skills to look for a bigger concept that unites seemingly different things into one. To that end I offer you a riddle.

See if you can find the unifying element that unites: Aura, Body, and Mind when presented in this way:

For "Aura", think energy, and for this your clue is: Wind.

For "Body", think physical, and for this your clue is: Wood.

For "Mind", think of "controlling force" but a clue here would make the answer too obvious.

Let me say instead, that wood doesn't have to be in the form of a tree... it can be carved into different shapes, and that different shapes can have different properties. For example, if the wood were hollow it could channel the wind passing through it in different ways which might generate secondary effects...

Last clue:

If a "controlling force" were to somehow slightly alter the shape of the hollow wood, or direct the wind into wider, thinner, longer or shorter sections it might harness those secondary effects to create...

Music!

The answer that I was going for is a musical instrument.

The physical, combined with the energetic, and a controlling force all come together in our example of a "wind instrument" to create music.

Different notes are created by opening and closing different valves so that the air resonates in different sized or shaped internal cavities, which in turn creates different music notes.

As we learned in chapter 3, sound is just another kind of energy, and a well tuned instrument has the potential, (when played correctly!) to convert other kinds of energy into the very specific controlled vibrations that we hear as music.

In our case, WE are the instrument and at this moment, we are striving towards working with energies of a different frequency than we are currently tuned for. Once we can tune ourselves to work with the right frequencies of energy, we can turn them into the psychic equivalent of music: specific vibrational energy under our direct and conscious control.

As if our tuning problem weren't enough to deal with, we have another issue to address too. Most of us don't yet have the capacity to gather energy in quantities large enough to be useful either.

If, for some reason we were able to accumulate the amount of energy we need to make a physical manifestation without conditioning our body for it, you would have a very ugly situation indeed! In this case, think of what happens when you put too much air in a balloon...

POP!

No more balloon.

Fortunately for us, we humans have a built in safety mechanisms that will keep that unfortunate fate from happening to us... if we try to bring in and harness more energy than our bodies can process, the body will automatically shut itself down before any serious damage happens.

If you attempt to take in more energy than you can process, you will find yourself getting light-headed, dizzy, and possibly even nauseous. You will eventually find yourself so uncomfortable that you can no longer keep your

focus and thus you automatically stop doing the exercise. The problem of the excess energy will clear itself up.

I've actually witnessed someone walk in on a practice session and immediately pass out when they crossed the threshold of the room. For all practical purposes, that person "shorted out" exactly like tripping an electrical breaker, and for exactly the same reason... to keep the body from getting damaged from being exposed to more energy than it was designed for.

I'm getting a little ahead of myself... I'll go into a lot more details about energy work in chapter 6, and this specific effect in chapter 7 but hopefully you get the point.

We need to do some special conditioning of the body in order to prepare it for the amount and for the frequencies of the energy we will be harnessing.

How to "Tune" yourself to work with Psychic Energy

You have your work cut out if you plan on becoming a fine "psychic instrument", but on the bright side, none of us are so far off key that we can't get ourselves in tune if we chose.

A physically fit body is stronger, more resilient and has the potential to accumulate and direct far more energy than one that is out of shape.

If you are serious about pursuing this path, then I **STRONGLY** suggest that you work on getting your body in the best physical condition that you can by conventional means.

I don't have the space to go into detail about the specifics of how to get physically fit. There are already lots of excellent resources on these subjects readily available, and chances are you already know what you need to do, so let me just touch on the highlights:

Physical Training for Psychic Development

A physically fit body will be a tremendous advantage to you and will greatly benefit your efforts. I highly recommend getting into an appropriate exercise routine.

You don't have to go crazy, and **DON'T OVERDO IT!** Just like with all the exercises in this book, a little bit every day will get you farther, faster than going nuts once a week.

As a matter of fact, the process of “tuning” and expanding your energy capacity is usually a fairly slow process that might take many months, depending on your starting point and aptitudes. It does not entail the need for you to hit a specific target weight, muscle density or body fat index, so don't think that the faster you lose 10 pounds, the faster you are going to learn to teleport.

You are on a *journey*... a path to *extreme* personal betterment. Step softly, smell the roses along the path, and enjoy the scenery along the way.

Not only does it make the travel more pleasant, but it will help you avoid one of the many pitfalls to your destination: If you obsess about the physical aspects of your training, you are much more likely to miss the subtle mental and emotional transformations that invariably follow.

The *Real* “Miracle Diet”

Can your diet help with psychic development?

You Bet!

You've probably heard the expression “You are what you eat”, so if you are aspiring to something extraordinary, it stands to reason that you shouldn't be putting junk in your body.

In order to make the instrument that is our body capable of resonating with the pure “notes” that we need to be working with, we can't have a buildup of

unhealthy garbage floating around inside us. Eat healthy foods, in healthy proportions.

Again, there are lots of other materials that you can find elsewhere that will go into a lot more detail on what makes a healthy diet than I will here. I will touch on some of the biggest factors that can greatly speed your progress and you can decide how far you wish to go with them.

Fasting: On top of general healthy eating habits, consider the benefits of fasting one day a month. Fasting in our sense is NOT that we simply stop eating for a day... it is that we are going to be very careful and deliberate with what eat.

Fasting is an ancient practice, with recommendations that go all the way back to Socrates, Plato, and the “Father of Medicine” Hippocrates.

Fasting comes in many forms, and is practiced with the idea that giving your digestive system a little time to rest gives your body the opportunity to detoxify itself by clearing out some of the old stuff that may have been floating around in you.

Fasting, when done correctly, can help people feel more energized and healthy, and is an excellent practice for the cultivation of physical and mental prowess. When done incorrectly or too much, it can actually be dangerous, robbing the body of the nutrition that it requires to stay healthy.

Scientific studies on mice at the University of California at Berkeley showed that mice that were given restricted diets on alternate days tended to live longer, healthier lives. Their study also measured an insulin-like growth factor called IGF-1 that has been linked to various forms of cancer and showed a correlation between limiting caloric intake and the reduction of the amount of IGF-1 in the mice.

In addition, a paper presented at the 2007 Annual Meeting of the American Heart Association in Orlando called the “Intermountain Heart Collaborative Study” presented the findings of its analysis of the heart x-rays (called angiograms) of over 4000 men and women from 1994 thru 2002. This study

found that instances of coronary artery disease were significantly lower in a group of people who fasted once a month, and statistics gathered over the period of the study showed that people who fasted were “significantly less likely to die of heart disease than the general public”.

My recommendation is that you consider taking one day a month, and limit your foods to unlimited water and fruit juices, and fresh fruits and vegetables in moderation and see how you feel.

Start slowly and find what works best for you, and if something doesn't feel right... STOP.

Always check with your doctor before trying a change in diet, particularly if you have existing health issues, especially if you have to watch your blood sugar, like with diabetes.

Fasting may help you see some results a little quicker, but is not required to make progress.

The food Hierarchy: There is a kind of “Psychic Hierarchy” to food starting with water, then fruits and vegetables, then fish, eggs, dairy, chicken, pork and finally, red meat.

Eat a healthy and balanced diet, but try to keep it as much on the “good” side of the hierarchy as you can by eating more fruits and vegetables.

Fatty fish caught in the wild such as salmon, herring, and mackerel are particularly good as they are rich in Omega-3 fatty acids. That might not sound very pretty, but fatty acids, particularly one called “DHA”, compose about 20% of your brain mass. It is critical for the development of new brain cells and is instrumental in our ability to learn and remember.

Here's another argument in favor of a diet high in fish: It provides a rich supply of Choline, which is the chemical basis for a neurotransmitter (acetylcholine) which speeds electrical impulses between neurons in the brain.

Fish really *is* “brain food”. Not only that, but the Framingham Heart Study has discovered that just three servings a week can cut your risk of Alzheimer’s disease nearly in half.

This next one is going to be tough for a lot of you...

Cut down on your refined foods and sugars:

Foods containing refined “white” flour and sugars give a “fast burn” and are not good for sustained energy.

The brain’s primary fuel is glucose... sugar, and it uses a lot of it. In fact fueling our big brains eats up between 20 and 25% of the body’s energy resources. When your glucose levels get low, your brain gets fatigued, just as your muscles do when they run out of fuel.

You would think that this would mean it is open season on desserts, but that’s not the case at all. Desserts are typically made with refined sugars that give the same fast burn as things like white bread, which convert to simple sugars when you digest them.

“Fast Burn” foods result in a quick burst of energy followed by an equally fast “crash”. Dramatic performance and energy swings like those caused by refined foods are detrimental to our long term goals, so eat more complex carbohydrates, like whole grains. These foods burn more slowly in the body and give a steady, high-quality source of fuel that is ideal for the sustained mental focus that we will need in our studies.

When is “Good Food” bad for *you*?

Did you know that there are some good foods out there that might not be good for you?

Everyone knows that foods that have high nutritional value are supposed to be good for you. We slap a label on them, “Health foods” and then we eat them secure in the knowledge that we are doing something nice for our bodies.

That's great on paper, and a great intention, but what if you had a food allergy? What if some peculiarity of your digestive system makes it difficult for you to absorb the nutrients in certain foods?

Some foods which are generally considered healthy might not be good choices for you at the time you are considering eating them.

We've all heard stories of the pregnant woman getting bizarre food cravings. These cravings are the body's way of ensuring that the right kinds of materials to build a healthy baby are available when they are needed.

While the prospect of craving food that contains the "right stuff" that we need may not be earth shaking news, the body also has interesting ways of telling us not to eat foods that it doesn't want, need or may be allergic to.

I'm about to teach you a really cool trick that will move you a step closer to becoming a "master" of your body...

Muscle Testing for Health Optimization

Your body actually gives subtle positive or negative cues about its reactions to your food selections even before you eat them! Just having the food close to you is enough to provoke a subtle reaction of one sort or another, if you are observant enough to notice.

Try this simple experiment with a friend. Get a few samples of different kinds of good and bad foods. Mix it up. Try things like fruits and vegetables and junk food snacks. Your samples might be something like an apple, a carrot, a piece of cake, and a can of soda.

Start by placing all of the sample foods on the other side of the room, and then face each other a few feet apart. Extend your dominant arm straight out to your side at shoulder height with your fingers extended. With your arm fully extended, you don't have much leverage going up and down.

Think “positive, or happy thoughts” while your friend gently press straight down on the wrist of your extended hand using only two fingers. They should press down gently on your opposite shoulder while doing this as well to help keep you balanced and prevent you from tipping over.

You should be able to offer fairly strong resistance.

Repeat this procedure thinking negative thoughts, and you will both very likely be surprised to learn that you are able to offer noticeably less resistance to the downward pressure on your wrist. Your arm will probably droop slightly under the pressure and then may spring up as your muscles over compensate.

The reason this works is because when the internal electrical system of the body is well balanced, the muscles of the body are in their optimal state to resist pressure. Negative thoughts and things that negatively impact the health of the body will produce subtle discord in the internal energy movement. This results in the muscles being stimulated unevenly by electrical impulses that are not optimally formed.

If the signal to move the muscle comes in with some “static”, the muscles perception of what it is supposed to do is less clear, and its performance suffers.

This phenomenon of internal energy motions is the basis of much of the ancient Chinese medicine practices, including acupuncture and acupressure. By sensing where the energy flows of the body are blocked or distorted, the healer can focus on the root cause of the problem instead of the symptom.

Getting back to our exercise for detecting food allergies, now that we have established a base line for what your “strong” and “weak” responses are to the muscle testing, try holding different food samples close to your body and repeating the exercise while thinking about the food sample.

By noting your strong and weak responses, you will be able to identify foods that are having a negative impact on your health and eliminate them from your diet.

Not only will this remove some stress on your digestive system and dramatically increase your overall health, but it will set the stage for some of the extremely important internal energy work we will be doing in chapter 6.

Try different variations, even keeping samples in containers.

Neat, huh!

With just a little practice, you will be able to detect food issues even through their containers... This is because your Aura has the ability to permeate matter and interact with the food even through its packaging. Remember, it takes some practice to change the properties of the Aura for a specific function. Don't get frustrated if you can't detect the energy signature of food through its packaging right away. Just keep at it until it becomes second nature. The Aura responds to your intentions, so regular practice with the gentle expectation of success will eventually bring results.

Some outstanding resources about muscle testing and food allergies can be found on the web. One that I was particularly impressed with can be seen here: <http://www.AllergyEscape.com/muscle-testing.html>

As you practice muscle testing, try to detect the very subtle “weakening” sensations that unhealthy things produce in you even before your friend applies pressure so that you can use this skill on your own.

I have found that it is helpful to imagine that I am performing some sort of physical activity like pull-ups while holding the sample. In my imagination I can actually feel the difficulty in performing the task if I am holding an unhealthy sample.

Developing your “Spider” sense

The Marvel Comic superhero “Spider Man” boasts an extraordinary ability: An uncannily keen intuition about the direction and immediacy of physical danger. Not surprisingly, he uses this skill to keep himself from getting hurt while fighting an assortment of bad guys.

He calls this ability his “Spider Sense”, and this fantastic ability isn’t just for comic book heroes anymore.

As you get more proficient in detecting the subtle effects of energy blockages within yourself you will eventually evolve beyond the need for the tool/crutch of muscle testing. You will actually start to feel the subtle energy patterns shifting inside you and will eventually learn to use them to develop an uncanny intuition about things that are detrimental to your well being... and not just food!

Detecting these shifts in your own internal energy patterns can be used from everything to knowing if someone is lying to you, to knowing if a dog will bite. As you develop the size and strength of your Aura, the distance that you can detect these things increases.

Not long ago I was driving a car at night when I detected “the weakening”. I immediately slowed down, and that act saved me from a high speed collision with a deer that jumped in front of my car.

As you progress in your studies, you will find that you are able to detect and thus avoid problems further and further removed from yourself. Eventually, you may discover yourself instinctively moving along the path of least resistance, with danger not even getting close enough for you to consciously recognize the threat!

This is the true secret of living a “charmed life!”

The Power in Sleep

Getting a good night’s sleep is an extremely important and often neglected aspect of fine tuning the physical performance and mental capabilities of the body.

On average, a healthy adult will need between 7½ - 9 hours each night. Naturally there are exceptions to this, but as a handy rule of thumb... if you seldom remember dreaming, you are probably not getting enough sleep. That

may sound a little bizarre, but I will explain the reason behind this in just a moment.

Many people think of sleep as a time when your body rests... a time when nothing happens, where your body shuts down and you recharge your batteries, so to speak.

The truth is that quite a lot goes on when you are sleeping. From a scientific standpoint, we still don't really understand all the things that the brain does when it sleeps. Special machines that measure brain activity tell us that the brain IS doing quite a bit while we are sleeping... we just don't know what!

What we DO know is that when we sleep, chemical and electrical activity in the brain can be even higher than when we are awake as the brain restores vital chemical balances to the body that it will need for optimal performance for the new day.

There are a number of distinct stages that we all go through as we sleep. When we fall asleep, we experience recurring cycles of deep, non-dreaming sleep and something called REM sleep. REM stands for "Rapid Eye Movement" and is associated with dreaming. It occurs in the later stages of sleep.

The earlier phase of sleep where we are not dreaming is called the Delta-phase. It is named this because in this state, the brain creates a specific kind of electrical activity that is called a "Delta-Wave". Brain waves, including Delta-Waves are measured by a sensitive electronic device called an EEG or Electro- Encephalo-Graph. (It is pronounced "Electro- En-sef-ah-lo-Graph).

As you get older, you tend to need less sleep, and tend to spend less time in the Delta-phase when you *are* sleeping.

This brings us to REM sleep and dreaming: The reason that I mentioned that if you seldom remember dreaming you probably are not getting enough sleep is because dreaming happens at the end of a sleep cycle in the REM state.

You are much more likely to remember your dreams if you wake up immediately at the end of a REM cycle. So, if you are seldom remembering your dreams it is very likely that you are usually not waking up at the end of a natural sleep cycle and so you are not getting an optimal amount of sleep.

Sometimes a difference of as little as 10 minutes can make the difference between waking refreshed and waking exhausted and it is very possible that you can actually get less sleep and be much better for it!

Your body is naturally most likely to wake up at the end of a REM cycle, but if you sleep through that, your body assumes that it has an opportunity to grab another complete cycle of rest. It allows the sleep to “go deep” into the delta phase. If your alarm clock goes off at this point, your body has not had the opportunity to do all of its mental and chemical housekeeping chores for the complete sleep cycle and you wake up feeling exhausted.

If you understand about computers, waking up in the middle of a Delta sleep cycle is a lot like just pulling the power cord out when you want to turn off your computer instead of using the normal shut-down procedure. Sure the computer shuts off fast, but it left files open and disorganized, and when the computer is turned on next time, it recognizes that something went wrong and that files might be damaged.

The next time it is turned on it runs a diagnostic and tries to put everything right before it allows the computer to perform its normal duties. All of this means the computer’s start up will be sluggish and will take longer after it didn’t complete its normal power-down cycle. This is exactly the same thing happens to us when *we* don’t complete our normal power-down cycle! It takes us longer to start up and we wake up groggy.

Most healthy adults need to get at *least* 3 or 4 complete cycles of Non-REM and REM sleep each night in order to function effectively through their day.

An interesting thing about dreaming is that your brain actively sends out signals to your muscles while you dream that “jam” the nerve impulses that normally let your muscles work. This deliberate paralysis during dreaming is what keeps us from responding to our dreams with physical motion, and

(usually!) keeps us from sleep-walking and sleep-talking to respond to the dream stimulus. You'll learn a lot more about this later.

Through my own research I have discovered that if you get fewer complete sleep cycles but still wake up at the *end* of a REM cycle, you will awaken refreshed and energized, but you will not be able to stay up as long before you start to feel tired again.

If you awaken in the middle of the Delta-phase, you will tend to feel exhausted and lethargic, even if you got 4 or more complete cycles.

Perhaps you have had an experience where you woke up feeling tired after getting "Too much sleep". You probably woke up in the middle of the Delta portion of your cycle.

Believe it or not, this is a very exciting observation that you can directly apply to your life to manage fatigue in special situations. For example, let's say that you are a college student with an important exam in the morning.

If you pull an "all-nighter" studying, you will tend to be tired, run down, and have difficulty concentrating during your exam and will not perform at your best level. However, if you stayed up late into the night studying and get 1 or 2 COMPLETE cycles of sleep you will awaken refreshed and ready for your exam.

The problem, of course, is that you will probably start to get sleepy again in the early afternoon and need to take a nap or retire early. Still, for special situations like this where you need to stay up late and get up early, managing your sleep patterns can be extremely useful.

Not only is this good for special situations, but you can use the same technique to find your optimal sleep patterns for every day, and it will make a huge difference to your overall energy and health!

The “Nocturnal Super-Charger”

The way most of us sleep, we are fighting our body’s natural rhythms to a greater or lesser degree. To get the most out of a night’s sleep and to feel positively Super-Charged in the morning, we need to get back in sync with how our body wants to work.

To do that, you must first find out just how long one full natural sleep cycle is for **you**. You can do this by remembering what time you went to bed on a day when you can sleep in the next day. Sleep in the next day until you naturally wake up on your own and feel refreshed, then note the time and figure out how long you were asleep.

If you wake up feeling groggy, try it again on another day. We need to find a bench mark of sleep where you wake up feeling positively energized.

Most people, when left to their own devices tend to get between 3 to 5 full cycles of sleep before they wake up naturally. With this in mind, divide however long you were asleep by 3, by 4, and by 5 to get a series of “best guesses” for how long one complete sleep cycle is for you.

For example, if I went to bed at 10pm on Saturday night, and woke up feeling great at 8am Sunday morning, I just got 10 hours of sleep. Next, we divide 10 by 3, by 4 and by 5. This gives us a series of educated guesses about the length of a single sleep cycle. In my example I have 3 hours and 20 minutes, 2 hours and 30 minutes, and 2 hours.

On the next day when you go to sleep, set an alarm to wake you up after the first duration of 3 hours and 20 minutes. If you wake up and feel great, (even though it is probably insanely early!) then you have probably found the duration of your sleep cycle.

Just to be sure, do the same thing on other nights for the other time durations: 2 hours and 30 minutes, and 2 hours.

For one of these three trials you will probably wake up and feel exhausted and go back to sleep. In another of these trials you might feel “ok”. In one of

these trials you will likely wake up and feel surprisingly energized and refreshed!

Once you find this number, you can double check that it is the smallest increment by dividing your number by 2 and trying the sleep experiment one last time, just in case you have a particularly short cycle.

When my personal sleep cycle came out to two hours I divided that number by two and tried sleeping in one hour increments. I felt “ok”, not great, so I know two hours is my cycle time. Some people may have thought that their sleep cycle was about three hours, but when they double check by dividing the number by two they find that they are still refreshed after only an hour and a half of sleep.

Don't worry about how long your cycle is. There is no real advantage to having a longer or shorter cycle. The advantage comes from ensuring that you wake up right at the end of your cycle, regardless of how long that takes.

Once you know how much time your sleep cycle takes, you can plan your evenings and your mornings much better. You discover that there are windows of opportunity for going to sleep and waking up feeling great.

For example, with my two hour cycle, I know that I can go to sleep at 10pm, midnight, or 2am and still get up feeling great if I need to get up at 8am in the morning. (of course if I go to bed at 2am, I'm going to be pretty tired later in the afternoon!)

Using this technique, you can plan for your optimal sleep patterns and enjoy all the benefits that you earn from working *with* your body's natural rhythms instead of fighting them.

Using this technique I have had many occasions where I get to stay up an extra hour or so in the evenings so that I can wake up and feel great the next morning!

The Finer Points of Sleep

Sadly not everyone can fall asleep as easily or as soon as they want so there is a little bit of “play” in the numbers above. Here are some useful tips for getting to sleep quickly and easily.

- 1) Try to keep the same hours every day. Your body has a natural rhythm called the “Circadian Rhythm” and it is disruptive to get up at different times each day, even if you *are* managing your sleep cycles.
- 2) One of the most powerful tricks to falling asleep is to consciously tell your body it is already asleep! Do this closing your eyes and deliberately concentrating on maintaining a slow deep breathing rhythm that is the same as what you do when you are sleeping. A little experimenting or some assistance from a friend can teach you what pattern of breathing to use.
- 3) Deliberately quiet your mind. If you find your mind wandering into the pressures of the day, simply focus your attention back on your breathing.
- 4) Cooler temperature in the room is helpful to falling asleep quickly.
- 5) Keep the room dark. Darkness triggers your body’s production of a chemical called melatonin which helps you sleep.
- 6) Warm milk or Chamomile tea really can help you feel sleepy. Milk and dairy products are good sources of “Tryptophan”, an amino acid that your body turns into melatonin and serotonin. These chemicals are what signal your body that it’s time to sleep.
- 7) Try to eliminate distracting noises. If you can’t quiet your surroundings, try ear plugs or playing soothing music to “mask” the offensive sounds.

Establishing a healthy pattern of sleep is one very easy and *extremely* powerful thing that you can do to dramatically improve your overall health and your psychic aptitude.

Poor sleep habits can also be a direct contributor to high blood pressure.

A well rested body and mind are much more likely to identify some of the extremely subtle sensations that we will be looking for inside ourselves as we proceed with the other exercises in this book.

Now that you know how to avoid foods that are bad for you and how to get the absolute maximum amount of rest from a night's sleep, there is another extremely important factor that you need to understand and master if you are going to have any chance of manifesting a tangible psychic phenomena:
Stress.

The Stress Response: Why you need it and how its killing you

Everyone gets stressed from time to time.

It's natural. In fact, when the body employs stress the way it was designed to, it's actually healthy.

So why is it that an estimated 70% of all health problems including the “silent killer”, high blood-pressure are either the direct or secondary effects of stress?

Obviously something isn't adding up, but once you understand what stress is, why it exists and how it is *supposed* to work, you can put it back to work for you instead of against you.

That is going to be hugely important in your psychic development for two reasons:

First, the stress response is your body's instinctual first reaction to dramatic, scary or exciting things. The problem is that even when those “dramatic or exciting things” are exactly what we are hoping to achieve, the stress response will kick in and shut them down.

Second, when the stress response is not functioning correctly, it puts your body physically and chemically out of alignment. This is not only unhealthy, but trying to channel psychic energy through a stressed body is like trying to

get water from a hose with a knot in it. You won't get any water, and you might even damage the hose.

So, since our understanding and relationship with stress is extremely important to our psychic success, let's learn more about it.

What is Stress?

There are many kinds of stress that cover all aspects of our lives. Your body may undergo physical stress as you sprint through the airport trying to catch a connecting flight or if you are suddenly startled by something.

You can experience mental stress in a situation where you struggle with a challenging problem, and even emotional stress if you have experienced the loss of someone close to you or are having challenges with your relationships.

Simply put, stress is the body's response to factors that cause physical, mental or emotional tension.

Most people would say that stress is a negative force in their lives, but this is not necessarily so. Stress may be an indicator of some kind of building pressure, but like pain, it also serves a very important function: to provoke action.

Imagine if you put your hand on a hot stove and there was no pain. If your body did not detect a problem it would not trigger the reflex to pull your hand away and you could be very badly burned. Pain is your body's way of keeping you safe. It tells you that something is wrong so that you can fix it.

Pain is the body's way of reacting to an immediate problem. It is instant feedback that demands immediate attention.

Stress performs a similar function but on a subtler and more proactive level. Stress is the body's way of preparing your body to tackle a problem that may be brewing. It occurs when your body recognizes that something important is

in the process of happening and that extra energy may be required to deal with it in a hurry.

How does Stress work?

By way of example, let's say you are suddenly startled. Your body immediately releases a series of chemicals like epinephrine and adrenaline into your blood to increase your heart rate, raise your blood pressure and quicken your breathing. Since both your breathing and heart rate are tied to the process of moving oxygen around your body, both get a kick start from the stress response.

Deeper, faster breathing and a faster heart beat means that more blood (and thus oxygen) is flowing through your body to prepare your muscles for a surge of action.

This is the body's way of getting you ready for the "Fight or Flight" reaction that you may have heard of. Just because you are startled does not mean you are in pain or even that you are in any real danger. The body knows that something important is happening and it is preparing to give you the best possible chance to survive whatever it might be.

The more scared you are and the greater the danger you perceive, the stronger the response.

While it's pretty easy to see how stress works in a physical situation like being suddenly startled, it does essentially the same thing for emotional and mental stress as well.

To illustrate, let's take the example of someone who is speaking in front of a large audience for the first time. As that person prepares to speak, he may break out in a sweat and feel his heart pounding. This is the same response as if he were startled... the body is preparing for immediate action with a surge of energy.

The body recognizes an important situation is happening just as in a physical stress response. The only difference is that the mental and emotional triggers

from the brain are what caused it to happen, not a true physical threat. In this case the triggers might come from the speaker's own fear that he might not be well received by the crowd or that he may make an embarrassing mistake.

If the energy that the body makes available during this *imagined* crisis is channeled well by the speaker, his talk may become a forceful and energetic performance. If it is not channeled appropriately, it may become a source of distraction. The excess energy may lead to stuttering, nervous shaking and even confusion as the body has all this extra energy and no clear direction on how to use and release it.

Stress and Miracle Mastery

Symptoms similar to our “stage fright” example are very likely to happen to you during the first times that you actually start to succeed in performing a tangible manifestation.

Even though the release of nervous energy is caused by something positive, it is still excitement. Your heart beats faster, your breathing quickens, your brain waves change, your aura contracts, and “Poof!” the very promising beginnings of something extraordinary just got shut down.

I believe it is for this reason that the most accomplished practitioners of the advanced psychic arts appear to have an “aura of serenity” about them. They exude an extraordinarily peaceful, relaxed attitude. Some say that they can actually “feel the love” radiating from them. They also seem almost indifferent to the skills that the uninitiated find so amazing.

If you think about this, it becomes clear why you will never have any success unless you *believe* you will have success... If you don't believe it yourself, then you would be surprised if something happened, and what happens when we are surprised?

Sure enough, your heart beats faster, your breathing quickens... and ultimately you get shut down.

Obviously, we are going to need to unlearn some of the ways that we deal with some kinds of stress in order to succeed, and the Deep Relaxation Training that I will teach you shortly will be instrumental for this.

All of this leads to a rather interesting side effect that I would like to point out in the manifestation of miracles... you can't deliberately do anything wrong with them.

In order to manifest a miracle in the first place, you will have to be extraordinarily well tuned to yourself and your surroundings. If you were to contemplate performing a miracle that you know is wrong, like for example, teleporting money out of a bank vault, the "wrongness" triggers the stress response, and the miracle gets shut down.

Nature provides built in checks and balances to ensure that everything operates beautifully... Especially with the psychic stuff!

Neat, huh?

So... does all this mean that we need to learn how to cut stress out of our lives?

Nope. Even psychic practitioners need stress. Like I said before, it's healthy!

But there are situations that are all too common in this day and age where stress is definitely not healthy, and these are the areas we need to work on.

When is Stress a bad thing?

Even though stress may evoke an uncomfortable response, it is not in and of itself "bad".

We evolved with stress and it serves a specific and important purpose: to aid in our survival by providing a quick burst of energy to be released to combat a "dangerous" situation.

The problem in today's society is that as the pressures and perceived dangers have become subtler, the outlet for the release of physical energy becomes less clear.

In the days when the danger to humans was getting eaten by a predator or being attacked by a neighboring tribe, the use for the burst of dynamic physical energy associated with the stress of that situation was clear: Run for your life, or fight to the death.

Fight or Flight.

The extra energy that the stress response made available was a perfect fit to the situation.

In today's society the more common forms of "danger" tend to be in lines with *perceptions* of mental or emotional distress like being afraid to ask a question at an important meeting for fear of being thought to be stupid.

This fear can then feed other fears to create a domino effect. Having failed to ask the question when it was appropriate, you now face the possibility that someone will "catch you" by asking you something that you should know and thus embarrass you. This creates a vicious circle that leads to more and more stress and no good, immediate outlet for its release.

Fear of humiliation, embarrassment, financial pressures, and a host of other "common" stress causing items provoke the stress response and flood your blood with chemical energy but don't really lend themselves to a good physical outlet to burn off those chemicals and release that extra energy.

If the energy is not directed and released, this pent up energy lingers and becomes tension, a condition which was intended to be a short term state for the body. When tension and pressure stay for extended periods without release they tend to create a great deal of problems for the body which we will see in just a minute.

To sum it up, Stress is a bad thing when the energy it releases has no place to go and when it is allowed to linger in the body for extended periods of time.

Symptoms of Stress

The symptoms of stress can impact us in many ways. Sometimes they are obvious and sometimes they are not.

Without an outlet for the extra tension and energy that the stress response creates, the muscles often stay tense even when they no longer need to be. This can lead to knots and cramped muscles that can cause a variety of chronic aches and pains.

In addition, when muscles remain tensed for extended periods of time, they can cause irregular pressure on the body which in turn can pull things out of alignment. Knots in the muscles of the neck and back are particularly common and can cause issues like headaches, back aches and even a slipped disc.

When the muscles are knotted, the body is under more physical pressure than it normally is. When more pressure and tension are applied to the body, there is a much greater likelihood of injury in the event of an accident. Someone who is tense or “high-strung” that gets into an accident will tend to get more hurt than someone who is relaxed.

This is the reason that you may hear of a sleeping passenger or a drunk driver getting much less hurt than other people when involved in a car accident... A sleeping person is much more relaxed and because they are not aware of the danger their body does not tense up prior to any impact.

A similar thing is true with the drunk driver: Because the alcohol has impaired his reflexes, he will most likely not realize there is a danger as soon as a sober person. This gives his body less time to react with the instinctive tensing up response. In addition, the alcohol acts as a depressant and muscle relaxer, so when he does tense, it will not be as much as a sober person. These two factors lead to the person who is drunk being physically less tense during the crash, which is why he is less likely to get seriously hurt in the accident.

In some Asian cultures there is a saying: “The reed that bends in the wind will survive the storm that the proud tree does not”.

Another way to imagine this is to think about a circus tent with a large pole in the center and secured by ropes to the ground all around. If all of the ropes are equally tight, the pole will stand straight and tall.

Now imagine that one of the ropes suddenly shrinks (just like your muscles do when they tense up and contract). Now the pole will either lean in one direction and pull harder against the other ropes (muscles) to stress *them* or the pole itself will be stressed and will bend and weaken. If the pressure keeps mounting ... “Snap!” something has to give... either the pole or the rope, and that’s bad!

In addition to the muscle cramping, aches and pains, the tension induced by stress can cause headaches, keep you from falling to sleep easily or from sleeping deeply and soundly.

Not getting enough sleep can also contribute to a number of health issues including fatigue, anxiety and depression so even when stress may not be the direct cause of a problem, controlling stress can often be a huge part of the solution!

Prolonged Stress has even been linked to many other physical and psychological problems. It can even interfere with the body’s production of chemicals that aid in natural defenses against viruses that cause AIDS, Chickenpox and even the common cold.

Stress encourages the production of inflammatory hormones which drive heart-disease, diabetes and obesity. These increased levels of hormones can also wreak havoc on people suffering from afflictions like Rheumatoid Arthritis because they can cause increased swelling, pain and inflammation of the joints.

A recent study published in the Journal of Circulation even found that mental stress can trigger irregular heartbeats... a condition which can be fatal!

There is another killer reason to manage stress: Stress is very closely related to a condition called *hypertension*, which is essentially what doctors call high blood pressure.

Hypertension is an *extremely* dangerous condition which can cause a host of ailments on its own, ranging from strokes and heart-attacks to eye and kidney damage.

So, hopefully you now understand how unreleased tension caused by stress is harmful, but that stress itself is not the enemy. Prolonged tension with no outlet is the unhealthy part. Stress was simply doing its job by making extra energy available. We just didn't do our part by releasing that energy in a constructive way.

This is just one of the reasons why engaging in physical activities like sports is a healthy past time. It gives your body an outlet to burn off the stress induced chemicals in the blood so the energy has a constructive place to go.

In addition to a good physical work out, there is a simple, pleasant, extremely healthy way to relieve that tension. Not only that, but that same method will also dramatically improve your health, reflexes, stamina, metabolic efficiency, help get us back in touch with the subtle sensations of our body, and pave the way for our work in later chapters.

Exercise is good for relieving tension, but I am about to teach you something that is even better...

Ladies and Gentlemen, if you take nothing more from this book than the Deep Relaxation Training technique that I am about to teach you, you will still have gotten a tremendous value for your money.

The Physical Corner Stone: Deep Relaxation Training

Deep Relaxation Training, or DRT as I will later refer to it, is the first of the three cornerstones that this psychic development course is built on and is one of the most powerful techniques that you can learn for your physical health and well-being.

Deep relaxation training is based on a method of creating tension in your muscles to *fight* the tensions in your muscles!

I know that might sound ridiculous to some of you, but let me explain how this works by way of an example.

You may have heard of the expression “Fight fire with fire”. This refers to a method of directing a specific type of force that you can control against a similar force that you wish to neutralize.

The expression originates from a technique that forest rangers use to get dangerous wild fires under control. The technique is called a “Controlled Burn”, and it works by setting a small fire that you can control ahead of the path of a large fire that you cannot.

The idea is that the small controllable fire burns up all the fuel in the area ahead of the wild fire. Then, when the raging, out of control fire gets to that area, there is no fuel left for it to burn, and so the large fire goes out.

Controlled burns are also used proactively to create fire-breaks in the forest to help put a structure in place to manage fires even before they begin.

The technique of “Dynamic Tension and Relaxation” is a similar approach for fighting tension in the body.

Unresolved stress means that the muscles that were tensed in preparation for action were never really allowed to relax. This creates an imbalance in the body, which in turn causes the surrounding muscles to stretch unnaturally and for extended periods of time. Just like our earlier example with the tent pole, this can cause real problems for the body.

The problem is that you can’t just deliberately and consciously tell your body to just let go of all the knots any more effectively than a forester can control a wild fire by asking it to go out.

What we need to do is use tension to fight tension. There are many muscles that we have a great deal of conscious control over, and many that we don't.

If you can't specifically relax the muscles that have the knots and tension, we focus on the areas near them that we *can* control and relieve the strain there. This way, we indirectly cut off "fuel" for the muscle knots... it's a controlled burn for tension, and like loosening the other ropes in our tent pole example.

An interesting note with this technique is that as you practice it, you will start to develop more conscious control over many muscle groups that you did not have much control of before.

This means that without any deliberate effort on your part, you will probably notice the happy side effect of improved coordination, balance and athletic prowess after you have been practicing for a few weeks.

You will also find the technique works faster and more effectively the more you do it, and that as you train your muscles in the art of relaxation, they are much less likely to get strained or stuck into knots in the first place.

That makes this technique not only a handy way of relieving stress, but an excellent way of preventing tension in the first place. When you initially start practicing this technique, it may take a fair bit of time, but rest assured that the practice gets much quicker as you get better at it, and that there will be short cuts that you can use later on.

To begin though, practice the technique in its purest form, just as listed here. Once you understand what it feels like and how it works, you can begin your own experimentation to optimize things for yourself.

Harnessing the power of Dynamic Tension

Begin by assuming a comfortable position. While any relaxed natural posture for sitting, standing or lying down will work, I recommend that you start your practice lying down. Standing and sitting both require certain sets of muscles to remain tensed to keep your balance.

We can certainly work with and around this minor issue as we attain more skill, but let's stack the deck in our favor by starting our practice with the easiest posture first.

Lie down flat on your back on a flat comfortable surface. If you wish, you may place a very thin pillow under your head if it makes you more comfortable.

Rest with your arms slightly out from your sides with the palms facing down and your legs slightly apart.

