

Miracle Mastery

Part 2: (Chapters 5-8)

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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

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Chapter 5: Mastering the Mind

In chapter three we learned how *energy* is the juicy center of all matter, and that *thought* is actually a form of energy. We learned that one form of energy can influence another and so in theory, our thoughts should be able to influence matter.

But they can't.

At least, yours can't...

Yet.

If everyone's thoughts could simply alter reality as they wished, we would be living in a world of tremendous physical abundance and no one would want for anything.

But we don't.

So why is this?

In chapter one, I pointed out that Faith alone was not enough to produce miracles but that it certainly goes a long way towards helping you get out of your own way. Miracle making requires that all parts of yourself come together into a synergetic whole, and right now I'd bet good money that your mental landscape is a mess.

The Three Tiers of the Psyche

Whether you know it or not, your "mind" or "psyche" as it is sometimes called, is actually composed of three distinct layers. Each layer has a different function and a different attitude about you, your desires, your perceptions and your reality.

The purpose of this chapter is to give you an overview of these three aspects of your mind and so that we can get them all to work in harmony towards a single goal under the direction of your Conscious mind.

Depending on who you ask, you might get different names for the three parts of your mind. Ask a psychoanalyst and they will call them Id, Ego and Superego, but in order to make our conversation a little less clinical and a little more intuitive, I'm going to put them all in terms of "consciousness".

With that in mind, let's call the three parts of your psyche, the Subconscious, Conscious and Superconscious mind and understand that while everyone has all three of these components as part of their make up, everyone has developed these different parts to different degrees and in different ways.

First, some introductions are in order:

The "*Subconscious mind*" is like the "child mind". It is the seat of your desires and fantasies. It's usually selfish, playful, sometimes mischievous and usually not very keen on doing work, even though it is fantastically talented when it chooses to apply itself. It is also the gatekeeper of memory and can also influence or exert specialized and unique control over your body in special circumstances.

The "*Conscious mind*" is the part of your psyche that you are most familiar with. It's the part of the mind you engage when you are reading a book or attempting to solve a problem. It's the gatekeeper of logic and the part of your mind that interprets your senses and allows you to act and react with the material world around you. The Conscious mind craves order and is resistant to accepting new ideas until they can be cataloged and fit within the context of what it already knows. Think of it as the "adult mind".

The "*Superconscious mind*" is the part of you that is connected to greater things. It encompasses things like your conscience, your sense of fairness, and compassion. It is the part of the psyche that delves into the spiritual as well as the connections between yourself and others. It also happens to be the seat of intuition and the gatekeeper of psychic abilities. Remember when I said earlier that you will instinctively know the correct kinds of energy to use and how to manipulate them to do neat things without needing to know all the fancy science stuff behind it? The reason this is possible is because the Superconscious mind instinctively understands the "big picture" of what is going on around us. It will whisper to the Conscious and Subconscious mind

what needs to be done and how. Think of the Superconscious as the wise “parental mind”.

Now that we have the introductions out of the way, let me delve a little deeper into their relationship with one another. For starters, while each aspect of your mind has different ways of making their desires known, they don't generally speak directly to one another, and quite often there is a slight language barrier between them that causes problems.

For example, the Subconscious mind can be very literal in the way it interprets some words, and yet it can also use symbolism and other things to communicate. This is why dreams often have such bizarre imagery.

It is important to choose your words carefully when addressing them to your Subconscious because it may take things literally. For example, if you were to address something to your Subconscious like “I will be cool, calm and collected during my job interview” it might interpret the word “cool” as in “not hot” instead of “confident”. This could lead to an outcome of an interview where your performance was quite strong: You were calm, organized and... shivering!

On the other hand, the Superconscious mind seldom has the need to use words or symbols at all. It prefers to communicate through feeling, emotion and instinct.

Usually the Conscious mind does most of the driving, with input from the other two facets of the psyche when appropriate.

To continue our driving analogy, the Subconscious mind is like a kid riding in the back seat. He's a good kid, but bored, so he gets fidgety and generally likes bouncing around.

He day dreams a lot and invents little games to keep himself entertained and wants to share them with you whenever he can, in spite of you needing to stay focused on driving. In spite of all that, he's a brilliant kid, and far more observant than you are.

Every once in a while he chimes in with a timely and important observation that the driver, your Conscious mind, didn't notice: like that he didn't see the brake lights come on for a car approaching your intersection even though it has a red light and you don't. He whispers in your ear that the car is about to run the light, and since you were wise and listened to him, you slowed down as you approached the intersection and avoided getting into an accident.

You also have a passenger in the front seat with you. The Superconscious mind. He's like a wise old grandparent who rarely speaks up, and is usually quite content just to go for the ride. He's a gentle soul, who keeps pretty much to himself. Often you'll just see him smile when you do something well, or gently shake his head if you do something wrong.

When the Superconscious does speak, he's got a thick but pleasant accent, so you don't really register his words in your head, but more like an understanding that happens in your gut. He's the one in the car that says "this looks like a nice place to eat, why not stop here?" and when you do, you run into an old friend that you haven't seen in years and the day turns from something ordinary into something special.

Fine Tuning your Mind

Most of us, through years of practice have learned to block out the "noise" that comes from the "kid" and occasionally even from the "old man" in the car with us. That's a problem, because as it turns out, the "kid" has all the raw talent and the "old man" has all the know-how and wisdom to actually pull off the kinds of tangible skills that we are seeking to develop.

Any parent can tell you that if you ignore a child for too long "bad things" start to happen. He might start interrupting, talking out of turn, slamming doors, breaking things... in short, he's starving for attention and will try anything to get noticed.

As the kid gets louder and more frantic, we aren't taught the skills to actually address the problem. We aren't taught to quiet our minds, sit quietly and *listen*. Society encourages us to devote energy and effort into *tuning him out* instead.

Why aren't we taught to listen, and address the problems as they come up when they are small and easily managed?

Simple.

It's easy to sell things to dissatisfied people.

You can't mass market a skill that people can do for free, but you *can* make piles of money selling distractions.

We turn on a radio, TV or a video game. Maybe we go to the movies, or possibly medicate ourselves with alcohol, cigarettes, or whatever else our drug of choice happens to be.

Society encourages us to ignore the inner voice and to encourage that nagging feeling of dissatisfaction that grows within us so that they can exploit that feeling that something is wrong, that something is missing.

They can exploit that feeling to tell you "Product X will make you feel good!"

After being ignored for too long, eventually the kid gives up trying to communicate and just goes wild. Your Subconscious does the mental equivalent of running through your house waving his hands in the air and screaming at the top of his lungs.

So, in a nut-shell, the space inside your mind is probably cluttered with random thoughts from a screaming and undisciplined child-mind and aggravated by the feelings that "something is wrong" that are emanating from the Superconscious.

If you want to learn how to make extraordinary things happen, you need to get the "family" back together and talking in a healthy way. You need open, honest, respectful communication, and communication involves both talking AND listening.

The old man, the Superconscious, is wise and forgiving... he'll come back on board with little more than a sincere apology once he sees that you have changed your ways and that you are serious about your studies, but the kid is another story. If you want to win him over, it's going to take some work.

Changing your Relationship with the Subconscious Mind

At one level or another, a child craves boundaries. They help him feel safe and comfortable, and loved... even if he is protesting all the way.

The same is true with the Subconscious mind.

Most folks have ignored their Subconscious mind for so long that they are most likely in a dysfunctional relationship and in order to change that, we need to change the way we communicate with him and spend some quality time with him to show him that we care.

For starters, we are going to address him directly and with the respect due his vast talents. On top of that, we need to change the nature of the communication from adversarial, to one of mutual respect and trust.

We are going to use a technique called "Guided imagery" to cultivate a relationship with our Subconscious. This basically entails using your imagination as a tool to build a bridge between the Conscious and Subconscious mind so that the two of you can communicate directly.

Begin by getting comfortable and relax completely by doing your Deep Relaxation Training exercises. Get as relaxed as you can. Something exciting happens when you combine *deep* relaxation with imagination: When you reach a deep enough state, the things that you imagine take on an astounding visual clarity.

If you are attentive during your practice and trying to imagine a scene at the same time you are going deeper into relaxation, you may actually see the "magic depth" of relaxation where everything suddenly leaps into astounding focus. It's like you were looking at the scene in your imagination through a

camera that was out of focus, and then suddenly the image pops into perfect clarity.

If you don't see the transition, or you can't yet reach the depth of relaxation required for the scene to "pop", don't worry. Just follow along as best you can. It gets faster, easier and clearer with practice and at some point soon you will experience what I'm talking about.

What you are doing is entering a transitional mental state similar to dreaming, but still completely under the control of the Conscious mind.

Close your eyes and imagine the place where you would go to "get away from it all". Maybe it's a glade deep in an ancient forest, or a pristine beach on a tropical island. You could be sitting on a rock on the moon or floating lazily under the water watching the fish in a coral reef. Maybe your place is in a cave deep underground that is covered with glittering crystals.

The image can be anything, but the important thing is that it feels calming and safe to you.

Imagine it as clearly as you can. See the textures on the rocks, the foam on the waves, or the waving of the leaves in the wind. Fill in the details. Make it inviting... you are about to invite company over to share this safe and special mental space.

Remember when I said the Subconscious mind is like a child?

It's time to meet him.

Imagine what you looked like at the age of six or seven. Hold the image clearly in your mind. See every detail. See the young face, see the hair, the clothes, the stride, the attitude.

If you can't remember specifically, just relax and allow an image of a child of about that age to form in your mind.

Now, imagine that child playing in the scene that you have just created, carefree, laughing and having fun.

Next, imagine yourself in the scene, and go over and introduce yourself. Your introduction may go smoother if you come with a peace offering. What was a gift that you would have loved to receive at that age? What were your favorite things to do? It could be anything from a board game to a fishing pole and tackle box to a kite, or even something like an easel and paints.

Children are naturally curious and a nice gift/conversation starter may help get things started off in a positive way.

When you address your subconscious, talk as though you are speaking to a very smart child. Keep your words simple, keep your thoughts clear. Be direct, honest and respectful. Be positive. Make eye contact.

Explain to him that you want to get to know him better, and that you want to be friends with him. Tell him that you want to learn from him and teach him and have fun with him.

Finally, explain to him what you are trying to do: that you are trying to *remember* how to do “real magic”, and need his help and you want him to be your assistant.

Make him a deal: That you will learn and remember things together, and that together you will be partners and have fun!

And, the most important part... *Mean what you say.*

Your Conscious mind can lie to others and it can lie to itself.

It can conveniently forget facts or misremember details. It can read into things and twist words around. Your Conscious mind has many, many tricks that it uses to protect itself and your ego, but NONE of those tricks work when dealing with the Subconscious.

Your Subconscious knows you literally better than you know yourself...

He's been watching you for your entire life.

Remember, this child is brilliant and observant. Not only that, he has access to **all** of *your* memories... even the ones that *you* have forgotten. His memory is flawless, and if you attempt a trick with him, I guarantee he'll not only catch you on it, but he'll make you regret it. We can all be very hard on ourselves, but an angry child can be downright *mean* and he knows exactly what hurts you.

So don't go down that path.

Today is a brand new day and a fresh start. You can't lie to this part of yourself even if you wanted to. If you try it, he'll know instantly and if you lose his trust you're going to have a heck of a time getting it back. So have an honest dialog and get to know him.

You may be **very** surprised at the direction that this conversation in your head goes. It may be fun. It may be serious. It may be very intense. He might be angry with you for how you've treated him in the past, or he might be delighted that you finally came to visit him directly.

Whatever your relationship is with him to start, whether you have a new best friend or he's reduced you to tears because he ripped into you so bad, work with him to make it better. Let him teach you and guide you. Listen to his hopes and concerns for you and talk honestly about them with him and sincerely try to address them. Explain why you want to do what you seek and ask for his ideas and help on how to get there.

Don't be surprised if he asks for a little more freedom in return, and don't be afraid to give it to him.

To nurture a child, even an inner one, sometimes it's ok to be silly, or stop and watch a butterfly or take a day off to go to the beach. But, like a good parent, explain to him that there is a time for work and a time for play. Explain that if he helps you when it's time to work, then the work will go easier and faster, and that will mean there's more time to play... together.

All this might be accomplished in one session, or in one hundred. Relationships are not built overnight. If you had a good relationship with your “inner child” to start, you are way ahead of the game.

If you have some work to do to build a healthy relationship with him, I guarantee the time will be well spent. You will reap benefits in every facet of your life, in ways I can barely begin to explain to you... You will see a handful of some of the very powerful skills that he will share with you a little later in this chapter.

In the mean time, understand that when you have truly made friends with your inner self, when you understand him and when the time is right he will give you a remarkable gift: seeing the world through his eyes - the eyes of a child.

The world looks different through those eyes. It's more colorful. More interesting. More fun. More magic!

As you use his gift and look around at the world you'll see the wonder of it all. You'll also start to see the wonder in yourself, and at the point you'll be a whole lot closer to working wonders yourself.

