

Miracle Mastery

Part 1: (Chapters 1-4)

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Parts 1 and 2 together contain the same exact information as the larger single file version.

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Miracle Mastery

Table of Contents:

Part I: The Groundwork

Welcome!	6
Chapter 1: Introduction	8
What to expect from this book.....	8
How to use this manual.....	14
So who are the “Holy” ones?.....	18
Exploring the line between Faith and Science.....	19
So Where ARE all the Miracle Workers?.....	21
A word of caution:	24
Chapter 2: Escaping “The Box”	27
Why science can NOT disprove miracles.....	27
Some Funny Things about Facts.....	29
The “Costs” of New Facts	32
How We Accept New Facts:.....	36
Changing how you think.....	38
Learning how to Learn:	39
Chapter 3: The Nature of Reality	43
The Paradox of Proof.....	43
Changing your frame of reference.....	45
Why should you care about Energy?.....	48
Moving Objects with your Mind: The Basics.....	54
So how does “real” Telekinesis work?	58
About the Aura	60
To sum it up:.....	62
Now What??	63
<i>You 2.0</i>	65

Part II: Boot Camp

Chapter 4: Mastering the Body	68
Why we need to Condition our Bodies.....	69
How to “Tune” yourself to work with Psychic Energy	72
Physical Training for Psychic Development	73
The <i>Real</i> “Miracle Diet”	73
When is “Good Food” bad for <i>you</i> ?	76
Muscle Testing for Health Optimization	77
Developing your “Spider” sense.....	79

The Power in Sleep.....	80
The “Nocturnal Super-Charger”	84
The Finer Points of Sleep	86
The Stress Response: Why you need it and how its killing you.....	87
What is Stress?.....	88
How does Stress work?.....	89
Stress and Miracle Mastery	90
When is Stress a bad thing?.....	91
Symptoms of Stress	93
The Physical Corner Stone: Deep Relaxation Training.....	95
Harnessing the power of Dynamic Tension.....	97
Advanced DRT techniques	102
Deep Relaxation Side Effects	103
DRT and the Out of Body Experience.....	105
How to do Astral Projection	109
The Vitality Effect: Feeding your Inner Fire.....	113
The Science of Breath: What Breathing has done for you Lately	115
The Symptoms of Oxygen Starvation.....	119
Increasing your internal energy: Preparation.....	121
Increasing your internal energy: Technique	124
Things to be aware of when practicing.....	129
How to Perform Second Order Telekinesis.....	130
“Fixing” High Blood Pressure and Improving Athletic Prowess	132
Final Thoughts for the Chapter.....	133

(Material from this point forward is continued in Part 2)

<u>Chapter 5: Mastering the Mind</u>.....	134
The Three Tiers of the Psyche	134
Fine Tuning your Mind	137
Changing your Relationship with the Subconscious Mind	139
Unlocking Your Mental Potential	144
What is Meditation?	146
How Does Meditation Work - Mentally?	147
How Does Meditation Work - Physically?	150
How to Meditate	152
Developing your Photographic Memory: The Visualization Meditation	154
Your Mental Calculator: The Mathematic Meditation	157
Experiments with Time: The Timer Meditation	158
The Quiet Mind, Part 1: The Listening Meditation	161
The Quiet Mind, Part 2: The Blackness Meditation	163
Moving Meditations	165
Tools to Help you Succeed Faster	165
Final Thoughts for the Chapter	167
<u>Chapter 6: Mastering the Spirit</u>.....	169
The Prerequisites for Advancement	171
How to see the Aura	172
Lessons we can learn from Jedi and Saints	176
The Finer Points of Prayer	182

Where the Power Lives: The Chakras	184
The Seven Major Energy Centers	186
Stoking the Spiritual Furnace	188
Psychic Warm Ups: Energizing the Body of Light	189
Psychic Warm Ups: The Roots and Branches Energy Transfer	195
The Spiritual Cornerstone: The Fountain of Light	211
Final Thoughts for the Chapter	220

Part III: Evolution!

Chapter 7: The Making of a “Miracle”	222
How to Perform the “Condensation” Class of Abilities:	224
Generating Psychic Light	225
Invisibility	230
Illusions	234
Materializations	236
Multiplying Bread and Fish	240
The Psychic Knock Out	241
Invulnerability	243
How to Perform the “Projection” Class of Abilities:	245
Telekinesis	245
How to Walk on Water	249
Pyrokinesis and Cryokinesis	250
Electrokinesis	253
Levitation	255
Healing	261
How to Perform the “Manipulation” Class of Abilities:	266
Teleportation	268
Bilocation	278
Life Extension and Immortality	282
Shape Changing	285
Ascension	285
Chapter 8: Final Thoughts	288
Omniscience and “The Tapestry”: More Experiments with Time	288
Reaching the “Portal”	292
The Psychic Super Man	294
Last Words...	295
Your Turn!	297

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 mediation 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:

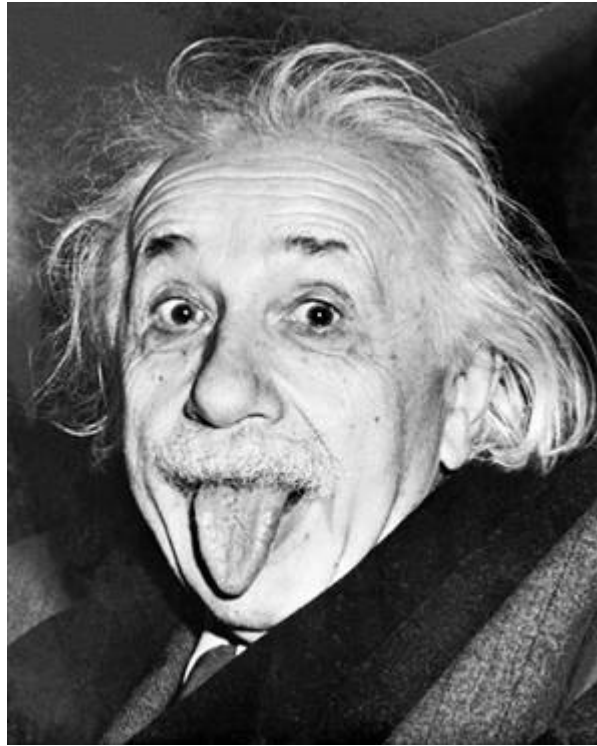
It is a fact that if you don't believe miracles are possible, you can not consciously make them happen. So how can you release your doubt long enough to manifest an ability so you can get the proof you need to release your doubt?!

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!

This concludes part 1 of Miracle Mastery.

Please continue with Miracle Mastery Part 2, which begins with Chapter 5: Mastering the Mind.