Breathe with slow, deep, even breaths for a minute or two and relax your body as much as you can.

Next, during one of your inhales, breathe in slowly through your nose and at the same time clench your left hand into a tight fist as you inhale. Do not clench so hard that you cramp the muscles... that would completely defeat the purpose of this exercise. Do clench fairly hard though... you want all the muscles of a particular muscle group to *know* that they are engaged.

Keep your fist clenched as you hold your breath for a couple of seconds, and then exhale through your mouth at a natural pace while you relax your fist as completely as you can.

Now take a couple of seconds to focus on the sensations of relaxation that flood into your hand as it relaxes. Repeat this three times on the left side, and then do the same thing with your right fist three times. Finally, clench and relax both fists together for three times and take a little time to focus on the sensations of relaxation.

You may find that you have a slight tingling in your hands... It would be similar to the "pins and needles" sensation that happens when your circulation is cut off and a part of your body "goes to sleep", but this is a much gentler and far more pleasant sensation.

If you do not experience the "tingle" right away, do not worry. It begins as a very subtle sensation and will develop with practice. It may come the first

time that you try this, or it may take weeks, but it will come and it's a sensation that you will want to look for since it is one of those "sign posts" that let you know that you are on the right path.

Now we are going to do the same tense and relax exercise through all our muscle groups, adding a few more muscles each time.

Make a fist just like last time but now add a bend at the wrist when we tense, and let them both go when we relax. Three times with the left only, three times with the right only, and finally three times with both.

Next we progress by putting tension in the forearms as well as the fist and wrist. Some people find it helpful to press their arms into their sides or into the mattress to help them produce tension in the forearms. You will find what works best for you with experimentation.

With each new muscle group that you add, always remember three on one side, three on the other, and three together. Tense - hold – relax, and then look for the sensation that follows.

Next, add the biceps: left, right, and then both together.

Then add the muscles in your shoulders by sustaining a shrug like you are trying to bring your shoulder to your ears. Left - Right - Both.

Now that we have all of the muscle groups for the arms relaxed, we are going to work on the legs using the same technique.

Start with just the toes of your left foot. Tense - Hold - Relax. Do this three times, then do the same for the toes of your right foot for three times. Tense - Hold - Relax. Then both left and right together three times.

Next, add the muscles in the arch of your foot and follow the progression all the way up your legs and finally to clench your buttocks:

Toes - Arches - Ankles - Caves - Thighs - Buttocks

When you finish doing both legs together for the third time, do three more with the both arms and both legs together.

Next, work the muscles of the abdomen, back, chest and shoulders. Arch your back slightly and try to bring your shoulder blades together to work those muscle groups.

To tense the muscles in your abdomen, pretend that you are just starting to do a sit-up, but don't actually lift your back off the ground. Just let the muscles stay tense.

Do this three times with just these muscle groups, then three times tensing everything you have worked up to this point.

At this point during your relaxation phase you might feel like you are floating or perhaps you will feel a sensation of heaviness. The sensations are different for each person, but they will be extremely pleasant.

Next we use the same procedure to work on the face and neck.

Tensing your face might sound a little bizarre, but you can do this by squinting your eyes and making a "hard scowl" with your mouth. While making a broad grin with your mouth might feel like you are tensing your whole face, it actually takes more muscles to make a frown than to make a smile, so frowning actually works better for this exercise.

Tense - Hold - Relax. Three times.

Now do the face and carefully tense your neck and shoulders as well.

Three times.

Next do everything all at once... arms, legs, face, neck, back, chest... everything.

As you lie on your back, you should feel unbelievably relaxed. Focus on your slow, regular, and easy breathing and enjoy the sensation for as long as you wish.

Basking in this relaxation is as important to the exercise as the tension and relaxation of the muscle groups itself, so feel free to linger... Not only is it invigorating and extremely pleasant, it's healthy!

The ultimate goal is to reach that “tingly” sensation all over the body, so practice trying to get a deeper and deeper relaxation out of this practice each time you try, and look for the tingle each time. It will come eventually.

When you are ready to complete these exercises, move each of your muscle groups in turn... not the super tension that you were doing, just regular old movement.

Twitch your fingers, flex your arms. Wiggle your toes, and move your feet...

Move all the muscles, and then sit up slowly and carefully... You were enjoying a level of relaxation that your body has probably not felt in a very long time if at all and you have slowed your breathing and heart rate.

Get up slowly or you risk passing out. This is because the change in elevation of your head above your heart and the increased demands of blood to your muscles while your heart is beating more slowly make it harder to keep blood going to the brain.

Rise slowly and with a nice healthy stretch, like you are getting up from a good nap, and your body will thank you for it!

As you practice these exercises, you will not need to specifically work all the muscle groups in turn like you did initially. After a bit of practice, you will be able to work the arms all at once, the legs all at once and then the other muscle groups.

Go slowly and don't be too eager to skip steps in the beginning. These exercises are designed to help you and if you try to graduate and take short cuts too quickly you are simply robbing yourself of their full benefit.

With a fair bit of practice, you will eventually be able reach these levels of deep relaxation almost at will, and this state of relaxation is tremendously useful in many ways.

This relaxed state is an outstanding starting point to practice other techniques like meditation and while practicing it you may find that your powers of imagination and visualization are greatly improved. You may also find that when you are done with the exercises that you are in an amazingly clear "mental space".

A happy bonus of doing the exercises is that with regular practice, you will find that muscular tension and stress simply don't "stick" to you anymore! Your body will completely release any muscular tension as soon as it is no longer needed... just like it's supposed to!

Advanced DRT techniques

Here are a couple of advanced variations to consider once you have mastered the basics of the physical DRT technique and while you are enjoying the super-relaxed state that follows: While you are breathing in and tensing up your muscles imagine that all the tension rises from deep within and floats up to the surface. Imagine the tension like a shadow on the surface of your body.

Now, as you exhale, see this dark shadow rise up like steam and literally blow away as you exhale. As the shadow evaporates with your exhale, imagine the muscles underneath glowing with a beautiful shining white light.

As you progress with the exercise, let your imagination show that the dark shadow gets slightly less dark with each inhalation, and the white glow gets more bright and white with each exhalation.

Eventually you should envision your entire body emitting a glowing, pulsing white light, symbolizing that all the deep "dark" tension has been removed.

Your body is now glowing all the time, but it is still pulsing in intensity in time with your breathing, with the dullest part of the pulse at the end of inhale and the brightest part of the pulse at the end of each exhale.

With practice, you will be able to use this visual technique as a kind of instant diagnosis on your body: when you begin the exercise you will see your whole body glowing with energy, but you will mentally see where darker splotches occur. That is your bodies way of showing you where tension is accumulating and where you need to pay particular attention.

Once you gain some proficiency reaching the deep relaxation state, it's time to take the relaxation even deeper by focusing more on the sensation of the "tingle" that I mentioned before.

The tingle can be subtle to find at first, but once you attune to it, it gets much easier. It's a little like becoming aware of music from far away. It's almost subliminal at first, but once you become aware that it is there and listen for it, it becomes much easier to hear.

While you will probably be able to get your arms and legs tingling pretty well after a fair bit of practice, getting the same sensation in the head and torso takes quite a bit of practice. It may take a long time to master but don't be discouraged!

Practice! Believe me, it will be worth it!

When you can get your whole body glowing and immersed in the tingle from head to toe, you will be enjoying a level of relaxation unparalleled in your life and you will have reached a state that truly revitalizes and rejuvenates the body.

Deep Relaxation Side Effects

There are three things that I would like to make you aware of that you may encounter sooner or later as you continue your practice of this technique. Any one of them may be startling at first, but they are natural and to be expected, and are actually good indicators of the depth of your relaxation.

At some point as you do the DRT exercises it is likely that your physical relaxation for a particular muscle group (or groups!) will reach a point where the last bit of tension gets released all at once with a noticeable “twitch” or spasm. You may have noticed this if you’ve ever watched someone fall asleep, or perhaps even in yourself as you were starting to doze off...

This is completely normal, and nothing to be alarmed about. After the twitch, those muscles will have reached “the next level” of relaxation and should feel amazingly relaxed and comfortable. You may find that with lots of practice your muscles may even do a second or even a third, minor twitch to reach an even deeper level of relaxation, so expect the twitch if it comes.

The second thing to be aware of may also come when you are basking in the super-relaxed state after you have completed all the tension aspects of the exercise, particularly if you have relaxed enough to experience the tingle and probably after you have gone deep enough to experience at least one twitch...

When it comes time to get up, you may find yourself temporarily paralyzed.

If this happens, just stay relaxed and DO NOT PANIC!

This is normal, natural, event called “Sleep Paralysis” and it happens every time you got to sleep even though you have probably never experienced it consciously before.

There is absolutely nothing to worry about.

Actually it is a sign that you are making excellent progress in your studies. As you get more proficient, you will likely experience it more frequently.

It often feels like a heavy lead blanket is covering your body and it is very difficult or maybe even impossible to move your limbs. You might even feel like there is a weight on your chest or that your breathing feels labored.

The labored breathing feeling is simply because breathing happens through both voluntary and involuntary nerve signals triggering the muscles to move, and the voluntary nerve signals may be dampened in this state.

Trust me, your body knows how much oxygen you need and will make sure that you are getting enough.

The paralysis is **very** temporary and is simply the result of part of your brain thinking that if your body has gotten *that* relaxed, it must have gone asleep.

Just like we mentioned in the section on sleeping, your brain sends out signals to “jam” the nerve impulses going to your muscles so that you do not act out your dreams and it is very possible that the twitch we mentioned earlier may even be when these “jamming signals” first reach the muscles.

To break the paralysis, you just need to convince your body that you aren’t sleeping, and that’s actually pretty easy to do.

Simply start breathing a little faster and concentrate on rolling your eyes, and then wiggling a finger or twitching a toe or moving your mouth and jaw. In a moment or two you WILL be able to move it, and then almost immediately after you will be able to move everything else too.

Follow it up with a nice healthy stretch, and you’ll feel absolutely amazing, and with regular practice this will also super-charge your immune system and add a nearly super-natural resistance to illness!

As you continue your practice of this exercise and pay special attention to the sensations it generates, you will start to develop a true mastery over your physical body.

DRT and the Out of Body Experience

The third thing that I would caution you about while doing the DRT exercises is that you may experience something called an Out of Body Experience, or OBE.

OBE's are sometimes referred to as "Astral Projection" or "Soul Travel". This is a state where the consciousness actually separates from the body and acts independently for a short time.

It's a fascinating experience, and just like the twitch or paralysis, a completely natural one. The only difference being that when this happens to you naturally while you sleep, you simply wake up the next morning and assume that you had a particularly vivid dream if you happen to remember it at all.

In fact, the sensation of Déjà vu, that sensation that you know some place that you've never been to, or that you've "done this before", may be from experiences that you have had in Astral "dreams".

Until you have an OBE yourself, it's pretty likely that you consider the idea that our consciousness can be separated from our body as a pretty far-fetched.

Sure, most religions teach us that we have a "soul" that lives on in some form after death, but that's just religion, right? We have to take that on faith because we've got nothing else to go on.

If you truly believe you have a soul that exists after death, then clearly it doesn't need a body to exist. That would defeat the point.

So, if a soul can exist without a body, what's to say the soul can't leave the body temporarily under special conditions? Who says it has to be a one-way trip?

That's all well and good for the religious minded folks out there, but those with a more logical disposition might have a tougher time coming to terms with this idea.

Most people who have never experienced a conscious OBE consider consciousness a property of our brain, but what if that is not the case? The

brain is the nerve center of the body to be sure, but science has not yet identified how thoughts actually come to exist in the first place.

While studying the brain the best we can do for now is to view the *side effects* of thought. Our instruments can show us what neurons fire and which parts of the brain light up when we think of certain things or are exposed to certain stimuli, but we have no idea where the actual thoughts or ideas come from or how they form.

We are complex creatures of both matter and energy, and that energy is normally superimposed in, through, and around the physical shell that we call our bodies.

What if the actual thoughts and ideas we have, the *essence* of who we are is really a property of the energy part of us instead of the physical part?

Would we be able to tell the difference?

Remember, all our senses boil down to simple electrical signals that end up at the brain for processing... What if the real function of the brain was to just coordinate all those signals and then operate like a radio set that was perfectly tuned to the frequency of your consciousness?

What if it converts all of that sensory information into the form that your energetic self could use, and all of the higher thoughts and reasoning happen within the consciousness field that permeates your brain?

Since your brain is in tune with the consciousness, whatever your consciousness decides to do is then picked up by the brain, converted into electrical signals there and relayed to the appropriate parts of the body to be acted on. Your body would essentially be run by “remote control”.

The “Seat of Consciousness” of our energy center could, out of habit, superimpose itself right smack in the center of our heads, closest to where all of our sensory signals are being processed, and right where we think we “hear” our thoughts coming from.

It would be like driving a car by remote control, while you are actually sitting in the car!

From our point of view, or heck, even from a scientific instrument's point of view, everything would seem exactly same, and yet if we accept the idea of a "consciousness field" that permeates our physical bodies, certain extra-sensory phenomena become clearly explainable: Telekinesis is using our energy selves to interact with the material world directly. Telepathy (reading someone else's thoughts) would be a simple matter of your consciousness field talking directly with someone else's. Astral Projection is disassociating your energy self from the body temporarily...

In fact this consciousness field/ brain connection can also explain other things, like what is going on in a patient who is physically healthy but in a comma... an injury or disease in the brain has altered its structure enough that it is no longer "in tune" with the consciousness field.

But enough with all that... I'm sure that when you experience an OBE yourself, you will come to your own conclusions.

The point is that in the deeply relaxed state that we are cultivating in our DRT exercises, we may be able to get our "internal" energy flowing so well, that it literally slips past its normal confines and temporarily disassociates itself from the perspective of the body.

What this means to you, is that you may find yourself spontaneously floating near the ceiling of the room that you are practicing, looking down on your own body.

This can be scary if you aren't expecting it, and exhilarating if you are, so please be prepared.

If you find yourself in the Astral state, things may look different. Your brain isn't processing electrical signals generated by the nerves in your eye this time... you are getting direct energy impressions from whatever you are looking at.

Colors may be different, or you might perceive things in black and white. You may be able to see the Aura of other living things including people, plants or pets with amazing clarity. You may discover the curious experience of being able to see all 360 degrees around you at the same time.

You may find that you can pass through walls and doors, float, fly or walk.

It's a lot to take in, but very, very exciting. I'd recommend you explore this if the opportunity presents itself, and if you wish to seek out the experience, I've listed an outstanding source of additional information at the end of this section. It includes not only great information on Astral Projection, but also on lucid dreaming and sleep paralysis.

When astral projection happens, you will most likely be enjoying your peaceful, deep relaxation state (very possibly going deeper than you ever had in the past) and you might feel a sensation like butterflies in your stomach... like you are descending in an elevator, or the feeling you get when you ride a roller coaster and it takes a sudden dip. The next thing you know... poof. You're floating on the ceiling!

How to do Astral Projection

As with all sections of this manual, if you intend to explore this ability for yourself, *please read the entire section first, before trying the exercise.*

The sensations you will experience when you leave the body, are not unpleasant, but they are alien to your conscious mind, and they can seem very weird and disorienting.

If you succeed in doing this without knowing a little bit of what to expect, it could be emotionally jarring, and that could lead to a fear response which will set back not only your astral experiments, but your tangible psychic development as well.

If you wish to actively seek out this experience, a method to help make this happen is to lay flat on your back, and start from the deepest relaxation state

you can obtain. Practicing Astral Project during sleep paralysis is particularly effective.

Next, close your eyes and visualize a pure white light glowing from your solar plexus, and when that image is clear in your mind, imagine a beam of silver energy flowing out from your solar plexus, up in to the air a few feet above you, and forming a cloud-like silvery mist.

Imagine the mist thickening, and forming into a very vivid likeness of you, staring down at yourself, almost like you were looking into a mirror, and then try to change your perspective... Imagine that YOU are the one floating and that you are looking down on your body.

With practice, at this time you will feel the curious sensation that I described, and suddenly you will BE in the Astral body!

While in the Astral, your consciousness is for all practical purposes a ghost, and your body is asleep. Since your Astral body is a construct of thought, you move it by desire and intention, not by mechanics. Flailing your arms and legs won't help you move at all, and if you panic because you cannot move, you will shoot right back down into your body.

To move in the Astral, focus on the *desire and intention* to rise up, or float to the next room or move in a particular direction, and then expect it. In very short order you will find yourself moving as you wished.

If you try to interact with other people, most will not be able to perceive you at all, although some may feel a chill as you get close to them.

People who are psychically well developed will be able to detect you without much trouble, but they may not pay you much attention... there are a lot more energy beings floating around than you might think, and the people that can perceive them have all the reasons that I listed in chapter 1 to not react overtly to you, especially in public!

Getting back into your body is easy... too easy for most people. Just will yourself back. In most cases you will pop back instantly, but if not, just float back over your body, and settle back in.

In rare instances and especially if you are startled in the astral realm for some reason, you will shoot back and “Crash” back down into your body, and you may end up physically sore and very likely with a brutal headache.

This is because your energy tried to reintegrate with your body too suddenly. If this happens, the best way to solve this is to try to take a short nap, even 15 minutes. As soon as you go to sleep, your body will make sure that everything is in order, just as it does every time you go Astral while “dreaming” during your normal sleep and you will wake up feeling much better.

The real trick is *staying out* of your body... especially the first time. The first time I did it, I had been working hard on Astral Projection for a long time. When I finally got out I was so surprised that the stress response kicked in and blasted me back down into my body so fast it was like I bounced off the ceiling and slammed back into my own body.

Of course, then my heart was racing, I was shaking with adrenaline and I was so excited that I had no chance of succeeding with any follow up attempt for that session, but I’ll never forget it, and neither will you when you have your first success!

In fact, even the briefest success will change you forever. The biggest and most obvious way is that you will instantly and forever lose your fear of dying.

Death need not be the sinister specter of annihilation that haunts your dreams and feeds your fears.

In the Tarot divination system, the card called “Death” is actually interpreted as “Change”, and rightly so.

“What the Caterpillar calls the end of the world, the Master sees as a Butterfly”

- Richard Bach, from his book “Illusions”

It is one thing to intellectually understand when physics tells us that energy can neither be created nor destroyed. It’s quite another thing to experience firsthand that the energy that makes you, “you” can exist outside of your physical body!

A couple of things to be aware of if and when you choose to explore the Astral: First, when you return from an Astral adventure, your brain reacts in much the same way as it does when you are dreaming. I highly recommend that you keep a note pad so that you can write things down as soon as you return. If you don’t, the details can fade very quickly and you could forget them.

Next, understand that in the astral state, you are not always alone. Astral projection is a natural thing to do, and something that almost everyone has experienced at one time or another when sleeping, whether they knew it or not when they woke up.

If you encounter another creature in the Astral, it might be another person, or it might be a different kind of creature all together. Some don’t have (or need) physical bodies, and live completely in the astral realms. Treat any creature that you encounter there with courtesy and respect. If they appear strange to you and you are uncomfortable with the encounter for any reason, (and you don’t instantly pop back into your body!) just wish to be someplace else and you will.

There is FAR too much to learn from and about the astral, than I can cover here, but fortunately there are a lot of good books written on the subject and a number of excellent resources that you can find online.

If you want to explore Astral Projection further, and are looking for an outstanding online resource with lots of great information and videos, I highly recommend the website: [Lucidology](#)

This site has lots of very helpful information that I have not seen anywhere else, and it has pile of excellent information on inducing a waking sleep

paralysis and how to use it as a springboard for psychic development techniques. Naturally their emphasis is on astral projection, but the state of sleep paralysis, with a waking mind and sleeping body is a tremendous opportunity for experimentation for your other psychic skills too.

Be sure to check them out if you get a chance!

The Vitality Effect: Feeding your Inner Fire

A wine glass may be perfect for holding wine, but take that same glass and try to catch the water coming out of a fire hose and the odds are pretty good that you are going to have a broken glass on your hands.

Just because the shape of a glass may be suitable for holding water does not mean its structure is adequate for a specialized situation like in our fire hose example.

Special circumstances require specialized tools, and in our case, the tool is our body.

The purpose of the DRT exercises is to tune our bodies to be able to resonate with and channel the energy we will be using so we can make exciting things happen, but resonance is a very powerful force.

Remember our example with the wine glass and the opera singer? It is the power of resonance that allows sound to shatter the glass. The glass will break when it absorbs energy beyond its structural capacity. Then it literally shakes itself apart.

Fortunately, in our work with energy we don't run the risk of shattering our bodies if we tap into more energy than we can cope with. As I said earlier, our bodies have a built in mechanism to protect us... it will make us get dizzy, disoriented and possibly even pass out.

That is why "tuning" alone is not enough for us to accomplish what we are attempting.

We also need to temper our body to give it the strength and vitality so that our bodies don't need to activate our failsafe and shut down our exercise. We need to condition ourselves to effectively work with the vast amounts of energy that we will be generating in chapter 6 and to do this, we need to ensure that all parts of our body are working at peak efficiency.

There is a component to physical strength, power and stamina that is extremely important and often overlooked: *The way we breathe*.

We instinctively know enough to get by, and we assume that we know all that there is to know on the subject and that we are covered. The truth of the matter is that there is actually a tremendous amount of potential tied to the way we breathe that we are just starting to rediscover.

You would think that something so important, so powerful, and so easy would be taught to every person on the planet, but that is not the case.

Some techniques in both Yoga and many of the Martial Arts reach far back into history. Some of the breathing exercises that come from the Yogic disciplines have roots stretching back thousands of years, and these disciplines would not survive this long if they had no merit.

Anyone who has studied Yoga or martial arts however knows that there is a profound power that can be tapped by breathing. Different types of breathing are good for different kinds of things.

If you have ever had the opportunity to watch a martial artist break cement blocks with his bare hands you know that he doesn't just walk up to the blocks and smack them. If he did, he would probably hurt himself very badly.

He approaches the blocks, relaxes his body, takes a number of long, deep breaths, and then on a forceful exhale usually accompanied with a shout (called a Kiai, which literally means "Spirit-Shout") a smooth powerful strike is delivered that shatters the blocks.

Clearly there is some kind of power associated with breathing. To discover what that power may be, let us take a closer look at what actually happens when we breathe.

The Science of Breath: What Breathing has done for you Lately

Oxygen.

It is needed by EVERY part of the body to keep the tissues alive. This is why blood vessels go to all parts of your body, even into your teeth! Without oxygen, your tissues (and thus you!) would quickly die.

Considering that you need to get oxygen to every living cell of your body, you would probably guess that you would need an awful lot of blood vessels to do the job. In fact, if you could put all the capillaries, veins and arteries that make up your circulatory system in one big line, it would be more than 90,000 miles long! (Really!)

Your breathing is designed to efficiently carry oxygen to every cell of your body. It takes place in two distinct phases: an inhale and an exhale.

During inhalation, a muscle in your lower abdomen called the diaphragm and the muscles between your ribs called the intercostal muscles contract. This creates an area of lower pressure in your chest area where your lungs are. This low pressure area is actually a vacuum which sucks air into your lungs in much the same way that the bag on a vacuum cleaner inflates when the device is turned on.

As the lungs inflate, air is drawn through the trachea, down the bronchial tubes and into the lungs. Once inside the lungs, the bronchial tubes keep splitting off into a series of increasingly smaller branches which ultimately end with a cluster of tiny balloon-like air sacs that looks like a bunch of grapes. These air sacs are called alveoli. (Pronounced Al-Vee-o-li)

As you inhale, more and more of these little alveoli inflate with air, and your lungs increase in area. This is why your chest expands as you breathe.

While this is all very interesting, the real magic comes next. The air sacs are unbelievably thin, and have tiny little blood vessels called capillaries touching them from the other side.

Oxygen seeps through the membrane of the air sac and leeches through the walls of the capillaries to contact the blood. From there it combines with a special chemical in the red blood cells called hemoglobin which absorbs the oxygen. This is how blood can carry oxygen to all the other parts of your body.

An interesting note is that the same process that turns blood from its natural blue state (as seen in the arteries) to its red state is the same process that makes iron rust: Oxidation!

The important difference between the way metal oxidizes and how the blood does it, is that the blood "rusts" very quickly and is willing to let its oxygen go once it gets it... to un-rust! Metal, as we know, does not want to part with its oxygen so easily, which is why you never see rust on your car go away on its own.

At the height of your inhalation, all the little air sacks should be inflated and oxygen is passing into the blood. At the same time, oxygen that has been used up by your body has combined with other stuff and is now rich with a gas called Carbon-dioxide. This gas passes from the blood back into the air sack.

When you exhale, the diaphragm and intercostals muscles relax and the lungs contract. This forces the used-up air back out of the body so the process can begin all over again.

Now that you have an appreciation for what your body has to do to get oxygen to its various parts, let me touch on something extremely important for our studies: Don't Smoke!

Sure, you've heard it all before, but you may never have heard of what smoking does to you specifically. Through medical research, it has been

estimated that each cigarette that you smoke will shorten your lifespan by approximately 7 minutes.

Cigarettes are a mix of hundreds of chemicals, many of which are known to cause cancer and other health risks. These chemicals include cyanide, ammonia, and carbon monoxide, as well as the primary addictive agent, nicotine.

When someone smokes a cigarette, they are in fact breathing in air that has already gone through the smoldering tip... in essence, air that has been burned.

Oxygen is the agent in the air that allows fires to happen, and fire consumes oxygen. It stands to reason that air that enters the lungs by way of a lit cigarette already has a percentage of the oxygen removed from it by the burning tip, so there is less oxygen in the air entering the lungs.

Strike one.

What's worse is that all those chemicals coat the inside of your lung tissue making it harder for oxygen to pass through the air sacs in the first place.

Strike two.

It gets worse. The carbon *monoxide* that you breathe in from a cigarette is very similar in chemical composition to the carbon *dioxide* that your body processes normally. The problem is that carbon-monoxide forms a much stronger chemical bond in the blood and is much harder for the body to get rid of than carbon-dioxide. This means that even at the chemical level there is less opportunity for oxygen to enter the blood, since the "space" reserved for oxygen is taken up with the an unwanted guest who will not leave.

If you've ever heard of someone passing away because of being in a closed garage with a running car, it's carbon monoxide that killed them...

Strike three.

I'm not busting on smoking just for the fun of it. I'm busting on smoking because if you have any plans at all of experiencing the extraordinary things that I hope to show you, smoking is a detriment at every possible level and will virtually guarantee that you will fail.

If you *are* a smoker, there is hope: it's never too late to quit. A lot of the damage to your oxygen absorption and lung capacity will diminish after just a few months without a cigarette, so if you were ever thinking about quitting, this would be a great time. I'd just point out that nicotine replacement products designed to help you quit are also detrimental to your psychic health, so if you use them, be sure to quit THEM as soon as possible too!

Ok, less oxygen is bad. That should be fairly obvious.

Of course, the opposite is also true. Getting additional oxygen into your system will have an extremely positive effect on your physical well being and on your psychic studies.

Even doing simple breathing exercises will offer some excellent health benefits, and we need to get the physical shell that we call our bodies into the best possible shape for success.

A little later I am going to show you to a very powerful breathing exercise that will dramatically increase your health and vitality while greatly speeding your psychic progress at the same time.

In the mean time, understand that the oxygen that you take in from breathing is part of the way that your body liberates energy from food.

The energy that runs our body is created by breaking down food into glucose, and then for all practical purposes, "burning" it by combining it with the oxygen we breath in.

Obviously, if your body doesn't have enough energy, it's not going to function properly. The problem is that the body is so clever in the way it handles and prioritizes how to spend the energy and resources it has available

that it's often hard to tell that you are not performing up to your full potential.

Most of us have settled into a long time habit of unhealthy shallow breathing and this has had numerous and costly ramifications that you probably don't even realize.

Not only that, but most of us have been performing beneath our potential for so long that we have adjusted our expectations down. Those of you who stick with this course and try the breathing exercises coming up are going to be very pleasantly surprised at the profound improvements you will experience, and not just physical ones either!

To understand a little better about the benefits you can expect, let me begin by explaining what your body does when it doesn't have enough oxygen to do everything it wants to.

The Symptoms of Oxygen Starvation.

When the body is not getting enough oxygen, it has to take some emergency measures to ensure that the most important things are getting what they need.

The body constricts certain blood vessels, essentially rationing the energy from the less needed areas so that there will be enough to keep the important stuff like the brain and heart working.

Depending on how bad the lack of oxygen is, more and more of the circulatory system will start shutting down. When the less important blood vessels in the skin and around the hands and feet get constricted, the outward symptoms may include cold hands and feet or being particularly susceptible to feeling chilled.

If the oxygen deprivation gets more intense, the body will cut back still further, and the muscles are not "fed" properly and stop working at their best efficiency. You might find that you fatigue easily and you tend to feel physically weak and generally run down.

This is why athletes sometimes train at high altitudes... thinner air forces the lungs and heart to learn how to extract oxygen more efficiently. There is less oxygen in the air but their muscles are still demanding the same amount so the lungs and heart get a much harder workout.

After a high altitude training regimen, when the athlete goes to actually compete at a regular altitude the air is comparatively richer in oxygen. This makes it easier for the body to ensure that the muscles are getting enough oxygen for their optimal performance.

With less oxygen still, the body begins to limit blood supplies to things that it “kinda needs”... like the stomach and intestines. At this point any number of digestive difficulties can become manifest.

At the next level, some “kind of important” stuff starts taking a hit... organs like the kidneys and liver which remove toxins from the blood aren’t working as well as they should, and this gives a lot of momentum to a very nasty downward spiral in health.

In the last stages, there is simply not enough oxygen to feed the brain correctly. The afflicted person may become dizzy, light-headed or even faint. This is what happens when a wrestler puts someone in a strangle hold... It cuts off the flow of blood to the brain, which results in the person losing consciousness in just a few seconds.

You may notice that these are the same symptoms that I told you to expect if you were unprepared and your body takes in *too much* energy. It may seem odd that the same symptoms show up if there is too much or too little energy but if you think about that for a second it becomes clear what is happening.

Obviously with too little energy the body shuts down and you get the symptoms, but when there is too much energy the body does the equivalent of tripping a circuit breaker. This very effectively (and very temporarily) shuts down the body’s ability to process that energy which results in the body not getting energy and shutting down.

The body has lots of tricks to ensure that the correct flow of oxygen is quickly restored, but if the brain is deprived of oxygen for even a few minutes, brain damage or death can result.

Increasing your internal energy: Preparation.

Breathing exercises are best done sitting comfortably upright with good posture, standing, or laying flat on the back. Poor posture puts more stress on the rib cage as the lungs expand, and the lungs cannot expand as fully and so they take in less oxygen. So... sit up straight!

Now that we have good posture, begin with a long, deep sigh. Breathe in through the nose, and then relax all the muscles of the chest allowing the air to escape from the mouth at its own pace. Repeat this three times, pausing slightly between each breath.

This sets the stage for the rest of our exercise by giving the body a quick boost of oxygen. This will perk up the brain and make you more alert, and is particularly effective if you are sluggish when getting up in the morning.

Next, breathe a long, slow deep breath in through the nose, being conscious of your lower abdomen and taking care to fully extend the lungs. See just how slowly and how much air you can comfortably take in.

Breathe in deeply and feel your chest expand, all the way down to your belly, pushing your stomach area out by taking air in through the lungs.

Immediately exhale through the mouth as fast as you would with a sigh. Repeat this three times in total.

This is a little like stretching before a strenuous athletic event. We are expanding the lungs and improving their capacity.

We are now ready to do a little warm up exercise for extending the breath. Breathe in slowly as you just did, but hold your breath for just a few seconds before exhaling slowly, and steadily through the mouth.

You should place your tongue against the back of your upper teeth when you exhale, and purse your lips very slightly as though you might whistle. This will help slow the rate that air is escaping and allow you to pace your breath.

When you think you have fully exhaled, let out even a little bit more. (There's always a little more air in there!) Then hold this for a second or two before you start the procedure again.

When holding your breath, do not do so by clenching up the muscles of the throat or straining in any way. Hold your breath by deliberately holding your "breathing muscles" in the position that they are in when they have expanded or contracted to their fullest.

You may find that at first it is quite uncomfortable to hold your breath while your lungs are empty but it will get much easier with a little practice.

Inhale. Hold. Exhale. Hold. Repeat.

There is no health benefit to pushing yourself too far too fast with these exercises. Challenge yourself, but **DO NOT STRAIN YOURSELF!** The whole flow and rhythm of these exercises should be very gentle.

Continue the procedure for about 2 minutes at first, breathing as slowly, deeply and fully as possible. Be sure to pause a few seconds when your lungs are full before the exhale, and a couple seconds when your lungs are empty before you inhale.

Once you get proficient and comfortable with the main exercise that I will give you, if you wish you can do a little less "warm-up" and a little more of the main event, but always "warm-up" a little before you begin.

You may find in the beginning that you are craving more air while you are doing this warm up... if that happens, simply repeat the "Triple Sigh" technique that you started. Then continue your "inhale, pause, exhale, pause" routine until you are ready to move to the next technique, when you are breathing comfortably and slowly.

You should find that as you practice more, you will need to use the sighs less and after a short amount of practice you will not need to sigh at all.

By doing this exercise, you are conditioning your lungs to work more efficiently and take in more oxygen from each breath. This warm-up exercise is designed to help strengthen and condition the various muscles associated with breathing. As their muscle tone and capacity increases, a natural side effect is that even when you are not consciously directing your breathing, your breaths will be slower, longer and deeper which is our ultimate goal.

This means that you will be teaching and conditioning your body to give you the benefits of deep breathing and increased oxygenation without conscious effort on your part... It's effortless health improvement!

Some cultures believe that you are given a certain number of breaths when you are born, and when you use them up you die! These people obviously recognize the importance of slower, deeper breaths!

When your warm-ups are complete, take a couple of slow, easy breaths and prepare yourself for the last step in the cleansing breath technique.

The next step may take a little practice... but it is an absolute key to psychic development. You are going to time your breathing to your heart beat.

At first, you will probably need to find your pulse with your fingers, but you will find that in time as you practice these techniques you will be able to hear your own heart beat when you are sitting quietly and concentrating.

Practitioners of some ancient arts believe that the specific rhythm of the breath to the heart beat “tunes” the body for specific physical, mental or mystical purposes.

For our purposes, we will be practicing a breathing pattern that is considered to optimize the general health of the body and increase its capacity to hold energy

Increasing your internal energy: Technique

The ancient arts that delve into the science of breathing break out our respiration into 4 parts and the ratio between these parts forms a kind of code or “key” that unlocks specific traits or abilities.

Those four parts are:

Inhale - hold - exhale - hold.

We are going to be working with a ratio of 1 : 4 : 2 : 0, which is the “key” to unlocking physical health, internal energy and longevity, but the ratio alone is not enough.

Without knowing how long each unit of time is, this exercise is worthless.

Your heart beat is the time keeper that transforms the ratio from a generic set of numbers into something that resonates with your personal energy, and that allows you to invoke the true power of this exercise.

With this critical piece of knowledge at your disposal, you can now understand that the ratio means that for every one heartbeat of duration when we inhale, we want to hold the breath for 4 heart beats, exhale for 2 heart beats and we don't want to pause at all between the last of the exhale and the next inhalation. (So for us, it's really a three part breathing cycle)

What makes this system so incredibly powerful is that the rhythmic breathing exercise that you do with you heartbeat as a time keeper will constantly tune itself to be perfectly in sync with the needs of your body.

When you are having a tough day or are stressed out, your heart beat tends to run faster, but the timing of your breathing will still be optimized with this technique.

As you practice the DRT exercises together with the rhythmic breathing, you will discover that you can and will slow your heartbeat dramatically, but

even then your breathing will always be perfectly in sync with the heart beat. Even within the scope of a single practice session, as you relax deeper and your heart beat slows down, you maintain the perfect harmonious balance of breathing to optimize the effectiveness of the exercise.

While practicing your DRT, listen for your heart beat.

Slow yourself, and listen for your own pulse. Sometimes when you seek out the sensations you can hear your pulse in your ears, or feel it where your head touches the pillow, or where your finger tips touch whatever you rest on.

If you are having trouble, you may even find the pulse on your neck with your fingers and use that, but I expect that you will not need to resort to that for very long before you become more sensitive and find other methods of detecting your own heartbeat.

Take the time to feel and listen to and with your entire body. This is another one of the guide posts of your psychic development. Listen and understand your body so that you can tune your practice accordingly

When you breathe in, breathe slowly and deeply, through the nose. Feel the air fill all parts of your lungs. Fill up your lungs from the bottom to the top.

As your lungs inflate, your lower abdomen near your belly should inflate first, followed by your lower chest, and finally the upper chest. Take in as much as you comfortably can, then maybe just a tiny bit more.

You should be relaxed at all times through the breath, even when holding your breath before the exhale.

Holding your breath is accomplished by simply not allowing your breathing muscles to relax, not by placing any exceptional strain on them.

When breathing out, breathe out slow, long, deep controlled breaths. Exhale through the mouth with your tongue pressed lightly against the back of your upper teeth just like you did with your warm up exercises.

You will need to find the rhythm that works best for you to start. Your heart beat is your personal time keeper, and this is what makes this technique special to *you*. Remember, it's the *ratio* of breathing to heart beats that's important.

I recommend that you try to start out by listening for your heart beats, and then do a nice, slow deep breath, counting the beats.

Then try holding your breath for four times as long as the initial inhale and see if you can do it comfortably. If not, try again, shaving a beat or two off the length of time of your inhale until you can hold it comfortably. Then exhale with the proper rhythm.