So, let me summarize some of the key points:

- Pick your “special place”
- Learn to talk with *and* listen to your Subconscious
- Be honest with yourself
- Cultivate a sense of fun and wonder

And when I say wonder, I don't mean it in the sense of pondering some question, I mean wonder in the sense of a subliminal joy and amazement at the beauty and intricacy of everything we've been taking for granted.

Cultivating that sense of wonder is one very important land mark on your journey towards making miracles because with it comes the instinctual understanding that miracle making is not only possible, *it's easy and natural* when you have the right frame of mind.

Unlocking Your Mental Potential

It is said that we only use something like 10% of our mind, but that's just silly. Our big brains use up a lot of our body's resources just to stay alive, and nature doesn't reward a system that is wasteful of resources.

Just because we haven't yet figured out what all the little fiddly bits in our heads are doing at any instant doesn't mean they are just sitting around useless.

At one point or another, we all need and use every part of our brain, but we aren't designed to use it all at once. Our real problem is not how much of our brain is being used at any given instant. The problem is how poorly we are using the parts we do use.

The "Corpus Callosum" is the bridge that connects the logical, analytical, "Left Hemisphere" of your brain to the creative, playful, intuitive "Right Hemisphere".

The dialog that we have started with our Subconscious mind means that the two halves of our brain are already talking with each other more than they were, and that's a really good thing.

Just like with the phone company, if there is more demand for communication between two places, they will install more phone lines to make sure the demand is met.

The "Guided Imagery" technique that we use to "talk" to our Subconscious is the first of a number of techniques that is letting our body know that we are increasing the demand for communication between different facets of our brain.

As we practice these techniques more and more, our brain tissue will begin to reconfigure itself and run more wires between the hemispheres so that it can work better for the new kinds of demands that we are putting on it.

It's exactly the same as a physical work out, except we are building "brain muscles" instead of the muscles that move our limbs.

These wires won't be run over night, but the more you ask for them, the sooner they will be installed, so practice these exercises whenever you can. We're going to need a *lot* of communication between the parts of our minds in order to actually change the energetic (and thus physical!) signature of our environment to conform to our desires.

I said before that for most of us, our mental landscape is a mess, and that is true. Most of us have undisciplined minds and that is staggeringly inefficient.

We are about to learn the skills needed to impose some order on our mental landscape, and we are going to be asking our Subconscious mind to help us. I said before that the Subconscious mind does not like work, but like any child, if you put him to a task and gently work with him, if you try to make it fun and be supportive, eventually the task will get done.

The exercises that will help train our minds come in the form of a series of very specific meditations. Each one is designed to help us unlock a different part of our mind.

This is a very exciting part of the book, because these exercises are not *just* preparation for some grand event that will happen at some indefinite time in the future. These exercises will actually result in the development of very specific and infinitely useful skills like a photographic memory that you can use in your everyday life and you can actually see yourself making progress with them!

With practice, these skills will be available to you even without the need to enter your DRT state.

Since everyone uses their brains differently, you may be able to absolutely nail one or maybe even all of these exercises on the very first shot, but that's pretty unlikely. What is much more likely is that some of these exercises will be easier for you and may even be enjoyable while others may be extremely challenging.

Hey, if it were easy, everyone would be doing it!

Keep at them, ALL of them, even if they are frustrating at first!

They get easier with time and with practice, and they also get easier when you reach a deeper state of physical relaxation.

Chapters Four, Five and Six are like three sections of a spiral staircase. Each time you go through them all, you end up back where you started but higher up.

The skills you learn in this chapter and chapter 6 will help make your DRT training go easier and deeper. The DRT and the meditations listed in this chapter make the exercises in chapter 6 possible. The DRT and the exercises from chapter 6 make the exercises in this chapter easier and more productive.

The path never ends. It keeps spiraling higher until you finally get to enjoy a breathtaking view that lets you see farther than those around you, and understand things in ways that are going to be downright mystical.

For now, let's learn a little more about the workout we will be doing on our brain.

What is Meditation?

Many people have heard of meditation but have no concept of what it actually is. I'm sure there are many people out there who might hear the word "Meditation" and instantly think of it as some off-the-wall thing to do for monks, hippies, and people with nothing better to do.

Actually, nothing could be farther from the truth. Meditation is becoming more and more mainstream... and why not?

If I could give you an exercise that requires no physical exertion, can be done just a few minutes at a time, requires no equipment of any kind and could

increase your mental *and* physical prowess while helping you attain a calm and serenity in your life, you'd be willing to at least TRY it, right?

Meditation comes in many varieties, but at the core of all of them is a way to train your mind to work in a different, more efficient way. Most of us have relatively undisciplined minds, and meditation is simply a mental exercise that you do to strengthen and focus your mental facilities. If you want a stronger body, you do physical exercises. If you want a stronger mind, you do mental exercises. It's just that simple.

How Does Meditation Work - Mentally?

Let me offer this simple exercise to illustrate the way our minds usually work: Start off by finding some small, relatively simple object like a pencil or a coin.

Don't do your DRT, just place the object on a plain, flat surface and look at it in detail without touching it... study it until you feel comfortable that you have memorized what this object looks like. Next, set a timer for one minute. Take one last look at the object and begin the timer's count-down. Now close your eyes and imagine the object exactly as you last saw it.

The object of this exercise is to hold this specific image in your mind without deviation for one minute. If, during this minute the image wavers, changes or you get distracted with another thought, simply open your eyes, take a quick look at the object and then close them again and pick up where you left off.

How many times did your mind wander in just ONE minute? Did the object start spinning or rotating in your mind's eye? Did you suddenly remember a bill that you forgot to pay? Did the image twist and distort?

Need more proof? Try multiplying two, two-digit numbers in your head. I'll make it easy... Try multiplying 77×33 in your head. This doesn't require a lot of mental effort... really only three skills are required: Memory, visualization and a tiny bit of math knowledge.

You could do it with a paper and pencil very easily, so why is it harder without these mental “crutches”? Simple. Your Subconscious mind doesn’t consider it fun enough. If it’s not fun, it does not want to stay focused on the problem and so it comes up with distractions to try to weasel out of doing the task.

We need to take a little time to learn how to use our mind *effectively* and how to screen out distractions... both internal and external.

For the vast majority of our day-to-day living, our mind is so over-powered for what it needs to accomplish that it only requires a tiny fraction of its true potential to figure out the tasks you set it... so that’s all it uses.

All that extra “mind power” is sitting there and it’s bored! So, it works on other things to keep itself entertained. It plays “what-if” games and invents highly improbable scenarios to think about. It fantasizes and makes up little movies in your head.

All of these superfluous thoughts are going on at the same time that you are trying to work out your problem. Usually they dwell just under the surface where you can’t easily detect them, but sometimes they burst forth as day dreams or urgent recollections or in some other way.

This means that for most of us, our own Subconscious mind is generating internal distractions that make it much harder for us to think and focus on what we are trying to do.

In “the back of your mind” you might be thinking about dozens of different things simultaneously, all while you are supposedly “focused” on whatever task you are actively doing.

Now... Imagine if you could direct all that mind power to a single task? The more mental power that you can focus on the task at hand, the less “idle” brain power will be available to invent distractions.

In the first exercise that we tried, this means that after one minute with your eyes closed, you open your eyes and see exactly the same image.

For the second exercise, keeping focus means that you see the same mental picture as you would have if you worked the problem out on a piece of paper:

$$\begin{array}{r} 77 \\ \times 33 \\ \hline 231 \\ + 2310 \\ \hline 2541 \end{array}$$

Some people can even tap into the mental powers of the Subconscious brain and simply imagine a calculator in their head, enter in the equation and press the equal sign and see the correct answer!

This is just one example of the tremendous amount of mental resources that are just out of reach of your Conscious mind.

Practicing meditation helps your powers of visualization become crisp and sharp. Your memory improves dramatically since there is less mental “noise” going on both when the memory is being formed, and when the memory is being recalled and it defines the framework where you can work in partnership with your Subconscious mind.

Since meditation cultivates focus, it also allows you to compartmentalize your problems so that a problem that affects one aspect of your life doesn’t need to distract you from other unrelated aspects of your life and thus cause even more problems. This can prevent a domino-effect of problems triggering other problems until you are completely overwhelmed.

For example, imagine that a big problem comes at work and you are very upset. Your mind’s natural tendency is to replay the episode over and over in your head, fantasizing about variations and how it could have gone differently.

Now, imagine you are driving home from work that day, replaying these events over in your head when suddenly you get cut off by another car! If you were not distracted, you would be able to respond much quicker and possibly even prevent an accident but you *were* distracted, so...BANG!

Now you have work problems and car problems and maybe even health problems... perhaps you will now have to miss other appointments too. The problems make more problems.

Meditation is like a natural defense against this sort of thing: not only do you have fewer problems to face, you will face them with fewer distractions and in a much more organized way. This in turn lowers your general levels of stress in all facets of your life and allows you to enjoy more confidence and peace of mind.

How Does Meditation Work - Physically?

Ok, so if meditation is a workout for your mind... how can it increase your *physical* health and your *physical* prowess?

I'm delighted you asked!

Your brain controls every aspect of your physical body.

Apart from the task of thinking and the mental gymnastics it does for fun, the brain also sends electrical signals through your body to do the little things you'd miss if they stopped... things like keeping your heart beating and your lungs breathing.

The brain processes all the information from your senses, and regulates the glands that send chemicals and hormones through your blood to help you cope with your environment. In short, it regulates your stress-response. It does all this for you automatically by sending little bursts of electricity through the nerves to turn on or off a given function and it also uses these same bursts of electricity to tell your voluntary muscles what they need to do when you are trying to perform some physical task.

So... when performing a task like running for example, the brain has to send out a fairly complicated rhythm of electrical impulses to your body while coordinating sensory input and regulating things like your balance, breathing and heartbeat.

When the timing of the nerves moving your muscles is perfectly attuned to the rhythm of your stride, you expend the least amount of energy possible per stride and you move most efficiently... you can go faster, farther and/or expend less energy.

On the other hand, if your mind is also playing it's little games in the background and thinking about other things, sometimes the timing of the signals it sends to move your body is a tiny bit off... not usually enough to trip you up, but enough that you need to work a little harder.

In addition, those other mental gymnastics may actually put little interference patterns into the signals your brain sends to move your body, so even when the signal arrives, it's not crisp and may not be completely understood.

This is just like how your television works.

The signal is sent from a source, travels some distance through the air or through a wire until it is received by your television and then converted into a picture.

In the case of jogging, the signal is sent from your brain through the "wires" of your body called nerves, and then received by the muscles in your legs and converted into motion.

Sometimes there is interference with your TV signal. Either the signal is too weak and gets lost and you see "snow" mixed with the picture or there is interference from something else that distorts the picture... perhaps the signal from another station is mixing in with the program you are trying to watch. This leads to either a fuzzy picture or for two images competing and messing each other up.

The same holds true with your body... sometimes the signals that your brain generates when thinking about other things distorts signals that it also sends to your voluntary muscles. This means the muscle does not get a “Clear picture” of what it’s supposed to do, so does not perform to its highest efficiency.

Since meditation is a technique to cut down on the mental interference, practicing it means that the signals the brain sends to your voluntary muscles will come in much cleaner and with much less interference so that your body can perform more efficiently.

You may have heard of terms like being “in the zone”, or “runners high”... these are things that describe when an athlete reaches a state of “no mind”. No distractions, no worries, nothing but the next stride. In short: Absolute FOCUS and perfect, beautiful efficiency.

How to Meditate

Believe it or not, you have already done two meditations! The visualization example, and the math example.

There are a tremendous number of different kinds of meditations that can be done and I highly recommend finding a good book specifically dedicated to the subject.

The most important thing is to PRACTICE!

Set a little time aside every day and you will make steady improvement. This is another facet of developing mental discipline. Your Subconscious mind is a slippery little rascal. Just as it will invent distractions that are more “Fun” to think about to prevent you from focusing on a specific task, it will also invent distractions to keep you from even getting to the task of meditation in the first place.

MAKE the time and you will reap the rewards. Even 10 minutes a day can make a noticeable difference over time as you practice, but the more you practice the faster you will improve.

A very important point to consider when meditating: don't keep score! Your brain is looking for distractions to pull you away from these exercises, and if you keep a count of how many "mistakes" you make as you do an exercise, you are encouraging another level of distraction.

Use a timer to set the duration of your session if you need to end at a specific time. This way you will have one less distraction... you won't have to worry about watching a clock or watch to know when to end your practice.

Remember, you can't *force* an improvement. It comes naturally with practice and time, so just keep at it! Also, be gentle with yourself. You may find it frustrating at first, but understand that the frustration is yet another tool of your mind to dodge the benefits of the exercises! The Subconscious is clever, and you will be surprised and impressed by how creative it can be when inventing excuses to get out of doing its "chores"!

When a distraction comes up during your exercise, simply acknowledge it and let it float past. Reset the exercise if you need to by opening your eyes and beginning again, but ultimately you will get to a point where you don't need to start over from the beginning. You can just do a gentle mental "nudge" to get yourself back on track.