When many people start out, they may find that inhaling for 6 heart beats, holding your breath for 24 beats, and then exhaling for 12 beats before doing it over again is a pretty fair place to start. This is the 6:24:12:0 rhythm, and it keeps to the same 1 : 4 : 2 ratio as we have been discussing.

If this feels uncomfortable, or unnatural, simply adjust the ratio up or down until you find a comfortable rate to start.

Your rates should progress like this:

6 : 24 : 12 : 0

7 : 28 : 14 : 0

8 : 32 : 16 : 0

9 : 36 : 18 : 0... etc.

Remember, your goal is deep, slow and even breaths.

As you practice this technique daily, your goal over time is to extend this ratio as long as you comfortably can, but without strain.

The count of heart beats for each cycle is not a means of keeping score. You derive no benefit from being uncomfortable and jumping to higher numbers before your body has adjusted to the lower ones. In fact, you may even lose some of the benefit. For this reason, only adjust your breathing rate to keep you in the “sweet spot”.

In this way, it's a little like weight lifting: If you lift the same amount of weight each day, it gets easier and easier until you are no longer building muscle mass, you are just maintaining what you have and not getting any stronger. So you add a little extra weight.

On the other hand, if you try to lift too much weight, you put a tremendous amount of stress on your muscles and can strain or tear them. Use good judgment to keep yourself challenged, but don't push too hard. Remember these are gentle exercises to increase your health and vitality.

Go slowly and use good judgment.

As you progress over time with these exercises, you will be amazed to discover the progress you can make with your breathing and for how long you can hold your breath. This process will strengthen and condition the muscles of the diaphragm as well as the intercostals muscles and condition the lungs to remove oxygen from the air more efficiently, even when you are not consciously trying to breathe correctly.

Your lung capacity will naturally increase and with it, the happy side effect of increased oxygen saturation in your blood and the *many* healthful benefits that brings.

When doing these exercises, it is important to breathe in through the nose and out through the mouth. The nose performs three important tasks that your mouth does not when it comes to breathing:

- 1) It warms the air so that there is no shock to the tissues of the lungs from cold air meeting warm lung tissue.
- 2) It moistens the air. Dry air absorbs moisture from your lungs and decreases their efficiency.
- 3) Your nose filters the air. The mucus membranes in your nose trap dust, pollen and a host of other things that could interfere with the optimal performance of the lungs.

This exercise is tremendously beneficial and can be done anywhere, at any time, even while waiting for a bus or while taking a quick break in the office.

Make a point of doing the exercise at least 10 minutes a day, every day to start. You can gradually increase the time to whatever feels appropriate as your studies increase and I highly recommend doing multiple sessions during the day.

This exercise merges perfectly with the DRT training that you have already learned and both the mental and psychic exercises that you will be learning in the next two chapters. In fact, combining the Rhythmic Breathing (or RB as I may sometimes refer to it) with other techniques not only saves time, but it actually creates a synergy... a situation where the whole is greater than the sum of the parts by increasing the effectiveness of the other exercises you are doing.

To wind down the exercise, take a long, deep breath, hold it for as long as comfortable, and then completely relax your breathing muscles and let the air escape at a natural pace. Repeat this two more times, and then follow this with three deep sighs.

Some people find this exercise so refreshing, that they will use it in place of naps for a quick pick-me-up in the middle of the day.

Follow up your regular breathing exercises during the day by paying attention to your breathing whenever you think of it. Train yourself to take slower, deeper breaths and check your posture.

Try to make this a habit and you will reap the rewards for the rest of your life!

Just as an interesting bit of trivia, *Mantras*, (sounds or phrases that are often repeated or chanted as part of a meditation) or even repetitive prayers like the Hail Mary actually tend to structure your breathing.

As an interesting experiment if you are religious minded, the next time you intend to say a prayer, try finding your own heartbeat first. Then, listen for the natural cadence of the syllables of the words, and try to measure them against the rhythm of your heartbeat.

You just might discover some new ratios that could be interesting to experiment with on your own.

There is a tremendous amount of ancient wisdom that has been lost over the years and it is very possible that some of it may actually be encoded in holy books, prayers, and some common trappings of various faiths... if you know where and how to look for them!

Sometimes, the best place to hide something is in plain sight!

Things to be aware of when practicing

It is not a good idea to practice Rhythmic Breathing techniques immediately before going to bed.

These exercises are designed to generate additional energy within the body and may prevent you from falling asleep easily or make your sleep restless and disrupt your natural sleep cycle.

In addition, as you practice these techniques, you will eventually be earning more and more physical control over your breathing, and thus your body, and ultimately even your heart beat.

Your heart rate and breathing are tied together in a natural rhythm which is why we use it to keep the time in our exercise. As the rate of our breathing counts expands, you may find that you need to adjust the rates within the scope of a single session.

Perhaps you start out with a particular rhythm, and then as your body relaxes and settles down, that feels too easy. Feel free to adjust the rate, just do it slowly. Give it at least 10 full breaths before changing the ratio of your breathing to your heartbeats.

Remember to always stay focused on being relaxed and keeping good posture. As you practice regularly, you will find that your level of relaxation deepens as you practice more often.

Deep relaxation of the muscles means that they will not be making as much of a demand on the body for oxygen, and so the body's need for oxygen goes down even as the amount of oxygen in the blood is increasing. This means that your heart doesn't need to work so hard to make sure oxygen is going where it is needed and your pulse rate tends to slow. Since the physical body is not demanding as much oxygen, there is an excess available to go to the brain, and this will help us grow and develop our new abilities.

Normally, a slower pulse rate is a very good thing, but NEVER attempt to do exercises that involve deep muscle relaxation in an environment where you are driving, controlling machinery or any situation where a lapse in your attention could cause injury to yourself or others!

A slowed pulse and *deep* relaxation can slow your reaction time and even cause a mild, temporary and perfectly natural muscle paralysis that we mentioned before. This, of course, would be extremely dangerous when operating a vehicle or machinery, so please be sure to use good judgment when practicing these exercises.

How to Perform Second Order Telekinesis

In Chapter Three I went into a fair bit of detail about how second order telekinesis works: You generate different temperatures around your two hands and position them close to a light or balanced object so that the micro-air currents generated will move it.

I didn't go into the details of how to do it because you didn't have the tools to implement it at the time, but now you do.

To generate the temperature differentials in your hands you simply need to invoke the Deep Relaxation response of your DRT exercise in one hand and arm, while tensing the other.

Visualization used in conjunction with the exercises can be very helpful to some people as well. Imagine one hand in a tight fist, cold, blue, and entombed in a block of ice. On the other hand, perform the tension/relaxation

of the DRT, and visualize the hand as warm, red, relaxed and slightly tingling.

You will need a fair bit of practice for this in order to keep the various muscle groups isolated so that tensing one side of the body does not impact the other, and you will want to switch sides as well within the practice session. Reverse the tense and relaxed sides.

An excellent practice method is to obtain two battery operated digital thermometers, turn them both on and hold them lightly with one in each hand.

Take a regular reading from them both before you start to do anything to get a base line, and then again while relaxing and tensing opposite sides.

Practice regularly and you will begin to see measurable results. Most people can experience a temperature differential of a couple degrees off of baseline without too much practice. Remember that it's the difference between the two hands that produces the micro currents, so even a difference of two degrees off of your base line temperature means that the warm hand is two degrees warmer and the cold hand is two degrees cooler, for a total temperature differential of 4 degrees.

Once you can easily generate a temperature difference of five or six degrees off of your base line, for a differential of ten or twelve degrees between your hands, you will probably begin to be able to influence small balanced objects. When attempting to move them, it is beneficial to actually visualize the air currents coming from your hands... warm air radiating from the relaxed red hand to push on the object, and cool air being attracted from the direction of the object to the cool blue hand.

When you can get a temperature difference of ten or eleven degrees from your base line for a differential of twenty degrees and up between your two hands, you will be able to make a fair showing of moving small objects from a few inches away. With practice in your technique, you will be able to roll ping pong balls and eventually even batteries across a smooth surface, which provides a pretty dramatic demonstration.

For some styles of movement, like “pushing” a battery for example, you might want to make both hands warm and place them both on the opposite side from where you want the battery to roll.

Once you become proficient in generating the temperature differentials, practice increasing the speed in which you can change temperatures between your hands and practicing changing the temperature in other parts of your body as well.

“Fixing” High Blood Pressure and Improving Athletic Prowess

The technique of “warming” body parts by relaxing them and increasing the blood flow to them will also help you feed your muscles oxygen when doing strenuous workouts.

Folks with high blood pressure can practice warming their whole body. Remember, better blood flow comes from wider blood vessels. Constricted blood vessels make for higher blood pressure. This is a huge part of the reason that stressed people tend to have higher blood pressure.

By encouraging the blood vessels of the whole body to stay more open, you give the blood more room to work with, and thus naturally lower your blood pressure.

If you are on medication to manage high blood pressure and you start developing a proficiency with these exercises, be sure to talk with your doctor and let him know that you are practicing “bio-feedback relaxation exercises” and *follow his advice*.

It is possible that with time, he may recommend a lower dosage of medicine, or that you may no longer need medication at all to control your high blood pressure, especially if you are eating better and participating in a regular exercise program as well as the DRT program but only your doctor knows what is best for you.

Always check with your doctor before making any alterations

to your medicine.

Final Thoughts for the Chapter

I hope you have found this chapter on the physical aspects of psychic development interesting and informative.

I strongly encourage you to perform these exercises even if you have no desire to actually experience a psychic event simply for the vast health benefits that they will generate.

If you are serious about manifesting a psychic ability then practice the exercises presented here as often as you can and understand there is always room for improvement.

Without a mastery of the exercises in this chapter, the effectiveness of the exercises in the next two chapters will be greatly diminished and there are some REALLY exciting things coming up for you in those two!

Chapter 5: Mastering the Mind

In chapter three we learned how *energy* is the juicy center of all matter, and that *thought* is actually a form of energy. We learned that one form of energy can influence another and so in theory, our thoughts should be able to influence matter.

But they can't.

At least, yours can't...

Yet.

If everyone's thoughts could simply alter reality as they wished, we would be living in a world of tremendous physical abundance and no one would want for anything.

But we don't.

So why is this?

In chapter one, I pointed out that Faith alone was not enough to produce miracles but that it certainly goes a long way towards helping you get out of your own way. Miracle making requires that all parts of yourself come together into a synergetic whole, and right now I'd bet good money that your mental landscape is a mess.

The Three Tiers of the Psyche

Whether you know it or not, your "mind" or "psyche" as it is sometimes called, is actually composed of three distinct layers. Each layer has a different function and a different attitude about you, your desires, your perceptions and your reality.

The purpose of this chapter is to give you an overview of these three aspects of your mind and so that we can get them all to work in harmony towards a single goal under the direction of your Conscious mind.

Depending on who you ask, you might get different names for the three parts of your mind. Ask a psychoanalyst and they will call them Id, Ego and Superego, but in order to make our conversation a little less clinical and a little more intuitive, I'm going to put them all in terms of "consciousness".

With that in mind, let's call the three parts of your psyche, the Subconscious, Conscious and Superconscious mind and understand that while everyone has all three of these components as part of their make up, everyone has developed these different parts to different degrees and in different ways.

First, some introductions are in order:

The "*Subconscious mind*" is like the "child mind". It is the seat of your desires and fantasies. It's usually selfish, playful, sometimes mischievous and usually not very keen on doing work, even though it is fantastically talented when it chooses to apply itself. It is also the gatekeeper of memory and can also influence or exert specialized and unique control over your body in special circumstances.

The "*Conscious mind*" is the part of your psyche that you are most familiar with. It's the part of the mind you engage when you are reading a book or attempting to solve a problem. It's the gatekeeper of logic and the part of your mind that interprets your senses and allows you to act and react with the material world around you. The Conscious mind craves order and is resistant to accepting new ideas until they can be cataloged and fit within the context of what it already knows. Think of it as the "adult mind".

The "*Superconscious mind*" is the part of you that is connected to greater things. It encompasses things like your conscience, your sense of fairness, and compassion. It is the part of the psyche that delves into the spiritual as well as the connections between yourself and others. It also happens to be the seat of intuition and the gatekeeper of psychic abilities. Remember when I said earlier that you will instinctively know the correct kinds of energy to use and how to manipulate them to do neat things without needing to know all

the fancy science stuff behind it? The reason this is possible is because the Superconscious mind instinctively understands the “big picture” of what is going on around us. It will whisper to the Conscious and Subconscious mind what needs to be done and how. Think of the Superconscious as the wise “parental mind”.

Now that we have the introductions out of the way, let me delve a little deeper into their relationship with one another. For starters, while each aspect of your mind has different ways of making their desires known, they don’t generally speak directly to one another, and quite often there is a slight language barrier between them that causes problems.

For example, the Subconscious mind can be very literal in the way it interprets some words, and yet it can also use symbolism and other things to communicate. This is why dreams often have such bizarre imagery.

It is important to choose your words carefully when addressing them to your Subconscious because it may take things literally. For example, if you were to address something to your Subconscious like “I will be cool, calm and collected during my job interview” it might interpret the word “cool” as in “not hot” instead of “confident”. This could lead to an outcome of an interview where your performance was quite strong: You were calm, organized and... shivering!

On the other hand, the Superconscious mind seldom has the need to use words or symbols at all. It prefers to communicate through feeling, emotion and instinct.

Usually the Conscious mind does most of the driving, with input from the other two facets of the psyche when appropriate.

To continue our driving analogy, the Subconscious mind is like a kid riding in the back seat. He’s a good kid, but bored, so he gets fidgety and generally likes bouncing around.

He day dreams a lot and invents little games to keep himself entertained and wants to share them with you whenever he can, in spite of you needing to

stay focused on driving. In spite of all that, he's a brilliant kid, and far more observant than you are.

Every once in a while he chimes in with a timely and important observation that the driver, your Conscious mind, didn't notice: like that he didn't see the brake lights come on for a car approaching your intersection even though it has a red light and you don't. He whispers in your ear that the car is about to run the light, and since you were wise and listened to him, you slowed down as you approached the intersection and avoided getting into an accident.

You also have a passenger in the front seat with you. The Superconscious mind. He's like a wise old grandparent who rarely speaks up, and is usually quite content just to go for the ride. He's a gentle soul, who keeps pretty much to himself. Often you'll just see him smile when you do something well, or gently shake his head if you do something wrong.

When the Superconscious does speak, he's got a thick but pleasant accent, so you don't really register his words in your head, but more like an understanding that happens in your gut. He's the one in the car that says "this looks like a nice place to eat, why not stop here?" and when you do, you run into an old friend that you haven't seen in years and the day turns from something ordinary into something special.

Fine Tuning your Mind

Most of us, through years of practice have learned to block out the "noise" that comes from the "kid" and occasionally even from the "old man" in the car with us. That's a problem, because as it turns out, the "kid" has all the raw talent and the "old man" has all the know-how and wisdom to actually pull off the kinds of tangible skills that we are seeking to develop.

Any parent can tell you that if you ignore a child for too long "bad things" start to happen. He might start interrupting, talking out of turn, slamming doors, breaking things... in short, he's starving for attention and will try anything to get noticed.

As the kid gets louder and more frantic, we aren't taught the skills to actually address the problem. We aren't taught to quiet our minds, sit quietly and *listen*. Society encourages us to devote energy and effort into *tuning him out* instead.

Why aren't we taught to listen, and address the problems as they come up when they are small and easily managed?

Simple.

It's easy to sell things to dissatisfied people.

You can't mass market a skill that people can do for free, but you *can* make piles of money selling distractions.

We turn on a radio, TV or a video game. Maybe we go to the movies, or possibly medicate ourselves with alcohol, cigarettes, or whatever else our drug of choice happens to be.

Society encourages us to ignore the inner voice and to encourage that nagging feeling of dissatisfaction that grows within us so that they can exploit that feeling that something is wrong, that something is missing.

They can exploit that feeling to tell you "Product X will make you feel good!"

After being ignored for too long, eventually the kid gives up trying to communicate and just goes wild. Your Subconscious does the mental equivalent of running through your house waving his hands in the air and screaming at the top of his lungs.

So, in a nut-shell, the space inside your mind is probably cluttered with random thoughts from a screaming and undisciplined child-mind and aggravated by the feelings that "something is wrong" that are emanating from the Superconscious.

If you want to learn how to make extraordinary things happen, you need to get the “family” back together and talking in a healthy way. You need open, honest, respectful communication, and communication involves both talking AND listening.

The old man, the Superconscious, is wise and forgiving... he'll come back on board with little more than a sincere apology once he sees that you have changed your ways and that you are serious about your studies, but the kid is another story. If you want to win him over, it's going to take some work.

Changing your Relationship with the Subconscious Mind

At one level or another, a child craves boundaries. They help him feel safe and comfortable, and loved... even if he is protesting all the way.

The same is true with the Subconscious mind.

Most folks have ignored their Subconscious mind for so long that they are most likely in a dysfunctional relationship and in order to change that, we need to change the way we communicate with him and spend some quality time with him to show him that we care.

For starters, we are going to address him directly and with the respect due his vast talents. On top of that, we need to change the nature of the communication from adversarial, to one of mutual respect and trust.

We are going to use a technique called “Guided imagery” to cultivate a relationship with our Subconscious. This basically entails using your imagination as a tool to build a bridge between the Conscious and Subconscious mind so that the two of you can communicate directly.

Begin by getting comfortable and relax completely by doing your Deep Relaxation Training exercises. Get as relaxed as you can. Something exciting happens when you combine *deep* relaxation with imagination: When you reach a deep enough state, the things that you imagine take on an astounding visual clarity.

If you are attentive during your practice and trying to imagine a scene at the same time you are going deeper into relaxation, you may actually see the “magic depth” of relaxation where everything suddenly leaps into astounding focus. It’s like you were looking at the scene in your imagination through a camera that was out of focus, and then suddenly the image pops into perfect clarity.

If you don’t see the transition, or you can’t yet reach the depth of relaxation required for the scene to “pop”, don’t worry. Just follow along as best you can. It gets faster, easier and clearer with practice and at some point soon you will experience what I’m talking about.

What you are doing is entering a transitional mental state similar to dreaming, but still completely under the control of the Conscious mind.

Close your eyes and imagine the place where you would go to “get away from it all”. Maybe it’s a glade deep in an ancient forest, or a pristine beach on a tropical island. You could be sitting on a rock on the moon or floating lazily under the water watching the fish in a coral reef. Maybe your place is in a cave deep underground that is covered with glittering crystals.

The image can be anything, but the important thing is that it feels calming and safe to you.

Imagine it as clearly as you can. See the textures on the rocks, the foam on the waves, or the waving of the leaves in the wind. Fill in the details. Make it inviting... you are about to invite company over to share this safe and special mental space.

Remember when I said the Subconscious mind is like a child?

It’s time to meet him.

Imagine what you looked like at the age of six or seven. Hold the image clearly in your mind. See every detail. See the young face, see the hair, the clothes, the stride, the attitude.

If you can't remember specifically, just relax and allow an image of a child of about that age to form in your mind.

Now, imagine that child playing in the scene that you have just created, carefree, laughing and having fun.

Next, imagine yourself in the scene, and go over and introduce yourself. Your introduction may go smoother if you come with a peace offering. What was a gift that you would have loved to receive at that age? What were your favorite things to do? It could be anything from a board game to a fishing pole and tackle box to a kite, or even something like an easel and paints.

Children are naturally curious and a nice gift/conversation starter may help get things started off in a positive way.

When you address your subconscious, talk as though you are speaking to a very smart child. Keep your words simple, keep your thoughts clear. Be direct, honest and respectful. Be positive. Make eye contact.

Explain to him that you want to get to know him better, and that you want to be friends with him. Tell him that you want to learn from him and teach him and have fun with him.

Finally, explain to him what you are trying to do: that you are trying to *remember* how to do "real magic", and need his help and you want him to be your assistant.

Make him a deal: That you will learn and remember things together, and that together you will be partners and have fun!

And, the most important part... *Mean what you say.*

Your Conscious mind can lie to others and it can lie to itself.

It can conveniently forget facts or misremember details. It can read into things and twist words around. Your Conscious mind has many, many tricks

that it uses to protect itself and your ego, but NONE of those tricks work when dealing with the Subconscious.

*Your Subconscious knows you literally better than you know yourself...
He's been watching you for your entire life.*

Remember, this child is brilliant and observant. Not only that, he has access to **all** of *your* memories... even the ones that *you* have forgotten. His memory is flawless, and if you attempt a trick with him, I guarantee he'll not only catch you on it, but he'll make you regret it. We can all be very hard on ourselves, but an angry child can be downright *mean* and he knows exactly what hurts you.

So don't go down that path.

Today is a brand new day and a fresh start. You can't lie to this part of yourself even if you wanted to. If you try it, he'll know instantly and if you lose his trust you're going to have a heck of a time getting it back. So have an honest dialog and get to know him.

You may be **very** surprised at the direction that this conversation in your head goes. It may be fun. It may be serious. It may be very intense. He might be angry with you for how you've treated him in the past, or he might be delighted that you finally came to visit him directly.

Whatever your relationship is with him to start, whether you have a new best friend or he's reduced you to tears because he ripped into you so bad, work with him to make it better. Let him teach you and guide you. Listen to his hopes and concerns for you and talk honestly about them with him and sincerely try to address them. Explain why you want to do what you seek and ask for his ideas and help on how to get there.

Don't be surprised if he asks for a little more freedom in return, and don't be afraid to give it to him.

To nurture a child, even an inner one, sometimes it's ok to be silly, or stop and watch a butterfly or take a day off to go to the beach. But, like a good

parent, explain to him that there is a time for work and a time for play. Explain that if he helps you when it's time to work, then the work will go easier and faster, and that will mean there's more time to play... together.

All this might be accomplished in one session, or in one hundred. Relationships are not built overnight. If you had a good relationship with your "inner child" to start, you are way ahead of the game.

If you have some work to do to build a healthy relationship with him, I guarantee the time will be well spent. You will reap benefits in every facet of your life, in ways I can barely begin to explain to you... You will see a handful of some of the very powerful skills that he will share with you a little later in this chapter.

In the mean time, understand that when you have truly made friends with your inner self, when you understand him and when the time is right he will give you a remarkable gift: seeing the world through his eyes - the eyes of a child.

The world looks different through those eyes. It's more colorful. More interesting. More fun. More magic!

As you use his gift and look around at the world you'll see the wonder of it all. You'll also start to see the wonder in yourself, and at the point you'll be a whole lot closer to working wonders yourself.

So, let me summarize some of the key points:

- Pick your "special place"
- Learn to talk with *and* listen to your Subconscious
- Be honest with yourself
- Cultivate a sense of fun and wonder

And when I say wonder, I don't mean it in the sense of pondering some question, I mean wonder in the sense of a subliminal joy and amazement at the beauty and intricacy of everything we've been taking for granted.

Cultivating that sense of wonder is one very important land mark on your journey towards making miracles because with it comes the instinctual understanding that miracle making is not only possible, *it's easy and natural* when you have the right frame of mind.

Unlocking Your Mental Potential

It is said that we only use something like 10% of our mind, but that's just silly. Our big brains use up a lot of our body's resources just to stay alive, and nature doesn't reward a system that is wasteful of resources.

Just because we haven't yet figured out what all the little fiddly bits in our heads are doing at any instant doesn't mean they are just sitting around useless.

At one point or another, we all need and use every part of our brain, but we aren't designed to use it all at once. Our real problem is not how much of our brain is being used at any given instant. The problem is how poorly we are using the parts we do use.

The "Corpus Callosum" is the bridge that connects the logical, analytical, "Left Hemisphere" of your brain to the creative, playful, intuitive "Right Hemisphere".

The dialog that we have started with our Subconscious mind means that the two halves of our brain are already talking with each other more than they were, and that's a really good thing.

Just like with the phone company, if there is more demand for communication between two places, they will install more phone lines to make sure the demand is met.

The "Guided Imagery" technique that we use to "talk" to our Subconscious is the first of a number of techniques that is letting our body know that we are increasing the demand for communication between different facets of our brain.

As we practice these techniques more and more, our brain tissue will begin to reconfigure itself and run more wires between the hemispheres so that it can work better for the new kinds of demands that we are putting on it.

It's exactly the same as a physical work out, except we are building "brain muscles" instead of the muscles that move our limbs.

These wires won't be run over night, but the more you ask for them, the sooner they will be installed, so practice these exercises whenever you can. We're going to need a **lot** of communication between the parts of our minds in order to actually change the energetic (and thus physical!) signature of our environment to conform to our desires.

I said before that for most of us, our mental landscape is a mess, and that is true. Most of us have undisciplined minds and that is staggeringly inefficient.

We are about to learn the skills needed to impose some order on our mental landscape, and we are going to be asking our Subconscious mind to help us. I said before that the Subconscious mind does not like work, but like any child, if you put him to a task and gently work with him, if you try to make it fun and be supportive, eventually the task will get done.

The exercises that will help train our minds come in the form of a series of very specific meditations. Each one is designed to help us unlock a different part of our mind.

This is a very exciting part of the book, because these exercises are not *just* preparation for some grand event that will happen at some indefinite time in the future. These exercises will actually result in the development of very specific and infinitely useful skills like a photographic memory that you can use in your everyday life and you can actually see yourself making progress with them!

With practice, these skills will be available to you even without the need to enter your DRT state.

Since everyone uses their brains differently, you may be able to absolutely nail one or maybe even all of these exercises on the very first shot, but that's pretty unlikely. What is much more likely is that some of these exercises will be easier for you and may even be enjoyable while others may be extremely challenging.

Hey, if it were easy, everyone would be doing it!

Keep at them, ALL of them, even if they are frustrating at first!

They get easier with time and with practice, and they also get easier when you reach a deeper state of physical relaxation.

Chapters Four, Five and Six are like three sections of a spiral staircase. Each time you go through them all, you end up back where you started but higher up.

The skills you learn in this chapter and chapter 6 will help make your DRT training go easier and deeper. The DRT and the meditations listed in this chapter make the exercises in chapter 6 possible. The DRT and the exercises from chapter 6 make the exercises in this chapter easier and more productive.

The path never ends. It keeps spiraling higher until you finally get to enjoy a breathtaking view that lets you see farther than those around you, and understand things in ways that are going to be downright mystical.

For now, let's learn a little more about the workout we will be doing on our brain.

What is Meditation?

Many people have heard of meditation but have no concept of what it actually is. I'm sure there are many people out there who might hear the word "Meditation" and instantly think of it as some off-the-wall thing to do for monks, hippies, and people with nothing better to do.

Actually, nothing could be farther from the truth. Meditation is becoming more and more mainstream... and why not?

If I could give you an exercise that requires no physical exertion, can be done just a few minutes at a time, requires no equipment of any kind and could increase your mental *and* physical prowess while helping you attain a calm and serenity in your life, you'd be willing to at least TRY it, right?

Meditation comes in many varieties, but at the core of all of them is a way to train your mind to work in a different, more efficient way. Most of us have relatively undisciplined minds, and meditation is simply a mental exercise that you do to strengthen and focus your mental facilities. If you want a stronger body, you do physical exercises. If you want a stronger mind, you do mental exercises. It's just that simple.

How Does Meditation Work - Mentally?

Let me offer this simple exercise to illustrate the way our minds usually work: Start off by finding some small, relatively simple object like a pencil or a coin.

Don't do your DRT, just place the object on a plain, flat surface and look at it in detail without touching it... study it until you feel comfortable that you have memorized what this object looks like. Next, set a timer for one minute. Take one last look at the object and begin the timer's count-down. Now close your eyes and imagine the object exactly as you last saw it.

The object of this exercise is to hold this specific image in your mind without deviation for one minute. If, during this minute the image wavers, changes or you get distracted with another thought, simply open your eyes, take a quick look at the object and then close them again and pick up where you left off.

How many times did your mind wander in just ONE minute? Did the object start spinning or rotating in your minds eye? Did you suddenly remember a bill that you forgot to pay? Did the image twist and distort?

Need more proof? Try multiplying two, two-digit numbers in your head. I'll make it easy... Try multiplying 77×33 in your head. This doesn't require a lot of mental effort... really only three skills are required: Memory, visualization and a tiny bit of math knowledge.

You could do it with a paper and pencil very easily, so why is it harder without these mental "crutches"? Simple. Your Subconscious mind doesn't consider it fun enough. If it's not fun, it does not want to stay focused on the problem and so it comes up with distractions to try to weasel out of doing the task.

We need to take a little time to learn how to use our mind *effectively* and how to screen out distractions... both internal and external.

For the vast majority of our day-to-day living, our mind is so over-powered for what it needs to accomplish that it only requires a tiny fraction of its true potential to figure out the tasks you set it... so that's all it uses.

All that extra "mind power" is sitting there and it's bored! So, it works on other things to keep itself entertained. It plays "what-if" games and invents highly improbable scenarios to think about. It fantasizes and makes up little movies in your head.

All of these superfluous thoughts are going on at the same time that you are trying to work out your problem. Usually they dwell just under the surface where you can't easily detect them, but sometimes they burst forth as day dreams or urgent recollections or in some other way.

This means that for most of us, our own Subconscious mind is generating internal distractions that make it much harder for us to think and focus on what we are trying to do.

In "the back of your mind" you might be thinking about dozens of different things simultaneously, all while you are supposedly "focused" on whatever task you are actively doing.

Now... Imagine if you could direct all that mind power to a single task? The more mental power that you can focus on the task at hand, the less “idle” brain power will be available to invent distractions.

In the first exercise that we tried, this means that after one minute with your eyes closed, you open your eyes and see exactly the same image.

For the second exercise, keeping focus means that you see the same mental picture as you would have if you worked the problem out on a piece of paper:

$$\begin{array}{r} 77 \\ \times 33 \\ \hline 231 \\ + 2310 \\ \hline 2541 \end{array}$$

Some people can even tap into the mental powers of the Subconscious brain and simply imagine a calculator in their head, enter in the equation and press the equal sign and see the correct answer!

This is just one example of the tremendous amount of mental resources that are just out of reach of your Conscious mind.

Practicing meditation helps your powers of visualization become crisp and sharp. Your memory improves dramatically since there is less mental “noise” going on both when the memory is being formed, and when the memory is being recalled and it defines the framework where you can work in partnership with your Subconscious mind.

Since meditation cultivates focus, it also allows you to compartmentalize your problems so that a problem that affects one aspect of your life doesn’t need to distract you from other unrelated aspects of your life and thus cause

even more problems. This can prevent a domino-effect of problems triggering other problems until you are completely overwhelmed.

For example, imagine that a big problem comes at work and you are very upset. Your mind's natural tendency is to replay the episode over and over in your head, fantasizing about variations and how it could have gone differently.

Now, imagine you are driving home from work that day, replaying these events over in your head when suddenly you get cut off by another car! If you were not distracted, you would be able to respond much quicker and possibly even prevent an accident but you *were* distracted, so...BANG!

Now you have work problems and car problems and maybe even health problems... perhaps you will now have to miss other appointments too. The problems make more problems.

Meditation is like a natural defense against this sort of thing: not only do you have fewer problems to face, you will face them with fewer distractions and in a much more organized way. This in turn lowers your general levels of stress in all facets of your life and allows you to enjoy more confidence and peace of mind.

How Does Meditation Work - Physically?

Ok, so if meditation is a workout for your mind... how can it increase your *physical* health and your *physical* prowess?

I'm delighted you asked!

Your brain controls every aspect of your physical body.

Apart from the task of thinking and the mental gymnastics it does for fun, the brain also sends electrical signals through your body to do the little things you'd miss if they stopped... things like keeping your heart beating and your lungs breathing.

The brain processes all the information from your senses, and regulates the glands that send chemicals and hormones through your blood to help you cope with your environment. In short, it regulates your stress-response. It does all this for you automatically by sending little bursts of electricity through the nerves to turn on or off a given function and it also uses these same bursts of electricity to tell your voluntary muscles what they need to do when you are trying to perform some physical task.

So... when performing a task like running for example, the brain has to send out a fairly complicated rhythm of electrical impulses to your body while coordinating sensory input and regulating things like your balance, breathing and heartbeat.

When the timing of the nerves moving your muscles is perfectly attuned to the rhythm of your stride, you expend the least amount of energy possible per stride and you move most efficiently... you can go faster, farther and/or expend less energy.

On the other hand, if your mind is also playing it's little games in the background and thinking about other things, sometimes the timing of the signals it sends to move your body is a tiny bit off... not usually enough to trip you up, but enough that you need to work a little harder.

In addition, those other mental gymnastics may actually put little interference patterns into the signals your brain sends to move your body, so even when the signal arrives, it's not crisp and may not be completely understood.

This is just like how your television works.

The signal is sent from a source, travels some distance through the air or through a wire until it is received by your television and then converted into a picture.

In the case of jogging, the signal is sent from your brain through the "wires" of your body called nerves, and then received by the muscles in your legs and converted into motion.

Sometimes there is interference with your TV signal. Either the signal is too weak and gets lost and you see “snow” mixed with the picture or there is interference from something else that distorts the picture... perhaps the signal from another station is mixing in with the program you are trying to watch. This leads to either a fuzzy picture or for two images competing and messing each other up.

The same holds true with your body... sometimes the signals that your brain generates when thinking about other things distorts signals that it also sends to your voluntary muscles. This means the muscle does not get a “Clear picture” of what it’s supposed to do, so does not perform to its highest efficiency.

Since meditation is a technique to cut down on the mental interference, practicing it means that the signals the brain sends to your voluntary muscles will come in much cleaner and with much less interference so that your body can perform more efficiently.

You may have heard of terms like being “in the zone”, or “runners high”... these are things that describe when an athlete reaches a state of “no mind”. No distractions, no worries, nothing but the next stride. In short: Absolute FOCUS and perfect, beautiful efficiency.

How to Meditate

Believe it or not, you have already done two meditations! The visualization example, and the math example.

There are a tremendous number of different kinds of meditations that can be done and I highly recommend finding a good book specifically dedicated to the subject.

The most important thing is to PRACTICE!

Set a little time aside every day and you will make steady improvement. This is another facet of developing mental discipline. Your Subconscious mind is a slippery little rascal. Just as it will invent distractions that are more “Fun”

to think about to prevent you from focusing on a specific task, it will also invent distractions to keep you from even getting to the task of meditation in the first place.

MAKE the time and you will reap the rewards. Even 10 minutes a day can make a noticeable difference over time as you practice, but the more you practice the faster you will improve.

A very important point to consider when meditating: don't keep score! Your brain is looking for distractions to pull you away from these exercises, and if you keep a count of how many "mistakes" you make as you do an exercise, you are encouraging another level of distraction.

Use a timer to set the duration of your session if you need to end at a specific time. This way you will have one less distraction... you won't have to worry about watching a clock or watch to know when to end your practice.

Remember, you can't *force* an improvement. It comes naturally with practice and time, so just keep at it! Also, be gentle with yourself. You may find it frustrating at first, but understand that the frustration is yet another tool of your mind to dodge the benefits of the exercises! The Subconscious is clever, and you will be surprised and impressed by how creative it can be when inventing excuses to get out of doing its "chores"!

When a distraction comes up during your exercise, simply acknowledge it and let it float past. Reset the exercise if you need to by opening your eyes and beginning again, but ultimately you will get to a point where you don't need to start over from the beginning. You can just do a gentle mental "nudge" to get yourself back on track.

As you practice you will need to nudge less often. You will get to a point where you are almost a disembodied observer, peacefully enjoying an inner serenity and only occasionally watching a distraction come and gently shoo it away.

Find a quiet, comfortable spot to begin and enter your DRT state. I recommend sitting in a comfortable chair but sitting up straight. Don't slouch

and don't use the back support or you will very likely drift off to sleep before you get very far in your exercises. That's another trick that the Subconscious will use... if it can put you to sleep, it can enter the happy playground of your dreams and it just got out of doing its work!

Later on, when you have more practice you can do these techniques anywhere, at any time... even while riding on a bus or laying down but wait till you have some experience before you add extra levels of difficulty! Lying down makes it a lot easier to fall asleep!

Here are some meditations to try. ALL of these meditations bring the benefits of discipline to your mind, but each of them also brings a special additional benefit or skill:

Developing your Photographic Memory: The Visualization Meditation

Remember when we tried to hold the image of a small object fixed in our mind for one minute?

This is the Visualization Meditation, and it is actually a powerful tool to get your mental landscape in order. Do not be deceived by the simplicity of this or any of these exercises. They are all steps on the path to greater things.

Just as before, pick out a small item and try to perfectly fix the image in your mind when your eyes are closed. If the image wavers or changes simply open your eyes, reset the image and try again.

Don't keep score, and don't worry about anything else. Just try to keep the image as sharp and crisp as possible. The details are very important. Try to mentally make a perfect black background for the object in your minds eye, like black velvet. See every curve, every contour, every scratch, blemish and imperfection.

Performing this exercise in the deep relaxation state greatly enhances the effectiveness of the exercise. With practice, you will eventually be able to visualize an image so sharp and perfectly that the only real difference between your eyes open and your eyes closed will be the black background in your mental image!

This is a very simple and very important exercise, because without an absolute mastery of this skill you are going to have a lot of problems doing the exercises in the next chapters, and this skill is absolutely essential for materializations.

As you improve, you can extend the period of time and change the complexity of the item.

Remember, the goal is to mentally create a perfectly stationary mental duplicate of the target object for extended periods of time to discipline your mind to stay focused.

For most people this is hard because the mind grows bored and tries to invent distractions, and that is what we are trying to learn to control.

Once we have that down, we can try a variation that is easier in some ways and harder in others: Hold a pencil in your hand as if you were going to write with it and use both the hand and the pencil as your visualization target.

Now, with your eyes closed, move your hand and/or change the orientation of the pencil, and attempt to see it in exactly its new position in every detail in mental landscape. Open your eyes to check your work.

This is easier because the mind delights in having more to chew on. The motion of the pencil makes it less likely that the mind will invent distractions and yet it's harder because it takes more practice to accurately visualize the correct movements of the pencil.

Once you get good at this, put a piece of paper in front of you with a tic-tac-toe board on it. Close your eyes, but continue to mentally see the entire scene: Paper, game board, hand and pencil. Hold the images perfectly in your mind and then try to randomly fill the positions on the board with X's and O's while your eyes are shut. Use your imagery to "see" what your hand is doing even with your eyes shut.

Once you get proficient at “Blind Mans Tic-Tac-Toe”, try something a little more complicated: Put a blank piece of paper in front of you and try to draw a series of perfect concentric rings on the page with your eyes closed. Imagine the image perfectly in your minds eye first, and then simply trace each ring. Go as slowly as you need to in order to make the circles *perfect*. This is a pretty tough one, and it should be pretty obvious when you need more practice. When you get this down, the circles will look almost like they were done on a computer... perfectly round and perfectly evenly spaced. You’ll amaze yourself when you see how good they can look.

As you improve, increase the complexity of the mental image you are starting with. You can teach yourself to draw in this manner!

Eventually you will even get to the point where your powers of visualization are so sharp that you can actually keep your eyes open but still mentally see the finished image on the paper. In every example, the pencil is simply tracing what’s already being visualized. This is excellent practice for the materialization exercises we will be doing in chapter seven.

Eventually, you will be able to visualize extremely complex things. It is possible to develop a “photographic” memory in this way by practicing first with pictures, then with text. As you improve you will need less time to lock the mental images in your minds eye.

The genius Nikola Tesla, one of the most brilliant inventors of all time and the father to over 100 patents, admitted that he used exactly this technique. In an interview he was once quoted as saying that he would construct his machines mentally first, by visualizing the completed apparatus in his head and then let it run in his mind.

He would mentally view the machine from all angles and even see how and where the stresses on the machine would be manifest before physically building his physical prototypes.

In almost every circumstance, Tesla’s prototypes worked flawlessly the very first time he built them.

Not bad for the man who pretty much single-handedly invented our entire modern life style nearly 100 years ago when he created the alternating current and electric motors that we use for just about everything today.

Your Mental Calculator: The Mathematic Meditation

This was the second meditation that we did in our examples, and what could be simpler? Simply perform moderately difficult math problems in your head.

Again, this is much easier in the deep relaxation state brought on by the DRT. Always strive to go deeper in to the relaxation as you try any of these meditation skills.

The deep relaxation improves the ease and effectiveness of the meditation, and you need as much practice as possible entering and using the deep relaxation state in virtually any circumstances. It's vital that you get extremely proficient with keeping your body THAT relaxed while engaging the mind in all manner of activities.

The visualization meditation engages the visual, artistic, right half of your brain, while the mathematic meditation uses the same exact skills but requires the assistance of the logical left half of your brain to actually complete the math problems. This exercise helps get the two halves working together on the same task.

You can start by adding columns of numbers in your head, and as you improve, increase the difficulty of the math functions and the size of the numbers.

This can actually be considered an extension of the visualization meditation and you can write down your starting numbers on a sheet of paper until you are comfortable enough to pick numbers and solve them, all mentally.

The mathematic meditation is an easier one with some very practical benefits: It is easy because it allows the mind to move and flex and so is closer to working in the mode that your mind is already comfortable with. It

gives the mind something to “chew” on, and thus is a little more entertaining. This means the mind will not be as eager to invent distractions.

You will want to repeat this exercise for a specific amount of time rather than a specific number of equations since you will eventually get unbelievably fast at solving even complicated problems.

Over time, this will develop memory, visualization, and mathematic prowess. Practice adding up prices in your head at the grocery store, and then check at the register! Gamblers often use techniques similar to this to develop an incredible talent for keeping track of cards during blackjack.

When you have mastered this skill as a visualization meditation, you can attempt to take the skill even further by practicing on smaller numbers but removing the intermediate steps on things like multiplication and division. Eventually, you may be able to master the “mental calculator” where you can look at a bunch of numbers and “just know” what the answer is without consciously going through the steps!

Experiments with Time: The Timer Meditation

Your Subconscious mind is a superb time keeper. For proof, try this simple exercise:

One night, when you are going to sleep look at a nearby clock as you are drifting off.

Relax your body completely and as you fall asleep imagine going to your special mental landscape and meet with your “child mind”. Ask him to wake you up at a specific time tomorrow morning and give him a sense of urgency. Repeat to yourself “It’s very important that tomorrow morning at <<that time>> I’ll wake up and feel refreshed and invigorated” mentally until you fall asleep.

For most people this will work the very first time you try it! Your subconscious mind will register the need to wake up at a specific time and

will adjust the pattern of your sleep cycles so that they end at just the right time to wake you up when you wanted.

This is proof that it can be done at a subconscious level, but with practice we can develop this same skill at a conscious level.

This meditation is very similar to the visualization meditation with one important difference... we are going to use a very specific object: A time piece. Choose a watch, timer, clock or some other time-keeper that will let you see the seconds passing but that does not make any sounds.

It is to your advantage to use something with a sweeping seconds hand instead of a digital display. When you imagine the digital display you tend to mentally count out the seconds, which is a crutch that will diminish the power of this exercise.

The analog display has the advantage of being more abstract so it will be easier to separate the exercise from the language centers of your brain.

Place the time-piece in front of you and perform the visualization meditation, but this time, *see the seconds passing in your minds eye but try not to think of the words for those numbers in your mind.* See an image in your mind. Don't think the words "one, two three..." while doing the exercise. Just watch the dial move.

You will want to open your eyes to get you mental image back into sync with the real timer every few seconds at first, but the more you practice the less frequently you will need to check your sync.

I call this "recalibrating" your mental image, and you will find that in time and with a bit of practice you will develop a very accurate mental time keeper!

Only when you are recalibrating will you want to actually note the real time that you can use as a check point. When you are on the mark, a little mental "High-Five" to encourage your Subconscious with some positive reinforcement will go a long way.

As you improve, make your practice duration longer and keep your eyes shut for longer intervals before resyncing.

With a lot of practice, you will eventually develop an intuitive “time sense” that will let you know how much time has passed without the need for a watch and without conscious effort on your part.

With continued practice you will be able to keep a mental clock running in your head that you can call up whenever you need to know the time. You can even set an alarm on it and you will know when it goes off without any external aid!

Another means of practice is to set an actual alarm for a specific time, and then set the alarm on your “internal clock” for a couple seconds before the real alarm should go off. Close your eyes and wait for your internal alarm to go off and then open your eyes and see how close you were.

In essence, there are two things going on with this meditation. The first, and most obvious is learning to improve your powers of visualization to include movement and timing, but there is a second far more subtle and far more important thing taking place with this meditation as well...

Earlier I mentioned that the sub-conscious brain was an excellent time-keeper. This is a task it is naturally good at and “kind of” interested in anyway. As you do this exercise, your sub-conscious is secretly cheering you on, and trying to whisper the answer to you as you do the exercise.

As you perform this meditation you are actually learning to listen to the “small voice” of your subconscious as it cues your consciousness on the changing seconds, minutes and hours. While you are learning to listen to the small voice, you are also learning to screen out other distractions.

As you get more proficient in listening to your Subconscious, it can start feeding you more complicated information which will allow you to access even more interesting abilities.

For example, most of us have not actively studied body language and how it can telegraph a person's intentions, so it is hard for us to use body language at a conscious level.

Your sub-conscious, on the other hand, has a huge reserve of unused brain power at its disposal, keen powers of observation and likes playing games. It might see a person, and at some level realize that the person is not behaving in a way it considers "normal". Perhaps the person looks away too abruptly if you make eye contact, or is doing some other thing subtly odd... perhaps there is a very subtle lump in a pocket that you don't consciously notice, but your subconscious believes is a gun... In any case, it tries to send you the message... "there may be danger here, stay away".

When you are in tune with your Subconscious, many, MANY problems will not get close enough to you for you to even become consciously aware of their existence. This is another level of protection that adds on to the "spider sense" that I mentioned before. Almost like magic, you simply notice one day that you don't have as many problems as you used to... life just got easier!

An ounce of prevention is worth a pound of cure, and our marvelous minds have many, many facilities worth many pounds of cure that we don't currently use to their fullest potential!

Meditation helps us connect with these facilities.

The Quiet Mind, Part 1: The Listening Meditation

To practice this meditation, simply find a quiet place, close your eyes, relax and LISTEN.

Believe it or not, for most of us, this is an unbelievably rare occurrence. By sitting and listening intently to everything around you, the mind at first struggles to hear and identify everything around it.

The mind associates words with each sound "Tweet" for the sound of the bird outside, "Hum" for the noise that the refrigerator makes...

The interesting thing about this meditation is that the more you relax and the more you focus, the more you hear. After a while, your mind gets tired of applying the words to sounds that it has already heard and starts to ignore them.

You still hear the “tweet” of a bird, but the mind doesn’t feel the need to comment on it... it just accepts it for what it is. The mind eventually quiets down and focuses on hearing the next “new noise” so it can sling a word label to it... “Car”, “Dog”, “Heartbeat”.

Eventually the mind has labeled all the sounds going on around it and it remains in a quiet, attentive state waiting for the next new sound. It is this quiet, attentive state that we wish to linger in.

When new sounds come, don’t focus on labeling them, and don’t try to stop yourself from doing it either. The new sound comes, then it’s an old sound, then it is no longer a distraction. Let the sounds wash over you without taking you with them.

Practicing this meditation regularly will bring you improved listening and better concentration. Note that your *hearing* will probably be no better than it ever was, but *listening* is the art of the brain comprehending the sounds that the ear picks up.

Eventually you will be able to pick out specific sounds or “tune in” to specific conversations from noisy environments.

This is especially true since the act of hearing is really a function of the brain, not the ear. The ear is very important, of course, but its job is to turn sound into electrical impulses that go to the brain. The brain deciphers the electrical impulses and creates a mental impression of what we call sound.

You will learn to screen out the sonic distractions, just as you are learning to screen out the mental ones, because in one sense they are really the same thing.

You will find that as you practice your meditations, all of your perceptions seem to magically grow sharper and with them, your instincts and intuition.

The Quiet Mind, Part 2: The Blackness Meditation

This is really an advanced “anti-visualization” meditation, and perhaps one of the truest, hardest, and most beneficial forms of pure mind exercise.

Simply relax in a quiet place, close your eyes and “See the blackness behind your eyelids”.

It may be beneficial use a blind-fold or to find a darkened area to practice this, as bright light can pass through your eyelids and make colors appear even with your eyes closed.

This is an advanced meditation because we are giving the mind absolutely no crutches of any kind. We won't let it amuse itself with imagined images, with hearing, with mental (math) games or anything else.

We are, in effect, telling the mind to sit and await further instructions.

Naturally, the mind will protest by bringing forth a flurry of distractions... you will imagine patterns of color behind your eyelids, you will hear things that you never noticed before, you'll remember something that you had forgotten that was driving you crazy before... ANYTHING to not sit quietly!

Simply assume the role of observer. A distraction comes... nudge it aside. Don't think about it! The mind is throwing out bait because it is bored. It is hoping desperately that you will give it permission to think about some of the things it has thrown your way, but since YOU are the master of your mental domain, you will keep it on track.

In a fit of bored desperation the mind will probably throw out two “old standby tricks” that you should watch out for.

The first trick is... “the itch”. You may begin to feel an itch on your nose, or an odd sensation or something but it's just a sneaky mind trick. Don't give in

to the urge. An itch is nothing more than some nerve impulses firing off... Where? You guessed it. In the brain! Use your mind to over ride the itch.

The next one is the minds 'trump card'. It is the mind's attempt at saying "if you won't play my game, then I'm taking my ball and going home".

It is SLEEP.

I guarantee that at some point or another you will feel unbelievably sleepy even though you started refreshed and ready to go. It is an effective trick, but a trick all the same. DON'T fall for it!

The process of meditation is the process of developing WILLPOWER. Expect these challenges and rise to the occasion when they come to you. The discipline that you develop here is vital to your success in psychic manifestations later on.

After a while when you don't give in to the temptation of the distractions, your mind will settle down and behave. Then you will find yourself in the peaceful, attentive, "no-mind" state.

Incidentally, this relaxing "no-mind" state is unbelievably healthy for the body. With absolutely no mental distractions, the brain is sending perfect, regular nerve impulses to all the "involuntary" muscles in the body because it has nothing else to clutter up the signals.

In addition, you can reach some of the very deepest states of physical relaxation while doing this exercise... even "the Tingle" from the dynamic tension exercise in the prior chapter.

Beware though: the brain can attempt to latch on to the pleasurable, relaxing tingle and even use this against you... with no other distractions to latch on to, the mind may amplify the sensations of relaxation and use these sensations as a distraction, so stay focused!

Basking in this super relaxed meditative state is actually about equivalent to double that amount of sleep. The number varies by person but in general, one

hour of “deep-relaxation” meditation is far more effective at refreshing and invigorating to a tired mind and body than a “power nap” of the same duration.

Moving Meditations

These are in a class by themselves... Our earlier example of the “runners high” was an illustration of a moving meditation.

Any physical activity can be a moving meditation, and the key is absolute focus on whatever you are setting out to accomplish. For runners, you want to find a comfortable rhythm for your stride, and then just go along for the ride... no effort, no distractions.

For something strenuous, like martial arts, envision the movements precisely as they are meant to be. Project a mental template of what the move should look like and the result you expect to see, and then with fluid motions and absolute focus, make it happen.

For something physically intricate, like dance... Attune yourself to the music and your partner and become one with both. Float. Feel relaxed, fluid energy flowing through you, and visualize yourself doing the moves flawlessly. RELAXATION is the key.

For all moving meditations, stay focused and stay out of your own way! Remember, distractions are mental clutter, and you are the master of your own mental space.

Tools to Help you Succeed Faster

While additional tools and mental crutches are absolutely not required for your success with this program, some of them might help you see results faster.

You may have heard of something called “Brain Wave Entrainment”, which is essentially a technique of tuning some external stimulus to the frequency

that your brain is operating at now, and then slowly shifting down to the frequency that you want to experience.

When your brain is relaxed and quiet, it tends to follow those frequencies, and it will often allow you to reach a desired brain wave state much faster than meditation alone.

Basically there are many different artificial techniques that can help you reach the target brain frequencies in the low theta range that we wish to explore. The very best and most effective techniques involve “mind machines” which provide a combination of both audio and video stimulation in very specific patterns that help the brain slide down into the target zone.

While these would most likely be very effective for our practice, I know that most people do not have access to these and they are often extremely expensive.

Fortunately, there are some other technologies that are very inexpensive, easy to obtain, easy to use, and will provide excellent benefit for most people.

Three main forms of “consumer” level brain entrainment technology include “Monaural Beats”, “Binaural Beats”, and “Isochronic tones”.

All three of these are basically nothing more than specially engineered patterns of sounds that are designed to help your mind settle down into a specific pattern that corresponds to a specific activity like sleeping or meditation, for example.

Each of the three above encompasses a slightly different technique of talking to the brain, but all perform in a similar way. They provide a reference tone that corresponds to the brain wave patterns that you would normally experience when you are awake and alert and then they gradually slide the tone down to the target zone that we want to experience, which in our case corresponds to a deep state of meditation.

They don't work for everyone: About 1 person in 10 is unusually resistant to allowing their mind to be guided in this way. I myself, and many other people I know have had excellent results with them, however.

You can find free samples on the web so you can see if they work for you. If you'd like to learn a little more about how they work, or download a free sample of each different type of audio entrainment recording, you can visit the Binaural Beats page on my web site here:

<http://www.allthingspsychic.com/Binaural%20Beats.html>

Final Thoughts for the Chapter

The mind is an incredibly versatile tool, and like any tool it can be used well, or used poorly. Take some time to practice the techniques that I've just shared with you and even develop your own meditations.

Meditation is not just for "Gurus" and crackpots. ANYTHING can be turned into a meditation, from gardening to Tai-chi to computer programming. For some, even prayer is a form of meditation (when they do it right!)

Focus, Willpower and Visualization are the three absolute mental necessities for the development of your tangible psychic skills, and the exercises in this chapter will give you a command of all of them... if you practice.

But it is easy to get caught up in the work of the exercises. The journey is starting to get interesting, and as your skills develop, you are starting to see some of the fruits of your labor. There is a natural tendency to pick up the pace when you start to feel your destination growing closer, and in some ways this is good.

Practice is very important, but don't get lost in the "work".

Remember, our goal is to become "whole" by reuniting the different facets of our psyche under the direction of the Conscious mind. To do that, we need a good balance of both work *and* fun!

The “work” gives a sense of satisfaction and accomplishment that nurtures the “left brain”, or Conscious, logical part of our mind. The “play” helps exercise our sense of adventure, creativity, and our connection to the rest of the world around us. This nurtures the right side of the brain where our Subconscious and Superconscious mind live.

So work hard, but play hard too! You’ll never get where you are trying to go if you only exercise half your brain!

Oh, and don’t be shy about popping into your “special place” after a good meditation session and offer some thanks and compliments to the subconscious for a job well done. Remember, you’re trying to build a healthy, happy relationship with him... so don’t take him for granted!

Chapter 6: Mastering the Spirit

It is possible that simply from doing the exercises in the prior two chapters that you will come to notice some seemingly random, positive “coincidences” that are going on around you, and this is a good sign.

In addition to that, better health and a sharper, more focused intellect are fantastic assets that will help you in every facet of your day to day existence.

The changes that you will come to experience after gaining proficiency with the exercises in this chapter are very different.

For all practical purposes, this is the point of no return, so consider carefully if you *really* wish to continue. Not everyone is ready to take the plunge, and there is no shame in waiting until it “feels right” to take the next step.

As you gain proficiency with the exercises in this chapter, long before you come to gain any practical, “miracle making” abilities, you will literally come to sense things that other people cannot.

This puts a kind of stress on you, because you will feel yourself slowly changing and moving in a new direction. For some people, this newness provides a sense of wonder and the excitement to explore. Others may experience a sense of fear and disorientation because of the seemingly profound changes all around them.

You will be moving out of a very deep comfort zone, and as you do many of the beliefs that you have held close for a long time may no longer fit your observations. You may come to realize that some of those beliefs may be crutches that you have relied on for too long, and that keep you anchored to the herd mentality. The nature of your personal relationships with other people may change too, because you are literally becoming another person: a “whole” person.

As the “scales fall away from your eyes” you will come to see that everything is different, and yet still the same. You look at the same things

that other people look at and see things differently than they do, which gives you less common ground to interact with them on.

You will start to gain insights and experience moments of exceptional clarity which might prove awkward or even frightening to those around you unless you are careful with how you act on the information.

By way of example: When I was with some friends just recently, our host explained that we could not watch a TV program that they had recorded because they had lost the remote control to their video recorder about a week ago. Their particular recorder does not have any controls on it at all, so without the remote, it is basically useless. After searching frantically for days they concluded that the dog must have carried it off and that they would need to go out and buy a new one.

As soon as I heard the situation, I instantly saw a mental “movie” of what happened to the remote and knew exactly where it was. It was like my perception went back in time to the moment when the remote was “lost” and I simply watched the events that resulted in the remote winding up in its current resting place.

Without thinking, I got up, walked over to the living room and reached into the dark space between the wall and their entertainment center and came out with the remote and they all just stared at me in stunned silence.

Since I choose my friends wisely, they quickly shook it off after making a couple “burn the witch” and “pick me some lottery number” jokes and we eventually had a good laugh over it, but if I were in different company that thoughtless act could have created a great deal of mischief for me.

Had I just taken a couple minutes to pretend to look around the rest of the room first people would not have been so shocked when I found the remote.

Something interesting came of that experience though. All of my friends knew I was interested in psychic development for a long time, and many even knew that I was writing this book on the subject. Knowing that I had an

interest in this topic did not faze them, but seeing even this incredibly trivial example of a psychic ability in action shook them up.

It suddenly became “real” for them, and they looked at me in a different way when they realized that.

This example is just a caution and reminder that should you choose to continue your studies, you need to be very careful about your actions around other people.

The Prerequisites for Advancement

Before you begin this chapter you should have a fairly deep proficiency in the exercises listed in chapters four and five. If you do not, one of two things is likely to happen, and either will set you back a lot of time on your practice.

The “Spirit” exercises in this chapter generate a lot of internal energy. If you are weak on the exercises taught in chapter four, there is the possibility that you might “short out”. This is the psychic equivalent of trying to use a garden hose with a knot in it. There is no clear path for the energy to flow, so it doesn’t. If that happens, you may find that you get dizzy, nauseous, headaches, and possibly even faint. It might also knock your sleeping patterns off for a day or two.

This isn’t dangerous if you are practicing in a safe environment, but it is extremely unpleasant and may set up a situation where you get twitchy or anxious during future practice sessions. If this situation ends up invoking the fear response you’ll have hard time getting back to the level you were before you prematurely started this chapter.

So...

If you start to feel dizzy or uncomfortable
when you start doing these exercises,
STOP DOING THEM.

Spend another week or two on the last two chapters and get more proficient with the preliminary techniques.

Believe me, it will be time well spent!

If you are weak on the exercises taught in chapter five (especially the visualization and “quiet mind” Blackness and Listening exercises) it might appear as though nothing is happening.

If you are not proficient enough with visualization and with keeping the mind absolutely focused on one thought, then either you will not be generating the energy at all, or it is being generated but it is getting lost as we try to apply it. In that case, a good example is like turning on the high-beams on your car when driving in fog. The light gets scattered everywhere, and you don't end up seeing any better.

If you end up in this situation, you simply are not applying the exercises correctly, and you can practice 24 hours a day and never make any real progress.

Take your time and make sure you are ready for this step when you take it.

How to see the Aura

As your practice progresses and particularly as you start opening your energy pathways and charging your psychic centers with the exercised coming up, you will actually start *seeing* the Aura and the energy flows, instead of just imagining them.

This is an extremely exciting time when it happens, and very subtle at first, but with just a little bit of practice and the correct conditions you can see parts of the Aura sooner rather than later.

Once you do, it will speed up your progress quite a bit. You will have a much better idea of what you are looking for and what to

expect when you are practicing the actual abilities in the next chapter.

To see the Aura begin by setting up a small light source like a desk lamp behind you in an otherwise darkened room. Turn your back to the light source, and arrange it so that the light strikes your hands directly. Your hands should be brightly illuminated by the light, and you should angle yourself so that you are looking into the shadows or darkness.

Begin from your DRT state, and then bring your hands together as if in prayer: Palms together, fingers up. Slowly separate your hands and look in the space between them towards the darkness while defocusing your eyes slightly. You are looking for a faint haze of color, often somewhere between electric blue and purple in color. If you don't see a faint blue haze around both hands or a single large blue haze between both hands, defocus your eyes a little more try looking a little farther past your hands.

If you still don't see anything, try shaking your hands out and then rubbing them together like you were trying to generate heat, and then try to view the Aura again.

Wiggle your fingers. Bring your hands closer together and then separate them slowly. At some point you will catch the faintest glimmer of color, and once you do and know where and how to look it will leap into focus. It starts out subtly but with practice it gets much easier, and more vibrant.

When you can see it, try some simple experiments. Extend just the index fingers of each hand and touch the tips of these two fingers together. Slowly draw them apart and look for a faint blue glow between them. As you draw them apart, you will see a glowing strand of energy connect the two finger tips for some distance as you draw them apart, and then when your fingers separate by too far, the strand simply disappears!

Do it again, but before you get to a distance where the strand disappears, stop moving one finger, and make a circle around it with the other. See how the strand stays connected, as though two ends of an exceedingly fine rubber band were connected to them.

Try other things. Bring the tips of all ten fingers together, separate your hands and then give a twist. Do the strands stay connected to the corresponding fingers on the opposite hand or do they reconnect to the next fingers that are closest to them?

Try playing with your breathing and heart rates to see what makes your hands glow brightest. Once they are, slowly bring them together and see if you can feel an exceedingly delicate but real, physical pressure pressing against your two hands.

When I saw Auras for the first time, it was by accident. I was reading a book in bed with a reading lamp over my shoulder and I noticed the blue haze around my fingers that “bled” into the white of the pages. When I stared at this haze, I saw that it wasn’t strictly stationary, it would actually pulse, growing larger and smaller in time with my breathing and to a lesser extent, in time with my heartbeat.

I learned that by synchronizing my breathing and my heartbeat together, I could grow the size of the haze around each finger to the point where they connected across the page, which effectively produced a faint streak of blue/purple, like the color of a lightning bolt across the page of my book.

At that point, I put the book down, and started playing with the ideas as I just asked you to. I made fists. I pointed. I held different kinds of objects. I generally played around for a while, completely fascinated.

I excitedly told a friend of mine the next day, and he politely listened, and then blew my mind by saying that not only had he done things like that in the past, but with practice you could see

more colors than just the blues and purples that I had seen, and that you could actually change the color of the Aura by thinking different things.

He suggested that I try thinking of things that really annoyed me, and then trying very soothing images, to see what happened. He also suggested that I try looking for Auras around other people, particularly when they are behind a plain light or dark colored back drop.

I started seeing Aura's everywhere, even in my Martial Arts classes... There was a board breaking demonstration, and I defocused my eyes and watched the student. He took a number of deep breaths, and I watched his Aura pulse in time to his breathing, and then with the customary "Kiai" or "Spirit Shout" that Martial Artists use to focus their power, he struck at the board.

I saw the strike like it was in slow motion. I saw his Aura flare into brilliance and saw a subtle white glow on the striking edge of his hand. As his hand got about halfway to the board, I noticed that a part of his Aura had extended ahead of his hand to envelop the board itself, and as his hand actually struck the board and broke it, I saw a flash of blue-white, like a lightning bolt.

I was completely amazed. Not only because of all the fantastic detail that I saw, but because of how slowly it all appeared to happen.

Had he been attacking me in that instant, it felt like I would have had all the time in the world to counter that attack. In addition, I felt like I knew exactly where and how the attack would come. It was amazing!

I've had the privilege of studying numerous Martial Arts. "Hard styles", like Karate, and Kung-Fu tend to concentrate on strikes. "Soft Styles", like Aikido and Judo tend to focus on redirecting an

opponent to knock them off balance and thus tend to rely more on throws.

When I used my new found perceptions to watch Aikido throws, I saw them being done incorrectly: With a flash of expended energy much more similar to hard style. The person I was watching ended up powering through the throw and essentially wrestling their partner to the ground.

Then I watched my teacher do it and I saw something that looked more like he was dancing. I saw his Aura reach out and slide towards his attacker and it was like it greased a path in the air that his body gracefully slid through. The two energies became one for an instant, and then with a turn and a twist, his opponent was on the ground, about five feet from where he started. There was no flash at all. No “confrontation”. It was like a merging of energies, and then when my instructor moved his, his opponents had no choice but to follow.

It was absolutely amazing. I recommend you practice viewing the Aura often, and under as many different situations as you can. It’s an easy skill to learn, and very, very useful!

Lessons we can learn from Jedi and Saints

In the “Star Wars” movies, the Jedi were a class of highly trained mystical warriors that had extraordinary abilities at their command because of their study and mastery over a mysterious energy called “The Force”.

The movies don’t go into a lot about what the Force actually *is*, but try watching the movies with the knowledge that you have gained so far from this book.

If you view the movies in terms of the Jedi simply being people who have trained themselves to feel the subtle interactions of their Aura with others and their surroundings, *everything* in the movies (except the bit about

“midichlorians”!) is absolutely consistent with what we are learning and what we will be experiencing.

The Jedi’s extraordinary combat prowess is based in part on short term precognition (the ability to know the future), the ability to slow down their perception of time (just like I did when I was viewing the Aura of the board breaker!), and the uncanny ability to sense the presence of danger via the Aura. The last two skills we have already begun developing when I showed you the timer meditation and how to develop your “Spider Sense”.

Precognition comes as a side effect of your other studies, and you are already well on the road to experiencing it yourself. While I’ve had some pretty amazing experiences with time perceptions, those incidents have always been spontaneous. They usually come when I’m deep in “the zone” and when I am trying to do something completely different. I’ll go into more detail about my experiences with time perception when I discuss “The Tapestry” experience in a later chapter.

Getting back to Star Wars, do yourself a favor and check out those movies after you’ve read this book, and pay special attention to the sections where Jedi masters like Yoda are instructing people in “the ways of the Force”.

On the chance that you have never seen the movies or that you have no plans to in the near future, let me offer a couple of particularly educational quotes from Yoda, the ancient Jedi master:

Luke, commenting on how tiny Yoda could move a huge object that he couldn’t: “I don’t believe it!”

Yoda: “That is why you failed”.

Yoda: “Size matters not. Judge me by my size, do you? It is well that you should not, for the Force is my ally, and a powerful ally it is. Life creates it, makes it grow. Its energy surrounds us, and binds us. Luminous beings are we. Not this crude matter. You

must feel the Force around you; here, between you, me, the tree, the rock, everywhere...”

Every ability attributed to both the Jedi and their enemies, the Sith from the movies have their basis in actual psychic powers ascribed to people who have gained proficiency in the kinds of exercises I am about to teach you.

Admittedly, I doubt you will see lightning shooting from the fingers of anyone soon, not because it’s impossible, but rather because psychic adepts tend to be firm believers in subtlety!

In the interests of plot, the Star Wars movies divided the Force into “Dark and Light”, and described different powers to each so that the good guys and the bad guys could have more interesting conflicts.

They also described the methods that each side used to develop their relationship with the Force: The good guys meditate and develop a passive serenity that allows the Force to work through them, while the bad guys channel rage and hatred to tap into the mystical energies. That is a great plot device to make the good guys *really* good, and the bad guys *really* bad.

While there is a lot of great philosophy from the Star Wars Jedi that has an uncanny relevance to our own studies, the concept of a “dark side” to the energy that makes up all things has no relevance to us.

A rock is a rock.

If you use a rock to knock someone on the head, that doesn’t mean the rock is evil. By the same token, if a big rock provides you with shelter in a storm that does not make the rock good.

The rock simply **is**, and by the same token, so is the energy of “The Force” that works in *our* world.

While the energy itself is neither good nor bad, trying to use it for a bad purpose can't work.

If you attempt to do something that will be hurtful or have negative consequences to others (like shoot lightning bolts at them!), at some level, one or more parts of your consciousness will not cooperate and you will have no success.

In fact, there is a “Cosmic Law” that states:

“What you send out you get back three-fold.”

That is not just some mystical mumbo-jumbo. The Sub-Conscious is child-like, and looks up to you. Your Super-Conscious is wise, and like a parent wants to teach you the lessons you need to better yourself.

If you attempt to deliberately do something wrong, the “child within” will be mad and possibly embarrassed with you, and the “parent within” will be disappointed.

BOTH of them might take it upon themselves to encourage you not to do something like that again. An angry child might work in the spirit of spitefulness or punishment, while the parent would work with the spirit of “teaching you a lesson”. Add the person that you actually wronged into the mix, and sure enough... you have unpleasantness coming your way from three different directions.

Suffice to say, “you will get what you have coming to you”.

By the same token, if you are really going above and beyond, doing things beautifully and helping others, your various consciousnesses will likely be very proud and supportive of you.

The child will seek to reward you and the parent will look for bigger and better opportunities for you. Life gets better and better,

and you are “blessed” with serendipity... things just seem to keep going your way!

Fortunately for us, our psyche has the child and parent aspects in place. Because of them, “The Force” cannot be channeled through the Sith methods of rage and hate.

The fact that *our* version of the Force *can* be channeled through serenity and meditation, the same techniques that were taught in the Star Wars movies, is not a coincidence... George Lucas, the creator of Star Wars is a student of Eastern philosophy. He actually states his religious affiliation as “Buddhist Methodist”.

The methods that Lucas’s Jedi use to cultivate their Force powers are the exact same methods that have been in use in India and Asia for thousands of years. It is therefore not surprising to learn that a **lot** of the “Holy Ones” that I described in the first chapter call those places their home.

I’d like to make one last point on the relationship between what is portrayed in the Star Wars movies and what we are doing here.

The Jedi were the “Knights of the Republic”. They were protectors and peace keepers, and as such their skills needed to be used on the move, and in combat.

The training of young Jedi as depicted in the movies was an active physical training that also incorporated the same kinds of psychic skills that we are learning.

In a perfect world, with infinite time, this is the better way to train.

The Body, Mind and Aura are all intimately connected, and a powerful physical workout that also incorporates deep relaxation, moving meditation, and energy flow techniques develops you in ways that allow each aspect of yourself to reach greater heights.

This is how the Shaolin Monks and some religious folk practice their devotions. Whether it is Martial Art training or churning butter, they don't just go through the motions. They "put their heart into it" and allow it to become a spiritual workout as well.

Seeing and feeling the flow of energy while doing physical work is a lot tougher than just doing either the physical workout or the energy work alone. On top of that, trying to maintain the deep levels of physical relaxation at the same time while maintaining an absolute focus on a single task makes the practice even harder.

This means that the development of tangible psychic results are much slower in manifesting while attempting to combine elements within a framework of physical movement because you are attempting to master all aspects at once.

Still, this IS a perfectly natural path to psychic development. It simply may take longer to see results than with the techniques that I am about to teach you, but in a way it is the more complete and natural way.

Some folks end up walking this "scenic path" to psychic development without ever realizing it. This is how most Saints come upon their "gifts".

They enter a mindset where their efforts, be they physical labor or prayers and devotions are "gifts" to God.

They view the work as a beautiful, peaceful thing. They relax and enjoy doing it, considering the labor as an offering to the Divine Spirit that they are attempting to grow closer to. This results in a serene, relaxed physical state that actually approaches our DRT training!

As they perform their labors, they may come to visualize their love of God as a visible light flowing upwards to the Heavens, while

God's love and blessings visibly pour down on them like a light from above.

Remember how the Aura responds to intention? This mental state and these visualizations are very similar to the exercises coming up! (so much so in fact, that the religious minded among you are welcome to think in terms of "God's love" anywhere I use the term "energy", and it still works!)

The Jedi of the Star Wars saga are using techniques very similar to this. They *feel* the Force everywhere and in everything they do; the Force flows into them, and then they beam it outward to influence their physical bodies and the material world around them for the betterment and protection of others.

Replace the word "Force" with the word "God" and you go the path of the Saint, creating "miracles. Replace the word "Force" with the word "Energy", and you go the path of the "New Age" crowd, performing "psychic abilities". It's all the same thing.

"There are many paths up the mountain."

The Finer Points of Prayer

If you are religious minded, keep these concepts in mind. There is absolutely no conflict with your religious beliefs. If you are praying to God, there is no sin in being relaxed and comfortable while you do it (DRT), but don't just mindlessly recite words and then ask for stuff. That's going through the motions without putting your heart into it, and that is disrespectful to the higher power you are attempting to commune with.

Send your love/energy upwards and receive God's love/energy back. See the energy flowing to and from the divine, and if you need to ask for something, don't just spout words. Send a mental image of what you want, as clear and as bright as you can possibly

make it. Finally, put yourself in that image. Imagine yourself already in possession of whatever you are seeking.

It's not what you *say* when you pray. It's not even how often you pray (although practice makes perfect!). It's *how* you pray, and your sincerity that make the difference.

The Saints instinctively and often unknowingly build their psychic power as a side effect of their religious devotion. They send and receive "love energy" through the meditative act of prayer and then subconsciously release it while asking selfless favors of God on behalf of others. Truly, they *are* the tools of God!

Another time honored method of Holy men was to get to a quiet place to pray, like going alone into the desert.

Do you think they spent the whole time spouting words at the heavens and begging for favors?

I doubt it.

When the Saints pray, I'll bet they spend a lot more time *listening* than they do talking, and the odds are good that they aren't just asking for stuff when they talk either.

They suspend their ego and seek to do *God's* will, and to that end they are quietly listening for the will of God to make itself known to them.

A Saint that quiets his mind and listens patiently while waiting for an insight is really doing a variation of the Listening Meditation that we learned in the last chapter. If they pray with their eyes closed, it is very possible that they are performing the profoundly effective Blackness Meditation as well.

Within the context of their respective devotions, both Jedi and Saints work with the DRT state, do “energy” exercises, and meditate.

Is it any wonder that in time they are each able to perform “miracles?!”

Where the Power Lives: The Chakras

In Chapter 3, we described the Aura and mentioned how it is the critical tool for our psychic manifestations, but the Aura is not just a *simple* field of energy that happens to be connected to our physical body.

The Aura is actually a superposition of many different kinds of energy fields, and each different type of energy has its own unique point of origin, a psychic energy center called a “Chakra”. (Pronounced “Shock-ra”)

Right now, it is extremely likely that our “Spirit” or “Energy” bodies are weak and underdeveloped, but this is the primary source of all of our psychic power and abilities.

Without building up your psychic centers, there is no way they will be able to do the kind of “heavy lifting” we are going to be getting into a little later.

In the last two chapters I’ve given you the DRT and Meditation exercises. These are the tools that you need to use to begin a work-out regimen to strengthen your spirit.

A Chakra works a lot like an organ works in your physical body, except that where your body’s organs are working on the physical level performing mechanical and chemical tasks, your Chakras, or “Spirit Organs” are working on the psychic level channeling and manipulating different frequencies of energy.

The psychic energy I am referring to is usually in the same “kinda-like-everything, kinda-like nothing” state that I mentioned before when describing the Aura. It’s all around us, all the time.

We're actually immersed in it!