As you practice you will need to nudge less often. You will get to a point where you are almost a disembodied observer, peacefully enjoying an inner serenity and only occasionally watching a distraction come and gently shoo it away.

Find a quiet, comfortable spot to begin and enter your DRT state. I recommend sitting in a comfortable chair but sitting up straight. Don't slouch and don't use the back support or you will very likely drift off to sleep before you get very far in your exercises. That's another trick that the Subconscious will use... if it can put you to sleep, it can enter the happy playground of your dreams and it just got out of doing its work!

Later on, when you have more practice you can do these techniques anywhere, at any time... even while riding on a bus or laying down but wait

till you have some experience before you add extra levels of difficulty! Lying down makes it a lot easier to fall asleep!

Here are some meditations to try. ALL of these meditations bring the benefits of discipline to your mind, but each of them also brings a special additional benefit or skill:

Developing your Photographic Memory: The Visualization Meditation

Remember when we tried to hold the image of a small object fixed in our mind for one minute?

This is the Visualization Meditation, and it is actually a powerful tool to get your mental landscape in order. Do not be deceived by the simplicity of this or any of these exercises. They are all steps on the path to greater things.

Just as before, pick out a small item and try to perfectly fix the image in your mind when your eyes are closed. If the image wavers or changes simply open your eyes, reset the image and try again.

Don't keep score, and don't worry about anything else. Just try to keep the image as sharp and crisp as possible. The details are very important. Try to mentally make a perfect black background for the object in your mind's eye, like black velvet. See every curve, every contour, every scratch, blemish and imperfection.

Performing this exercise in the deep relaxation state greatly enhances the effectiveness of the exercise. With practice, you will eventually be able to visualize an image so sharp and perfectly that the only real difference between your eyes open and your eyes closed will be the black background in your mental image!

This is a very simple and very important exercise, because without an absolute mastery of this skill you are going to have a lot of problems doing the exercises in the next chapters, and this skill is absolutely essential for materializations.

As you improve, you can extend the period of time and change the complexity of the item.

Remember, the goal is to mentally create a perfectly stationary mental duplicate of the target object for extended periods of time to discipline your mind to stay focused.

For most people this is hard because the mind grows bored and tries to invent distractions, and that is what we are trying to learn to control.

Once we have that down, we can try a variation that is easier in some ways and harder in others: Hold a pencil in your hand as if you were going to write with it and use both the hand and the pencil as your visualization target.

Now, with your eyes closed, move your hand and/or change the orientation of the pencil, and attempt to see it in exactly its new position in every detail in mental landscape. Open your eyes to check your work.

This is easier because the mind delights in having more to chew on. The motion of the pencil makes it less likely that the mind will invent distractions and yet it's harder because it takes more practice to accurately visualize the correct movements of the pencil.

Once you get good at this, put a piece of paper in front of you with a tic-tac-toe board on it. Close your eyes, but continue to mentally see the entire scene: Paper, game board, hand and pencil. Hold the images perfectly in your mind and then try to randomly fill the positions on the board with X's and O's while your eyes are shut. Use your imagery to "see" what your hand is doing even with your eyes shut.

Once you get proficient at "Blind Mans Tic-Tac-Toe", try something a little more complicated: Put a blank piece of paper in front of you and try to draw a series of perfect concentric rings on the page with your eyes closed. Imagine the image perfectly in your mind's eye first, and then simply trace each ring. Go as slowly as you need to in order to make the circles *perfect*. This is a pretty tough one, and it should be pretty obvious when you need more practice. When you get this down, the circles will look almost like they

were done on a computer... perfectly round and perfectly evenly spaced. You'll amaze yourself when you see how good they can look.

As you improve, increase the complexity of the mental image you are starting with. You can teach yourself to draw in this manner!

Eventually you will even get to the point where your powers of visualization are so sharp that you can actually keep your eyes open but still mentally see the finished image on the paper. In every example, the pencil is simply tracing what's already being visualized. This is excellent practice for the materialization exercises we will be doing in chapter seven.

Eventually, you will be able to visualize extremely complex things. It is possible to develop a "photographic" memory in this way by practicing first with pictures, then with text. As you improve you will need less time to lock the mental images in your mind's eye.

The genius Nikola Tesla, one of the most brilliant inventors of all time and the father to over 100 patents, admitted that he used exactly this technique. In an interview he was once quoted as saying that he would construct his machines mentally first, by visualizing the completed apparatus in his head and then let it run in his mind.

He would mentally view the machine from all angles and even see how and where the stresses on the machine would be manifest before physically building his physical prototypes.

In almost every circumstance, Tesla's prototypes worked flawlessly the very first time he built them.

Not bad for the man who pretty much single-handedly invented our entire modern life style nearly 100 years ago when he created the alternating current and electric motors that we use for just about everything today.

Your Mental Calculator: The Mathematic Meditation

This was the second meditation that we did in our examples, and what could be simpler? Simply perform moderately difficult math problems in your head.

Again, this is much easier in the deep relaxation state brought on by the DRT. Always strive to go deeper in to the relaxation as you try any of these meditation skills.

The deep relaxation improves the ease and effectiveness of the meditation, and you need as much practice as possible entering and using the deep relaxation state in virtually any circumstances. It's vital that you get extremely proficient with keeping your body THAT relaxed while engaging the mind in all manner of activities.

The visualization meditation engages the visual, artistic, right half of your brain, while the mathematic meditation uses the same exact skills but requires the assistance of the logical left half of your brain to actually complete the math problems. This exercise helps get the two halves working together on the same task.

You can start by adding columns of numbers in your head, and as you improve, increase the difficulty of the math functions and the size of the numbers.

This can actually be considered an extension of the visualization meditation and you can write down your starting numbers on a sheet of paper until you are comfortable enough to pick numbers and solve them, all mentally.

The mathematic meditation is an easier one with some very practical benefits: It is easy because it allows the mind to move and flex and so is closer to working in the mode that your mind is already comfortable with. It gives the mind something to “chew” on, and thus is a little more entertaining. This means the mind will not be as eager to invent distractions.

You will want to repeat this exercise for a specific amount of time rather than a specific number of equations since you will eventually get unbelievably fast at solving even complicated problems.

Over time, this will develop memory, visualization, and mathematic prowess. Practice adding up prices in your head at the grocery store, and then check at the register! Gamblers often use techniques similar to this to develop an incredible talent for keeping track of cards during blackjack.

When you have mastered this skill as a visualization meditation, you can attempt to take the skill even further by practicing on smaller numbers but removing the intermediate steps on things like multiplication and division. Eventually, you may be able to master the “mental calculator” where you can look at a bunch of numbers and “just know” what the answer is without consciously going through the steps!

Experiments with Time: The Timer Meditation

Your Subconscious mind is a superb time keeper. For proof, try this simple exercise:

One night, when you are going to sleep look at a nearby clock as you are drifting off.

Relax your body completely and as you fall asleep imagine going to your special mental landscape and meet with your “child mind”. Ask him to wake you up at a specific time tomorrow morning and give him a sense of urgency. Repeat to yourself “It’s very important that tomorrow morning at <<that time>> I’ll wake up and feel refreshed and invigorated” mentally until you fall asleep.

For most people this will work the very first time you try it! Your subconscious mind will register the need to wake up at a specific time and will adjust the pattern of your sleep cycles so that they end at just the right time to wake you up when you wanted.

This is proof that it can be done at a subconscious level, but with practice we can develop this same skill at a conscious level.

This meditation is very similar to the visualization meditation with one important difference... we are going to use a very specific object: A time piece. Choose a watch, timer, clock or some other time-keeper that will let you see the seconds passing but that does not make any sounds.

It is to your advantage to use something with a sweeping seconds hand instead of a digital display. When you imagine the digital display you tend to mentally count out the seconds, which is a crutch that will diminish the power of this exercise.

The analog display has the advantage of being more abstract so it will be easier to separate the exercise from the language centers of your brain.

Place the time-piece in front of you and perform the visualization meditation, but this time, *see the seconds passing in your minds eye but try not to think of the words for those numbers in your mind.* See an image in your mind. Don't think the words "one, two three..." while doing the exercise. Just watch the dial move.

You will want to open your eyes to get you mental image back into sync with the real timer every few seconds at first, but the more you practice the less frequently you will need to check your sync.

I call this "recalibrating" your mental image, and you will find that in time and with a bit of practice you will develop a very accurate mental time keeper!

Only when you are recalibrating will you want to actually note the real time that you can use as a check point. When you are on the mark, a little mental "High-Five" to encourage your Subconscious with some positive reinforcement will go a long way.

As you improve, make your practice duration longer and keep your eyes shut for longer intervals before resyncing.

With a lot of practice, you will eventually develop an intuitive “time sense” that will let you know how much time has passed without the need for a watch and without conscious effort on your part.

With continued practice you will be able to keep a mental clock running in your head that you can call up whenever you need to know the time. You can even set an alarm on it and you will know when it goes off without any external aid!

Another means of practice is to set an actual alarm for a specific time, and then set the alarm on your “internal clock” for a couple seconds before the real alarm should go off. Close your eyes and wait for your internal alarm to go off and then open your eyes and see how close you were.

In essence, there are two things going on with this meditation. The first, and most obvious is learning to improve your powers of visualization to include movement and timing, but there is a second far more subtle and far more important thing taking place with this meditation as well...

Earlier I mentioned that the sub-conscious brain was an excellent time-keeper. This is a task it is naturally good at and “kind of” interested in anyway. As you do this exercise, your sub-conscious is secretly cheering you on, and trying to whisper the answer to you as you do the exercise.

As you perform this meditation you are actually learning to listen to the “small voice” of your subconscious as it cues your consciousness on the changing seconds, minutes and hours. While you are learning to listen to the small voice, you are also learning to screen out other distractions.

As you get more proficient in listening to your Subconscious, it can start feeding you more complicated information which will allow you to access even more interesting abilities.

For example, most of us have not actively studied body language and how it can telegraph a person’s intentions, so it is hard for us to use body language at a conscious level.

Your sub-conscious, on the other hand, has a huge reserve of unused brain power at its disposal, keen powers of observation and likes playing games. It might see a person, and at some level realize that the person is not behaving in a way it considers “normal”. Perhaps the person looks away too abruptly if you make eye contact, or is doing some other thing subtly odd... perhaps there is a very subtle lump in a pocket that you don’t consciously notice, but your subconscious believes is a gun... In any case, it tries to send you the message... “there may be danger here, stay away”.

When you are in tune with your Subconscious, many, MANY problems will not get close enough to you for you to even become consciously aware of their existence. This is another level of protection that adds on to the “spider sense” that I mentioned before. Almost like magic, you simply notice one day that you don’t have as many problems as you used to... life just got easier!

An ounce of prevention is worth a pound of cure, and our marvelous minds have many, many facilities worth many pounds of cure that we don’t currently use to their fullest potential!

Meditation helps us connect with these facilities.

The Quiet Mind, Part 1: The Listening Meditation

To practice this meditation, simply find a quiet place, close your eyes, relax and LISTEN.

Believe it or not, for most of us, this is an unbelievably rare occurrence. By sitting and listening intently to everything around you, the mind at first struggles to hear and identify everything around it.

The mind associates words with each sound “Tweet” for the sound of the bird outside, “Hum” for the noise that the refrigerator makes...

The interesting thing about this meditation is that the more you relax and the more you focus, the more you hear. After a while, your mind gets tired of

applying the words to sounds that it has already heard and starts to ignore them.

You still hear the “tweet” of a bird, but the mind doesn’t feel the need to comment on it... it just accepts it for what it is. The mind eventually quiets down and focuses on hearing the next “new noise” so it can sling a word label to it... “Car”, “Dog”, “Heartbeat”.

Eventually the mind has labeled all the sounds going on around it and it remains in a quiet, attentive state waiting for the next new sound. It is this quiet, attentive state that we wish to linger in.

When new sounds come, don’t focus on labeling them, and don’t try to stop yourself from doing it either. The new sound comes, then it’s an old sound, then it is no longer a distraction. Let the sounds wash over you without taking you with them.

Practicing this meditation regularly will bring you improved listening and better concentration. Note that your *hearing* will probably be no better than it ever was, but *listening* is the art of the brain comprehending the sounds that the ear picks up.

Eventually you will be able to pick out specific sounds or “tune in” to specific conversations from noisy environments.

This is especially true since the act of hearing is really a function of the brain, not the ear. The ear is very important, of course, but its job is to turn sound into electrical impulses that go to the brain. The brain deciphers the electrical impulses and creates a mental impression of what we call sound.

You will learn to screen out the sonic distractions, just as you are learning to screen out the mental ones, because in one sense they are really the same thing.

You will find that as you practice your meditations, all of your perceptions seem to magically grow sharper and with them, your instincts and intuition.

The Quiet Mind, Part 2: The Blackness Meditation

This is really an advanced “anti-visualization” meditation, and perhaps one of the truest, hardest, and most beneficial forms of pure mind exercise.

Simply relax in a quiet place, close your eyes and “See the blackness behind your eyelids”.

It may be beneficial use a blind-fold or to find a darkened area to practice this, as bright light can pass through your eyelids and make colors appear even with your eyes closed.

This is an advanced meditation because we are giving the mind absolutely no crutches of any kind. We won't let it amuse itself with imagined images, with hearing, with mental (math) games or anything else.

We are, in effect, telling the mind to sit and await further instructions.

Naturally, the mind will protest by bringing forth a flurry of distractions... you will imagine patterns of color behind your eyelids, you will hear things that you never noticed before, you'll remember something that you had forgotten that was driving you crazy before... ANYTHING to not sit quietly!

Simply assume the role of observer. A distraction comes... nudge it aside. Don't think about it! The mind is throwing out bait because it is bored. It is hoping desperately that you will give it permission to think about some of the things it has thrown your way, but since YOU are the master of your mental domain, you will keep it on track.

In a fit of bored desperation the mind will probably throw out two “old standby tricks” that you should watch out for.

The first trick is... “the itch”. You may begin to feel an itch on your nose, or an odd sensation or something but it's just a sneaky mind trick. Don't give in to the urge. An itch is nothing more than some nerve impulses firing off... Where? You guessed it. In the brain! Use your mind to over ride the itch.

The next one is the mind's 'trump card'. It is the mind's attempt at saying "if you won't play my game, then I'm taking my ball and going home".

It is SLEEP.

I guarantee that at some point or another you will feel unbelievably sleepy even though you started refreshed and ready to go. It is an effective trick, but a trick all the same. DON'T fall for it!

The process of meditation is the process of developing WILLPOWER. Expect these challenges and rise to the occasion when they come to you. The discipline that you develop here is vital to your success in psychic manifestations later on.

After a while when you don't give in to the temptation of the distractions, your mind will settle down and behave. Then you will find yourself in the peaceful, attentive, "no-mind" state.

Incidentally, this relaxing "no-mind" state is unbelievably healthy for the body. With absolutely no mental distractions, the brain is sending perfect, regular nerve impulses to all the "involuntary" muscles in the body because it has nothing else to clutter up the signals.

In addition, you can reach some of the very deepest states of physical relaxation while doing this exercise... even "the Tingle" from the dynamic tension exercise in the prior chapter.

Beware though: the brain can attempt to latch on to the pleasurable, relaxing tingle and even use this against you... with no other distractions to latch on to, the mind may amplify the sensations of relaxation and use these sensations as a distraction, so stay focused!

Basking in this super relaxed meditative state is actually about equivalent to double that amount of sleep. The number varies by person but in general, one hour of "deep-relaxation" meditation is far more effective at refreshing and invigorating to a tired mind and body than a "power nap" of the same duration.

Moving Meditations

These are in a class by themselves... Our earlier example of the “runners high” was an illustration of a moving meditation.

Any physical activity can be a moving meditation, and the key is absolute focus on whatever you are setting out to accomplish. For runners, you want to find a comfortable rhythm for your stride, and then just go along for the ride... no effort, no distractions.

For something strenuous, like martial arts, envision the movements precisely as they are meant to be. Project a mental template of what the move should look like and the result you expect to see, and then with fluid motions and absolute focus, make it happen.

For something physically intricate, like dance... Attune yourself to the music and your partner and become one with both. Float. Feel relaxed, fluid energy flowing through you, and visualize yourself doing the moves flawlessly. RELAXATION is the key.

For all moving meditations, stay focused and stay out of your own way! Remember, distractions are mental clutter, and you are the master of your own mental space.

Tools to Help you Succeed Faster

While additional tools and mental crutches are absolutely not required for your success with this program, some of them might help you see results faster.

You may have heard of something called “Brain Wave Entrainment”, which is essentially a technique of tuning some external stimulus to the frequency that your brain is operating at now, and then slowly shifting down to the frequency that you want to experience.

When your brain is relaxed and quiet, it tends to follow those frequencies, and it will often allow you to reach a desired brain wave state much faster than meditation alone.

Basically there are many different artificial techniques that can help you reach the target brain frequencies in the low theta range that we wish to explore. The very best and most effective techniques involve “mind machines” which provide a combination of both audio and video stimulation in very specific patterns that help the brain slide down into the target zone.

While these would most likely be very effective for our practice, I know that most people do not have access to these and they are often extremely expensive.

Fortunately, there are some other technologies that are very inexpensive, easy to obtain, easy to use, and will provide excellent benefit for most people.

Three main forms of “consumer” level brain entrainment technology include “Monaural Beats”, “Binaural Beats”, and “Isochronic tones”.

All three of these are basically nothing more than specially engineered patterns of sounds that are designed to help your mind settle down into a specific pattern that corresponds to a specific activity like sleeping or meditation, for example.

Each of the three above encompasses a slightly different technique of talking to the brain, but all perform in a similar way. They provide a reference tone that corresponds to the brain wave patterns that you would normally experience when you are awake and alert and then they gradually slide the tone down to the target zone that we want to experience, which in our case corresponds to a deep state of meditation.

They don't work for everyone: About 1 person in 10 is unusually resistant to allowing their mind to be guided in this way. I myself, and many other people I know have had excellent results with them, however.

You can find free samples on the web so you can see if they work for you. If you'd like to learn a little more about how they work, or download a free sample of each different type of audio entrainment recording, you can visit the Binaural Beats page on my web site here:

<http://www.allthingspsychic.com/Binaural%20Beats.html>

Final Thoughts for the Chapter

The mind is an incredibly versatile tool, and like any tool it can be used well, or used poorly. Take some time to practice the techniques that I've just shared with you and even develop your own meditations.

Meditation is not just for "Gurus" and crackpots. ANYTHING can be turned into a meditation, from gardening to Tai-chi to computer programming. For some, even prayer is a form of meditation (when they do it right!)

Focus, Willpower and Visualization are the three absolute mental necessities for the development of your tangible psychic skills, and the exercises in this chapter will give you a command of all of them... if you practice.

But it is easy to get caught up in the work of the exercises. The journey is starting to get interesting, and as your skills develop, you are starting to see some of the fruits of your labor. There is a natural tendency to pick up the pace when you start to feel your destination growing closer, and in some ways this is good.

Practice is very important, but don't get lost in the "work".

Remember, our goal is to become "whole" by reuniting the different facets of our psyche under the direction of the Conscious mind. To do that, we need a good balance of both work *and* fun!

The "work" gives a sense of satisfaction and accomplishment that nurtures the "left brain", or Conscious, logical part of our mind. The "play" helps exercise our sense of adventure, creativity, and our connection to the rest of the world around us. This nurtures the right side of the brain where our Subconscious and Superconscious mind live.

So work hard, but play hard too! You'll never get where you are trying to go if you only exercise half your brain!

Oh, and don't be shy about popping into your "special place" after a good meditation session and offer some thanks and compliments to the subconscious for a job well done. Remember, you're trying to build a healthy, happy relationship with him... so don't take him for granted!

Chapter 6: Mastering the Spirit

It is possible that simply from doing the exercises in the prior two chapters that you will come to notice some seemingly random, positive “coincidences” that are going on around you, and this is a good sign.

In addition to that, better health and a sharper, more focused intellect are fantastic assets that will help you in every facet of your day to day existence.

The changes that you will come to experience after gaining proficiency with the exercises in this chapter are very different.

For all practical purposes, this is the point of no return, so consider carefully if you *really* wish to continue. Not everyone is ready to take the plunge, and there is no shame in waiting until it “feels right” to take the next step.

As you gain proficiency with the exercises in this chapter, long before you come to gain any practical, “miracle making” abilities, you will literally come to sense things that other people cannot.

This puts a kind of stress on you, because you will feel yourself slowly changing and moving in a new direction. For some people, this newness provides a sense of wonder and the excitement to explore. Others may experience a sense of fear and disorientation because of the seemingly profound changes all around them.

You will be moving out of a very deep comfort zone, and as you do many of the beliefs that you have held close for a long time may no longer fit your observations. You may come to realize that some of those beliefs may be crutches that you have relied on for too long, and that keep you anchored to the herd mentality. The nature of your personal relationships with other people may change too, because you are literally becoming another person: a “whole” person.

As the “scales fall away from your eyes” you will come to see that everything is different, and yet still the same. You look at the same things

that other people look at and see things differently than they do, which gives you less common ground to interact with them on.

You will start to gain insights and experience moments of exceptional clarity which might prove awkward or even frightening to those around you unless you are careful with how you act on the information.

By way of example: When I was with some friends just recently, our host explained that we could not watch a TV program that they had recorded because they had lost the remote control to their video recorder about a week ago. Their particular recorder does not have any controls on it at all, so without the remote, it is basically useless. After searching frantically for days they concluded that the dog must have carried it off and that they would need to go out and buy a new one.

As soon as I heard the situation, I instantly saw a mental “movie” of what happened to the remote and knew exactly where it was. It was like my perception went back in time to the moment when the remote was “lost” and I simply watched the events that resulted in the remote winding up in its current resting place.

Without thinking, I got up, walked over to the living room and reached into the dark space between the wall and their entertainment center and came out with the remote and they all just stared at me in stunned silence.

Since I choose my friends wisely, they quickly shook it off after making a couple “burn the witch” and “pick me some lottery number” jokes and we eventually had a good laugh over it, but if I were in different company that thoughtless act could have created a great deal of mischief for me.

Had I just taken a couple minutes to pretend to look around the rest of the room first people would not have been so shocked when I found the remote.

Something interesting came of that experience though. All of my friends knew I was interested in psychic development for a long time, and many even knew that I was writing this book on the subject. Knowing that I had an

interest in this topic did not faze them, but seeing even this incredibly trivial example of a psychic ability in action shook them up.

It suddenly became “real” for them, and they looked at me in a different way when they realized that.

This example is just a caution and reminder that should you choose to continue your studies, you need to be very careful about your actions around other people.

The Prerequisites for Advancement

Before you begin this chapter you should have a fairly deep proficiency in the exercises listed in chapters four and five. If you do not, one of two things is likely to happen, and either will set you back a lot of time on your practice.

The “Spirit” exercises in this chapter generate a lot of internal energy. If you are weak on the exercises taught in chapter four, there is the possibility that you might “short out”. This is the psychic equivalent of trying to use a garden hose with a knot in it. There is no clear path for the energy to flow, so it doesn’t. If that happens, you may find that you get dizzy, nauseous, headaches, and possibly even faint. It might also knock your sleeping patterns off for a day or two.

This isn’t dangerous if you are practicing in a safe environment, but it is extremely unpleasant and may set up a situation where you get twitchy or anxious during future practice sessions. If this situation ends up invoking the fear response you’ll have hard time getting back to the level you were before you prematurely started this chapter.

So...

If you start to feel dizzy or uncomfortable
when you start doing these exercises,
STOP DOING THEM.

Spend another week or two on the last two chapters and get more proficient with the preliminary techniques.

Believe me, it will be time well spent!

If you are weak on the exercises taught in chapter five (especially the visualization and “quiet mind” Blackness and Listening exercises) it might appear as though nothing is happening.

If you are not proficient enough with visualization and with keeping the mind absolutely focused on one thought, then either you will not be generating the energy at all, or it is being generated but it is getting lost as we try to apply it. In that case, a good example is like turning on the high-beams on your car when driving in fog. The light gets scattered everywhere, and you don't end up seeing any better.

If you end up in this situation, you simply are not applying the exercises correctly, and you can practice 24 hours a day and never make any real progress.

Take your time and make sure you are ready for this step when you take it.

How to see the Aura

As your practice progresses and particularly as you start opening your energy pathways and charging your psychic centers with the exercised coming up, you will actually start *seeing* the Aura and the energy flows, instead of just imagining them.

This is an extremely exciting time when it happens, and very subtle at first, but with just a little bit of practice and the correct conditions you can see parts of the Aura sooner rather than later.

Once you do, it will speed up your progress quite a bit. You will have a much better idea of what you are looking for and what to

expect when you are practicing the actual abilities in the next chapter.

To see the Aura begin by setting up a small light source like a desk lamp behind you in an otherwise darkened room. Turn your back to the light source, and arrange it so that the light strikes your hands directly. Your hands should be brightly illuminated by the light, and you should angle yourself so that you are looking into the shadows or darkness.

Begin from your DRT state, and then bring your hands together as if in prayer: Palms together, fingers up. Slowly separate your hands and look in the space between them towards the darkness while defocusing your eyes slightly. You are looking for a faint haze of color, often somewhere between electric blue and purple in color. If you don't see a faint blue haze around both hands or a single large blue haze between both hands, defocus your eyes a little more try looking a little farther past your hands.

If you still don't see anything, try shaking your hands out and then rubbing them together like you were trying to generate heat, and then try to view the Aura again.

Wiggle your fingers. Bring your hands closer together and then separate them slowly. At some point you will catch the faintest glimmer of color, and once you do and know where and how to look it will leap into focus. It starts out subtly but with practice it gets much easier, and more vibrant.

When you can see it, try some simple experiments. Extend just the index fingers of each hand and touch the tips of these two fingers together. Slowly draw them apart and look for a faint blue glow between them. As you draw them apart, you will see a glowing strand of energy connect the two finger tips for some distance as you draw them apart, and then when your fingers separate by too far, the strand simply disappears!