Nikola Tesla stated way back in 1892:

“Throughout space there is energy. Is this energy static or kinetic? If static our hopes are in vain; if kinetic — and this we know it is, for certain — then it is a mere question of time when men will succeed in attaching their machinery to the very wheelwork of nature.”

This energy that pervades all space is not just the combination of cosmic and solar radiation, although those are certainly present as well. It is a subtler kind of “potential energy” that can be converted into usable energy (and even matter!) at a later time once we know the right techniques.

Each Chakra specializes in a specific frequency range of energy, and depending on the needs of your Astral or “Spirit” body, the Chakra might do any one of a number of different things for you.

It might absorb energy from your surroundings. It might concentrate or dissipate the energy of that type already in your system. It can radiate energy of its tuned frequency, or convert the energy within a fairly narrow range up or down in frequency so that it is available to the Chakra attuned to an adjacent range.

The word “Chakra” actually comes from an ancient Sanskrit work meaning “Wheel”, because when you advance to the point where you can view them directly you will see that they appear as a spinning, whirling wheel of energy. Some people describe them as looking like lotus flowers. I myself see them as spheres of colored fire.

There are seven major Chakras that we will concern ourselves with, and they are arranged in a nearly perfect line running up the spine from near the base of the tail bone to the top of the head.

The Seven Major Energy Centers

Each major Chakra has a specific location along the spine, and a specific frequency which, like light, produces a unique color. In addition, the kind of energy associated with each Chakra lends itself to specific kinds of psychic phenomena.

Here is an overview, starting from the bottom and working upwards:

The “Root” or “Foundation” Chakra: Is deep red in color, and located at the base of the spine, slightly forward of the tailbone. This Chakra is traditionally associated with the earth element and is most closely associated with the “gross” energies that dwell at, in or near the physical, material world that we dwell in. Energizing this Chakra provides much of the raw energy required for materializations, telekinesis, invulnerability and levitation. The energy of this Chakra is often associated with base instincts for survival and fear disrupts its flow. It is from here that the energy described from people doing extraordinary feats of strength in times of crises comes from, like a mother ripping a car door off the hinges to rescue a trapped child.

The “Sacral” Chakra: Is vibrant orange in color, and located in the lower abdomen below the navel. This Chakra is traditionally associated with the water element and is associated with pleasure, emotions and the senses. Guilt disrupts its flow. Energizing this Chakra is instrumental to the “disembodied senses” class of psychic phenomena like Astral Projection, Clairvoyance (remote viewing), Clairaudience (hearing things at other locations) and empathy. Be aware that energizing this Chakra may make you more emotional for a time, especially until you get used to the new energy levels and balance them among the other Chakras.

The “Solar Plexus” Chakra: Is bright yellow in color, and located along the spine at the level of the solar plexus, about 2 inches above the navel. This Chakra is traditionally associated with the fire element and is associated with Intuition, metabolism and the conversion of external energy into internal energy. Energizing this Chakra is instrumental to Intuition, willpower, health, healing and longevity as well as resisting the elements. Shame disrupts its flow of energy.

The “Heart” Chakra: Is green in color, and located along the spine at the level of the heart. This Chakra is traditionally associated with the air element and is associated with profound serenity and the expression and ability of love, as well as the ability to see and understand the connections between seemingly different things: Mind/Body, Male/Female, Ego/Unity. It is the gateway that connects the three “base” or lower Chakras to the three higher, spiritual Chakras. Energizing this Chakra is instrumental to bridging the gap between intellectual knowing, and the divine understanding that is required so that we understand how to use the psychic energies we are developing to interact with the “material” world to effect the changes that we seek. Its energy is disrupted by grief.

The “Throat” Chakra: Is a blue-green color, and located along the spine near the back of the throat. This Chakra is traditionally associated with sound and is associated with creativity and communication. Energizing this Chakra is instrumental to energy manipulations that alter the frequency, shape or directions of energy, which is useful in psychic skills like Invisibility, Materializations and Animal Friendship. A strong throat Chakra also lends itself to self confidence and the arts of persuasion. The essence of this energy resonates with truth and is disrupted by deceit... not just the lies we tell others, but especially the lies we try to convince ourselves of.

The “Third Eye” Chakra: Is indigo in color, which is like a deep blue-violet, and located about one inch above the bridge of the nose between the eye brows. This Chakra is traditionally associated with light, vision, and seeing, both “that which is visible and that which is hidden”. Energizing this Chakra brings awareness of time, and may invoke visions of the past or future. Its energies are used in Psychometry (touching an object and knowing its history), Past Life Recall (including reconnecting with skills that you had mastered in prior lives), Viewing the Aura, and a sense of “oneness with all things”. It is also instrumental in skills requiring interaction at a distance like Remote Viewing, Remote Healing, Bilocation, and Teleportation. Be aware that the sense of “oneness with all things” tends to diminish ones appetite for material and superficial wealth and distractions. When one energizes the power of the Third Eye it will literally and figuratively change the way you see the world. Its energy is disrupted by ego and the illusion of separateness.

The “Crown” Chakra: Is violet in color, and located at the top of the head. This Chakra is traditionally associated with thought and understanding. Energizing this Chakra promotes a deep sense of harmony and connection with all things, all places and all times. Its awakening allows one to experience Omniscience (the ability to know everything), Omnipotence (to do anything), and the liberation of the mind from the body, where there is no distinction of self. Viewer and viewed are the same. It is to “know the mind of God and to know the infinite”. It is said that with the awakening of the Crown Chakra, all psychic powers become available, including the ability to alter the body in any way imaginable, including shape changing and Ascension (turning the body directly into pure, living energy). The energy of this Chakra comes by way of (re)connecting yourself to the divine and is disrupted by the fear of letting go of the ego and fear of losing one’s sense of self.

Stoking the Spiritual Furnace

Now that we have a better understanding of the physical locations of our psychic organs and of the kind of energies they command, we can begin the real meat of our psychic training.

We are going to learn some exercises that will greatly improve the functioning of our Chakras, but we need to tread lightly.

The Chakras are a *system* for manipulating energy in the body, and as such, all the parts need to function together. We need to be careful that we build them up in the proper fashion, or we could get our internal energy flow out of sync. If that happens, you will have a most unpleasant time of things... headaches, sickness, emotional swings and lethargy are a few of the symptoms that you can expect if you try to jump the gun on this.

Oh, and did I mention you’ll actually be losing some of the progress you’ve already made if you try to go too fast?

If, for example, we are eager and excited to try to materialize an object out of the air, you may think that you can focus your efforts on the root, heart and

throat Chakras, because they are the primary energy centers associated with this ability.

While they certainly are important, you need support from the other Chakras to perform the ability as well. If one or more of the primary or supporting Chakras are under developed at a time when you are attempting an ability, you will either get no results at all or you will get shut down hard and fast, sometimes even with physical pain. In addition, awakening the primary Chakra energy unevenly can result in personality shifts: extremes in anything from arrogance, cynicism, compassion, benevolence, and even joy or despair.

That means you would actually be taking two big steps backwards in your efforts while wasting a lot of time and causing unnecessary difficulty both to yourself and those close to you.

To minimize the discomfort and inconvenience of random mood swings, personality shifts, and assorted “bad things”, the trick is to start small, go slow and build evenly.

Our ultimate goal is to grow and strengthen our Chakras and to clear the energy paths between them. We will be working with the seven primary Chakras going up along the spine, but there are actually hundreds of secondary and tertiary Chakras in your body that all play their supporting roles. Since our ability to work with energy is only as strong as our weakest link, I am going to give you a couple of preliminary exercises that will gently and indirectly strengthen ALL the Chakras.

Psychic Warm Ups: Energizing the Body of Light

We are going to start EVERY energy building session by energizing our “Light Body”. This exercise is the psychic equivalent to stretching before a strenuous physical work out. It’s an important part of the program and will not only help you get more out of the primary exercises, but it will keep you from hurting yourself in the event that your energy levels increase suddenly, as is likely to happen when you finally work through an energy blockage.

All of these exercises are good to do first thing in the morning, as they will help you feel tremendously energized and give you a great sense of mental focus to get you through your day.

For exactly the reasons I just gave, DO NOT attempt to do these exercises within two hours of the time you normally go to sleep. The energy you build up may not have adequate time to dissipate and you will have a very hard time getting to sleep. If you do manage to get to sleep, you will most likely have a very restless night, and probably wake up feeling exhausted.

Another word of caution: Once you start an exercise, always end it gracefully. Never just “stop” and break off the exercises abruptly if you can help it. Let the images fade out slowly and come out of your DRT slowly. Do not try to get up suddenly or you may find yourself off balance or you may find that not all of your muscles respond correctly and you could fall over or hurt yourself. You might even faint or find that your vision goes dark and may even fade to total (but temporary) blindness.

I had this happen to me once where a phone rang next to me while I was deep in practice and it startled me badly. I leaped off the bed where I was practicing and tried to lunge for the phone, but my legs wouldn't hold me. I felt incredibly weak, crumpled to the floor, my vision faded to black and my hearing faded out until I could hear absolutely nothing but my own heart beat.

It scared the heck out of me... I didn't pass out, but I was sitting on the floor, for all practical purposes blind, deaf, and too weak to move. It all passed in a minute, but it's not a sensation I would recommend, and I resolved to never let that happen again. So, *please*, learn from my mistakes, and make a point of turning off the ringer on your phone and/or practicing where you won't have to worry about being disturbed.

With that having been said, understand that your “Light Body” is like the wrapper that contains your psychic organs: the Chakras. Its function is almost identical to what your skin does: it keeps all your vital organs safe and contained inside your body while keeping *out* the stuff that shouldn't be there.

Since the Chakras are actually the psychic centers that process the specific types of energy that all come together to form our Aura, and since the Aura responds directly to our thoughts, moods and intentions, it stands to reason that these same things can influence the Chakras directly. Thus, with the power of thought, (specifically visualization) we can energize the Chakras and thus indirectly change the energy composition of our Aura.

I said before that each Chakra is attuned to a specific frequency of energy, which has an associated color with it, but there are hundreds of lesser Chakras and while lesser demands are made of them, they still have their role to play. If any of *them* fail, so does your attempt at the ability you are trying to manifest.

It would it be excruciatingly difficult for me to describe the physical locations and the subtle shade and hue variations of colors of all the secondary Chakras, and to exercise each of them individually would require days.

So, I'm going to give you a short cut...

“White” light is actually composed of all the different colors that light can come in, all jumbled up to the point where your eyes can't pick out the specific components.

Since white light contains every color, some part of it will resonate with whatever color any given Chakra happens to be. It's not as effective as charging the Chakra with its specific color, but it is a fantastic way to gently introduce extra energy into your system.

We are going to take a shot-gun approach to energizing all of the lesser Chakras at once by flooding our “light body” with white light as the initial part of our warm up. This way, all Chakras receive stimulation and the entire system gets stronger.

All of our energy exercises should begin by getting comfortable and reaching the deepest DRT state you can.

Quiet your body. Slow your breathing. Relax.

Take long, deep, slow, even breaths. Exhale slowly.

Repeat this deep breathing (with no pauses between breaths) for a minute or two and as you breathe, listen for your heart beat.

Focus your attention on the heart beat and let it grow loud enough in your ears so that you can hear it easily. Feel the relationship between your breathing and your heart.

Deliberately slow your breathing, and listen for the slowing in your heart which will follow naturally after a short time. If you feel the need to sigh, do it. It helps to resync the oxygen requirements of your body.

Next, quiet your mind. Close your eyes, and perform the Blackness Mediation from the last chapter. “Float” in the darkness and enjoy the quiet for a few minutes.

This current state of deep physical relaxation and a quiet, empty mind is our target starting state for all of the exercises in this chapter, so take the time to practice often and do everything in your power to improve the depths that you can take yourself for this starting point.

Now that we have reached a good place to start, imagine that your body is completely enveloped in a translucent shell about 6 inches away from your skin, and then, in your mind’s eye, allow the appearance of your physical body inside that shell to fade out until it is barely visible.

At this point you should see the nearly invisible, hollow shell in the shape of your body and the faint “echo” of your physical body inside.

Next, imagine that the shell is beginning to take on a faint glow along its surface to help you delineate the edges and then slowly allow a soft glowing white light to “fade in” within the shell.

The light should fill in softly, like slowly turning up a dimmer switch, starting from barely visible and growing in intensity to a brilliant white light which completely blots out the appearance of your physical body in the center over the course of about a minute.

Bask in this radiance for a few minutes, and then slowly dim the light down to a softer level, and imagine the color of the light starts to take on a rosy hue. Next, see the light within change in color from a rosy pink and take on a brighter and brighter hue, until your light body is completely flooded with a rich, bright red light and then turn up the intensity.

Bask for a moment. Let the energy soak in and see if you can feel where the energy is being absorbed the most. You may feel odd sensations... itching or tingling in parts of your body, this is to be expected, but don't allow them to become distractions.

Simply assume the role of a passive observer and enjoy the ride.

Let the bright red light fade in intensity, and let the hue shift to orange, and then raise its intensity as before, and bask for a minute.

Repeat this with all the colors of the spectrum, in order, making a point to bask for a minute in each color: Red, Orange, Yellow, Green, Blue, Indigo, and Violet.

At this point I would like to offer a word of caution. For the first couple of weeks that you practice this, do not bask in a specific color for more than two minutes at a time.

Our goal is to add energy to the system evenly. By focusing on one color for too long, people who are new to this exercise could very easily over stimulate the Chakras that resonate with that color. This could lead to twitchiness or different mild but distracting symptoms (depending on the Chakra/color you are working with) that decrease the effectiveness of the remaining colors and can lead to your energy system being developed unevenly.

A minute to a minute and a half for each color should be plenty of time for this warm up when you are first starting out, but two minutes should be the absolute limit until you are more experienced.

When you have cycled through all colors, let the violet color fade to a soft, comfortable white. You can linger in this relaxed, energized state in the white light for as long as you like. Since white light charges all the Chakras at the same time, there is no danger of getting your internal energies out of balance by doing this.

If you wish to end your practice session here, let the white fade in intensity until you can see the clear shell again. Let the image of the shell fade out altogether, while the image of your physical body fades in. Open your eyes and finish up with the “tension” part of the DRT. Tense each muscle group in turn and let them relax, but do not allow them to go completely back to the “deep relaxation”. The tension is to get their attention and let them switch gears back to their normal mode. Get up slowly, and carefully to make sure all the muscles have reengaged properly, and then follow everything up with a good stretch.

If you plan to continue on to the next exercises, keep your eyes closed, the physical image of your body faded, and the clear shell flooded with the soft white light.

When you attempt to get up at the conclusion of any of these exercises, do not worry if you find yourself temporarily paralyzed.

The energy manipulations that you are doing create a synergy with the DRT so that you are probably relaxing deeper than you ever have in the past. As I mentioned before, if your body relaxes deeply enough, parts of your mind click into the maintenance mode that normally get invoked during sleep, and this includes the completely normal and natural paralysis that the brain uses to lock down muscles so that you do not respond physically to dream stimuli when you are sleeping.

If you find yourself paralyzed, just focus on a finger tip and gently try to move it. In a second or two you will be able to, and almost immediately after that, you will be able to move everything else as well.

As an interesting side note, if you do find yourself paralyzed and need to do the fingertip trick, try to pay special attention at the instant you are able to twitch your finger and try to “watch” how all the other muscles in your body release the “muscle lock” that they were under. It happens incredibly fast, and it travels almost like electricity through the body.

It’s a pretty cool experience to check out if you can attune your senses to it fast enough, and it is excellent practice for maintaining the focus that will help you suppress the “excitement reflex” that often shuts down novices when they are just starting to make something happen.

For future reference, I will refer to the exercise that you have just completed as the EBL, which stands for Energizing the Body of Light.

Psychic Warm Ups: The Roots and Branches Energy Transfer

The EBL exercise is designed to gently “massage” the various energy centers of your psychic body and gently introduce small amounts of additional energy into your system. Our next exercise is designed to clear the energy pathways between the Chakra and give you some practice transferring energy between the energy centers.

This exercise, like all the energy accumulation exercises in this chapter should be done carefully or you risk a potentially serious setback in your studies. Please be sure to read through this entire section before beginning to practice. It is important that you understand the potential obstacles that you may have to overcome.

This exercise in particular has the potential to open a flood-gate of emotions from your past that could be very hard to face and work through.

Once that gate opens, it is very hard to close it again, and actually you shouldn't even try to. You need to commit to getting through the obstacles, deal with the issues from your past and emerge "whole and triumphant" on the other side.

I'm going to ask that you proceed with this exercise very slowly until you get a handle on what it does and how your system responds to it.

Everyone responds to these exercises differently. If you have been doing your DRT and meditation exercises regularly and have gained some proficiency with them, you should be well prepared for this next phase of your training.

If you have not, or for some reason you have internal energy blockages that prevent the energy from flowing freely then it would be a mistake to move on to the main exercise too quickly.

Energy blockages are actually extremely common and come and go through the normal course of our lives unless we deliberately take steps to keep the energy channels clear. When you first start out, it's likely you will have one or more minor energy blockages which you will need to gently work through.

Sometimes, however, there is a major block of energy that happens if we have been exposed to something like a traumatic physical or emotional event in our past.

From that point in time until the problem is resolved, the blockage caused by that trauma often acts like a dam for your internal energies. The flow of energy gets blocked from proceeding further and often gets diverted and "floods" the surrounding areas. Depending on where the energy is blocked, long term health issues and even personality traits may have developed.

If the block is caused in the areas of the lower Chakra, as is more often the case with physical trauma, your entire system may be short on energy. This might lead you to chronic symptoms like being easily distracted, often tired, or prone to allergies and getting sick.

If the energy gets a little farther before getting stuck, as often happens with emotional trauma or abuse, various personality traits might get amplified like shyness, a short temper, or hyper-sensitivity to criticism.

The farther the energy makes it, the more completely you “metabolize” it, and the more “whole” you become.

As you work through the Roots and Branches technique, it will clear these blockages and restore a clean, natural flow of energy within your system. It is very possible that if you had any blockages at the start of your studies that the people around you may actually notice changes to your personality as you proceed.

Shy folks get more outgoing, “angry” people start to get calmer, overly emotional people become more stable. These are natural outward signs of your internal progress, so expect them when you see them... and *look* for them. They are another sign post on the path!

Understand that for some folks, it may take weeks or even months to get through this exercise correctly while some folks may breeze through it in one of their first few sessions. Go at your own pace.

To begin with, start by doing this exercise no more than 3 minutes at a time, and waiting at least 2 hours between sessions if you wish to work on this more than once a day.

Sometimes and for some people, the results of the exercise are not obvious right away and that presents the same kind of challenge as knowing when to get out of the sun to keep from getting sunburned. If you wait until you can see or feel the burn it’s already too late. Waiting a couple hours between attempts should give the exercise time to run its natural course within your system and give you an accurate feel for how it is working for you and if you can handle longer periods.

After a few days if you feel comfortable with the exercise, you can gradually increase the amount of time you do it and decrease the amount of time you wait before trying again.

Once all of your internal energy is flowing well, this exercise can be done anytime and for any duration.

For this exercise, you want to be sitting either directly on the floor or on a small pillow or cushion. Sit as comfortably as possible with good straight posture and your hands relaxed and resting lightly in your lap or on your thighs.

The best positions for this exercise are actually hard for most westerners to get into and maintain for any length of time.

If you are serious about these exercises and wish to go the extra mile, you can learn to sit on the floor in a style called “seiza”, a seated position common in the Asian culture and in many Martial Art practices or in a yoga posture called the “lotus position” which is actually the traditional and best position for these techniques.

Both of these positions tend to slow the flow of blood to the legs and can lead to the pins-and-needles sensation and numbness until you develop the necessary flexibility and muscle tone to do them properly. The slowed blood flow to the legs is actually part of the point. With less blood being sent through the legs, more blood and thus more oxygen is available in your core and for your brain which facilitates your practice.

The other advantage is that these positions facilitate excellent posture, which is very important in all of these exercises because it allows correct breathing, which is absolutely critical to your success.

The lotus position also has the added benefit of essentially “locking” you into a very stable position which prevents you from toppling over. In other positions, even when sitting on a chair, as you relax deeply you tend to lean in direction or another or slouch. To prevent that, you need to engage your muscles slightly to keep yourself upright and maintain your balance, and

those tiny muscle movements slightly break the magic of really deep relaxation.

If you wish to learn these advanced postures, practice for a few minutes a day and gradually build up the time you practice. Don't try to use them with these exercises until you can maintain them comfortably long enough to complete the exercises.

To sit in seiza, simply kneel with both knees on the floor slightly apart, and let the tops of both feet rest on the floor. Then just sit back and let your buttocks rest on your heels and place your hands on your lap.

Seiza can be a little difficult to maintain if you aren't used to it, so you can place a thin pillow or cushion under your knees or on top of your heels before you sit back if you wish. In addition to cushioning your bottom, a thin pillow on top of your heels slightly changes the angle that your knees are bent, making the position a little more comfortable.

The best posture for this exercise and all of the exercises in this section is actually the "Lotus" position as taught in yoga. This position can be extremely challenging, particularly on the knees, and it can take a fair while before you can maintain it comfortably for a long enough period of time to be of any use in the exercises.

If you wish to try the lotus position or the easier half-lotus, I strongly recommend that you practice a little each day, and stretch your legs before you start.

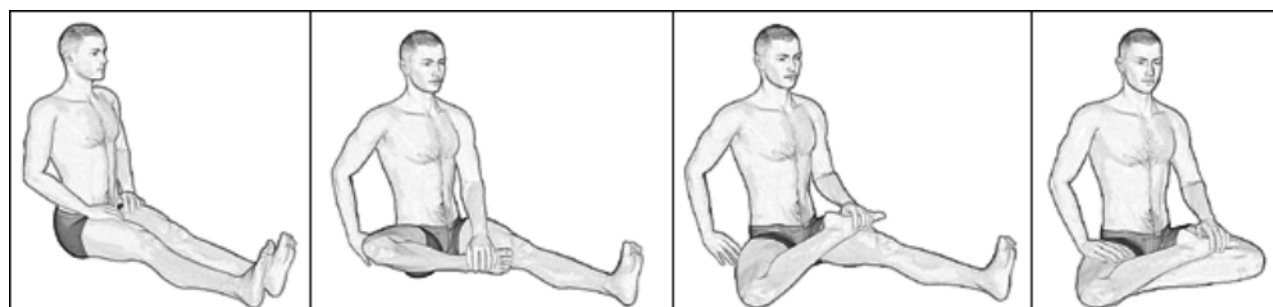
To attain the half-lotus, after stretching the legs and groin in particular, sit on the floor with both legs straight out in front of you.

Next, bend the knee of your right leg and bring the bottom of your right foot to touch the inside of your left thigh like you are doing a groin stretch. Then, use your hands to lift your right foot up and place the top of your right foot on top of your left thigh. You will be able to see the bottom of your right foot, and your right knee will be close to or touching the ground.

Lastly, slide your left leg across the ground and tuck it under your right leg. This is the half-lotus. To develop flexibility, each time you perform the half-lotus, alternate which leg goes on top.

It might sound awkward, and heck, it will even feel awkward at first. But you will get used to it.

Since my description might be a little confusing, the image below illustrates how to get into the half-lotus:



How to enter the half-lotus position

If you want to make this a full lotus, from the position of the third image above, you would then use your hands to pick up your left foot and place it on top of your right calf, effectively “locking” your legs together. If you are flexible enough, your two knees will be touching the ground in a position that is kind of like a bizarre “butterfly stretch”.

Here is what the full lotus looks like:



The Lotus position

As I said before, these positions are advanced techniques and are not required, but they do help. For most of us, sitting on the floor, on a pillow or even on a chair will work fine. Whatever position you use, just be sure to remember that excellent posture is important.

Now that we have your initial position figured out, start by reaching your base practice state where you are deeply relaxed from the DRT and you've just completed your EBL color cycles and you are imagining your light body as filled with a soft white light.

Next, imagine that roots of light are growing down from the base of your spine through the floor, and that they stretch deep down beneath you. As they stretch downward they begin to split into branches that get thinner and finer.

Actually see the roots in your mind, and let each root split into two when it goes down far enough, starting with a single fat root at the point of contact with your body to the floor.

The single fat root goes down and tapers. It grows a little thinner and then splits into two. The two go down and split to 4, which split to 8, and so on.

Grow the roots to the depths that your powers of visualization and concentration will allow you to keep track of. Since each level contains twice as many roots as the level before, it will take a fair amount of practice before you are ready to practice with the next layer of roots, but in time you will be ready. You will find that your powers of visualization will be constantly improving as you do the various exercises in this book, and as they do, your progress will be evident here.

At last, when the roots have extended downwards as far as you would have them go, maintain the image of the roots sharply in your mind and pay particular attention to your breathing and heart beat.

Listen for your heartbeat.

Take a few long, deep, slow breaths in and prepare yourself to breathe at a ratio of 4:2:3:1. For every four heartbeats you are breathing in, hold your breath from the diaphragm for two heartbeats, exhale for a count of three heartbeats, and finally hold your breath for 1 heartbeat before starting the cycle all over again.

By now you should be very proficient with deep breathing, so I recommend that after taking a few breaths to settle into the rhythm that you start your ratio off with a count of something like 16 or 20 heartbeats while breathing in, and keep the corresponding ratios for the rest of the breath cycle.

Hopefully you won't need to adjust the rate down, but do so if you must. The ratio is the important part, not the actual numbers but those numbers are a fair indicator of your progress. As I mentioned before, struggling to reach higher numbers on your breath/beat counts before you are ready is counter-productive. This is not a race to get to a certain number. This is simply looking for the sweet spot that will make the exercise most effective for you personally.

As your deep relaxation slows your heart beats, you will find that it takes quite a while to complete a single breath. It is not uncommon for some practitioners to take a couple minutes or more to complete a single breathing cycle. (Some advanced practitioners will take a lot longer to complete a single breathing cycle!)

Feel free to experiment, adjusting your heartbeat counts up or down the scale until you find a breathing rhythm at the correct ratio that works comfortably for you. If you wish do the practice quickly during the day, feel free to use a shorter breath duration, but I advise you to attempt to work at the limits of your ability at least once a day.

Now that we have established a good breathing rhythm, next we envision energy being drawn slowly into your system. As you breathe in, see the energy deep in the ground around your roots like a faint silver mist.

With each intake of breath, see a small part of that mist attracted to and absorbed into the smallest, deepest parts of your roots. As you continue to

inhale, see that silvery vapor travel a short ways up the roots. Hold your breath for the designated amount of time before the exhale and imagine that the energy simply stops moving when you are not actively inhaling. Don't let the energy sink back down into the roots. This part of the exercise is a one way trip, and the only way is up!

Each breath draws in a bit more energy at the deepest level and moves the existing energy a little farther through the system. Each level of root consolidates the energy from below and passes it to the root above until it finally enters your body at the base of the spine, where the root started.

As the energy seeps in at the base of the spine, imagine that it forms a silvery cloud there. At first, the cloud is very faint, like the first faint hint of steam on the surface of water when you are bringing it to a boil. Over the span of a few minutes, allow the cloud to grow thick and bright as more and more energy gets siphoned up from the roots but do not allow the mist to rise any further than the base of your spine.

Once the cloud is fairly dense, visualize the last of the energy that is still in the roots moving upwards and allow it to join with the cloud. Do not take in any additional energy from the roots with your inhalation.

The object is to clear out all the silvery vaporous energy currently in the roots and to accumulate it into a single shimmering cloud at the base of the spine

Our goal is to slowly draw it up through the primary energy channel in the spine, and let it gently clear any blockages on its path from Chakra to Chakra.

To do this, imagine a very thin, clear tube running from the top of your head to the base of the spine, where the cloud has formed.

When the tube descends to the level of the cloud, it stops, but the cloud does not enter the tube until you allow it.

In chapter four, we learned how the subconscious mind can influence our mental imagery to tell us about the state of our body. Hopefully by now you are regularly using the advanced DRT exercises where the intensity of the glowing light around your body tells you where you have additional stress and need more attention.

We are going to use a similar technique to identify and remove energy blockages within the tube that connect the Chakra.

Ask your subconscious to make you aware of any energy blockages. The means that you perceive them will vary from person to person and based on the nature of your particular blockage(s). You may get a variety of physical sensations to indicate the flow of energy or lack of it. Tingling, throbbing, temperature differences or sensations of pressure are common indicators of energy movement.

For many people, including myself, indications of energy blockages tend to be visual.

You might see the tube with debris in certain spots. Sometimes you might see the tube turn darker or brown in the areas where there is a problem. You may even see that the tube gets thinner or is pinched off in some spots which would choke off the flow of energy inside.

However the problem is presented to you, the silver mist is the answer.

If there is debris in the tube, the mist is so much less dense than your normal energy flows that it can seep through and around obstruction and dissolve it from all sides. If the tube appears brown or dull, the mist will collect in the troubled spots and actually seep into the wall of the tube itself, adding its energy and “brightness” to the duller spots and brightening them up. If the tube is actually pinched or constricted, then large volumes of the mist will collect at the trouble point and gently relax the tube at the site of the problem as it applies a steady, gentle pressure from within... almost like popping a dent out of your car.

Begin by allowing the mist to very slowly seep in through the bottom of the tube, starting as a nearly imperceptible sheen of silver at the bottom. It ascends the tube extremely slowly, rising only in time with your inhalation. It pauses in its ascent when you are holding your breath or exhaling, just as it did when it was traveling through the roots.

The mist continues to rise in the tube like mercury in a thermometer, slowly rising with each inhalation until it gets to a blockage, and then gently performing the appropriate function to clear that blockage over however long it takes.

Most minor blockages will melt or fade away in the span of just a few breaths. Bigger obstructions may take a few minutes of concentration. Intense, long term problems (the ones usually caused by severe physical or emotional trauma) often appear as pinches or structural defects in the tube and may take a lot longer to work through, perhaps even requiring weeks or months of sessions to repair fully.

A word of caution is required here: Regardless of the severity of the blockage you are working through, do not attempt to push too hard or go too fast. The subconscious will feed you the imagery of how the healing is progressing. Assume the role of a passive observer. You did your part by gathering the mist and “programming” it to clean and fix the tube, now let nature take over.

Nine women can't make a baby in a month. Nature works in its own way and on its own time table.

Another important note: Until you are free of all major blockages, don't perform this exercise if you have any commitments on your time for the rest of the day, or if you need to operate a vehicle or machinery.

There are two very good reasons for this... As you are sending healing energy to the site that shows the symptoms of some traumatic event, it is very possible that you may awaken dormant memories of what originally happened which can be very unsettling.

If you start experiencing these lost memories or unsettling sensations, you know that you are very close to a break-thru, and need to go extra slow and carefully.

If these memories and images were repressed from the time of the incident, then they were probably too powerful for you to deal with at the time they were made. The fact that they would surface now means you are ready to face them and heal them, but facing your deepest angers, shames and fears is not a fast or pleasant task, but it is a necessary one.

If you are going to become holy/whole you need to integrate all of your experiences, emotions and strengths into one cohesive entity and you can't do that if you are still hiding from pieces of your past.

You need to forgive and let go. Forgive yourself. Forgive the circumstance. Forgive whoever wronged you. There is no surer way to sabotage the excellent progress you have made up to this point than to allow old fears and angers to shut you down.

I mentioned that there are two reasons to be sure you have ample time to practice this if you are dealing with a major blockage. The other reason is that if a big blockage finally gets cleared out all at once it is very possible that you might experience some temporary but nasty side effects.

The most disruptive of these is extreme emotionalism, but you might also experience exhaustion, headaches and a variety of miscellaneous aches and pains as the energy that used to be stuck finally gets flowing again. In spite of the extraordinary improvements in your physical health, you may even find that you get physically sick for a couple days while your body adjusts to the new energy patterns.

Basically, your whole energy landscape will be changing into its long-term normal, healthy pattern and that transition can be tough, depending on how far off the mark you were when you started.

When you finally get through a major block, your best course of action is to wrap up the exercise quickly and then go to sleep. A long nap would be good, but retiring for the evening would be best.

Your body heals fastest when you are sleeping, and your body has a lot of work it needs to do to redistribute the energy correctly through your system.

This, by the way, is where the changes in personality I mentioned earlier come into play.

When the energy is flowing differently through your system, it's like being reborn as a new person.

It is my personal belief that this is what was written about in various sacred texts when they refer to being “Reborn in the Faith”, “Born again” or “Baptized by Fire”. It is possible for a “Holy man” to safely clear out all the energy blockages in someone else’s system and infuse it with the correct distribution of energy almost instantly.

The effect that such a radical energy makeover would have on that person is life altering. “The scales fall away from the eyes” and “They see the light”!

Since most of us do not have access to someone of this skill level to assist us, we just have to do it ourselves.

My own experience with clearing energy channels seemed unremarkable while I was actually doing the exercise itself. For me, I found that about 30 or 40 minutes afterwards, I would feel differently. I would feel a curious “floating” sensation, like I suddenly lost half my weight. It felt like I could run faster, jump higher, and curiously my perception of colors seemed suddenly more vibrant and “crisp”. Sometimes I would even catch myself getting emotional over trivial things, like a commercial on TV.

It was weird, but kind of fun.

Some people might get “tingly” during or slightly after the exercise and some may experience insomnia for a short while as they get accustomed to the new energy flow.

I’ve even heard of one person that consistently fell asleep during the exercise. He said he always felt great when he woke up, but that he didn’t even remember getting tired... just relaxing one minute and then waking up the next!

Everyone experiences it differently.

After removing each blockage, we allow the mist to continue higher, towards the top of the head, and when it finally has a clear path, allow all the mist from the cloud at the bottom to travel through the tube and collect as a cloud at the top of the head.

This completes the “Roots” portion of our “Roots and Branches” exercise.

For those of you that had a lot to work through, this was a huge step, and actually the most difficult process that you will need to go through for psychic mastery.

For all of your hard work, you get to enjoy an advantage over the folks who had an easier time with this exercise. The new energy patterns that you have set in motion will *feel* new, and as such it will be easier for you to sense them and work with them. This means that in most cases you will enjoy faster progress in the next steps.

For those of you that had only minor energy blocks to contend with, this part of the exercise may have been fairly simple. The down side is that since you are working with what is essentially the same energy pattern that you started with it might be harder to detect the subtle changes brought about by these and upcoming exercises.

Regardless of what the state of your energy landscape was at the start of the exercise, it improves with every session that you do, and everyone proceeds at their own pace.

Speaking of that, should you need to end this exercise at any point before the end of the “Branches” portion, simply reverse the process that you used to get to wherever you are: Allow the energy to move down the tube with each *exhalation* to join the ball of mist at the base of the spine. Let the mist sink into the base of the root, and let the energy seep back into the ground at the lowest level of the roots, and finally retract the roots and end your EBL as you normally would.

Now, we get to the “Branches” part of the exercise, and you’ll be glad to know that this one is much easier for everyone!

Just as you formed the image of the roots extending from the base of your spine, you are going to imagine tree branches growing from the cloud at the top of your head.

Let the branches grow tall, and the limbs fork as they grow, just as you did when growing your roots, but reaching upward this time. Allow the branches to grow like a mirror image of the roots, converting the silver cloud into sturdy silver growing limbs.

When all the branches are in place, imagine they covered with a rich canopy of deep green leaves, and that a beautiful golden energy is raining down on them, like sunshine on a perfect day.

See the rays hitting the leaves. See the leaves glow, and absorb the energy, passing it to the stems, and into the branches.

See the golden energy pour into the leaves, brightening their color as it hits. See it moving through the branches, and turning the branches from silver to a lovely golden tint. See the energy getting pulled down and consolidating into the lower branches, and finally to form a pool of liquid gold just above your head, right about where religious paintings usually put the golden halo on their holy figures. (Coincidence? Not at all... you are in the process of becoming “Holy”/whole yourself!)

Just like before when moving energy through the roots, the energy moving through the branches moves in time with your inhalations, and you should be keeping the same 4:2:3:1 ratio that you used then.

Next, allow the golden liquid energy to funnel into the tube of the spine at the opening located on the top of the head.

The fluid moves like honey, thick and slow, coating the inside walls of the tube as it runs down. When it gets to the bottom, it pools, and since more golden fluid continues to enter the tube from the top, the level of gold in the tube rises until eventually the tube is completely filled with the last of the liquid pool.

At this point, you should see your body in the position of the tree trunk with a thin glowing golden tube in the center, and see a rich set of roots beneath and a golden set of branches above.

Mentally seal off the tube, and have the golden fluid expand *very slightly*, to gently stretch and widen the tube. You may feel tingles or chills race through your spine as you do this.

Finally, we are going to absorb this golden energy into our body of light. See the golden fluid soak into the walls of the tube so it looks like it is made of pure gold. See the gold spread from the tube into your body of light, energizing it with the same golden energy until entire light body is literally radiant with the golden energy.

Let the energy ooze down the roots. Let it creep up the branches and coat the leaves. Everything in your imagery should be a beautiful golden color now.

Next, imagine that the leaves get reabsorbed into the limbs, and then the limbs and roots each retract exactly the opposite way that they were created: The finest ones farthest away from the body get absorbed into the larger ones that are closer. They “ungrow”, but they bring all of that golden energy into your light body as they do so and see your light body literally shining with the energy.

Allow the gold color to fade out and see a brilliant white light shining in its place. The brilliant white light that fills your light body should condense itself into seven radiant white spheres, each located at one of the Chakra: Base, Sacral, Solar Plexus, Heart, Throat, Third Eye, and Crown.

Finally, allow these final images to fade out and then finish just like the ELB.

The Roots and Branches transfer is very powerful, but it is a transition exercise. Once your energy paths are clear and used regularly, they will tend to stay clear, so the more thoroughly you master the exercise, the less you actually *need* to use it.