Do it again, but before you get to a distance where the strand disappears, stop moving one finger, and make a circle around it with the other. See how the strand stays connected, as though two ends of an exceedingly fine rubber band were connected to them.

Try other things. Bring the tips of all ten fingers together, separate your hands and then give a twist. Do the strands stay connected to the corresponding fingers on the opposite hand or do they reconnect to the next fingers that are closest to them?

Try playing with your breathing and heart rates to see what makes your hands glow brightest. Once they are, slowly bring them together and see if you can feel an exceedingly delicate but real, physical pressure pressing against your two hands.

When I saw Auras for the first time, it was by accident. I was reading a book in bed with a reading lamp over my shoulder and I noticed the blue haze around my fingers that “bled” into the white of the pages. When I stared at this haze, I saw that it wasn’t strictly stationary, it would actually pulse, growing larger and smaller in time with my breathing and to a lesser extent, in time with my heartbeat.

I learned that by synchronizing my breathing and my heartbeat together, I could grow the size of the haze around each finger to the point where they connected across the page, which effectively produced a faint streak of blue/purple, like the color of a lightning bolt across the page of my book.

At that point, I put the book down, and started playing with the ideas as I just asked you to. I made fists. I pointed. I held different kinds of objects. I generally played around for a while, completely fascinated.

I excitedly told a friend of mine the next day, and he politely listened, and then blew my mind by saying that not only had he done things like that in the past, but with practice you could see

more colors than just the blues and purples that I had seen, and that you could actually change the color of the Aura by thinking different things.

He suggested that I try thinking of things that really annoyed me, and then trying very soothing images, to see what happened. He also suggested that I try looking for Auras around other people, particularly when they are behind a plain light or dark colored back drop.

I started seeing Aura's everywhere, even in my Martial Arts classes... There was a board breaking demonstration, and I defocused my eyes and watched the student. He took a number of deep breaths, and I watched his Aura pulse in time to his breathing, and then with the customary "Kiai" or "Spirit Shout" that Martial Artists use to focus their power, he struck at the board.

I saw the strike like it was in slow motion. I saw his Aura flare into brilliance and saw a subtle white glow on the striking edge of his hand. As his hand got about halfway to the board, I noticed that a part of his Aura had extended ahead of his hand to envelop the board itself, and as his hand actually struck the board and broke it, I saw a flash of blue-white, like a lightning bolt.

I was completely amazed. Not only because of all the fantastic detail that I saw, but because of how slowly it all appeared to happen.

Had he been attacking me in that instant, it felt like I would have had all the time in the world to counter that attack. In addition, I felt like I knew exactly where and how the attack would come. It was amazing!

I've had the privilege of studying numerous Martial Arts. "Hard styles", like Karate, and Kung-Fu tend to concentrate on strikes. "Soft Styles", like Aikido and Judo tend to focus on redirecting an

opponent to knock them off balance and thus tend to rely more on throws.

When I used my new found perceptions to watch Aikido throws, I saw them being done incorrectly: With a flash of expended energy much more similar to hard style. The person I was watching ended up powering through the throw and essentially wrestling their partner to the ground.

Then I watched my teacher do it and I saw something that looked more like he was dancing. I saw his Aura reach out and slide towards his attacker and it was like it greased a path in the air that his body gracefully slid through. The two energies became one for an instant, and then with a turn and a twist, his opponent was on the ground, about five feet from where he started. There was no flash at all. No “confrontation”. It was like a merging of energies, and then when my instructor moved his, his opponents had no choice but to follow.

It was absolutely amazing. I recommend you practice viewing the Aura often, and under as many different situations as you can. It’s an easy skill to learn, and very, very useful!

Lessons we can learn from Jedi and Saints

In the “Star Wars” movies, the Jedi were a class of highly trained mystical warriors that had extraordinary abilities at their command because of their study and mastery over a mysterious energy called “The Force”.

The movies don’t go into a lot about what the Force actually *is*, but try watching the movies with the knowledge that you have gained so far from this book.

If you view the movies in terms of the Jedi simply being people who have trained themselves to feel the subtle interactions of their Aura with others and their surroundings, *everything* in the movies (except the bit about

“midichlorians”!) is absolutely consistent with what we are learning and what we will be experiencing.

The Jedi’s extraordinary combat prowess is based in part on short term precognition (the ability to know the future), the ability to slow down their perception of time (just like I did when I was viewing the Aura of the board breaker!), and the uncanny ability to sense the presence of danger via the Aura. The last two skills we have already begun developing when I showed you the timer meditation and how to develop your “Spider Sense”.

Precognition comes as a side effect of your other studies, and you are already well on the road to experiencing it yourself. While I’ve had some pretty amazing experiences with time perceptions, those incidents have always been spontaneous. They usually come when I’m deep in “the zone” and when I am trying to do something completely different. I’ll go into more detail about my experiences with time perception when I discuss “The Tapestry” experience in a later chapter.

Getting back to Star Wars, do yourself a favor and check out those movies after you’ve read this book, and pay special attention to the sections where Jedi masters like Yoda are instructing people in “the ways of the Force”.

On the chance that you have never seen the movies or that you have no plans to in the near future, let me offer a couple of particularly educational quotes from Yoda, the ancient Jedi master:

Luke, commenting on how tiny Yoda could move a huge object that he couldn’t: “I don’t believe it!”

Yoda: “That is why you failed”.

Yoda: “Size matters not. Judge me by my size, do you? It is well that you should not, for the Force is my ally, and a powerful ally it is. Life creates it, makes it grow. Its energy surrounds us, and binds us. Luminous beings are we. Not this crude matter. You

must feel the Force around you; here, between you, me, the tree, the rock, everywhere...”

Every ability attributed to both the Jedi and their enemies, the Sith from the movies have their basis in actual psychic powers ascribed to people who have gained proficiency in the kinds of exercises I am about to teach you.

Admittedly, I doubt you will see lightning shooting from the fingers of anyone soon, not because it’s impossible, but rather because psychic adepts tend to be firm believers in subtlety!

In the interests of plot, the Star Wars movies divided the Force into “Dark and Light”, and described different powers to each so that the good guys and the bad guys could have more interesting conflicts.

They also described the methods that each side used to develop their relationship with the Force: The good guys meditate and develop a passive serenity that allows the Force to work through them, while the bad guys channel rage and hatred to tap into the mystical energies. That is a great plot device to make the good guys *really* good, and the bad guys *really* bad.

While there is a lot of great philosophy from the Star Wars Jedi that has an uncanny relevance to our own studies, the concept of a “dark side” to the energy that makes up all things has no relevance to us.

A rock is a rock.

If you use a rock to knock someone on the head, that doesn’t mean the rock is evil. By the same token, if a big rock provides you with shelter in a storm that does not make the rock good.

The rock simply **is**, and by the same token, so is the energy of “The Force” that works in *our* world.

While the energy itself is neither good nor bad, trying to use it for a bad purpose can't work.

If you attempt to do something that will be hurtful or have negative consequences to others (like shoot lightning bolts at them!), at some level, one or more parts of your consciousness will not cooperate and you will have no success.

In fact, there is a “Cosmic Law” that states:

“What you send out you get back three-fold.”

That is not just some mystical mumbo-jumbo. The Sub-Conscious is child-like, and looks up to you. Your Super-Conscious is wise, and like a parent wants to teach you the lessons you need to better yourself.

If you attempt to deliberately do something wrong, the “child within” will be mad and possibly embarrassed with you, and the “parent within” will be disappointed.

BOTH of them might take it upon themselves to encourage you not to do something like that again. An angry child might work in the spirit of spitefulness or punishment, while the parent would work with the spirit of “teaching you a lesson”. Add the person that you actually wronged into the mix, and sure enough... you have unpleasantness coming your way from three different directions.

Suffice to say, “you will get what you have coming to you”.

By the same token, if you are really going above and beyond, doing things beautifully and helping others, your various consciousnesses will likely be very proud and supportive of you.

The child will seek to reward you and the parent will look for bigger and better opportunities for you. Life gets better and better,

and you are “blessed” with serendipity... things just seem to keep going your way!

Fortunately for us, our psyche has the child and parent aspects in place. Because of them, “The Force” cannot be channeled through the Sith methods of rage and hate.

The fact that *our* version of the Force *can* be channeled through serenity and meditation, the same techniques that were taught in the Star Wars movies, is not a coincidence... George Lucas, the creator of Star Wars is a student of Eastern philosophy. He actually states his religious affiliation as “Buddhist Methodist”.

The methods that Lucas’s Jedi use to cultivate their Force powers are the exact same methods that have been in use in India and Asia for thousands of years. It is therefore not surprising to learn that a **lot** of the “Holy Ones” that I described in the first chapter call those places their home.

I’d like to make one last point on the relationship between what is portrayed in the Star Wars movies and what we are doing here.

The Jedi were the “Knights of the Republic”. They were protectors and peace keepers, and as such their skills needed to be used on the move, and in combat.

The training of young Jedi as depicted in the movies was an active physical training that also incorporated the same kinds of psychic skills that we are learning.

In a perfect world, with infinite time, this is the better way to train.

The Body, Mind and Aura are all intimately connected, and a powerful physical workout that also incorporates deep relaxation, moving meditation, and energy flow techniques develops you in ways that allow each aspect of yourself to reach greater heights.

This is how the Shaolin Monks and some religious folk practice their devotions. Whether it is Martial Art training or churning butter, they don't just go through the motions. They "put their heart into it" and allow it to become a spiritual workout as well.

Seeing and feeling the flow of energy while doing physical work is a lot tougher than just doing either the physical workout or the energy work alone. On top of that, trying to maintain the deep levels of physical relaxation at the same time while maintaining an absolute focus on a single task makes the practice even harder.

This means that the development of tangible psychic results are much slower in manifesting while attempting to combine elements within a framework of physical movement because you are attempting to master all aspects at once.

Still, this IS a perfectly natural path to psychic development. It simply may take longer to see results than with the techniques that I am about to teach you, but in a way it is the more complete and natural way.

Some folks end up walking this "scenic path" to psychic development without ever realizing it. This is how most Saints come upon their "gifts".

They enter a mindset where their efforts, be they physical labor or prayers and devotions are "gifts" to God.

They view the work as a beautiful, peaceful thing. They relax and enjoy doing it, considering the labor as an offering to the Divine Spirit that they are attempting to grow closer to. This results in a serene, relaxed physical state that actually approaches our DRT training!

As they perform their labors, they may come to visualize their love of God as a visible light flowing upwards to the Heavens, while

God's love and blessings visibly pour down on them like a light from above.

Remember how the Aura responds to intention? This mental state and these visualizations are very similar to the exercises coming up! (so much so in fact, that the religious minded among you are welcome to think in terms of "God's love" anywhere I use the term "energy", and it still works!)

The Jedi of the Star Wars saga are using techniques very similar to this. They *feel* the Force everywhere and in everything they do; the Force flows into them, and then they beam it outward to influence their physical bodies and the material world around them for the betterment and protection of others.

Replace the word "Force" with the word "God" and you go the path of the Saint, creating "miracles. Replace the word "Force" with the word "Energy", and you go the path of the "New Age" crowd, performing "psychic abilities". It's all the same thing.

"There are many paths up the mountain."

The Finer Points of Prayer

If you are religious minded, keep these concepts in mind. There is absolutely no conflict with your religious beliefs. If you are praying to God, there is no sin in being relaxed and comfortable while you do it (DRT), but don't just mindlessly recite words and then ask for stuff. That's going through the motions without putting your heart into it, and that is disrespectful to the higher power you are attempting to commune with.

Send your love/energy upwards and receive God's love/energy back. See the energy flowing to and from the divine, and if you need to ask for something, don't just spout words. Send a mental image of what you want, as clear and as bright as you can possibly

make it. Finally, put yourself in that image. Imagine yourself already in possession of whatever you are seeking.

It's not what you *say* when you pray. It's not even how often you pray (although practice makes perfect!). It's *how* you pray, and your sincerity that make the difference.

The Saints instinctively and often unknowingly build their psychic power as a side effect of their religious devotion. They send and receive "love energy" through the meditative act of prayer and then subconsciously release it while asking selfless favors of God on behalf of others. Truly, they *are* the tools of God!

Another time honored method of Holy men was to get to a quiet place to pray, like going alone into the desert.

Do you think they spent the whole time spouting words at the heavens and begging for favors?

I doubt it.

When the Saints pray, I'll bet they spend a lot more time *listening* than they do talking, and the odds are good that they aren't just asking for stuff when they talk either.

They suspend their ego and seek to do *God's* will, and to that end they are quietly listening for the will of God to make itself known to them.

A Saint that quiets his mind and listens patiently while waiting for an insight is really doing a variation of the Listening Meditation that we learned in the last chapter. If they pray with their eyes closed, it is very possible that they are performing the profoundly effective Blackness Meditation as well.

Within the context of their respective devotions, both Jedi and Saints work with the DRT state, do “energy” exercises, and meditate.

Is it any wonder that in time they are each able to perform “miracles?!”