But you DO need it!

You absolutely must have clear energy pathways between all Chakras before you attempt the primary “Fountain of Light” technique you will learn next.

**DO NOT ATTEMPT the “Fountain of Light”
until you have resolved all energy blockages.**

Once you have been using the Roots and Branches technique without finding any energy blockages at all for at least a week you should be ready to move on the most important psychic exercise in this book: The Fountain of Light! If you attempt to do the Fountain without clear energy pathways, there is a tendency to greatly amplify the personality traits and issues that were caused by the untreated blockages and these amplified problems can lead to tremendous personal and professional hardships.

So... Do yourself a favor and make sure you are ready for the next step before you take it. Don't say I didn't warn you!

The Spiritual Cornerstone: The Fountain of Light

The Fountain of Light is the fastest and most powerful way I have ever found to increase your energy manipulation capacity and introduce large amounts of psychic energy into your system.

On the chance that you start to become dizzy or light headed while doing this exercise, it means that you are taking in more energy than you can process at your current level of development.

If you need to end this exercise early for any reason, simply imagine that the energy that you have gathered in the areas that you already charged dissipates evenly across all chakras, and then allow the image to slowly fade out and then try again the next day. Just make the imagery a little less far-reaching for the vortex and the Chakras physically a little smaller the next time you try. If you still feel dizzy or light headed the second day, take another week or two of doing the prior exercises before you try again.

Like the other energy exercises in this manual, this one should not be done within two hours of the time you plan on going to sleep or you risk a very restless night. It is also absolutely essential that you do not practice this exercise in the presence of someone “uninitiated”.

If an uninitiated bystander were near you and in a receptive state while you were summoning such vast amounts of energy, it is very possible that they might indirectly absorb more than they could handle and pass out. I’ll share a story about this in the next chapter. It can be scary for you, and certainly unpleasant for them, particularly with the headache they will have when they come around.

An abuse of your abilities in this way may be enough to incur corrective actions by your Subconscious or Superconscious mind, and at this stage of the game, this would be a considerable setback for you.

We are going to start by entering the deepest DRT we can manage and then cycling through our EBL color cycles. Once this is done, the exercise is actually very simple.

To start, I’d like to offer a visual aid. If you’ve ever made a cup of tea or coffee and added a creamer to it, you know that sometimes you get little bubbles of cream floating on the surface. If you mix it into your beverage by stirring with a circular motion around the edge of the cup, you have probably

noticed that you make a little mini whirlpool and that all the floating bubbles are drawn to the center.

This happens because of natural laws of physics. This spiral motion, or “vortex” is the most efficient way of transferring energy in nature. This is the reason that hurricanes, tornadoes and even galaxies all form spirals.

We are about to learn how to generate an energy vortex that will draw ambient energy from our surroundings to supercharge our primary Chakra system.

Begin by imaging all seven Chakras softly glowing with their correct colors within your light body. Next, imagine that you are immersed in a vast sea of energy. It is in the air around us. It’s in the ground, under our feet. It is above our heads. It pervades the room we are in, the building we are in, and covers the whole planet.

In fact, this is the same universal energy that constructs our universe. It is everywhere and everything is made from it in one way or another. Remember your lessons from Chapter 3: Everything is energy, and it even pervades so-called “empty” space.

Imagine this energy in whatever way that feels most comfortable to you. I envision the energy in the form of an incredibly thin mist or fog, but some people I know envision it as little crackling pops of light that wink on and off like the snow on a TV screen.

We are going to start small. Begin by imagining that the sea of energy within about 3 feet of you is starting to slowly move counter-clockwise in a circle around you. Focus your attention. SEE with your minds eye. See the mist vividly and watch it starting to swirl about you. Make it as real and tangible as you can.

Use the same techniques you use when viewing the Aura. If you can’t see the mist and the motion, try defocusing your eyes slightly. If you still can’t see the energy or movement, then close your eyes and imagine what it will look like.

With *relaxed* focus, the swirling area starts moving faster, and faster. Just like when water pours down the drain, you start to see a vortex forming... the energy condenses the closer it gets to the center, and the center spins more rapidly.

As the energy is drawn in it grows brighter and denser. Where the energy is nearly touching your body it is moving quickly, appears almost solid and shines like a bright white light.

See the energy spiraling in from the edges, and see that the center of this vortex, the focal point for all this energy is the bright red Root Chakra at the base of the spine.

This energy that we have summoned to ourselves “feeds the flame”, and the Root Chakra will flare into a magnificent bright red ball of fire when fed from this energy. As the dense white energy pours into it, the Chakra grows brighter, bigger and hotter. Allow the Chakra to expand in size to about the size of a grapefruit.

Feel the heat.

The flames do not burn hot, but the heat is unmistakable. There is no sensation of burning, but rather a deep, penetrating, comfortable and reassuring sensation of warmth that floods into your being and radiates outwards from the Root Chakra.

Continue to “stoke the furnace”. See the energy spiraling in from the edges. See the energy condensing into the brilliant white light around the fiery red sphere of the Chakra. See the Chakra soaking in all the energy, converting the pure white light into the brilliant red essence. Feel the power burning inside!

You should feel a kind of pressure building inside, like there is just too much energy to contain in so small a place. When that happens, allow the excess energy to climb out of the Chakra using the same techniques we learned in the Roots and Branches energy transfer. See the small clear tube rising up

from the center of the Root Chakra, and going through the center of each of the six other Chakras, right up to the top of the head.

See the red energy from center of the Chakra climbing inside the tube. The energy starts out with the same bright red while it is still in the Chakra, but in the space between the Root Chakra and the Sacral Chakra (located along the spine at the level just below the navel) the color makes a smooth gradation to a rich, vibrant orange.

As that influx of pure energy climbs up the tube and hits the center of the Sacral Chakra, it flares into a spectacular ball of orange flame, very much like the way the Root Chakra flared up from the softly glowing red into the larger fiery sphere when it started absorbing the energy of the vortex.

The energy of the vortex continues to feed the Root Chakra, which has filled to capacity, and the overflowing energy rises up the tube.

While the vortex feeds the Root Chakra, each successive Chakra is fueled by the overflow of energy in the tube that came from the Chakra beneath it.

As the Sacral Chakra absorbs more energy from the tube, feel its heat, and allow it to grow as you did the Root. Each Chakra should be the same size when you are finished.

Once the Sacral Chakra has expand to the size of about a grapefruit allow it to start building the same kind of energy pressure that you felt in the Root Chakra before.

Once the pressure gets high enough, allow this beautiful orange energy to rise through the tube, changing from orange to yellow on its way to the Solar Plexus Chakra.

Repeat this procedure with each of the remaining Chakra.

The Solar Plexus Chakra bursts into a flaming yellow ball of fire, like a miniature sun when the energy hits it. Feel the heat. Let it grow. Send the excess energy up the tube.

Yellow energy comes out of the Solar Plexus Chakra, and turns to green on its way to the Heart Chakra.

Green energy comes out of the Heart Chakra, and turns to blue on its way to the Throat Chakra.

Blue energy comes out of the Throat Chakra, and turns to indigo on its way to the Third Eye Chakra.

At this point, I would caution you to slow down the rate of energy flowing into the system, and climbing the tube.

When energy flows into the Third Eye Chakra and flares into the beautiful blue-purple ball of fire, it is possible that one or more different non-tangible psychic experiences might begin to happen. You might hear voices. You might have a vision of a loved one or a distant place. You may feel yourself slipping out of your body.

Try not to lose your focus! These can be very startling and exciting the first time you experience them, and that could get the adrenaline flowing. That's the LAST thing you want to happen at this point!

These experiences are all interesting and worthy of experimentation at a later time, but this is not the focus of the exercise and it is not wise to explore these abilities before all the Chakra are opened. At this point these abilities are distractions that should be discouraged. Simply ask your Subconscious to stay focused on the task at hand, and tell it that there will be other opportunities to explore these exciting skills later.

As the blue/purple energy climbs the tube from the Third Eye Chakra and awakens the Crown Chakra, similar issues may come up. You may find that some other psychic senses or abilities are being spontaneously invoked, and as before you need to gently keep yourself on task.

In many exercises in the next chapter, we will stop here, right at the point where the Crown Chakra is full and the pressure builds to the point where it needs release. We'll work directly with that energy to do other things.

For this exercise however, we are going to let it open up!

See a magnificent violet energy shooting straight up and out of the crown Chakra at the top of the head. It rises about 10 feet high, then breaks into a shower of white sparks which rain down on the entire scene. Some of these sparks join back with the energy field of the vortex and get recycled.

While you are emanating this fountain of light, take a moment to mentally view your Aura. See how the color and energy from each Chakra bleeds together to add its distinctiveness to the overall tapestry that is your Aura.

Enjoy the colors dancing in the shower of sparks for a while, and then condense your Aura into a perfect sphere around your body, about a foot taller than the top of your head and a foot beneath your feet.

As the sparks from the fountain hit your Aura, the colors become more vibrant and alive, and the Aura becomes denser.

At this point, I like to summon the "little boy" of my subconscious and just watch the light show together for a while. He's always there, of course, whether I imagine him directly or not, but it seems only fair that he should be on hand since the experience is so profoundly satisfying and it would be completely impossible to attain without his help and support. Sometimes, the "old man" of my Superconscious shows up too and we all just relax and enjoy the sensations together. It's almost like watching fireworks with the family.

While you are doing this, it's not uncommon to get intense feelings of security, serenity and a pervasive joy that is nearly impossible to put into words.

I guess, "bliss" is the closest I can come! The feeling may start very subtly at first, but your recently honed powers of observation related to your own

body and energy flows will usually let you “lock on” to the faintest far away glimmer of the sensation when you are looking for it. Once you detect it faintly and focus your attention on it, it will immediately become more defined. I believe this is the state that most Saints dwell in while deep in prayer, and what is commonly termed in that context as “religious ecstasy.”

Enjoy this state for as long as you wish, and when you are ready to end the exercise, ask both your Subconscious and Superconscious to help you reach this level and even deeper next time, and to do so faster and with less effort.

Once that is done, wrap up the exercise simply stop the vortex of energy at the base of the spine from feeding the Root Chakra. The instant you stop focusing on the counter-clockwise swirl the vortex will slow down and stop, and then the ball of energy will disburse.

As soon as the vortex stops feeding the Root Chakra, the fountain of light at the top of the head also stops. Do not let the energy that has gathered in your Chakras leak out and dissipate! You have gone through the trouble of bringing this energy into your system to help you gather strength, grow your potential and expand your abilities.

Instead, ask your Subconscious to seal in the energy and distribute it throughout your system in the way most beneficial to you. See the Chakra slowly fade in intensity while the body of light, and indeed, the whole Aura becomes brighter. This step is important. Without doing this, you have super-charged your primary Chakra, but you do not allow all this additional energy to charge your secondary and tertiary Chakra.

The EBL color cycles that you do for the non-primary Chakra is a great exercise, but it pales in comparison to the amount of energy you have just brought into your system.

Remember your skills will manifest as strong as your weakest link. With this in mind, your Subconscious will siphon off some of the excess energy from each of the primaries and redistribute it to the support Chakra that need it most.

In an odd way, it's almost like digesting a meal of energy.

If you are striving to achieve a specific psychic skill, like teleportation for example, this would be a great time to mention this to your Subconscious. This way, after it allocates the energy in ways that will keep you healthy and fortify your Aura, it will start preparing your system for the specific skills that you are most eager to experience.

The final piece of this exercise is to simply let the entire image of your energy system fade out, and let the physical image of your body fade in to your mind's eye.

I recommend spending a few extra minutes in the Deep Relaxation before completely coming out of the exercise, particularly at first. Jumping up and going about your day after doing the Fountain of Light is a little like eating a big meal and then jumping into a swimming pool.

This is the Fountain of Light, exercise or "FOL" as I will refer to it in the future.

With continued practice you will be able to increase the amount of energy that each Chakra can hold, and by doing that, you are increasing the amount of energy that you can take in and the rate you can "digest" it.

This means that with practice, you will eventually be able to create and draw energy from a much larger vortex than what we started out with, but don't rush. Slow, steady progress will get you where you want to be faster than biting off more than you can chew, and then choking on it!

There is a follow up exercise that you can and should do "a LOT".

By "a lot", I mean every time you think of it!

It only takes a few seconds.

Just ask yourself to relax (by now you should be able to relax pretty deeply even without doing the full DRT effort and even while in physical motion or

in stressful environments), let out a sigh, and imagine all seven of your Chakra glowing like miniature suns. Feel the heat from them for a few seconds and then return to whatever you were doing.

No need for DRT. No need for EBL. It's just throwing a little wood on the fire to keep it burning nice and bright so it's there when you need it!

(Just don't do this when a lapse in your attention could be dangerous, like when you are driving!)

Final Thoughts for the Chapter

Congratulations!

At this point, you now have all the tools you need to completely blow away your old conceptions of how the material world works.

You may not be proficient with these tools yet, but as you practice with them they will serve you better and better.

Please remember, the EBL and FOL exercises **are** a form of meditation, but you should continue to do the “pure” forms of meditation that I gave you in the last chapter as well. At very least, continue the “Listening” and “Blackness” meditations daily to keep your mental landscape in peak shape for the exciting stuff that comes next!

I just want to warn you again, particularly now that the FOL is opening up your Chakras, that you may start to experience spontaneous odd things even when you are not deliberately striving to make something happen.

Most of these things are likely to be through your perceptions... You may experience more flying dreams. You may touch something and instantly know things about it or its owner. You may get odd feeling of being watched. You may see little balls of light float around and then vanish into a wall. You will probably catch more people staring at you, since many people will subconsciously recognize that “something has changed” but they can't quite put their finger on it.

People may start treating you differently... You may find that people seem to be more social with you. Being physically closer to you allows them to interact with your Aura and may give them subtle feelings of comfort and allow them to absorb some of your “predigested” energy, which will make them feel more invigorated.

Because people may feel more comfortable with you, you may find more people coming to you and asking your advice. You may find the symptoms of sick friends subside in your presence.

The list is FAR too long to go into in detail, but you get the idea.

All of those are kind of neat, fun things to observe, but be aware that spontaneous physical occurrences may also start happening. They *usually* won't happen in front of other people, so be prepared if you are sitting alone with your attention completely focused on something, like reading a book, and for no apparent reason something falls off a shelf. It's probably just your Subconscious having a little fun at your expense.

While it is definitely exciting, it can also be scary if you aren't expecting it! So, try to keep a cool head if something like that happens. If it happens too much, have a little chat with your Subconscious and ask it to settle down.

When I was much younger, I once had a friend over and we built a fire in the fire place and we were telling ghost stories in an otherwise dark and empty house. I told my story, and ended it with the horribly overplayed twist of: “...and the ghost resides in this very house and sometimes late at night you can hear him...”, and at that very second a shelf full of books fell off its bracket on the wall right behind us and scared the daylights out of both of us!

I looked inward and saw my “inner child” laughing his head off.

I was not amused.

At least I wasn't amused *then*... Now I smile every time I think of it!

Chapter 7: The Making of a “Miracle”

This chapter is what it has all been building up to!

For those of you who have skipped right to this chapter, I regret to inform you that the amount of personal energy required to accomplish any of these feats is enormous. Knowing what to do is not enough. You need the psychic muscles to back it up, and you get those by working through the whole manual from the beginning and practicing a *lot*.

In fact, even with regular practice, everyone has good days and bad days. The keys to success in this, or any other endeavor is practice and persistence.

With regular practice, both your good and your bad days will get better until eventually, one fateful day everything comes together, and poof: you are a card-carrying member of the Miracle Makers Club!

Don't be frustrated if it takes you a while, even a long while to experience your first ability. When I had my bi-location event, I somehow managed to get far deeper into the DRT than I had ever gone before, and to this day it is still a rare occurrence for me to reach that depth.

I don't know what causes some days to be better than others, but if you catch it just right, you might get an exhilarating taste of things that might actually still be a fair ways down the road for you.

For those of you who have paid the price of admission by mastering the physical, mental and spiritual elements we have discussed, I'm delighted to tell you that the last pieces of the “miracle” puzzle are about to fall into place!

The exercises and explanations that I offer here are merely a starting point for your journey.

You have the potential to manifest any and all of the abilities listed here (and potentially a lot more!) and I am going to take you by the hand and teach you

what to do with all that extraordinary energy that you have learned to cultivate within yourself!

In my many years of study, I was surprised to learn that many abilities that seemed very different actually turned out to be remarkably similar in the way they are produced. For this reason I have grouped the abilities that have similar characteristics together in the order that I found to be easiest to learn and understand.

To begin with, before we attempt any ability, we are going to start with our three basics. Perform your DRT, EBL, and FOL exercises to the limit of your ability and stop the FOL at the point where all Chakras are energized but just before the actual “fountain” erupts from the Crown Chakra.

In the regular FOL exercise, we super-charge our Chakras and let the excess spill out in the fountain, but to actually manifest most psychic abilities we are going to do things a little differently. Instead of creating the fountain, the excess energy spills into the Aura to make it larger, brighter and stronger. This is like putting more electricity through an electromagnet and getting a larger, stronger field from it as a result.

When our Chakra system is powered up and the Aura strong and bright, we keep the vortex of energy at the base of the spine “on standby”. This way it will always be ready to replenish the energy that we use in manifesting our abilities should the need arise.

Understand that a primary role of the Aura in these abilities is to gather, guide and shape the energies that you are working with. In many abilities the Aura doesn't do the work directly. The Aura is the tool that lets you control the forces that then become the effect you are looking for.

For example, it is not truly your powers of visualization that channel the energy of your surroundings to form your vortex. Your visualization shapes the Aura and sends a part of it ranging out to encompass a greater volume of space. There is a kind of energy all around us, even in “empty” space called “zero-point” energy by scientists. The Aura, under the direction of your will, basically takes any energy touching it and directs it in the spiral pattern

towards the center of your vortex. The Aura basically allows the energy to move in only one direction which concentrates it to a level where it is usable.

The neat thing about this system is that “Nature abhors a vacuum”. When your Aura redirects energy from your surroundings to the heart of your vortex, the energy that was outside the reach of your Aura rushes in to fill the space just vacated. This universal energy that we are using can never run out.

It’s like your Aura defines a cup which you dip into a swimming pool. (The larger and stronger your Aura, the bigger your cup!) You remove as much water as the cup can hold, but it does not leave a “hole in the water.” When the water is taken the surrounding water swarms back in to fill the void immediately.

We use the “water” to accomplish whatever effect we are looking for and if we need more, we dip the cup in again. When we are done and the energy that we summoned dissipates, it is like all the water we used drained back into the pool. The energy cannot be created or destroyed. It can only change from one shape or form to another, so no matter what we do there is always the same amount of energy available in the system as a whole.

For any manifestation, you should be able to feel the energy moving through you, be it a heat, tingle, tickle, or buzz. As you gain proficiency, you may even start to feel the “physical” sensations of the energy moving through your Aura, even though those sensations are actually *outside* your body! If you start to feel uncomfortable, faint or nauseous for any reason, back off and finish the Fountain of Light, and try again another day.

With that having been said, let’s begin!

How to Perform the “Condensation” Class of Abilities:

Abilities in the “Condensation” class are performed by the art and act of focusing the energy of your surroundings and then imparting some additional attributes to it.

You may find it surprising that the abilities grouped together in this class are actually so closely related. I was certainly of the impression that generating light must surely be the opposite of invisibility, and that neither would have anything in common with abilities like invulnerability or materialization. This was just one of many surprises that I learned in the course of my studies!

Once you see how these abilities are preformed you will understand why they are grouped together.

The feats listed in this section were once commonly attributed to the realms of mediums and spiritualists, but are relatively rare among individual psychic practitioners in part because of the sheer amount of psychic energy that is required to pull them off.

While the path may be difficult, the rewards are great.

Keep practicing!

Generating Psychic Light.

Psychic light is the ability that allows the practitioner to shift the frequencies of the energy being gathered via the Vortex into the visible spectrum of light.

On an interesting note, the “Miracle of the Holy Light” is the most consistently experienced miracle on record. It has taken place at the same time for the same event in the same place every year for centuries and thousands gather to witness it each time. It takes place in the “Holiest place on earth”: the Orthodox Church of the Holy Sepulcher in Jerusalem where Christ was entombed, at noon on Pascha Saturday (the day before the Orthodox Easter).

The description of the Holy Light is of particular interest to us because it is exactly the way our psychic light will appear: “As soon as it appears it has a bluish hue. It emits from the Holy Sepulcher having a gleam of a hue completely different from that of natural light. It sparkles and flashes like lightning.”

According to descriptions of the event, this blue light settles on the wick of an oil lamp, and lights it ablaze, but the fire does not generate heat or burn the skin. The blue light then “flies about like a dove” lighting other lamps within the darkened church, and often igniting candles held by the faithful. In addition to that, many candles of the faithful spontaneously ignite even without being touched directly by the blue light.

Since the fire does not burn, pilgrims “bathe” in the rather substantial flame produced by the candles as a symbol of their faith in a kind of baptism by fire.

For a great website that includes lots more information and even some pictures, try: <http://www.holyfire.org/eng/velich.html> or do an internet search on “Holy Light”

To accomplish this feat yourself, we will be using the vortex in a different way than we have been.

For feats in the “condensation class” of abilities, the energy itself is the means of generating the effect we are looking for. We just need to gather enough of it, and get it to reflect the properties that we are looking for.

To do this, we are going to use our Aura to shape the external energy without the need to actually “digest” it by bringing it in through our Root Chakra.

Begin by sitting or standing comfortably in a dimly illuminated room. To start, there should be no direct light sources visible. Keep them behind you, or have a light on in another room and just let the reflected light enter.

Next, let the vortex at your Root dissipate, but be sure to keep all the energy you have gathered contained within the Chakra system. All Chakras should be burning brightly, and we don’t emit energy via the fountain.

Next, cup both hands and extend them about 18 inches from your body, and about two feet apart from one another with the palms facing one another.

Next, form the vortex between your two cupped hands. See the vortex forming and swirling counter-clockwise using the same kind of de-focused vision that you use to see the Aura.

Gather up the energy and condense it. Use the motions of your hands to help impart extra spin, and periodically spread your hands further apart and see additional energy collect to both hands as it did in the branches exercise.

Instead of drawing the energy into your system as you did in the Roots and Branches, we are going to keep the energy in the cup of your hands, and then bring your hands together into the center of the vortex like you are gathering snow and packing a snow-ball. You will probably feel a faint tingle, tickle or pressure in your hands as they enter the vortex, and you may feel shivers up your spine.

If you get the shivers when trying to manifest any of the exercises be sure that all of your Chakra are burning brightly and equally.

You may find that while you were paying attention to the vortex in front of you that your internal energy has either faded slightly or redistributed itself so that some Chakra are burning brighter than others. Focus on your internal energies for a moment get them all glowing with equal intensity and the shivers should stop almost instantly. If the shivers do not stop or your hands grow cold as you perform an exercise, let the energy dissipate and wrap up the exercise for this session.

This indicates that your energy is not flowing properly. I learned the hard way that pushing myself in this way invariably led me to become physically sick for a day or two afterwards. Your results may vary, but it's not a good idea to push it.

It took me a long time to realize that the "chill" that you feel when doing an exercise incorrectly is the same kind of chill that you get when you are coming down with a sickness. Both indicate that your internal energies are not flowing properly and that takes a toll on your physical body that leaves you prone to illness.

If you ever feel that chill when you are not trying to manifest an ability, check your Chakras! If they are out not glowing bright and evenly, fixing them right there on the spot will put a stop to the sickness you would have had before it even has time to develop a symptom!

Trust me, I used to get sick *A LOT* until I learned this neat little trick.

Getting back to the exercise, continue summoning energy via the vortex, and periodically gathering energy to your hands and “packing” it into the center of the already dense vortex.

Light is the intermediate stage between matter and energy, and if you remember from an earlier chapter, you need a LOT of energy to make matter.

So, depending on your skill level, some people use a very large vortex to gather their energy... that makes the gathering portion of the exercise go much faster. When you have a LOT more energy than you *think* you need in the center of your vortex we will move on.

By now, your “Aura Vision” should be showing you an exceptionally solid-looking brilliant blue-white sphere of light between your hands but it is not true light. While it seems bright, it does not “shine”... somehow it looks like light, but it does not illuminate. It’s very hard to put into words but you will understand instantly when you experience it yourself.

In order to make this “Aura Light” into a real, actual, viewable-by-other-people miracle, we need to take it to the next level. Turn off the flow of energy coming in from the vortex, and using the same “packing a snow-ball” motion of your hands, keep compressing the ball of energy down further and denser while maintaining an air of “confident expectation” and willing it to shine.

With a lot of practice, at some point you will start to notice that the room is faintly illuminated with blue-white light... there is a large discrepancy between the amount of “psychic light” it takes to make light that is perceptible by regular folks but with practice you will be able to get it much brighter.

I've heard of an alternate, faster, and much more advanced technique which is to generate a large, powerful energy vortex in each of your outstretched hands, and then bring them together to merge a phenomenal amount of energy quickly into a large mass.

I've never been able to pull that off, but I'll just toss it out there in the hopes that you, my students, will someday progress farther than I have been able to at this point.

Once you have the ball of light, you can move and change it based on your thoughts. The ball does not move with perfect precision without a lot of practice, but it will generally meander in the direction that you want, and sometimes quite quickly. ("Flying about like a dove", perhaps!?) I tend to think of the light acting more like a cork floating on your Aura, and since your thoughts can easily change the shape of your Aura, you can maneuver the light indirectly.

Once you can make the ball, try willing it to change color, size, or shape. You may even be able to make it *appear* as a flame, although as indicated in the Miracle of the Holy Light, you can have something look like flame but not have all of the properties of fire!

When you are finished with the light, its energy will disburse almost instantly the moment you stop concentrating on it. You had a lot of energy under a lot of pressure, and it doesn't like to stay that way.

I have heard of folks who can maintain this effect with very little effort once it is established, in effect enjoying its presence until dismissed. I've experienced a lot of extraordinary things but I've not yet been able to make a tangible psychic skill persist for any extended period of time.

Even with my experiences, performing a tangible psychic skill is still a pretty rare occurrence for me so when something does happen more often than not I get caught by that initial burst of excitement which shuts me down pretty quickly. I hope you have better luck than me!

Invisibility.

Invisibility is an extraordinary interesting ability, and it's actually one that you will probably have one of your earlier successes with.

To understand how invisibility works, you have to understand that seeing is not a function of the eye, it's a function of the brain. The eye merely converts patterns of light into electrical signals, but the brain interprets this information and reconstructs the mental image of what is being viewed.

What we will be doing is to wrap our body in a cloud of "quasi-viewable" psychic energy that confuses the eye so badly that it does not send clean visual signals to the brain.

Think of it like wrapping yourself in a color the eye cannot see.

You might think that the viewer would see *something* in this situation, and it is true that the eye actually does send some confused visual signals to the brain. The brain interprets this garbled visual signal as some kind of minor visual error, just as it routinely does to compensate for your blind spot. The brain filters out the visual weirdness and effectively "paints over" the visual oddity with its last recollection of what that area is *supposed* to look like behind the area of visual distortion. It actually paints our invisible person out of the viewer's mental picture!

The real trick to making ourselves invisible is that we need to teach ourselves to recognize that "un-seeable color". Once that happens, we can gather large amounts of energy tuned to that particular "un-seeable" frequency, and then immerse ourselves in it.

To perform the art of Invisibility, begin by sitting comfortably in a chair where you can face a plain dark or light colored wall. You will want to try both to see if one works better for you than the other.

Next, make a small visual target that you can attach to the wall. The target should be small, and for starters, of a color close but not identical to the color of your wall. I used a 1/2" square of a light yellow sticky-note on a white wall as my target.

From where you are sitting, you should be able to see your target clearly when you look for it, but it should be subtle enough that a cursory glance at the wall might miss it.

The technique of creating the energy we will be using is not difficult, but we are attempting to create an exceedingly subtle phenomenon whose very function is to trick the brain. It will take a lot of patience and practice to condition ourselves to realize when we are making progress.

To begin, you should have already completed the three primary exercises of the DRT, EBL and FOL, and have fully charged your Chakras. Next, allow the vortex to dissipate and “seal off” the Chakras as you did in the psychic light exercise.

Next, focus your attention on a blank part of the wall about a foot away from your target. Defocus your eyes as though you are staring at something a couple feet on the other side of the wall, and try to completely relax your eyes.

This part is an extremely passive exercise. Simply stare at the wall in one spot not trying to see or imagine anything, but maintain the same confident expectation that you used in the psychic light exercise.

The thing that you are “confidently expecting” is an exceedingly subtle change in color of the wall in the spot where you are looking.

For many people the color will look something like a very faint after-image of the color you see after you looked into a camera flash.

It’s certainly not bright or dramatic. It’s like the suggestion of a faint blue stain. If your eyes focus on the wall at the spot, it will likely go away. You need to train yourself to *not* look at it. You need to look through it but still recognize its presence.

It is very likely that it will take you a *lot* of practice before you actually accomplish this. It took me nearly two months before I realized I was seeing what I was looking for.

Just as you had to learn to think in a different way in order to understand how miracles can happen, you need to learn how to *see* in a different way to perceive this effect.

In my case when I had my first success it was not that the spot suddenly appeared. The spot formed very gradually and was so subtle that even though I was looking for it I did not realize it was there. When I finally noticed it, it was more of a realization that I was seeing something rather than an actual seeing of something. I have a feeling that I was actually looking at the spot for quite a while before I actually noticed it.

The effect is *that* subtle!

With time, and patience, you will eventually detect the spot on the wall a lot easier, and that is the hardest part.

Next, keep focusing on the same spot and create a *very gentle* vortex of energy with the spot in the center. The spot should grow larger, and now that you know how to look for it, it should be easier to detect. It is actually a three dimensional cloud of energy, but it is so subtle that it is nearly impossible to pick up variations in density that would give you the depth cues you need to recognize its true dimensions.

Keep gently feeding energy into the cloud until it makes a sphere about a foot in diameter and its outer edge is almost touching the visual target you had placed on the wall. Next, through force of will and visualization, allow the spot to float so its center is directly over your visual target, and the target disappears from sight!

Practice this technique of summoning the cloud, feeding it energy, growing and moving it.

When you get proficient enough to make a very substantial cloud, you are ready to move it to surround yourself and practice moving it as you move to keep yourself shrouded in it.

Keeping the cloud intact and moving in sync with your physical body as you attempt to go about regular activities is pretty tough to do, but with practice it can be done.

My first experience with invisibility was with a group of people participating in something we called a “meditation circle”. There were about eight folks sitting in a circle on the floor, all of whom were pretty proficient at gathering our personal energies. After charging up, instead of doing a “fountain” up in the air, the excess energy was directed to the center of the circle with the intention that anyone who needed extra energy could take as much as they could handle from the center and use it however they wished.

One of our members took a lot of it when it was his turn and rapidly faded from sight. At this time, none of us had any first-hand experience with a dramatic ability like this, so the circle was broken rather abruptly to see what happened. (Something you should never do, judging by the splitting headaches many of us had afterwards.)

We called out to him, and reached out to touch the space that he was because we thought he might have actually teleported.

When someone actually touched him we all saw him “fade” into view pretty quickly.

I was extremely excited because this was exactly the kind of thing I’d been researching all my life and I’d never been close enough to someone who had accomplished something so dramatic to actually hear about the experience first-hand, much less see it myself.

When we asked him what he did to turn invisible, he had no idea that he had disappeared to us.

He said he just immersed himself in the energy, and was trying to use it to “make a problem go away”.

We all tried on numerous other occasions to deliberately make ourselves invisible using this technique but it never worked a second time.

It was not until I stumbled upon an extraordinary book by Steve Richards called “Invisibility: Mastering the Art of Vanishing” that I came to learn of the nature and properties of the cloud. Once this book filled in the gaps in my understanding I had much better luck in my attempts.

While you have everything you need to start practicing invisibility yourself with the information that I just gave you, I can’t recommend Steve Richard’s book enough for anyone that is serious about the subject. It is extremely well researched and gives many, many references, stories and details for a variety of methods.

Illusions.

Psychic illusions come in two flavors. The first is a form of telepathy that inserts images into the mind of the target in a means similar to how hypnotism can. The second is a very advanced offshoot of the Psychic Light phenomena.

I’ve never advanced further than spontaneous experiences in telepathy so I can’t really speak to the specifics of the first method, but I’d like to share some insights on the second.

In the course of our psychic light experiments, we have learned the techniques to gather and manipulate large amounts of energy from our immediate surroundings. This is the starting point for psychic illusions, and the precursor to actual materializations!

To try it for yourself, follow the instructions for psychic light right up until you have reached the point where you have a densely packed ball of energy. Then, instead of willing it to shine, we need to “project” a mental image of what we are seeking to create, called a “thought-form” into the cloud.

The thought-form is kind of a like a seed that the cloud latches on to and fleshes out.

I recommend that you start with something very simple, like a solid colored, non-moving geometric shape. You can always add more complexity as you grow more proficient.

This ability requires exceptional powers of visualization because not only must you keep your Chakra burning bright and evenly while maintaining the vortex, but you must also envision the illusion you wish to project with absolute clarity at the same time. Maintaining this level of focus for any length of time is extremely challenging, but consistent practice with your meditations will be tremendously helpful to you as you learn to cultivate this ability.

Changing the characteristics of the cloud is a passive experience, which is why all abilities that entail the manipulation of the cloud require us to adapt the mental attitude of confident expectation. Do not apply an “effort” to change the cloud. Simply watch the cloud and continue to feed it energy while keeping the image of what you expect to see sharply focused in your mind.

An excellent practice to aid you in both the creation of insubstantial psychic illusions and for preparation of actual materialization of solid objects is to refine your powers of visualization to the point where you can actually see what you visualize even with your eyes open.

Visualization at this level of proficiency is extremely rare, but certainly worth the effort it takes to cultivate. Many exceptional artists and sculptors have claimed this ability including MichelAngelo, and Leonardo di Vinci.

In fact, when MichelAngelo was asked how he could create such a masterpiece as his statue “David”, he said that he simply “*looked inside the stone to see the statue that was already there*” and then it was a simple matter to remove the material that was not part of the statue!

As you continue to watch the cloud and project the image you are looking for into it, you should eventually see the cloud assume the semblance of that form. It will start to change almost imperceptibly at first, but it goes progressively faster as you maintain your focus. It's almost like the cloud is a slide image of the object but that image is out of focus. As the focus gets corrected, the cloud starts to exhibit the general characteristics of what you are projecting, like color and size. The cloud gets crisper and denser until finally it "snaps" into perfect focus.

The illusion is interesting in its similarity to one of the features of your "pre-light" energy mass from the psychic light experiment: When you have success, your object will seem illuminated even if it is created in a darkened room, but even though it appears bright it does not throw off any light.

Like the light, when you stop focusing on it, it will dissipate immediately.

Materializations.

The next logical step in the "Condensation Progression" is to actually create a tangible, solid object from the amassed energy that you have gathered.

The technique is identical to that of the illusion, except for two things. The first is that you need a lot more energy to pull it off, and the second is that you need to add more "dimensions" to your mental focus, your "thought-form" on the cloud.

By dimensions, I mean that you need to mentally impart all of the additional physical qualities of the object onto the cloud. Qualities like texture, hardness, and weight.

As you might imagine with these differences in mind, the creation of a tangible, physical object out of the energy of your environment is substantially more difficult than the creation of an illusion.

Your best approach to attempt a materialization is to practice the expanded energy requirements independently and get **very** good at controlling a *big*

vortex of energy first. The size of your vortex need not be limited by the size of the four walls that happen to define the space that you are practicing.

The raw energy that we work with is so fine compared to the density of the matter of your walls, that it's like trying to contain water with a chain link fence. Trust me: the walls won't interfere with your energy gathering at all.

Think BIG with your vortex, but be very sensitive to your internal sensations and the fluctuations of your Chakra as you work with it! You don't want to bite off more than you can chew at this point!

Once you've gotten very proficient with summoning large quantities of energy, you need to practice condensing it down to a very tight focus. The same amount of energy that you used to make a dense vortex that filled a room with energy gets mentally compressed into the size of something small enough to fit in your hand.

Practice.

Visualize.

Feel the energy so dense that it feels nearly solid. Once you get to this stage, release the ball of energy. We were practicing the first part of the skill all by itself. Now it's time to take a few deep breaths and prepare to practice the second half of the skill.

We need to learn how to develop a mental picture that consists of ALL of the physical characteristics that make up a physical object.

To do this, try taking a simple object like a coin, and meditate on it.

A lot.

The initial meditations that I offered in Chapter 5 were primarily visual. Now I want you to meditate on the physical properties of the coin as well as the visual ones. At this point, you should be able to shut your eyes and visualize

exactly what the coin looks like. Now we are going to play with this mental construct in our heads.

Visualize yourself flipping the coin in the air and catching it. Hear the sound it makes in the air when you flip it. Feel the weight of it in your mental hand. Feel its hardness. Feel the textures on both sides.

Compare your mental model to the actual coin. Take frequent breaks from your internal study of the coin to study the real coin in exquisite detail and flip your perceptions back and forth.

Meditate holding the real coin in your hand. Close your eyes, and still see your hand holding the coin. Mentally add a second coin on top of the first in your hand. Hear the clank when they touch. Feel the weight of the second coin. Feel their edges. Roll them across your palms, both mentally and literally.

When you have an intimate understanding of the physical properties of the coins, you are ready to try your first materialization!