Where the Power Lives: The Chakras

In Chapter 3, we described the Aura and mentioned how it is the critical tool for our psychic manifestations, but the Aura is not just a *simple* field of energy that happens to be connected to our physical body.

The Aura is actually a superposition of many different kinds of energy fields, and each different type of energy has its own unique point of origin, a psychic energy center called a “Chakra”. (Pronounced “Shock-ra”)

Right now, it is extremely likely that our “Spirit” or “Energy” bodies are weak and underdeveloped, but this is the primary source of all of our psychic power and abilities.

Without building up your psychic centers, there is no way they will be able to do the kind of “heavy lifting” we are going to be getting into a little later.

In the last two chapters I’ve given you the DRT and Meditation exercises. These are the tools that you need to use to begin a work-out regimen to strengthen your spirit.

A Chakra works a lot like an organ works in your physical body, except that where your body’s organs are working on the physical level performing mechanical and chemical tasks, your Chakras, or “Spirit Organs” are working on the psychic level channeling and manipulating different frequencies of energy.

The psychic energy I am referring to is usually in the same “kinda-like-everything, kinda-like nothing” state that I mentioned before when describing the Aura. It’s all around us, all the time.

We're actually immersed in it!

Nikola Tesla stated way back in 1892:

“Throughout space there is energy. Is this energy static or kinetic? If static our hopes are in vain; if kinetic — and this we know it is, for certain — then it is a mere question of time when men will succeed in attaching their machinery to the very wheelwork of nature.”

This energy that pervades all space is not just the combination of cosmic and solar radiation, although those are certainly present as well. It is a subtler kind of “potential energy” that can be converted into usable energy (and even matter!) at a later time once we know the right techniques.

Each Chakra specializes in a specific frequency range of energy, and depending on the needs of your Astral or “Spirit” body, the Chakra might do any one of a number of different things for you.

It might absorb energy from your surroundings. It might concentrate or dissipate the energy of that type already in your system. It can radiate energy of its tuned frequency, or convert the energy within a fairly narrow range up or down in frequency so that it is available to the Chakra attuned to an adjacent range.

The word “Chakra” actually comes from an ancient Sanskrit word meaning “Wheel”, because when you advance to the point where you can view them directly you will see that they appear as a spinning, whirling wheel of energy. Some people describe them as looking like lotus flowers. I myself see them as spheres of colored fire.

There are seven major Chakras that we will concern ourselves with, and they are arranged in a nearly perfect line running up the spine from near the base of the tail bone to the top of the head.

The Seven Major Energy Centers

Each major Chakra has a specific location along the spine, and a specific frequency which, like light, produces a unique color. In addition, the kind of energy associated with each Chakra lends itself to specific kinds of psychic phenomena.

Here is an overview, starting from the bottom and working upwards:

The “Root” or “Foundation” Chakra: Is deep red in color, and located at the base of the spine, slightly forward of the tailbone. This Chakra is traditionally associated with the earth element and is most closely associated with the “gross” energies that dwell at, in or near the physical, material world that we dwell in. Energizing this Chakra provides much of the raw energy required for materializations, telekinesis, invulnerability and levitation. The energy of this Chakra is often associated with base instincts for survival and fear disrupts its flow. It is from here that the energy described from people doing extraordinary feats of strength in times of crises comes from, like a mother ripping a car door off the hinges to rescue a trapped child.

The “Sacral” Chakra: Is vibrant orange in color, and located in the lower abdomen below the navel. This Chakra is traditionally associated with the water element and is associated with pleasure, emotions and the senses. Guilt disrupts its flow. Energizing this Chakra is instrumental to the “disembodied senses” class of psychic phenomena like Astral Projection, Clairvoyance (remote viewing), Clairaudience (hearing things at other locations) and empathy. Be aware that energizing this Chakra may make you more emotional for a time, especially until you get used to the new energy levels and balance them among the other Chakras.

The “Solar Plexus” Chakra: Is bright yellow in color, and located along the spine at the level of the solar plexus, about 2 inches above the navel. This Chakra is traditionally associated with the fire element and is associated with Intuition, metabolism and the conversion of external energy into internal energy. Energizing this Chakra is instrumental to Intuition, willpower, health, healing and longevity as well as resisting the elements. Shame disrupts its flow of energy.

The “Heart” Chakra: Is green in color, and located along the spine at the level of the heart. This Chakra is traditionally associated with the air element and is associated with profound serenity and the expression and ability of love, as well as the ability to see and understand the connections between seemingly different things: Mind/Body, Male/Female, Ego/Unity. It is the gateway that connects the three “base” or lower Chakras to the three higher, spiritual Chakras. Energizing this Chakra is instrumental to bridging the gap between intellectual knowing, and the divine understanding that is required so that we understand how to use the psychic energies we are developing to interact with the “material” world to effect the changes that we seek. Its energy is disrupted by grief.

The “Throat” Chakra: Is a blue-green color, and located along the spine near the back of the throat. This Chakra is traditionally associated with sound and is associated with creativity and communication. Energizing this Chakra is instrumental to energy manipulations that alter the frequency, shape or directions of energy, which is useful in psychic skills like Invisibility, Materializations and Animal Friendship. A strong throat Chakra also lends itself to self confidence and the arts of persuasion. The essence of this energy resonates with truth and is disrupted by deceit... not just the lies we tell others, but especially the lies we try to convince ourselves of.

The “Third Eye” Chakra: Is indigo in color, which is like a deep blue-violet, and located about one inch above the bridge of the nose between the eye brows. This Chakra is traditionally associated with light, vision, and seeing, both “that which is visible and that which is hidden”. Energizing this Chakra brings awareness of time, and may invoke visions of the past or future. Its energies are used in Psychometry (touching an object and knowing its history), Past Life Recall (including reconnecting with skills that you had mastered in prior lives), Viewing the Aura, and a sense of “oneness with all things”. It is also instrumental in skills requiring interaction at a distance like Remote Viewing, Remote Healing, Bilocation, and Teleportation. Be aware that the sense of “oneness with all things” tends to diminish ones appetite for material and superficial wealth and distractions. When one energizes the power of the Third Eye it will literally and figuratively change the way you see the world. Its energy is disrupted by ego and the illusion of separateness.

The “Crown” Chakra: Is violet in color, and located at the top of the head. This Chakra is traditionally associated with thought and understanding. Energizing this Chakra promotes a deep sense of harmony and connection with all things, all places and all times. Its awakening allows one to experience Omniscience (the ability to know everything), Omnipotence (to do anything), and the liberation of the mind from the body, where there is no distinction of self. Viewer and viewed are the same. It is to “know the mind of God and to know the infinite”. It is said that with the awakening of the Crown Chakra, all psychic powers become available, including the ability to alter the body in any way imaginable, including shape changing and Ascension (turning the body directly into pure, living energy). The energy of this Chakra comes by way of (re)connecting yourself to the divine and is disrupted by the fear of letting go of the ego and fear of losing one’s sense of self.

Stoking the Spiritual Furnace

Now that we have a better understanding of the physical locations of our psychic organs and of the kind of energies they command, we can begin the real meat of our psychic training.

We are going to learn some exercises that will greatly improve the functioning of our Chakras, but we need to tread lightly.

The Chakras are a *system* for manipulating energy in the body, and as such, all the parts need to function together. We need to be careful that we build them up in the proper fashion, or we could get our internal energy flow out of sync. If that happens, you will have a most unpleasant time of things... headaches, sickness, emotional swings and lethargy are a few of the symptoms that you can expect if you try to jump the gun on this.

Oh, and did I mention you’ll actually be losing some of the progress you’ve already made if you try to go too fast?

If, for example, we are eager and excited to try to materialize an object out of the air, you may think that you can focus your efforts on the root, heart and

throat Chakras, because they are the primary energy centers associated with this ability.

While they certainly are important, you need support from the other Chakras to perform the ability as well. If one or more of the primary or supporting Chakras are under developed at a time when you are attempting an ability, you will either get no results at all or you will get shut down hard and fast, sometimes even with physical pain. In addition, awakening the primary Chakra energy unevenly can result in personality shifts: extremes in anything from arrogance, cynicism, compassion, benevolence, and even joy or despair.

That means you would actually be taking two big steps backwards in your efforts while wasting a lot of time and causing unnecessary difficulty both to yourself and those close to you.

To minimize the discomfort and inconvenience of random mood swings, personality shifts, and assorted “bad things”, the trick is to start small, go slow and build evenly.

Our ultimate goal is to grow and strengthen our Chakras and to clear the energy paths between them. We will be working with the seven primary Chakras going up along the spine, but there are actually hundreds of secondary and tertiary Chakras in your body that all play their supporting roles. Since our ability to work with energy is only as strong as our weakest link, I am going to give you a couple of preliminary exercises that will gently and indirectly strengthen ALL the Chakras.

Psychic Warm Ups: Energizing the Body of Light

We are going to start EVERY energy building session by energizing our “Light Body”. This exercise is the psychic equivalent to stretching before a strenuous physical work out. It’s an important part of the program and will not only help you get more out of the primary exercises, but it will keep you from hurting yourself in the event that your energy levels increase suddenly, as is likely to happen when you finally work through an energy blockage.

All of these exercises are good to do first thing in the morning, as they will help you feel tremendously energized and give you a great sense of mental focus to get you through your day.

For exactly the reasons I just gave, DO NOT attempt to do these exercises within two hours of the time you normally go to sleep. The energy you build up may not have adequate time to dissipate and you will have a very hard time getting to sleep. If you do manage to get to sleep, you will most likely have a very restless night, and probably wake up feeling exhausted.

Another word of caution: Once you start an exercise, always end it gracefully. Never just “stop” and break off the exercises abruptly if you can help it. Let the images fade out slowly and come out of your DRT slowly. Do not try to get up suddenly or you may find yourself off balance or you may find that not all of your muscles respond correctly and you could fall over or hurt yourself. You might even faint or find that your vision goes dark and may even fade to total (but temporary) blindness.

I had this happen to me once where a phone rang next to me while I was deep in practice and it startled me badly. I leaped off the bed where I was practicing and tried to lunge for the phone, but my legs wouldn't hold me. I felt incredibly weak, crumpled to the floor, my vision faded to black and my hearing faded out until I could hear absolutely nothing but my own heart beat.

It scared the heck out of me... I didn't pass out, but I was sitting on the floor, for all practical purposes blind, deaf, and too weak to move. It all passed in a minute, but it's not a sensation I would recommend, and I resolved to never let that happen again. So, *please*, learn from my mistakes, and make a point of turning off the ringer on your phone and/or practicing where you won't have to worry about being disturbed.

With that having been said, understand that your “Light Body” is like the wrapper that contains your psychic organs: the Chakras. Its function is almost identical to what your skin does: it keeps all your vital organs safe and contained inside your body while keeping *out* the stuff that shouldn't be there.

Since the Chakras are actually the psychic centers that process the specific types of energy that all come together to form our Aura, and since the Aura responds directly to our thoughts, moods and intentions, it stands to reason that these same things can influence the Chakras directly. Thus, with the power of thought, (specifically visualization) we can energize the Chakras and thus indirectly change the energy composition of our Aura.

I said before that each Chakra is attuned to a specific frequency of energy, which has an associated color with it, but there are hundreds of lesser Chakras and while lesser demands are made of them, they still have their role to play. If any of *them* fail, so does your attempt at the ability you are trying to manifest.

It would it be excruciatingly difficult for me to describe the physical locations and the subtle shade and hue variations of colors of all the secondary Chakras, and to exercise each of them individually would require days.

So, I'm going to give you a short cut...

“White” light is actually composed of all the different colors that light can come in, all jumbled up to the point where your eyes can't pick out the specific components.

Since white light contains every color, some part of it will resonate with whatever color any given Chakra happens to be. It's not as effective as charging the Chakra with its specific color, but it is a fantastic way to gently introduce extra energy into your system.

We are going to take a shot-gun approach to energizing all of the lesser Chakras at once by flooding our “light body” with white light as the initial part of our warm up. This way, all Chakras receive stimulation and the entire system gets stronger.

All of our energy exercises should begin by getting comfortable and reaching the deepest DRT state you can.

Quiet your body. Slow your breathing. Relax.

Take long, deep, slow, even breaths. Exhale slowly.

Repeat this deep breathing (with no pauses between breaths) for a minute or two and as you breathe, listen for your heart beat.

Focus your attention on the heart beat and let it grow loud enough in your ears so that you can hear it easily. Feel the relationship between your breathing and your heart.

Deliberately slow your breathing, and listen for the slowing in your heart which will follow naturally after a short time. If you feel the need to sigh, do it. It helps to resync the oxygen requirements of your body.

Next, quiet your mind. Close your eyes, and perform the Blackness Mediation from the last chapter. “Float” in the darkness and enjoy the quiet for a few minutes.

This current state of deep physical relaxation and a quiet, empty mind is our target starting state for all of the exercises in this chapter, so take the time to practice often and do everything in your power to improve the depths that you can take yourself for this starting point.

Now that we have reached a good place to start, imagine that your body is completely enveloped in a translucent shell about 6 inches away from your skin, and then, in your mind’s eye, allow the appearance of your physical body inside that shell to fade out until it is barely visible.