Start just like you are working an illusion, but pull in your “Super Vortex” and get a LOT of energy packed extremely dense and tight... condense the energy into the size and shape of your coin and “project” the other characteristics into the energy: Color, size, weight, shape, hardness, textures, mass, even smell.

Put it all in there, along with a generous helping of confident expectation, and if you have enough energy and enough focus, eventually one of two things will happen: If everything went perfectly, an exact copy of your mental coin will condense into the air and fall to the ground with a clank, which will probably scare the heck out of you.

The other thing is weird and I have no idea of the mechanics of how it works, but it is also possible that your actual practice coin may teleport: disappear from whatever its current location was, and appear in the center of the cloud, fall down with a clank, and scare the heck out of you.

Either way, it's surprising, exhilarating and you'll never look at a coin the same way again!

I've never actually succeeded in doing an honest-to goodness deliberate materialization, but I did experience a teleported object once, just not in as controlled of a fashion as I have just described.

I once lost my car keys just before I had to leave for a job interview, and I was absolutely frantic. My keys ALWAYS live in exactly one place in the house, and if they aren't there I don't even know where to begin to look.

I checked where they should have been like five times, I checked coat pockets, pant pockets, the car ignition, where I put the mail, in couch cushions... every place I could think of and no keys. Then, just as I sat down to try to calm myself down and *THINK* where I left them, I heard the loud clank of my rather substantial set of keys falling to the ground in the next room. It sounded like they had fallen from the ceiling, and there were no shelves or counters around where they showed up.

I ran over to the kitchen, saw my keys in the middle of the floor, picked them up, said a quick "Thank you" to the powers-that-be and ran out to my interview.

My best guess as to what happened here is that my intense, deep, *frantic* desire to find the keys must have summoned a lot of energy and my focus on the keys was absolute. In my mind, at that second, there was absolutely nothing more important to me than to have those keys and I know I was mentally imagining them in great detail while trying to figure out where they could be.

I think that when I finally stopped to try to catch my breath, my Subconscious finally broke through my wall of panic, and somehow directed the energy to cause a teleportation of the keys to a spot where they could call attention to themselves and where I couldn't miss them.

That, or the combination of intense desire and perfect focus drew the attention of a higher power that took an active role in bailing me out of a

nasty spot. Either way, I deeply appreciated the “Miracle of the Car-Keys” and beamed my gratitude to the universe.

Multiplying Bread and Fish.

Forgive me for touching on a topic that may be dear and sensitive to some people. In the Bible, John 6: 1-13 recounts the miracle of Jesus multiplying bread and fish to feed a multitude.

Miracles from the bible were my first exposure to the abilities that have fascinated me for so many years, and attempting to explain them within the context of my own understanding of the nature of reality is what led me to gather the specialized knowledge that I am sharing with you now.

If any of you feel awkward about recreating a miracle straight out of the bible, I’d like to point out that Jesus was a teacher, and sought to teach by example.

There is no sin in studying the actions of a master. Likewise, there is no sin in performing these or any other “miracles”. As I said before, the devout of any religion can see the love and divine energy of their creator as the essence of their vortex... because it is. These actions that I am showing you can be considered a prayer rather than an experiment.

In Genesis 1:27, it says “God created man in his own image”. If we are all “God’s Children” and made in his image then we all must have a spark of the divine in us, and it is natural to celebrate the gifts God gave us by using them.

In John 14:12 it says “He that believeth in me, the works that I do, shall he do also; and greater works than these will he do...” If Jesus was saying that we will do greater things than *he* was doing, clearly he is expecting a lot from us.

I bring all of this up now because there is another way to perform materialization and it is perfectly illustrated by the miracle of the multiplication of the bread and the fish.

When you attempted to materialize a coin, you needed to study a coin. You needed to memorize every detail, every facet, every nuance: It's size, weight, color, shape, density, mass, texture, smell. That's a lot of preparation, even for an extremely simple object .

Jesus had a lot of people drop in on him in a hurry and another way of doing a materialization is to use an actual sample of the thing that you are trying to materialize as your mental reference point and work from there.

In this case, you would gather up the energies to make your vortex, and place the object to be multiplied right in the heart of it. Allow the energy of the vortex to permeate the item inside and out, let the vortex "soak in the essence" of the thing to be duplicated.

This basically amounts to allowing the energy of the vortex to tune itself to the object, just as hitting one tuning fork in the presence of a second one tuned to the same note will start them both vibrating even when there is no physical contact.

Of course, once the vortex has tuned in to the "vibrational matrix" of the item, then as long as enough energy keeps pumping into the vortex, then fish, bread, or whatever you wish can keep pumping out!

The Psychic Knock Out.

The psychic knock out is not an ability. It's a side-effect, and a potentially hazardous one that you need to be aware of.

If ever you need to use an ability in the presence of another person, you need to be very aware of their location relative to the focal point of the vortex that you create. I believe that this is why some modern day miracle workers in India sometimes form materializations inside their own body and then expel them through the mouth.

If the vortex is centered specifically *in* the person performing the miracle, the likelihood of someone getting too close to the focal point is greatly reduced.

There is an inverse-square relationship between the density of the energy and the distance from the center of it.

This means that if you go twice as far away from the center of the vortex, the energy will be one-fourth as intense in the new spot as it was in the center. If you are four times as far from the center, the amount of energy at that spot will only be about $1/16^{\text{th}}$ as intense. As you can see, the energy falls off very quickly.

If the vortex is centered somewhere else, there is the possibility that someone could accidentally walk through the heart of it and get knocked out!

Normally, this is not a horrible thing. As I said before, the body faints to protect itself from shorting out. As you progress in your abilities however, your energies will be so much more advanced than theirs that there is a real danger of you knocking someone else's energy system seriously out of whack before they go unconscious.

That will cause a lot of problems for them later unless you know what you are doing and you fix the problem before any harm is done.

Since no one warned me about this and I was with a bunch of other people who were also learning these techniques by trial and error, we were all at pretty much the same level, and equally oblivious to this potential hazard.

We were performing a "mediation circle" similar to the one that created the invisibility experience. There were maybe ten of us sitting on the floor of a college dorm room, throwing a LOT of energy around that we didn't really know how to use yet, when a girl from another dorm walked into the room uninvited, looking for one of her friends. (We stupidly left the door unlocked on the thought that some of our other "circle friends" might show up later.)

She took two steps into the room towards us and passed out. We were all shocked because we had no idea that our energy could have an immediate physical influence on someone like that!

We rushed over to her and she came around after a short while, just before we were going to call an ambulance. When she woke up she was disoriented, confused, scared and nauseous. The evening did not end well.

Unfortunately, since we didn't understand how much energy she had accidentally soaked up and we had no experience with its side effects on someone who was not prepared, we did not know what we could do to help her.

We assumed that when she regained consciousness and settled down that she was fine, but as it turns out we later learned that she was much more shook up than we had supposed and she was having prolonged trouble falling asleep for the next few weeks and was suffering from nightmares. She had a very hard time of things after that, her school work suffered and she never spoke to any of us again.

I share this story with you as a cautionary tale. While your various consciousnesses won't let you deliberately misuse your abilities, carelessness can still get you in trouble. Always be aware of your surroundings and always make sure you will not be disturbed when you practice.

Invulnerability.

There is one more ability that I have heard of that I want to touch on simply to round out this class of abilities. I've never tried it, and I've never spoken with anyone who has tried it but I'll include it here as a reference.

Ancient Yoga texts list a series of "Siddhis" or "Attainments" which mark one's progress along the path to enlightenment.

One of these attainments is "To be invincible in battle", which I thought was quite odd because the path of enlightenment does not condone violence and fighting.

Then I thought about that for a minute and I realized to be invincible does not mean that you are the most accomplished fighter on the battleground and

you can beat everyone up. It means that no one can harm you... that you would be, in effect, invulnerable to being hurt.

Steve Richard's excellent book on Invisibility actually gives a wonderful story relating to this power. He recounts an event that he personally witnessed in his travels of a man in an African village that allowed people to shoot him with their pistols to demonstrate this ability. Apparently, with permission, one of the people in Mr. Richards group actually pressed their pistol into the man's skin and fired. The man was unharmed, but the barrel of the gun burst into fragments!

Now common sense demands should tell you that while this is an excellent exercise to practice often, **DO NOT TEST THIS ABILITY** for fun or experimentation **EVER**... Anything that would make a valid test would damage you if you failed to do it correctly and the threat of bodily injury is a very hard stressor to overcome as far as keeping relaxed enough to maintain the energies required.

With that having been said, should you ever need extra protection in an emergency, gather as much energy as possible as quickly as possible via your energy vortex to form a small, dense ball of energy. Imagine your Aura contracting into a dense shell very close to the body and then "Project" this summoned energy over the outer edge of the Aura. This forms a kind of two layer shell, or second (and third) skin around your entire body. The summoned energy forms a shell that is the outer layer which absorbs and redirects the harm around and away from your physical body and the dense Aura underneath forms a kind of shock-absorber and second layer of defense between the outer shell and the physical body.

Keep the concepts of armor, protection and safety foremost in your mind while trying to stay relaxed and confident. (Obviously this is not an easy combination of things to do when you are in physical danger!)

Madame Blavatsky, a famous psychic and Medium in her day and founder of the London Theosophical Society was once quoted as saying:

“The astral fluid can be compressed about a person so as to form an elastic shell, absolutely non-penetrable by any physical object however great the velocity at which it travels.”

My personal opinion is that the best defense is not to be in harm's way in the first place. Follow your instinct and let it keep you out of trouble, but if trouble finds you, consider this as an absolute last resort.

How to Perform the “Projection” Class of Abilities:

Abilities in the “Projection” class are performed by the art and act of projecting energy via the Aura to a specific target with specific properties and for a specific purpose.

Like the condensation style abilities, a part of the Aura is used to gather and focus the energies that you wish to use, but the projection abilities require the Aura to take a more active role.

As a general rule of thumb, the more energy that you can summon and “metabolize”, the more dramatic your results will be and the further away you will be able to make them happen.

Telekinesis.

All of the “kinesis” types of abilities are related in some way to movement, but depending on what is actually moving and how, a wide variety of effects can be produced.

In this section we are going to take a look at the specifics of Telekinesis, which is the most obvious of these skills: moving an object without physically touching it.

In Chapter three we mentioned that the Aura was the key to accomplishing this and many other feats, but to accomplish anything special, we need to prepare our Aura by adding a lot of extra energy to it.

We do this by “super-charging” the Chakras and injecting all that extra energy into our Aura via the Fountain exercise.

Normally, more energy would mean that the Aura just gets larger and expands out from you further while keeping the rest of its properties relatively unchanged. What we need to do is redirect that extra energy inwards to create a kind of “denseness” to the Aura that will actually allow it to transmit a real force to the object we are trying to move.

To begin our experiment, we need to pick an object to move. For your early experiments pick a small, easily movable object. I suggest that you float a small cork or drop of oil in a bowl of water, or use a small object that can roll onto a glass table top, like a marble or ping-pong ball.

For this experiment, the distance is not very important. Seat yourself close enough to your target that you can see it clearly, but far enough away that there is no danger of influencing it with your body heat, breath or by any other means.

Start as you would with any of the exercises in this chapter: go as deep into your DRT as you can, cycle through your EBL color exercises, and perform the beginning part of the FOL. Take it as far as the vortex creation and the Chakra energizing, but do not allow the fountain to erupt.

Instead, think of the aura as a giant psychic sponge absorbing extra energy from each Chakra. Keep the energy streaming in through the Root Chakra from the vortex at the base of your spine, and let the energy keep streaming up through each Chakra.

Be extremely careful to not let the intensity of any Chakra diminish in the slightest, and be sure to keep all of them burning with the same intensity.

See the color of each Chakra “bleeding” into the Aura and adding its distinctiveness to it. The Aura along your centerline will be colored with the colors of the Chakra closest to it, but all the colors will quickly blend together so that the bulk of your Aura will be a brilliant white.

For this experiment, and until you get used to the energy and sensations, do not allow the Aura to expand any farther than three feet away from you in any direction.

Keep the size constant, but allow the energy to continue to accumulate until you feel a kind of pressure building up inside the Aura.

The sensation is hard to describe... It's almost like the feeling of pressure that you experience when you dive to the bottom of a swimming pool, but instead of feeling it on your skin, it feels like it is somehow around you but not touching you. It's subtle but you will know it when it comes.

At this point, your Aura should look like a bright white sphere of energy around you, with the fiery Chakras burning brightly in a line through the center. The edges of the Aura should be crisply delineated, and not blurring away from the body as it normally would.

In its purest form, no physical movement of your body is required for telekinesis. You would form a bulge in your Aura at the position closest to the thing you are trying to move, and allow it to extend towards the object like a thin tentacle.

For starting out though, you might consider stacking the deck slightly in your favor by reaching towards the object with one of your hands and seeing the Aura stream out from there.

This serves two purposes. The first is that we are used to manipulating objects by reaching for them and touching them, and so psychologically this is a more natural action for us. The second is that extending the arm away from the body and toward the object will help move the Aura in the direction you want to go.

Both of these effects are extremely minor aids to the process and I suggest you dispense with the "crutch" of reaching as soon as possible so that you don't learn bad habits.

When you apply a disciplined mind, the Aura moves and acts as you will it, plain and simple. Of course, the opposite is also true: without the appropriate level of mental discipline and control, there will be so much random energy and interference that you will never be able to generate any useful effects from the Aura itself.

Now that you have created your “Aura tentacle”, think of it as just barely insubstantial... like it is on the verge of being a real, solid extension of yourself. Let the end of the tentacle pass through to the inside the object that you wish to move. Let it “fill” the object, conforming exactly to its size and shape so that it is like you just superimposed a psychic “Aura twin” inside your target object.

Finally, “lock on” to the object by mentally feeling the physicality of the object through the aura. Use the tentacle as a conduit to pump energy into the object that you wish to move. See the psychic energy seeping from the Aura twin of the object to fill it with psychic energy, and try to get it glowing with the same intensity as the Aura surrounding it.

At this point, if you have done everything correctly, you will have successfully “coupled” the psychic version of the object to the physical version, and you will have exactly as much control over the object as you have over your Aura. All you need to do is mentally move the Aura version of the object and the physical version of the object follows in exactly the same way.

Be careful once you have created this link. One of the common mistakes that people make when trying to move an object psychically is that they still think of moving objects they the normally would physically.

When we go to move something by touching it, we apply force to the object only at the physical points of contact. From there, whatever force we apply is transmitted from atom to atom (or molecule to molecule) into the surrounding material until the entire object moves, or the physical force is greater than the strength of the material and it breaks or shatters.

When we move something via telekinesis, we apply a force to every part of the object at once, which is very different from how things normally work in the physical world. The net result is that objects might move very quickly once they begin moving at all, depending on your control and intentions.

Be **EXTREMELY CAREFUL** when you first start moving objects because once you have made the psychic connection, it is possible to start them moving at dangerous speeds. Once an object is in physical motion, even if you are startled and break the psychic connection that caused the acceleration, the object will still have inertia and could potentially do damage if it were to strike someone or something.

It is my belief that raw psychic aptitude without the mental discipline to achieve control is why certain “poltergeist” phenomena result: An inadvertent or spontaneous psychic link is formed between the “center” of the poltergeist activity and some random object.

The person connected to the object subconsciously creates some motion in the item. Most people on seeing something move by itself, even a little, would instinctively respond with fear or surprise, which could send a burst of energy (read that: acceleration) to the object just before the adrenaline and fear response break the psychic connection.

The net result is that dishes fly off of shelves and shatter against walls. Things get broken, and sometimes people get hurt.

Practice moving things slowly and experiment carefully. Control is absolutely essential to prevent unfortunate accidents.

How to Walk on Water.

Ok, as I said before, it was biblical miracles that originally got me started on this path, and so I just want to take a quick moment to discuss another one...

In the New Testament, Matthew 14:25 describes a scene where Jesus walks on water across a stormy sea to rejoin his apostles in a boat.

There are two ways that one could walk on water... one is to essentially levitate yourself, so that you weigh so little that your feet do not break the surface tension of the water. Since the passage in Matthew indicates the sea was stormy and there were high winds, it stands to reason that making himself essentially lighter than air might not produce the effect that Jesus was going for: he would have been blown away!

The other method of walking on water is to use telekinesis.

Remember when we said moving an object with telekinesis applies a force to every part of the object simultaneously?

Well what if the “object” happened to be the water immediately around you, and what if you used that force to keep the molecules from moving at all, instead of moving them in a specific way?

What you would accomplish is essentially making the water solid without turning it to ice... a first class miracle!

As you progress with your telekinesis practice, try working with fluids. They are not very intuitive to work with because we have been so deeply conditioned to expect and accept them to behave in a specific way, but they can be very interesting to experiment with.

An interesting variation of this same general idea is found in the ancient Indian texts that speak of the mystical attainments (Siddhis) that come from the practice of Yoga. One of them is listed as “...to attain mastery over the elements and to dive into the earth as if it were water and walk upon the water as if it were earth.”

Pyrokinesis and Cryokinesis.

Pyrokinesis and Cryokinesis are related skills that impact the amount of heat inherent in an object.

Pyrokinesis is the ability to add additional “movement” energy (called kinetic energy) to the individual molecules that make up an object. When the

molecules are moving around more, they create heat. Cryokinesis is just the opposite: By simply removing some of the kinetic energy that is already there, the sample has less motion, and it cools down.

While both of these abilities are very closely related to telekinesis, there is an exceedingly subtle difference that makes them very hard for most people to pick up. I'll go into the details in a minute, but for now let me just give you an overview of what we are talking about.

Heat is related to motion because of friction. If you put your two hands together like you are praying and rub your hands in opposite directions slowly, you get a little sensation of heat. If you rub your hands vigorously, you get more heat. More motion equals more heat.

Depending on the state of the matter, the components that make up a sample (either atoms or molecules) will have more or less motion relative to one another.

The temperature of a sample determines the state that the matter is in. For an obvious example like water, you know that if the temperature of the water drops below 32 degrees Fahrenheit then its molecules slow down so much that they barely move at all and the water turns solid. Add a little heat, and the molecules start slipping around and become liquid water. Add still more heat, and the molecules start bouncing off one another very quickly and you get steam.

Essentially the temperature of something is a measure of how much physical motion (kinetic energy) is in its component molecules.

To make the temperature of something rise, we simply make the individual atoms or molecules move faster by adding more energy to them, and to cool it down, we extract some of the energy so the molecules move more slowly.

In the last section, we learned to how to extend the Aura into an object and apply a force in the same direction to all the molecules of the object at the same time and in the same direction, and this made the entire object move.

To start, we will need a target for our experiment. A digital thermometer makes an excellent target because it will measure the incremental increases in temperature and let you know early on if you are making progress.

Once you master the basics, it becomes strictly a matter of practice before more dramatic demonstrations are possible, like igniting the wick of a candle or forming ice on water.

If you wish to give these abilities a try, start with exactly the same process as telekinesis: DRT, EBL color cycles, FOL without the fountain, “Aura thickening”, and finally the extension of the Aura and the creation of the Aura double inside the object itself.

This time, instead of moving the Aura version as a unit in a direction, we are going to change the properties of the Aura, and thus the real object in a different way.

You will need to experiment to find out what works best for you, but something that I have heard used very successfully is a combination of both sound and color.

To begin with, imagine a musical note, buzz or tone coming from the object whose temperature you wish to change. Any tone will do. The note will be symbolic of the amount of kinetic energy in your object and is strictly a reference point for your Subconscious.

The trick is to try to alter the Aura version of the object in a way that will change the tone in the physical object. Higher frequencies indicate faster movement in the molecules, adding more energy to the sample, and a rise in its temperature. The reverse is also true: slower vibrations act as a damper to suck energy out of the sample and lower the temperature.

In addition to this changing tone, some people like to add an element of color to the Aura version: red as symbolic for the rising heat and blue if they are trying to cool the object down. Most people find the visualization of color to be far easier, but I find that the sound method is actually more effective, even

if it is harder to do. The combination of both color and sound seems to be the strongest means of creating a temperature change.

I've heard of some folks using a different method to induce a change in temperature in an object, and I call this the "Static" method. They actually imagine seeing the movement of molecules in the object like "snow" on a TV set to a channel with no signal. Then, if they want the object to heat up, they mentally imagine pouring more static and sparkles to the Aura double of the object. If they want the object to cool off, they imagine that the Aura draws off some of the energy like a big sponge.

Electrokinesis.

Electrokinesis is the art of changing the flow of electrons within an object. Normally, the intent of this is to influence electronic devices like traffic lights and computers.

Scientists attempting to test for this ability often set up computers running simple programs that pick random numbers as a target.

Since they can measure the "randomness" of the numbers that the computers pick, if some external force acts on the system, the numbers get skewed in one direction or the other and they can measure how far off the mark those numbers get.

While it might seem like a neat trick to influence electronic gadgets, I've personally avoided practicing this skill because of a bad experience that a friend of mine had while attempting to cultivate it.

He thought that a TV would make a good target because of the sensor inside that detects the signals that come in from the remote control and there might be some visual indication of success on the screen.

He tried influencing the TV with techniques very similar to what I've taught you with our other telekinetic abilities, but unfortunately he only succeeded in damaging various electrical devices around his house.

In the course of his experiments we dubbed him the Electric Jinx, because not only was he never able to influence the TV as he had hoped, but electrical devices around him started taking a profound dislike to him.

Within the span of a couple weeks he had numerous light bulbs burn out on him, his computer crashed, the alternator on his car died and one of his credit cards got demagnetized.

These setbacks (particularly the car and the computer) cost him quite a lot of money to fix and he decided he couldn't afford to continue practicing this particular skill.

Some of the interesting things to note about his particular case are that it seemed like everything but his target was being influenced, and things would break even when he was not actively engaged in any attempt to influence anything.

It's like he somehow changed the nature of his Aura, and it never reset back to normal after he finished with his practice.

For this reason, always make sure you finish all of your psychic exercises gracefully and put things back the way they were when you started.

This fellow was quite a bit more advanced than I was at the time, and seeing the problems that he had with it, I thought it would be best to not attempt this at all. Since I make my living with computers I can't afford to have them randomly stop working on me.

I can't offer any specific suggestions for attempting to cultivate this talent except the same general rule that works well for all special abilities: Once you make an "Aura Rapport" with the object you are trying to influence, just project an air of confident expectation for the result you expect to see and let your Sub and Superconscious do the specific work for you. Don't try to actually influence the electronics like my friend did or you might repeat his costly mistakes.

Levitation.

Levitation and flight has been the dream of man since ancient times, and the documented occurrences of it go back nearly as far.

Most cases of levitation fall into two distinct classes. The first and best documented form consists of Saints who rise into the air during religious ecstasy. The second, and most important to us, is that of the advanced yogi who, in the course of their studies and meditation gain the deliberate use of this ability.

I've already mentioned that when the truly devout pray, they are very likely entering their own special state of DRT. They let divine energy pour into them, and then they *listen* for divine guidance instead of reciting a bunch of words and then begging God for favors. This form of passive prayer is almost exactly like our meditation and FOL exercises.

Since we are already very familiar with entering deep levels of DRT and are becoming quite proficient in meditation, we should be able to not only follow in the Saints' very light footsteps, but we might even be able to take a short cut or two.

Let's try to understand what goes on during *real* prayer, when someone is trying to commune with the divine. How do they feel when they pray? Do any of these statements sound familiar: "weight off the shoulders", "Lift your heart to Lord", "uplifting joy", "raise your spirits", etc...

The point is that most of us somehow link God with the concept of height and elevation. "God smiles down on us from on high."

Real prayer is a means of growing closer to the divine, and for those that do it very well it would seem only natural that they might be subconsciously directing themselves to literally be "closer to God".

Remember, the Subconscious mind is child-like. If it is told that God looks down at us from Heaven, then Heaven must be "above". Is it such a stretch that if you have a sincere desire to be closer to God, your Subconscious might try to get you some elevation!?

Fortunately, even the most devoted people who pray usually have a lot of “noise” and distractions going on in their minds or there would be a lot more floating in church.

Those of us that are cultivating an inner quiet and a good relationship with our Subconscious through meditation have a huge advantage already!

Ok, so the Saints have illustrated the first steps pretty well:

Step 1: Enter your deep state of meditation/prayer

Step 2: Let Divine energy pour into you

Step 3: Present a clear, single-minded desire to rise.

Let’s look at each step in turn.

For Step 1, their deep meditation and prayer puts them in a state very similar to our meditation and DRT. No problem there.

For Step 2: Letting Divine energy pour into you is, depending on your point of view, *exactly* what we are doing with our FOL exercise. We’ve got that covered.

For Step 3: A clear, single-minded desire to rise. Ok, the Saints have us beat here... there can be no purer desire for the devout than to be close to their Deity. They have a sincere purpose in their heart for performing the act, and that makes a big difference.

Fortunately we can make up some ground through the fact that we are cultivating an extreme mental disciple in the form of our particular style of meditation. Saints approach the conditions to cause levitation sideways, but we can focus on moving towards it head-on. (They still have us beat on this one though!)

Ok, what we have is a simple enough formula... so why don’t we routinely see people flying about?

For a Saint, these three points are enough, and they can and do rise off the ground when conditions are right. They have an added advantage in that they are not usually praying with the intent to levitate. Their levitation comes as a side effect of their primary act of prayer.

This means they have no expectations. They don't get excited when the physical sensations come when they are getting close and they don't get disappointed or try to second guess what's going on if things don't progress on some sort of imagined schedule. If they do rise off the ground, they know with absolute certainty that God is lifting them up and that no harm will come to them, so they have no fear.

That's actually a LOT of advantage that the Saints have going for them. The "no fear and no excitement" in particular is a huge advantage. In my own attempts I often get the sensations that indicate I'm close, and they come on so strong and so quickly that *every* time, I get surprised, excited or start worrying about something silly, like smashing against the ceiling which of course shuts me down right away.

Ok, so a Saint can make it aloft on the three-step program (with God as their co-pilot!), but we are going to need a little something extra to get airborne. Fortunately for us, the Yogic attainments, the "Siddhis" have a thing or two to say about levitation and it offers us a clue to the missing ingredient we need to get us moving in the direction we seek... UP!

"By concentrating on the form and lightness of thistle
down the yogi becomes light and may float on the air".

Before I explain how this unlocks the mystery of levitation for us, let me first describe how things float.

Floating is a function of density. If something is denser than something else, it means that for the same amount of volume, the denser things will weigh more.

So, if we have a fluid like water and we put something that is denser in it, like a rock, it will sink to the bottom. If we put something less dense in it, like a cork, it will float on the surface.

Here is something you might not know: both liquids *and* gasses are fluids. A fluid is defined as something that cannot keep its shape when external forces are applied, so basically anything that is not solid is a fluid.

Most of us tend to think of air a gas, but it's a fluid too, and that means the same rules of floating apply to it.

The density of our cork is lighter than water and denser than air. This means that it floats on water and skinks in air, which is why you found our cork resting right smack at the boundary layer where the two meet.

So, the principle of floating works fine with two different substances, but the same substance can have different densities too, depending on its temperature.

Hot air has more kinetic energy than cold air because molecules move faster when heated, and since those molecules are moving faster they tend to spread out more and take up more volume. Since hot air will spread itself thinner than cold air, it basically makes itself less dense than the air around it, so the hot air rises. This is exactly how a hot air balloon works.

So, what all of that means is that if you can make yourself less dense than air, you can float.

Impossible you say?

If we look at how a hot-air balloon works, we basically have big sack of heated air that is less dense than the surrounding air, and that creates buoyancy, a kind of upward pressure inside the balloon.

A little hot air creates a little lift, so the key is to use big volumes of hot air, and then you generate lots of lift... enough to lift not just the weight of the

balloon itself, but also the extra weight of the basket, burner, and even passengers.

How does this all relate to thistle down?

Well, thistle down is made up of lots of very fine threads reaching outward in all directions from a central seed: It defines a very large volume with a very light substance. This means that when you look at the average density of the entire object with both the seed and the fluff included, the average density is much less than if you looked at just the seed by itself.

Since the average density of the seed and the fluff together is so small, even a small breeze will carry it a long distance.

Now to get back to levitation, what if instead of a seed we wanted to make our body light? What if instead of using delicate fibers to define a large volume, we changed the properties of our Aura?

By meditating on the concept of thistle down, the yogi could expand his Aura out into a huge sphere around him, encompassing a large volume, just like the thistle seed does, and just like our hot air balloon.

Now, by changing the properties of the Aura to make it quasi-material, you have just multiplied your volume by a huge amount while keeping your weight the same. You have just lowered your density.

Once you can make your Aura large enough, you can actually make your density lighter than air and float!

Remember, the Saint is doing this indirectly, by sending his love/energy “upwards” to God.

I have also heard of a variation on levitation whose description fits very nicely with this explanation: I read of a Tibetan monk who needed to travel a great distance to treat a sick person. The narrator described the fleeing monk as “taking impossibly large strides and seeming to stay too long in the air between them”.

This effect would be easily accomplished by being just shy of true levitation, and it would be an extremely effective means of travel since its practitioner would use very little energy per stride and the muscles of the legs would have more time to rest between strides.

So how do you levitate?

The final formula is fairly simple but like all of our abilities it takes a lot of practice to achieve an ultimate success. (Most of that practice is actually learning to get out of your own way. The actual process is easy!)

Assume a comfortable position, and go into your DRT. I usually try this laying flat or standing up, but the traditional method of the yogi is in the full lotus position that I described earlier.

Perform your EBL color cycles and energize your Chakras via the FOL. Draw energy from your Chakras to the Aura just as you did in the various “kinesis” exercises before, but instead of compressing the Aura around yourself, you want to expand it... as large as you can while still keeping it and the Chakras bright.

Don't be concerned if the sphere of your Aura expands larger than the room you are practicing in. The physical barriers of your environment have almost no effect at all on your Aura unless you deliberately allow them to.

When your Aura is of sufficient size and intensity (this may take a while... you need a **lot** of energy!) *feel* it grow lighter, and let it lift you with it.

An important but exceedingly subtle distinction in this last step is that the Aura “increases in lightness”. It does not “decrease in heaviness”. This isn't just wordplay. In the realms of Aura and the Subconscious, or even the physical world for that matter, you can only take away something until there is none left. Then you are stuck.

If you take away heaviness until there is no weight left, you are left with zero weight. If you add lightness until all weight is neutralized, and then keep

adding more lightness, you have a positive lifting force. The subconscious is a stickler for that kind of detail!

I find that when expanding the Aura, I get a “floaty” feeling almost immediately... butterflies in the stomach like you are descending on an elevator and when I “add lightness to the Aura” I find that if I am standing that I tend to wobble and I lose my balance, forcing me to take a step which kind of breaks the magic.

When laying down, I still get the sensations, but not nearly as intensely and I sometimes feel the lightness come in just one part of me... like just my legs will get light or it feels like just my left side wants to rise. It’s weird, but fun!

I hope you get farther off the ground than I have so far.

For those of you that jog, practice making your Aura large and light while you run. As you make progress in your skills you will find that you are running further with less effort and the rhythmic movement of your body may help distribute the sensations better so as not to startle you or shut down the effect.

One last neat effect I want to mention is that you can use the “balloon” method of the Aura to sense where other people are in your immediate area. Since the Aura can pass through doors and walls, you can have it fill a house when you walk into the threshold and try to sense where other peoples Auras interact with yours. This creates a kind of sonar blueprint of where other people are in the building that can be very accurate once you get good at it!

Healing.

There are as many ways to perform psychic healing as there are people doing it. While there are many different forms and approaches, they all have one thing in common. All of them act on the “energy body” of the sick person to restore a healthy balance of energy.

Some people beam energy to another and let the energy go where it will. Some people “draw out” bad energy. Some people use the Aura. In the case when distance is involved, some people do the equivalent of summoning a vortex to a distant location to allow it to charge the Chakras of a sick person directly. A lot of it is instinct, and just letting your Subconscious take care of it for you while you stay out of the way.

Of course, some people simply pray. The most effective spiritual healers are the ones that use intense visualization to actually *see* the love and energy of the Divine pouring down upon the person they are trying to heal.

Believe it or not, you are already a psychic healer. You’ve been practicing it on yourself in one degree or another since chapter four, which is why by now you have probably noticed a dramatic improvement in your own health. The DRT allows your body to release tension and hold more energy, and the FOL clears blockages and distributes the energy correctly through your system.

Essentially the whole aspect of psychic healing boils down to two simple facts:

- 1) Ensure that each region of the body has the proper amount of energy.
- 2) Ensure that energy can flow correctly between adjacent areas.

With these simple concepts in mind, it is a simple matter to look at a person and either view their Aura and see where and how the energy is flowing and accumulating, or to feel the flow of energy by extending the hands towards them.

As a general rule, the middle layers of the Aura from about 8 inches to around two feet on most people tend to be more “expressive” of what is going on with their health and studying this region makes it easier to diagnose the flow of energy through the body. Getting very close to the other person or actually touching them might put you so close to their Chakras that the subtle interactions of the energy fields is overwhelmed by the closeness of the Chakra source.

Before we start, if you are physically close to a sick person, you should start by protecting yourself. This may sound bizarre, but particularly with

diseases, the actual Aura field of the patient may take on some unhealthy characteristics that can actually “taint” your own energy and make you more prone to problems later on.

Protect yourself by supercharging your Aura as in prior exercises, and condense the bulk of your Aura very close to your body. Imagine a dense white Aura shell just like the invulnerability shell surrounding your body.

Keep the shell burning bright white at all times while in proximity to the sick person.

Some people are naturally empathic to sick people, particularly loved ones. These folks instinctively “draw off” the bad energy by subconscious desires like “I wish it were me instead of you”, or “if only I could take some of your pain”.

These are noble sentiments, but it is foolish to allow yourself to get sick if you don’t need to. (And you don’t!)

Tainted energy cannot penetrate your shell as long as you keep your energy dense, pure and white.

Now that your shell is in place, examine the Aura of the person in need of healing, and first determine if there are any blockages in energy flow. Often, simply removing these blockages will allow the body to take care of the rest of the problem on its own.

Blockages can be easily spotted by looking for adjacent areas on the body where one area has too much energy and the other has too little.

Clear the blockages by visualizing the obstruction between the two areas, and then gently extending energy from the palms of the hands from outside the white shell to the site that needs repair. The actions of the energy you send will be very similarly to what you did for yourself in your own prep for the FOL exercise.

In most cases, it is beneficial to go slowly and gently and if needed, use multiple sessions rather than “blast” through the obstruction. Once you have more experience, you can work much faster and with more energy, but as a general rule, error on the side of caution and go slowly.

Be careful to keep the protective shell focused on the task of being a barrier between your energies and those of your patient.

If you let it slip, you risk giving your patient a large zap of energy all at once, and you risk effects like the psychic knock-out.

In fact, this effect often happens during evangelical healings. With a large congregation of people all beaming love and energy towards the preacher, he has access to a tremendous amount of energy, and in the course of his healing sends a flood of it out to the person he is laying hands on.

In effect, he becomes a lens, or conduit, focusing all the energy from all the people in the room.

This is why the people being healed often swoon or pass out when touched.

This is a different, more aggressive style of healing than I recommend. It is important to go slowly and find your own style.

To get good at psychic healing requires practice and experience. Every person is unique, every affliction is unique.

I’m a firm believer in the use of subtle energy.

I often find that just creating the tiniest improvement in the flow of energy between areas and then “programming” the patients energy to continue the work when I am gone will allow them to fix the problem themselves, and at their own pace, as well as prevent the problem from recurring.

You can “Teach” their energy what to do by imagining a beam of energy of a particular color coming from your hand outside your white shell and merging with the energy of the patients saturated region. Your energy knows what to

do, and it knows how to direct the patient's own energy along for the ride. It knows how to migrate to the site of the problem and dissolve blockages. It knows how to widen the bottlenecks.

Send the energy and watch it perform its duties. You'll actually see the patient's energy take on a tint of your color and then this combined energy working its way to the problem areas.

Fixing blockages is the single most important thing in psychic healing, but you may find that some sick people, particularly those with actual tissue damage may need a real infusion of energy.

For these folks I recommend that you *do not use your own energy*. Use your own energy in small doses to direct the patient's own energy to do what needs to be done.

When you need to add lots of energy, drawing it off from your own Aura opens you to the risk of compromising your protective shell and weakening yourself.

Instead, form a ball of energy from the vortex. Make it as large as the patient, bright white, and very nebulous to start.

Remember, white contains all colors. It will naturally feed the Chakras that need it most. By completely surrounding the patient in this healing white light, you will be sure to be energizing the secondary Chakras as well. Project the concepts of serenity, peace and balance into the white light that you send.

By keeping the energy nebulous, if there is an extreme build up of energy in one part of the patient's body, the vortex can draw it off to relieve the "psychic pressure".

Depending on the ailment they are suffering, you can add properties to the white light: For treating tumors and cancer, imagine that the light is attracted to the tumor, and then dissolves it just like it would an energy blockage. For treating wounds or damaged organs, allow the energy to flow to where it is

most needed and settle in and on the troubled spots, gently nourishing the tissues and energies of that region.

You will sense when the patient has had enough energy. How you know is something that works differently for different people. You may get hot flashes. I sense a kind of pressure coming from the person and then I know it's time to stop.

When you are no longer physically in the presence of your patient, there is one last thing that you need to do for yourself.

Allow the white shell to expand completely to fill your entire "Aura Space" and let it burn extra bright for a few seconds with the idea of "burning off" any negative energy that you might have accumulated from your healing.

Other folks might use other techniques for cleansing their energy after a healing. Some imagine all the "bad" energy collecting to their hands, and then shaking it off just as if you were flicking water off your hands. Again, there are many different approaches, but the goal is the same: to clean up after you are done.

Once this is done, you are all set.

One last point I would like to make is that you should be careful how much healing you do and how long your sessions are, especially when you are first starting out. Psychic healing can be tremendously draining both energetically and emotionally, and it might not catch up to you until after you stop the treatment, so be careful not to get blind-sided by this effect.

How to Perform the "Manipulation" Class of Abilities:

The last class of abilities is the one nearest and dearest to my heart. These are the abilities that literally and physically change your body's relationship to your environment. These are very advanced skills, requiring a radically different technique than any we have used so far.

We are going to learn how to turn our body into pure, living energy, and then back to its solid, physical form again.

Unlike the other skills we have studied, these abilities are “all or nothing” and they are not to be taken lightly.

Most of these abilities are physically VERY DEMANDING on your body so please use common sense. Only attempt these abilities if you are in excellent health and when you have at least six hours (and preferably the whole day) to devote to practice. You’ll need at least that much time to recover after your first success. (It does get easier, faster and less taxing with practice but your first time will require a lot of recovery time, mentally, physically and emotionally!)

On the bright side, any one of these skills may be considered a “graduation” skill. If you consciously and correctly invoke one of these skills without getting shut down by your own fears, it’s like turning a key in a lock.

An amazing thing happens. The last and the deepest of your worries, fears and inhibitions... ones you didn’t even realize you had, simply fade away. A part of your mind opens up like a flower, and you become something... new... Something rare... Something magnificent...

You become fearless.

You become realized.

You become WHOLE.

You become Holy.

ALL abilities that you have studied so far become much easier to accomplish, and you’ll be able to do other things that you can’t even imagine right now.

I know you’re excited begin, so let’s get started!

Teleportation.

Teleportation is defined as the transport of an object or body to a different location without traversing the physical distance between those two locations. It basically entails the dematerialization of an object or person in one location and the rematerialization in a new place.

Teleportation has a rich history in the realms of science fiction, but science has recently started to catch up.

In the last decade scientists have successfully teleported electrons, photons, and more recently, individual atoms. (You can check out this article from the NY Times for some details on the Atomic Teleportations: <http://query.nytimes.com/gst/fullpage.html?res=9405E6DF1639F934A25755C0A9629C8B63>)

At this rate we are still a *long* ways away from achieving the technological progress required that would allow us to create a device to move even the smallest and simplest objects.

There is also a phenomenal energy cost associated with the process that is being experimented with, so even if the process evolves to the point where it would be possible to teleport a larger object or person, it would not be economically feasible.

Fortunately for us, there is a process built into nature that allows humans to teleport... *right now!*

The mechanics of how teleportation work are beyond the scope of this book. If you want to learn the details you'll need to read up on the rules and physics that govern the world of the super-small particles that make up the individual *parts* of atoms. That's called "quantum mechanics" and it's certainly not for everyone!

Fortunately for us, we don't need a conscious understanding of the physics behind how quantum entanglement or extra-dimensions work in order to

accomplish teleportation on our own. Our Superconscious already knows all the details required to pull off this remarkable feat already.

All we need to remember are three basic things:

- Matter can be converted to energy and vice versa
- Energy can move incredibly fast
- Thought is a kind of energy.

For the sake of our discussion, I am going to assume from this point on that we will be discussing how to teleport ourselves, and not some external object. Similar processes apply to both, but I will let you experiment on your own with that later.

For now, just understand that teleportation works by turning something solid into energy, moving that energy to another location and then turning that energy back into the original structure.

Simple, right?

Actually it is.

If you have been diligently practicing the exercises listed in this book and gotten really proficient with the basics and the Chakra energy work, you already have 95% of the skills and expertise needed to accomplish this feat!

What you probably do not have at this point is the correct attitude.

For most people (including myself!), the right frame of mind is the single hardest and most important step from taking your theoretical knowledge and turning it into practical everyday reality.

There are two things that you absolutely must master in order to pull off teleportation, and any of the other skills in this section:

Fear and Trust

Fear is one of the most basic instincts that we possess, and what you are about to do is so far outside your realm of experience that it is almost inconceivable.

It is natural to fear the unknown, and what could be more unknown than the idea of having your body “removed”?

Hopefully by now you have experienced at least one “Out of Body” experience from your previous experiences with this book. If you have, that’s great, because it means that you already have firsthand experience with the fact that your consciousness can exist separately from the body.

If you have not had an “OBE” experience, you just need to understand that “you” *are energy*. The physical shell that we wear in our day to day lives is a convenience for interacting with the world around us. “Physicalness” is a mode of expression. It’s our native “language”, but just because everyone around us “speaks” it, does not mean it is all there is.

Through the deliberate act of will, you can change the vibration, or energy state of your body to the point where it can no longer be considered a physical thing. It becomes pure, living energy.

As a being of pure energy, you play by a completely different set of rules. Physical barriers can not obstruct your path. The concepts of “speed” and “distance” become irrelevant. You move with the speed of thought.

As incredible as the journey is, the actual act of teleporting is completely safe. There is no danger of zapping yourself inside a solid object for example.

Once the process of teleportation begins, the Superconscious mind takes over, and like any good parent it will not allow any harm to come to its charge. If there is an obstruction at the target site that you wish to teleport to, you either simply will not go, or if there is no danger, your landing spot will shift to the nearest clear area. The Superconscious remains aware at all times and through all aspects of the skill.

Nothing is left to chance.

Another built in safety feature is that matter in the process of materializing has a tendency to “slide off” matter that is already there. The process of condensing energy into matter does not have the matter simply pop into existence. As the energy condenses, its properties quickly cycle through a series of stages that act first like a gas, then like a liquid, then finally as the solid.

If we even attempted to materialize something inside another solid, the initial energy could permeate the solid quite easily but as the energy started getting denser it would immediately slide out of the existing object just as air bubbles to the surface of water.

Still another built in safety for teleportation is the fact that dematerializing yourself is the hard part. Dematerializing yourself takes a deep and conscious effort. When you relax that effort your body will naturally return to its material state.

In spite of these reasons to be confident that the actual act of teleportation is safe, your personal relationship with fear is unique to you and only once you face and conquer it will you be able to have the break thru success that you are looking for.

In a very real way, trust is the antidote to fear. You need to trust that your Superconscious knows what it is doing. You need to trust that these exercises are a natural (if somewhat rare) part of the human condition, and you need to trust that no matter how weird the sensations are that you feel, everything will “come back together” just fine when the experience is done.

Now, for the actual process for Teleportation!

Since all abilities start from the same basic set of exercises, you might be surprised at how simple the actual process is. It’s essentially doing what you already know but just taking it a lot further than you have in the past.

Particularly for your first attempts, there are some preliminary things that you can do to increase the likelihood of your success. For starters, cut meat completely out of your diet for a couple days before you plan your first attempt.

On the day of your attempt be sure that you are well rested. Eat very lightly and drink lots of water and juices. Do not eat anything for about four hours before your attempt, and do not drink anything for about two hours before.

Just before you begin your attempt, use the bathroom.

Wear loose, comfortable clothing, and be sure that you are practicing in a secure, private place where you will not be disturbed.

Remove or turn off pagers, alarm clocks, or any other noise making device that could startle you. **ESPECIALLY THE PHONE.** (I got burned by that one once, and I will *never* make that mistake again!)

Select a safe, secure target location. For starters, another room in the same house, or even another place in the same room is fine. Distance does not matter. If you can teleport an inch, you can teleport to the other side of the planet, but practice in comfortable, familiar environments first. Once you get the knack, you can travel farther. When considering your target location, plan for the fact that your clothing may or may not travel with you for your first time!

Do whatever you can to get deeply, physically relaxed. Put on some music. Take a long hot bath. Light some incense. Do whatever you can to physically and mentally relax yourself.

When you are ready to begin, lay down flat on your back, get as comfortable as you can and prepare yourself mentally by performing the blackness meditation.

Strive for perfect blackness. It should feel like your body is floating in a sea of perfect black... no cares, no worries, no troubles, *no attachments*. Do not allow any thoughts to intrude on the beautiful inner peace and silence that

you are enjoying. If a thought sneaks in and intrudes in this dark quiet space, simply dismiss it and let it fade away. Do not give it any energy by being concerned or angry with yourself because the thought came.

Let everything fade away.

We are striving for an absolute inner stillness and the sense that you are the only thing in existence.

Now, begin as we always do, with the deepest DRT you can manage, the EBL, and this time, the *complete* Fountain of Light.

Keep the Chakras burning bright, and pay special attention to the tingle that comes to your physical body because of the DRT.

Try to imagine that the tingles are actually formed by the little sparks that are raining down on your body from the fountain. Visualize and synchronize the flow of energy raining down with the amount of tingling that you are experiencing.

Now, start with long, deep slow breaths, and go DEEP into your relaxation.

As you relax more, you need less oxygen.

Slow your breathing. Keep the Chakras bright. Keep the fountain going.

RELAX.

Go deeper and deeper into the relaxation. Allow the vortex to draw energy from a larger area. See the energy being drawn up through the Chakras at a slowly increasing rate. Feel the tingling intensify. Slow your breathing more and more. Take less air with each breath.

Go deeper.

Listen to your heartbeat slow.

Help your breathing slow. (If you need to, sigh every once in a while if you need to, to help reset your oxygen levels to the level of the physical demands on your body)

Keep going deeper and deeper. Slow your heart beat. Deepen your relaxation. Slow your breathing.

You will eventually reach a state where you are barely breathing or not breathing at all and at some point your heart will slow radically as well. It may take quite a lot of practice to reach this level, or it might just take a lot of time and persistence in your first attempt.

Do not be frustrated if you can't get to this level right away. It will happen when you are ready, and not before. This is actually the exact method that Indian Yogis use to put themselves in a state of suspended animation.

In this state you have almost no metabolism at all, and this is why it is important not to be disturbed during your practice... if someone found you in this state, you would be experiencing the relaxation paralysis that I have told you about, and they would very likely assume you were dead or in immediate need of medical attention!

If you think getting disturbed by a ringing phone would be bad, imagine what it would be like to get hit by the defibrillation paddles that emergency medical technicians use to try to restart your heart!

This is another spot where fear can creep in. At this stage you should feel a combination of tingly/floaty and have virtually no breathing and very slow heartbeat (if you can detect it at all).

Some people in this state might get the idea that they are dying and start to panic.

You aren't, so don't!

This is why it's so nice to have this book as a guide.

When I started experimenting with this, I had no one to tell me that this was not a dangerous condition. I also had no one to tell me that this was even the way to go.

All I had to go on was a deep curiosity, a sense of “rightness” and the fact that the physical sensations were really cool.

I didn't even realize exactly what I was doing until I ended up Bi-locating... I'll share more about that experience in the next section.

In the spirit of full disclosure, I've never successfully teleported. From my conversations with other people who have, it seems that my experience with Bilocation was almost exactly the same as theirs. The technique that they used to teleport is exactly the same one that I used and am presenting here, so I am speaking from that experience.

Anyway, what I am getting at is that since you are reading this now, obviously I've lived to tell the tale. You will too even though it is weird to be casually observing your own body from the inside while it has no heartbeat and no pulse.

Remember, breathing and heartbeat are tied together with the sole purpose of moving oxygen and food to the cells of your body.

The cells use oxygen to produce energy, but you are in a state where two things are happening to you that negates the need for this.

Item one is that your muscles are not moving and because of the extraordinarily deep relaxation, they are making almost no demands for energy right now.

Item two is that the individual cells themselves are starting to switch modes from a physical state where they need the chemical energy that comes from burning food with oxygen to a state where they can digest their energy directly from the field you are generating via the fountain.

Continue to enjoy the DEEP tingling sensations in every part of your body, and slowly increase the speed of the energy flowing through the fountain. As you do this, you should experience a corresponding increase in the frequency of the tingle that you are experiencing. You may notice a ringing tone in your ears.

You may start to feel a little weird or “disconnected”... the sensation is hard to describe but unmistakable when it comes. It’s like feeling something and nothing at the same time. It’s definitely unsettling, and might even be uncomfortable at first, but as you increase the flow of energy and increase the frequency (or “Rate of Tingle”) in your body, that sensation will quickly pass. You will feel pulses of energy racing through you

At this point, focus on your target destination. In your current state, you will be enjoying uncanny powers of visualization. Picture the destination as if you are standing there and viewing it with your own eyes, and at the same time “open the flood gates” for the energy flowing in through the Root Chakra.

If you are sufficiently developed to handle the energies and you have done everything correctly, you will feel a wave of energy wash over you. A kind of subliminal pressure builds up inside your body until it gets to a point where “something has to give”. If you are able to open your eyes at this point (I usually can’t) you may see that you are starting to get tunnel vision... everything around the periphery starts fading out and blurring to white, until eventually you see nothing but white or swirly rainbow patterns

At this point, the sensation that you are looking for is hard to explain, but imagine that you are holding a water balloon and you keep squeezing more and more water into one end... eventually there is a combination “Pop/Squirt” and all the water shoots out in one direction.

When the wave of energy washes over you, you will feel your body do this same kind of “pop/squirt”, and at this point you are nothing but pure energy, and you are already at your destination.

Go through the exercise in reverse to come out of it at your new location.

Cut back on the energy. Slow down the tingles.

It might take quite a while before your heart restarts, and you want to and are able to take a breath of air.

Be warned: The first time you reassemble your body after your first teleport, you will probably ache all over. Your breathing will probably hurt when you can finally do it at all. You may be paralyzed for a time until you can sufficiently resynch your body back to the physical. This is like the relaxation paralysis but much deeper, and can be unsettling: When this happened to me, I felt like a prisoner in my own body. I was physically hurting all over and I was unable to move at all for something close to an hour. Since I had no experience, book or teacher to guide me, I thought I had somehow “broken” myself and that I might even die!

Suffice to say, that I still have to wrestle with the recollection of that panic when attempting this class of abilities, and this is a huge handicap for me. I hope I have suitably prepared you so that you do not end up with the same issue that I have!

Over the span of about an hour I could finally start feeling my body more and was able to move somewhat. I was incredibly weak and I ached so bad I didn't want to move for nearly another hour after that... but boy was I ever relieved! You wouldn't believe what kind of joy you experience when you wiggle a finger for the first time after being afraid of being paralyzed!

This long initial recovery time is one of the reasons why I suggest that you reserve a lot of time to this practice.

Two other people that I know of claim that they did not experience the paralysis when they reemerged, but they did say that they ached so badly afterwards that they did not *want* to move! Your experience may vary. I'd rather you were prepared for the worst and then pleasantly surprised than to be panicking while waiting for things to settle back down to normal.

It may take you hours to reach the point where you first teleport, and then hours to recover. Once you do, trust me, you won't want to go about the rest of a normal day... you will be far too excited!

A few hours after you complete this exercise, perhaps after a nap, you should feel absolutely amazing... completely energized, and somehow more "alive" than you were before.

From the folks that I know who have done this process multiple times, I am told that the exercise gets substantially faster and easier the more you practice, to the point where it requires very little prep time and no recovery time at all, with no discomfort.

I guess your body just has to get used to the process!

I wish you all the best in your experiments.

Enjoy!

Bilocation.

Bilocation is the phenomenon of physically being in two discreet places at the same time. This is not to be confused with various psychic abilities related to disembodied senses, like clairvoyance or out-of-body experiences. Those experiences leave the physical body behind while the consciousness goes about another task.

With Bilocation there are two separate physical bodies in two different locations, each going about their business.

By now you know that I have firsthand experience with this ability because of a failed attempt at teleportation

I didn't realize exactly what I was doing at the time and if I knew that I was on the right path and knew what to expect, things might have turned out very differently for me.

The actual technique for bilocation is almost identical in every way to that of teleportation with one important exception.

One of the fundamental ingredients to success with teleportation is a kind of “letting go” that I never completely mastered... That is why when I went through all the steps and was in the middle of the actual act, a part of me clung desperately to my existing body even as another part of me wanted to arrive at the target location.

The result was unexpected... I materialized at my destination without dematerializing from my starting location... and suddenly there were two of me!

In a way, Bilocation may be combination of two of the skills we already talked about: “Materialization/Multiplying the fish” and Teleportation.

Remember that in the act of materializing a physical duplicate of an object, we can bring a sample of an object into the heart of a dense energy vortex for use as a template to create more of the same thing.

Consider if you will, that in the act of teleportation we have created the largest and most powerful vortex of any that we have worked with so far, and that our physical bodies are sitting right smack in the middle of it.

What if our body then becomes the template for a physical duplicate? We have a materialization of a second copy of our body which, because of the nature and intensity of the energies involved, may “pop/squirt” (I really need to invent a better word to describe that!) into a new location.

This explains the creation of a duplicate pile of meat shaped like your physical body at some other location, but it does not directly address how it can be another copy of an animated, living “you”. I’ll get to that in a minute.

For now, let me share my experiences with the physical part of the process.

When I experienced my Bilocation, in addition to the “pop/squirt” of the actual act of teleporting, I also experienced a peculiar sensation of “tearing”

which folks who teleport never seem to have experienced. (Unfortunately I have not been able to find any other “bilocators” out there to compare notes with).

To help you understand this sensation a little better, I’d ask you to grab a large piece of scrap paper, and hold it like you are going to tear it in half.

Pay special attention, and focus your senses sharply using the intense powers of observation that you have cultivated. Slow your perception of time.

Feel the weight of the paper in both hands. Feel the “one-ness” of it.

Now, slowly tear the paper in half long ways, paying special attention to the sensations occurring in each hand as you go.

Do you feel the vibrations coming from the point of the tear and radiating to each of the torn halves to your hands?

When you are done, the vibration stops, and you have a different half in each hand. You can feel their separate weight.

The actual act of bilocating felt almost exactly like this with the exception that extra mass was added to both halves through the act of materialization as you go, so that the two copies ended up absolutely identical.

When I was practicing my teleportation experiments, I would lay on my bed and attempt to teleport my body to the floor at the foot of the bed, as a safe target.

When I bilocated, I experienced the same tearing sensation that you felt in each hand when you tore the paper, except it started out in my entire body from head to foot, and as the tear progressed, I somehow started to feel it at the foot of bed too.

The sensations faded in my “main” body on the bed at the same rate that they increased in the secondary body that seemed to be pulling out of me until

both sensations were at the same intensity. Then the tearing sensation stopped in both places, and I was literally staring at myself.

The tearing sensation was in no way uncomfortable... In fact, it was actually kind of pleasant.

What was hard for me was the fact that the two physical bodies were both populated by the same consciousness: While I was looking at my double, my double was looking back at me, and “I” was seeing both perspectives at the same time. I saw me standing at the foot of the bed and saw me actually lying on the bed at the same time. That was completely disorienting at first, but it got easier pretty quickly.

I can’t describe it, but somehow I could differentiate which body I wanted to take an action.

I decided to try an experiment and touched the footboard of the bed with the “secondary” me, and I could feel it in my “secondary” hand. I had the secondary me shake the bed, and I felt the sensations, resistance and heaviness through his perspective, and I felt the bed shaking through my main body’s senses.

I had my secondary body reach out to grab my primary body’s foot, and that apparently was a mistake. The second that “his” hand and “my” foot made contact, I felt a curious sensation wash over the two of us like a blast of cold air. The next thing I knew, “he” was gone and I was experiencing the awkward after effects of teleportation that I recently described.

Remember before how I explained how you could use materialization to make a physical copy of your body via the Vortex? Apparently a single consciousness can populate more than one body.

Remember in chapter four when I was discussing the possibility that perhaps the consciousness is external to the body? I speculated that the brain may not actually control the body directly. It might be nothing more than a glorified radio station that converts sensory data from the body and transmits it to the energy/consciousness superimposed over the physical body. The

consciousness actually does the “thinking” and sends signals back that the brain receives and implements by nerve impulses to manipulate the body.

If this theory is correct, this completely explains why you would get two sets of sensory input and that initial disorientation that I felt.

With two physically different but absolutely identical bodies, both brains were transmitting their sensory data to the same frequency that “my” consciousness was tuned to, so I got two sets of input.

Since my consciousness is the part of me that thinks, *it* doesn’t have to just beam its signals in all directions and hope that there is something tuned to the right frequency to pick it up. It can send its signals back directionally, aiming them to be received by the specific body that it wants to move in a specific way.

The whole process is really amazing and deserves a lot more study. I hope you get a chance to experience it yourself.

Life Extension and Immortality.

Many people are afraid of death and this fear has made the quest for a “fountain of youth” or some form of immortality a dream of the common man from the earliest times.

As you learn and experience the skills that I am showing you, you may come to believe as I do, that consciousness exists independently of the body. We see evidence of this in Out of Body experiences. We see this in Bilocation. We see this in teleportation.

If the consciousness does not need a body to exist, the physical death of the body suddenly isn’t so scary. Death is not “the end of everything”, it simply becomes a new state of existing and perhaps a gateway for something else.

There is an irony in the fact that the very acts that allow you to come to terms with the prospect of your physical shell finally failing and you “dying” are parts of the same skills that can repair damage to the body indefinitely.

The prior section of this book on psychic healing is like doing the internal maintenance on your house. You dust, you vacuum, you clean the windows, you tidy up, and you pay the bills and everything keeps running smoothly.

That kind of healing will keep your energy flowing smoothly, strengthen the immune system and generally keep you in excellent shape, but in general it will not repair certain kinds of catastrophic tissue damage, damaged organs, missing limbs or aging.

If you think about it, certain combinations of skills that we have already learned might lend themselves to some more dramatic variations on basic healing.

Consider that if we have the ability to turn energy into any shape or material that we wish in the form of materialization, *and* we have the ability to turn the body into energy and back again via teleportation, it would seem to make sense that we might be able to turn our body into energy and then recreate it in a form that was not perfectly identical to the way it was when we started.

In at least one case of teleportation for example, I have heard that the person who experienced the phenomena later realized that they no longer had any scars on their body.

It would make sense that if the Superconscious is reassembling a physical body from energy, that it could easily make some alterations while it was at it.

The removal of scars and physical damage from the body would seem to be an easy task for the Superconscious since it already has access to the original blueprint of what your body should be. The trick to accomplish this would be something as simple as indicating to the Subconscious that you would like this change occur just prior to teleporting.

Then, when the Superconscious goes about reconstructing your body on the other side of the teleport, the Subconscious can ask for a “favor”... the

omission or repair of the various physical defects and afflictions that were present in the body at the beginning of the process.

Through this method all manner of physical ailments might be cured from the body, possibly even viral infection, tissue damage, disease or genetic issues. In fact, it should be possible to reconstruct a physical shell with “less miles” on it... In effect, to create a younger body on the other side of the teleport!

Another of the yogic attainments is “The ability to choose the time and manner of one’s death”. There are numerous stories in India of yogis of advanced age but in perfect health making rounds to family and friends to say “Goodbye”, and then being found dead the next day with no cause of death discovered.

It’s as though they simply chose to stop.

The wording of the attainment seems far-fetched... how can anyone choose when to die? What if they were in a car accident? What if they fell off a cliff?

How can surviving such a dramatic event because you “chose to die at a later time” be in any way feasible?

If you have the ability to repair even catastrophic tissue damage, there is no reason that any disease, affliction or even accident would be more than a momentary inconvenience.

In fact, if the consciousness is external to the body, it may be possible to repair the body even after fatal damage was already done to it, or possibly even materialize a completely new body to inhabit.

Regardless of the means (and the end!), realize that your understanding of the energy nature of the physical body opens up unique opportunities to fix all manner of even extreme health issues, should the need arise.

In the worst case scenario, you simply turn the body to energy and then reassemble it in good working order in the same spot. It would be kind of like teleporting with your starting and ending locations being the same place.

Shape Changing.

If we can repair even radical structural damage to our bodies, can we change something that isn't broke?

Why not?

The same rules apply.

Follow the same procedure as for teleportation but ask the Subconscious to communicate your desired changes to the Superconscious when it is recreating the body. Sincere desire and holding a crisp, vibrant image of exactly what you want in your mind at the time you make the shift to pure energy is the key.

While Shape Changing is yet another ability listed as one of the Yoga Siddhis, I could find very little additional information on this and it is not a realm that I have any plans to explore personally.

If you plan to experiment with anything like this I would suggest that you start simple and with something relatively trivial like changing your eye or hair color or perhaps removing a birthmark before moving on to anything more extreme.

Ascension.

Ascension is the pinnacle of psychic evolution. It essentially entails turning your body into pure, living energy, and staying that way *with your consciousness intact*.

All of the skills that we have learned up to this point entailed a kind of mental "hand-off" so that the Superconscious can take care of all the

advanced stuff for you. This is a short cut that allows us to experience many of these amazing abilities relatively sooner than later.

There is a “long way” to accomplish these skills too. It amounts to the total integration of the three tiers of your consciousness. All of our studies up to this point have pretty much allowed us to keep the three tiers separate, which is the mode most of us normally operate in anyway.

Reintegration of the Subconscious, Conscious, and Superconscious aspects of yourself (Yet another “Holy Trinity?”) sets the stage for another extraordinary leap in your evolution.

The Superconscious takes over for us when we assume the pure energy state because the experience is so overwhelming and so far out of our realm of experience that the Conscious mind can’t take it in. It shuts down to protect itself just like our physical body shuts down when we are exposed to too much energy.

This is why you generally won’t remember things that happen when you are in a pure energy state. At best you may come back with “impressions” or dream-like recollections that fade so quickly that they are lost before you can even realize that the words to describe them don’t exist.

In the act of teleportation, you are here, you are energized, you are there.

I wish I could tell you what happens in between, but I’m not that far along!

If we could integrate the three aspects of our Consciousness together, I think you could essentially “live” purely in the realm of energy without the need for a body at all. We not only touch the infinite, we become one with it, and it with us. Kind of brings a little glimmer of understanding to the phrase “In the unity of the Holy Spirit”, doesn’t it!?

My best guess for how to accomplish this is spend as much time in the highest energy states that you can and while you are there ask both your Subconscious and Superconscious for help.

Keep a journal of your experiences and immediately write down as much as you can remember as soon as you are free of the relaxation paralysis.

Later, reread your journal and try to recall the sensations as vividly as possible and meditate on the sensations. The more comfortable and familiar these sensations become, the longer your consciousness will be able to stay with you during the ride on future attempts, and the farther you will progress.

This is a whole new path, and one that I'm not qualified to guide you on... yet! They say that getting there is half the fun, and I'm in no hurry to shed my body at any point soon. I've still got a lot more to learn in my current form before I'm ready to move on!

Perhaps you may choose to explore it on your own some day and then you could let me know!

Chapter 8: Final Thoughts

Even if you've only just finished reading this book through for the first time before attempting anything that I've put before you, you've come a long way.

Depending on where you are personally on your own path, there are probably things in this book that you will instantly recognize as truth. It is almost like remembering something you already knew. Some ideas "click". New ideas come. You start to look at things differently and suddenly the world really is a different place.

There are probably other things in this book that make you shake your head and think "You have got to be kidding me". Maybe everything in this book!

That's a fair response. I was there myself once.

Skepticism is healthy.

Be skeptical, but please be open minded.

This is a "How-To" manual, and you have everything you need to try it for yourself right now. Give it an honest try and I truly believe you'll be glad you did.

I hope you are excited to give it a try, but remember that if you go running down the path you can completely miss what you are looking for, *and* you're more likely to stumble.

Go slow. Savor the small victories, and enjoy the ride!

Omniscience and "The Tapestry": More Experiments with Time

While the emphasis of this book is absolutely dedicated to overt, tangible, "miraculous" psychic phenomena, you will very likely encounter a variety of other strange "mystic" experiences as well.

The computer programmer in me tends to look at things logically, and fit them neatly into the existing framework of facts and experiences that I already have.

There is one experience in particular that I have had that my logical mind and approach simply can't reconcile. It's not a "tangible" psychic skill, and I don't have the faintest idea of how it could work, so it really doesn't even fit in this book.

Still, because it had such a profound impact on me and on others that I know who have also experienced it, I wanted to mention it as one of those "Trail Markers" for you to look for so that you will recognize it when you see it.

I call it "The Tapestry", and when I mention that term to anyone who has had the experience, they instantly know what I am talking about.

Let me describe my experience for you:

At the point in my life when I experienced it, I had been researching psychic abilities for quite a while but had only just recently decided that I was going to "go for it" and start doing regular daily exercises.

I had been working with the DRT and meditation for a number of months and had been working on opening the Chakras for a few of weeks.

On this particular day, I'd had a rather odd conversation with someone while waiting for a bus earlier that morning, and I was trying to remember something they said.

I tried to jog my memory by getting comfortable and imagining the scene as vividly as I could so that I could replay the details of that conversation. I got comfortable, and kind of on a whim I decided to try the DRT.

For some reason, I was able to go much deeper into the relaxation than I ever had managed before, and as I got really relaxed I had that weird feeling that I get in the pit of my stomach like when you are dropping in an elevator, and suddenly my mental image of the bus stop sprang into startling focus. It was

EXACTLY as if I were there. Everything was perfect. The sights, smells and the sounds of the conversations around me were reproduced with perfect clarity.

In spite of the fact that the scene was so vivid, I realized that I was not looking at it from my original vantage point. I was actually looking slightly down on the scene. My perspective was from the same position that I was standing at that morning, but about two feet higher than usual.

When I realized that, the entire scene froze, and I looked down and saw the top of the head of the “me” in that scene. I moved via thought, just as one does with Astral Projection, and wandered around and through the frozen people at the bus stop.

Since I could move with thought, I decided to fly up to get a better perspective on the scene, because heck, why not fly when you can!

I flew up to a height of maybe 20 feet and looked down at the scene, and I suddenly realized that I could know anything about anything in the scene. It wasn't like I knew everything all at once. I would look at someone and know that they were there because they got a phone call on the way out the door and missed the earlier bus, or I would look at someone else and know that they were not normally bus riders. They were there today because of a car accident a few days ago put their car in the shop.

As I paid more attention I got more and more details. I saw what the car in the shop looked like. I saw the accident happen. Anything I wanted to know was available to me. I saw the other driver involved in the accident and knew that he ran the traffic light because he was late for a date. It was like my consciousness was jumping through time and space to show me anything I wished to know.

Then I jumped back to the scene at the bus stop, and it started moving again. This time when people moved I could see something almost like a faint red "ghost trail" of where each person had come from and a faint blue one for where they were going. I could imagine that person at any point along their

personal line and the entire scene would change to show me what everything else looked like when that person was positioned in that spot.

I could mentally travel forward or backwards on the line and watch the entire scene rewind or move forward at any pace I chose. It was like I was outside of time.

After playing with this effect for a few minutes, I felt myself accelerating upwards and my field of vision kept getting wider and wider. For every new thing that I saw, from birds to cars, I could know anything about them in that instant, past, present or future.

I rose very quickly to the point where I could see about 4 blocks of the whole city, then things went from specific to abstract. All the different red/blue path lines were interweaving and changing colors in a breathtakingly intricate pattern... just like all the individual threads that form the image on a tapestry.

My vantage point kept rising higher and this increasingly intricate image completely filled my vision. I had the impression that there was LOTS more beyond my peripheral vision. I stopped moving upwards and then the colored lines all started moving... presumably with time starting again and all the nodes where the lines changed color between red and blue must have been where the actual people were at that instant.

Then, just as suddenly as it started, it stopped. I was back in my apartment coming out of the relaxation paralysis with my body tingling so wildly it was nearly uncomfortable.

That faded very quickly and then I felt absolutely elated! It was amazing. What was also interesting is that in my subjective time, the experience took approximately 20 minutes, but according to the clock in my room, only about five minutes had passed from the last time that I looked, and I could account for pretty much all of that time as being used to enter the DRT and recover from the relaxation paralysis.

The actual experience itself seemed to have happened in virtually no time.

I just thought I would share this very interesting adventure I had with you. I hope you get to experience it yourself.

I've often attempted to reproduce this experience, but I've not had any luck yet. As is so often the case with me, my best and most exciting experiences happen when I am not looking for them!

Reaching the “Portal”

As you develop yourself psychically, you are changing in a lot more ways than you might realize.

Without a doubt, performing the exercises outlined in this book will help you become more psychically and spiritually evolved, and doing so allows you to start enjoying some of the extraordinary “perks” listed in this book, but there is a price.

It's lovely to realize that you are becoming more compassionate, more accepting and more loving. You won't be able to help it. That's what opening the Chakra *does*.

It can be a little lonely to realize that you are growing and changing in ways that those you are close to are not. This can create a kind of stress between you and the people you care about.

All of your old relationships are a kind of anchor to the “old” you. Some of those relationships may grow and flourish in remarkable ways as you change, but some of those relationships may not survive.

Your own psychic and spiritual growth raises an interesting question: Is this what you really want?

The “Portal” is a kind of metaphysical point of no return. You reach it when you advance as far as you can without leaving your safety net.

When you stand on this side of the Portal, you are in a kind of twilight world. You occasionally experience some really neat things that most of the people around you won't understand or probably even believe. It is exciting and even elating, but at the end of the day things are not yet dramatically different than what you have known.

On the other side of the Portal is the same exact world, but there is no twilight. It is always illuminated because you are one of the sources of that light. It's a world without fear, ignorance or hate, and a world where you have an absolute mastery over all of the skills and abilities I've been talking about, plus a lot more.

You would think that crossing the Portal would be easy with such an amazing reward so close at hand but there is a steep price of admission: you have to leave your fear and self-consciousness at the door.

One of the reasons that I ended up with a bilocation instead of a true teleport was the fact that I have trouble with fear, trust and with "letting go".

At some point, in order to advance any further you will need to take a step knowing full well that those closest to you may not be able or willing to follow and that you might lose them.

You have to let go of every last thing that keeps you anchored to your old comfortable ways and *allow* your body to turn into pure energy and trust that it will come back when you want it.

At some point you need to *risk* everything that you know to open the door to everything you don't. That is the Portal.

I myself, made it right up to the Portal before I realized I wasn't ready to enter...

Yet.

And there is no shame in that. We all live, love, learn and grow at our own pace, and as we do, fear has less and less opportunity to sway us.

I know where the door is, and it will still be there when I am ready.

When the time is right I'll cross that threshold and with a little luck, I'll meet you on the other side!

The Psychic Super Man

At this point, I confess I'm talking less from my own experience and more from what I've been told or read.

My understanding is that the more frequently you enter the "living energy" state, the more easily your body recovers from it and the more easily you can get back into it.

In fact, it seems that every aspect of these skills gets easier with enough practice. Folks that are a lot more advanced than I am have indicated to me that they can virtually dispense with the DRT. The state of deep relaxation comes to them instantly when they need it, and they no longer experience any relaxation paralysis when they come out of it.

They also tell me that they are able to summon energy into themselves dramatically faster, and command a much larger and stronger vortex than when they first started out.

In short, it would seem that all the things that seem like such tremendous hurdles to me at my current level of development have become second nature to them, so it's nice to see that we have this level of proficiency to aspire to.

I noticed something that all of these people seem to have in common. They are all quiet, confident, unassuming folk, and for whatever reason, they seem almost disinterested in their own abilities.

It's like the novelty wore off for them, and in spite of (or because of) the fact that they could psychically do things virtually effortlessly, they seem to delight in the mundane details of day to day living.

I'm told that one day I'll "get it", but for right now, I confess that I don't.

Instead, I sometimes like to think about what one of these fully realized "Holy" people could do if they really wanted to.

I got thinking about that and I came up with a pretty exciting thought:

Psychic abilities can emulate any ability of any Super-Hero that has ever or will ever be conceived.

I smile at that thought, because from what I know about the people who have the power, it's pretty obvious to me that we won't be seeing any of them in capes and tights flying about and using their psychic powers to save the day. But who knows? Maybe there *are* a few unassuming "Clark Kent" types out there who are secretly making life a little better for all of us.

Last Words...

It was something of a disappointment to me when I first realized that "THE" book that I had been looking for on psychic development for my entire life did not exist.

Fortunately, just because the information that I was looking for could not be found between the covers of a single source or even within a single discipline, did not mean that the information did not exist.

I kept looking, and every once in a while I would get lucky.

I'd get a glimmer of insight here, or a gem of understanding there and every once in a while, I'd even get a fact that would connect the worlds of science and the obscure psychic abilities that so fascinated me.

I was actually quite surprised when I realized that over the years I had subconsciously tied the psychic abilities that I was interested in with some established scientific principles like the relationship between matter and energy and Quantum Theory.

The fit was not always perfect, but then again our science is still young and we still have a lot more to learn. Still, the realization that “extreme psychic abilities” could be described in terms of math and science as well as things like the fledgling successes that we are starting to see with scientists and teleportation was enough to solve the “paradox of proof” to my satisfaction even in spite of my logical “computer programmer” mind.

After that, the discovery of the DRT proved to be a source of tremendous experimentation, insight and excitement. From there, some fortunate meetings with some extraordinary people filled in a great many gaps in my understanding.

I was quite surprised to realize one day that *I* had actually learned enough to write the book that I had been seeking for so long, and once I realized that, I knew I had to share what I had learned.

I hope you understand what a unique opportunity for personal growth this manual represents and choose to act on the information it contains.

If you have the courage to step away from the herd and out of your comfort zone, you have an opportunity to explore something truly amazing.

It has been a privilege and a pleasure to show you these first steps on that path.

I hope you take them!

- Dave

Your Turn!

If you appreciated the information contained in this manual, have any feedback that you think would make this a better book, or if you would like to share a story, why not send me an email with your thoughts?

I'd love to hear from you!

I'd also be particularly grateful to anyone who takes a few minutes to share a few kind words that I might include as a testimonial for my sales letter!

You can reach me here: Dave@AllThingsPsychic.com

Thanks, and take care!

All my best,
Dave, for All Things Psychic