At this point you should see the nearly invisible, hollow shell in the shape of your body and the faint “echo” of your physical body inside.

Next, imagine that the shell is beginning to take on a faint glow along its surface to help you delineate the edges and then slowly allow a soft glowing white light to “fade in” within the shell.

The light should fill in softly, like slowly turning up a dimmer switch, starting from barely visible and growing in intensity to a brilliant white light which completely blots out the appearance of your physical body in the center over the course of about a minute.

Bask in this radiance for a few minutes, and then slowly dim the light down to a softer level, and imagine the color of the light starts to take on a rosy hue. Next, see the light within change in color from a rosy pink and take on a brighter and brighter hue, until your light body is completely flooded with a rich, bright red light and then turn up the intensity.

Bask for a moment. Let the energy soak in and see if you can feel where the energy is being absorbed the most. You may feel odd sensations... itching or tingling in parts of your body, this is to be expected, but don't allow them to become distractions.

Simply assume the role of a passive observer and enjoy the ride.

Let the bright red light fade in intensity, and let the hue shift to orange, and then raise its intensity as before, and bask for a minute.

Repeat this with all the colors of the spectrum, in order, making a point to bask for a minute in each color: Red, Orange, Yellow, Green, Blue, Indigo, and Violet.

At this point I would like to offer a word of caution. For the first couple of weeks that you practice this, do not bask in a specific color for more than two minutes at a time.

Our goal is to add energy to the system evenly. By focusing on one color for too long, people who are new to this exercise could very easily over stimulate the Chakras that resonate with that color. This could lead to twitchiness or different mild but distracting symptoms (depending on the Chakra/color you are working with) that decrease the effectiveness of the remaining colors and can lead to your energy system being developed unevenly.

A minute to a minute and a half for each color should be plenty of time for this warm up when you are first starting out, but two minutes should be the absolute limit until you are more experienced.

When you have cycled through all colors, let the violet color fade to a soft, comfortable white. You can linger in this relaxed, energized state in the white light for as long as you like. Since white light charges all the Chakras at the same time, there is no danger of getting your internal energies out of balance by doing this.

If you wish to end your practice session here, let the white fade in intensity until you can see the clear shell again. Let the image of the shell fade out altogether, while the image of your physical body fades in. Open your eyes and finish up with the “tension” part of the DRT. Tense each muscle group in turn and let them relax, but do not allow them to go completely back to the “deep relaxation”. The tension is to get their attention and let them switch gears back to their normal mode. Get up slowly, and carefully to make sure all the muscles have reengaged properly, and then follow everything up with a good stretch.

If you plan to continue on to the next exercises, keep your eyes closed, the physical image of your body faded, and the clear shell flooded with the soft white light.

When you attempt to get up at the conclusion of any of these exercises, do not worry if you find yourself temporarily paralyzed.

The energy manipulations that you are doing create a synergy with the DRT so that you are probably relaxing deeper than you ever have in the past. As I mentioned before, if your body relaxes deeply enough, parts of your mind click into the maintenance mode that normally get invoked during sleep, and this includes the completely normal and natural paralysis that the brain uses to lock down muscles so that you do not respond physically to dream stimuli when you are sleeping.

If you find yourself paralyzed, just focus on a finger tip and gently try to move it. In a second or two you will be able to, and almost immediately after that, you will be able to move everything else as well.

As an interesting side note, if you do find yourself paralyzed and need to do the fingertip trick, try to pay special attention at the instant you are able to twitch your finger and try to “watch” how all the other muscles in your body release the “muscle lock” that they were under. It happens incredibly fast, and it travels almost like electricity through the body.

It’s a pretty cool experience to check out if you can attune your senses to it fast enough, and it is excellent practice for maintaining the focus that will help you suppress the “excitement reflex” that often shuts down novices when they are just starting to make something happen.

For future reference, I will refer to the exercise that you have just completed as the EBL, which stands for Energizing the Body of Light.

Psychic Warm Ups: The Roots and Branches Energy Transfer

The EBL exercise is designed to gently “massage” the various energy centers of your psychic body and gently introduce small amounts of additional energy into your system. Our next exercise is designed to clear the energy pathways between the Chakra and give you some practice transferring energy between the energy centers.

This exercise, like all the energy accumulation exercises in this chapter should be done carefully or you risk a potentially serious setback in your studies. Please be sure to read through this entire section before beginning to practice. It is important that you understand the potential obstacles that you may have to overcome.

This exercise in particular has the potential to open a flood-gate of emotions from your past that could be very hard to face and work through.

Once that gate opens, it is very hard to close it again, and actually you shouldn't even try to. You need to commit to getting through the obstacles, deal with the issues from your past and emerge "whole and triumphant" on the other side.

I'm going to ask that you proceed with this exercise very slowly until you get a handle on what it does and how your system responds to it.

Everyone responds to these exercises differently. If you have been doing your DRT and meditation exercises regularly and have gained some proficiency with them, you should be well prepared for this next phase of your training.

If you have not, or for some reason you have internal energy blockages that prevent the energy from flowing freely then it would be a mistake to move on to the main exercise too quickly.

Energy blockages are actually extremely common and come and go through the normal course of our lives unless we deliberately take steps to keep the energy channels clear. When you first start out, it's likely you will have one or more minor energy blockages which you will need to gently work through.

Sometimes, however, there is a major block of energy that happens if we have been exposed to something like a traumatic physical or emotional event in our past.

From that point in time until the problem is resolved, the blockage caused by that trauma often acts like a dam for your internal energies. The flow of energy gets blocked from proceeding further and often gets diverted and "floods" the surrounding areas. Depending on where the energy is blocked, long term health issues and even personality traits may have developed.

If the block is caused in the areas of the lower Chakra, as is more often the case with physical trauma, your entire system may be short on energy. This might lead you to chronic symptoms like being easily distracted, often tired, or prone to allergies and getting sick.

If the energy gets a little farther before getting stuck, as often happens with emotional trauma or abuse, various personality traits might get amplified like shyness, a short temper, or hyper-sensitivity to criticism.

The farther the energy makes it, the more completely you “metabolize” it, and the more “whole” you become.

As you work through the Roots and Branches technique, it will clear these blockages and restore a clean, natural flow of energy within your system. It is very possible that if you had any blockages at the start of your studies that the people around you may actually notice changes to your personality as you proceed.

Shy folks get more outgoing, “angry” people start to get calmer, overly emotional people become more stable. These are natural outward signs of your internal progress, so expect them when you see them... and *look* for them. They are another sign post on the path!

Understand that for some folks, it may take weeks or even months to get through this exercise correctly while some folks may breeze through it in one of their first few sessions. Go at your own pace.

To begin with, start by doing this exercise no more than 3 minutes at a time, and waiting at least 2 hours between sessions if you wish to work on this more than once a day.

Sometimes and for some people, the results of the exercise are not obvious right away and that presents the same kind of challenge as knowing when to get out of the sun to keep from getting sunburned. If you wait until you can see or feel the burn it’s already too late. Waiting a couple hours between attempts should give the exercise time to run its natural course within your system and give you an accurate feel for how it is working for you and if you can handle longer periods.

After a few days if you feel comfortable with the exercise, you can gradually increase the amount of time you do it and decrease the amount of time you wait before trying again.

Once all of your internal energy is flowing well, this exercise can be done anytime and for any duration.

For this exercise, you want to be sitting either directly on the floor or on a small pillow or cushion. Sit as comfortably as possible with good straight posture and your hands relaxed and resting lightly in your lap or on your thighs.

The best positions for this exercise are actually hard for most westerners to get into and maintain for any length of time.

If you are serious about these exercises and wish to go the extra mile, you can learn to sit on the floor in a style called “seiza”, a seated position common in the Asian culture and in many Martial Art practices or in a yoga posture called the “lotus position” which is actually the traditional and best position for these techniques.

Both of these positions tend to slow the flow of blood to the legs and can lead to the pins-and-needles sensation and numbness until you develop the necessary flexibility and muscle tone to do them properly. The slowed blood flow to the legs is actually part of the point. With less blood being sent through the legs, more blood and thus more oxygen is available in your core and for your brain which facilitates your practice.

The other advantage is that these positions facilitate excellent posture, which is very important in all of these exercises because it allows correct breathing, which is absolutely critical to your success.

The lotus position also has the added benefit of essentially “locking” you into a very stable position which prevents you from toppling over. In other positions, even when sitting on a chair, as you relax deeply you tend to lean in direction or another or slouch. To prevent that, you need to engage your muscles slightly to keep yourself upright and maintain your balance, and

those tiny muscle movements slightly break the magic of really deep relaxation.

If you wish to learn these advanced postures, practice for a few minutes a day and gradually build up the time you practice. Don't try to use them with these exercises until you can maintain them comfortably long enough to complete the exercises.

To sit in seiza, simply kneel with both knees on the floor slightly apart, and let the tops of both feet rest on the floor. Then just sit back and let your buttocks rest on your heels and place your hands on your lap.

Seiza can be a little difficult to maintain if you aren't used to it, so you can place a thin pillow or cushion under your knees or on top of your heels before you sit back if you wish. In addition to cushioning your bottom, a thin pillow on top of your heels slightly changes the angle that your knees are bent, making the position a little more comfortable.

The best posture for this exercise and all of the exercises in this section is actually the "Lotus" position as taught in yoga. This position can be extremely challenging, particularly on the knees, and it can take a fair while before you can maintain it comfortably for a long enough period of time to be of any use in the exercises.

If you wish to try the lotus position or the easier half-lotus, I strongly recommend that you practice a little each day, and stretch your legs before you start.

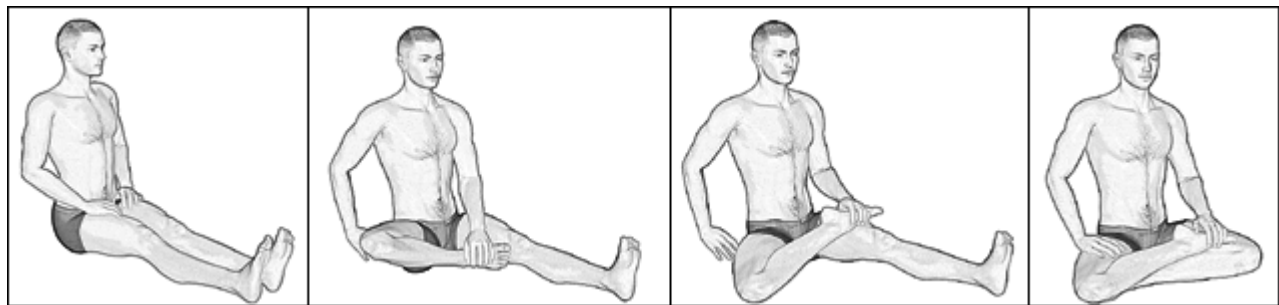
To attain the half-lotus, after stretching the legs and groin in particular, sit on the floor with both legs straight out in front of you.

Next, bend the knee of your right leg and bring the bottom of your right foot to touch the inside of your left thigh like you are doing a groin stretch. Then, use your hands to lift your right foot up and place the top of your right foot on top of your left thigh. You will be able to see the bottom of your right foot, and your right knee will be close to or touching the ground.

Lastly, slide your left leg across the ground and tuck it under your right leg. This is the half-lotus. To develop flexibility, each time you perform the half-lotus, alternate which leg goes on top.

It might sound awkward, and heck, it will even feel awkward at first. But you will get used to it.

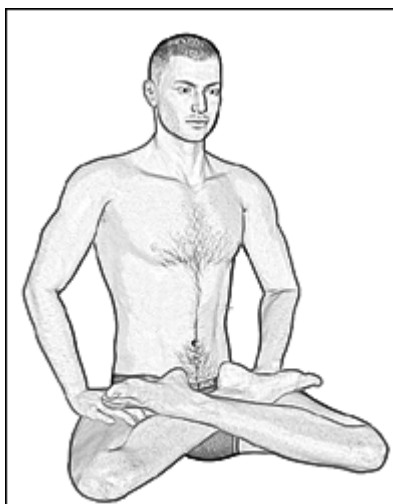
Since my description might be a little confusing, the image below illustrates how to get into the half-lotus:



How to enter the half-lotus position

If you want to make this a full lotus, from the position of the third image above, you would then use your hands to pick up your left foot and place it on top of your right calf, effectively “locking” your legs together. If you are flexible enough, your two knees will be touching the ground in a position that is kind of like a bizarre “butterfly stretch”.

Here is what the full lotus looks like:



The Lotus position

As I said before, these positions are advanced techniques and are not required, but they do help. For most of us, sitting on the floor, on a pillow or even on a chair will work fine. Whatever position you use, just be sure to remember that excellent posture is important.

Now that we have your initial position figured out, start by reaching your base practice state where you are deeply relaxed from the DRT and you've just completed your EBL color cycles and you are imagining your light body as filled with a soft white light.

Next, imagine that roots of light are growing down from the base of your spine through the floor, and that they stretch deep down beneath you. As they stretch downward they begin to split into branches that get thinner and finer.

Actually see the roots in your mind, and let each root split into two when it goes down far enough, starting with a single fat root at the point of contact with your body to the floor.

The single fat root goes down and tapers. It grows a little thinner and then splits into two. The two go down and split to 4, which split to 8, and so on.

Grow the roots to the depths that your powers of visualization and concentration will allow you to keep track of. Since each level contains twice as many roots as the level before, it will take a fair amount of practice before you are ready to practice with the next layer of roots, but in time you will be ready. You will find that your powers of visualization will be constantly improving as you do the various exercises in this book, and as they do, your progress will be evident here.

At last, when the roots have extended downwards as far as you would have them go, maintain the image of the roots sharply in your mind and pay particular attention to your breathing and heart beat.

Listen for your heartbeat.

Take a few long, deep, slow breaths in and prepare yourself to breathe at a ratio of 4:2:3:1. For every four heartbeats you are breathing in, hold your breath from the diaphragm for two heartbeats, exhale for a count of three heartbeats, and finally hold your breath for 1 heartbeat before starting the cycle all over again.

By now you should be very proficient with deep breathing, so I recommend that after taking a few breaths to settle into the rhythm that you start your ratio off with a count of something like 16 or 20 heartbeats while breathing in, and keep the corresponding ratios for the rest of the breath cycle.

Hopefully you won't need to adjust the rate down, but do so if you must. The ratio is the important part, not the actual numbers but those numbers are a fair indicator of your progress. As I mentioned before, struggling to reach higher numbers on your breath/beat counts before you are ready is counter-productive. This is not a race to get to a certain number. This is simply looking for the sweet spot that will make the exercise most effective for you personally.

As your deep relaxation slows your heart beats, you will find that it takes quite a while to complete a single breath. It is not uncommon for some practitioners to take a couple minutes or more to complete a single breathing cycle. (Some advanced practitioners will take a lot longer to complete a single breathing cycle!)

Feel free to experiment, adjusting your heartbeat counts up or down the scale until you find a breathing rhythm at the correct ratio that works comfortably for you. If you wish do the practice quickly during the day, feel free to use a shorter breath duration, but I advise you to attempt to work at the limits of your ability at least once a day.

Now that we have established a good breathing rhythm, next we envision energy being drawn slowly into your system. As you breathe in, see the energy deep in the ground around your roots like a faint silver mist.

With each intake of breath, see a small part of that mist attracted to and absorbed into the smallest, deepest parts of your roots. As you continue to

inhale, see that silvery vapor travel a short ways up the roots. Hold your breath for the designated amount of time before the exhale and imagine that the energy simply stops moving when you are not actively inhaling. Don't let the energy sink back down into the roots. This part of the exercise is a one way trip, and the only way is up!

Each breath draws in a bit more energy at the deepest level and moves the existing energy a little farther through the system. Each level of root consolidates the energy from below and passes it to the root above until it finally enters your body at the base of the spine, where the root started.

As the energy seeps in at the base of the spine, imagine that it forms a silvery cloud there. At first, the cloud is very faint, like the first faint hint of steam on the surface of water when you are bringing it to a boil. Over the span of a few minutes, allow the cloud to grow thick and bright as more and more energy gets siphoned up from the roots but do not allow the mist to rise any further than the base of your spine.

Once the cloud is fairly dense, visualize the last of the energy that is still in the roots moving upwards and allow it to join with the cloud. Do not take in any additional energy from the roots with your inhalation.

The object is to clear out all the silvery vaporous energy currently in the roots and to accumulate it into a single shimmering cloud at the base of the spine

Our goal is to slowly draw it up through the primary energy channel in the spine, and let it gently clear any blockages on its path from Chakra to Chakra.

To do this, imagine a very thin, clear tube running from the top of your head to the base of the spine, where the cloud has formed.

When the tube descends to the level of the cloud, it stops, but the cloud does not enter the tube until you allow it.

In chapter four, we learned how the subconscious mind can influence our mental imagery to tell us about the state of our body. Hopefully by now you are regularly using the advanced DRT exercises where the intensity of the glowing light around your body tells you where you have additional stress and need more attention.

We are going to use a similar technique to identify and remove energy blockages within the tube that connect the Chakra.

Ask your subconscious to make you aware of any energy blockages. The means that you perceive them will vary from person to person and based on the nature of your particular blockage(s). You may get a variety of physical sensations to indicate the flow of energy or lack of it. Tingling, throbbing, temperature differences or sensations of pressure are common indicators of energy movement.

For many people, including myself, indications of energy blockages tend to be visual.

You might see the tube with debris in certain spots. Sometimes you might see the tube turn darker or brown in the areas where there is a problem. You may even see that the tube gets thinner or is pinched off in some spots which would choke off the flow of energy inside.

However the problem is presented to you, the silver mist is the answer.

If there is debris in the tube, the mist is so much less dense than your normal energy flows that it can seep through and around obstruction and dissolve it from all sides. If the tube appears brown or dull, the mist will collect in the troubled spots and actually seep into the wall of the tube itself, adding its energy and “brightness” to the duller spots and brightening them up. If the tube is actually pinched or constricted, then large volumes of the mist will collect at the trouble point and gently relax the tube at the site of the problem as it applies a steady, gentle pressure from within... almost like popping a dent out of your car.

Begin by allowing the mist to very slowly seep in through the bottom of the tube, starting as a nearly imperceptible sheen of silver at the bottom. It ascends the tube extremely slowly, rising only in time with your inhalation. It pauses in its ascent when you are holding your breath or exhaling, just as it did when it was traveling through the roots.

The mist continues to rise in the tube like mercury in a thermometer, slowly rising with each inhalation until it gets to a blockage, and then gently performing the appropriate function to clear that blockage over however long it takes.

Most minor blockages will melt or fade away in the span of just a few breaths. Bigger obstructions may take a few minutes of concentration. Intense, long term problems (the ones usually caused by severe physical or emotional trauma) often appear as pinches or structural defects in the tube and may take a lot longer to work through, perhaps even requiring weeks or months of sessions to repair fully.

A word of caution is required here: Regardless of the severity of the blockage you are working through, do not attempt to push too hard or go too fast. The subconscious will feed you the imagery of how the healing is progressing. Assume the role of a passive observer. You did your part by gathering the mist and “programming” it to clean and fix the tube, now let nature take over.

Nine women can't make a baby in a month. Nature works in its own way and on its own time table.

Another important note: Until you are free of all major blockages, don't perform this exercise if you have any commitments on your time for the rest of the day, or if you need to operate a vehicle or machinery.

There are two very good reasons for this... As you are sending healing energy to the site that shows the symptoms of some traumatic event, it is very possible that you may awaken dormant memories of what originally happened which can be very unsettling.

If you start experiencing these lost memories or unsettling sensations, you know that you are very close to a break-thru, and need to go extra slow and carefully.

If these memories and images were repressed from the time of the incident, then they were probably too powerful for you to deal with at the time they were made. The fact that they would surface now means you are ready to face them and heal them, but facing your deepest angers, shames and fears is not a fast or pleasant task, but it is a necessary one.

If you are going to become holy/whole you need to integrate all of your experiences, emotions and strengths into one cohesive entity and you can't do that if you are still hiding from pieces of your past.

You need to forgive and let go. Forgive yourself. Forgive the circumstance. Forgive whoever wronged you. There is no surer way to sabotage the excellent progress you have made up to this point than to allow old fears and angers to shut you down.

I mentioned that there are two reasons to be sure you have ample time to practice this if you are dealing with a major blockage. The other reason is that if a big blockage finally gets cleared out all at once it is very possible that you might experience some temporary but nasty side effects.

The most disruptive of these is extreme emotionalism, but you might also experience exhaustion, headaches and a variety of miscellaneous aches and pains as the energy that used to be stuck finally gets flowing again. In spite of the extraordinary improvements in your physical health, you may even find that you get physically sick for a couple days while your body adjusts to the new energy patterns.

Basically, your whole energy landscape will be changing into its long-term normal, healthy pattern and that transition can be tough, depending on how far off the mark you were when you started.

When you finally get through a major block, your best course of action is to wrap up the exercise quickly and then go to sleep. A long nap would be good, but retiring for the evening would be best.

Your body heals fastest when you are sleeping, and your body has a lot of work it needs to do to redistribute the energy correctly through your system.

This, by the way, is where the changes in personality I mentioned earlier come into play.

When the energy is flowing differently through your system, it's like being reborn as a new person.

It is my personal belief that this is what was written about in various sacred texts when they refer to being “Reborn in the Faith”, “Born again” or “Baptized by Fire”. It is possible for a “Holy man” to safely clear out all the energy blockages in someone else's system and infuse it with the correct distribution of energy almost instantly.

The effect that such a radical energy makeover would have on that person is life altering. “The scales fall away from the eyes” and “They see the light”!

Since most of us do not have access to someone of this skill level to assist us, we just have to do it ourselves.

My own experience with clearing energy channels seemed unremarkable while I was actually doing the exercise itself. For me, I found that about 30 or 40 minutes afterwards, I would feel differently. I would feel a curious “floating” sensation, like I suddenly lost half my weight. It felt like I could run faster, jump higher, and curiously my perception of colors seemed suddenly more vibrant and “crisp”. Sometimes I would even catch myself getting emotional over trivial things, like a commercial on TV.

It was weird, but kind of fun.

Some people might get “tingly” during or slightly after the exercise and some may experience insomnia for a short while as they get accustomed to the new energy flow.

I’ve even heard of one person that consistently fell asleep during the exercise. He said he always felt great when he woke up, but that he didn’t even remember getting tired... just relaxing one minute and then waking up the next!

Everyone experiences it differently.

After removing each blockage, we allow the mist to continue higher, towards the top of the head, and when it finally has a clear path, allow all the mist from the cloud at the bottom to travel through the tube and collect as a cloud at the top of the head.

This completes the “Roots” portion of our “Roots and Branches” exercise.

For those of you that had a lot to work through, this was a huge step, and actually the most difficult process that you will need to go through for psychic mastery.

For all of your hard work, you get to enjoy an advantage over the folks who had an easier time with this exercise. The new energy patterns that you have set in motion will *feel* new, and as such it will be easier for you to sense them and work with them. This means that in most cases you will enjoy faster progress in the next steps.

For those of you that had only minor energy blocks to contend with, this part of the exercise may have been fairly simple. The down side is that since you are working with what is essentially the same energy pattern that you started with it might be harder to detect the subtle changes brought about by these and upcoming exercises.

Regardless of what the state of your energy landscape was at the start of the exercise, it improves with every session that you do, and everyone proceeds at their own pace.

Speaking of that, should you need to end this exercise at any point before the end of the “Branches” portion, simply reverse the process that you used to get to wherever you are: Allow the energy to move down the tube with each *exhalation* to join the ball of mist at the base of the spine. Let the mist sink into the base of the root, and let the energy seep back into the ground at the lowest level of the roots, and finally retract the roots and end your EBL as you normally would.

Now, we get to the “Branches” part of the exercise, and you’ll be glad to know that this one is much easier for everyone!

Just as you formed the image of the roots extending from the base of your spine, you are going to imagine tree branches growing from the cloud at the top of your head.

Let the branches grow tall, and the limbs fork as they grow, just as you did when growing your roots, but reaching upward this time. Allow the branches to grow like a mirror image of the roots, converting the silver cloud into sturdy silver growing limbs.

When all the branches are in place, imagine they covered with a rich canopy of deep green leaves, and that a beautiful golden energy is raining down on them, like sunshine on a perfect day.

See the rays hitting the leaves. See the leaves glow, and absorb the energy, passing it to the stems, and into the branches.

See the golden energy pour into the leaves, brightening their color as it hits. See it moving through the branches, and turning the branches from silver to a lovely golden tint. See the energy getting pulled down and consolidating into the lower branches, and finally to form a pool of liquid gold just above your head, right about where religious paintings usually put the golden halo on their holy figures. (Coincidence? Not at all... you are in the process of becoming “Holy”/whole yourself!)

Just like before when moving energy through the roots, the energy moving through the branches moves in time with your inhalations, and you should be keeping the same 4:2:3:1 ratio that you used then.

Next, allow the golden liquid energy to funnel into the tube of the spine at the opening located on the top of the head.

The fluid moves like honey, thick and slow, coating the inside walls of the tube as it runs down. When it gets to the bottom, it pools, and since more golden fluid continues to enter the tube from the top, the level of gold in the tube rises until eventually the tube is completely filled with the last of the liquid pool.

At this point, you should see your body in the position of the tree trunk with a thin glowing golden tube in the center, and see a rich set of roots beneath and a golden set of branches above.

Mentally seal off the tube, and have the golden fluid expand *very slightly*, to gently stretch and widen the tube. You may feel tingles or chills race through your spine as you do this.

Finally, we are going to absorb this golden energy into our body of light. See the golden fluid soak into the walls of the tube so it looks like it is made of pure gold. See the gold spread from the tube into your body of light, energizing it with the same golden energy until entire light body is literally radiant with the golden energy.

Let the energy ooze down the roots. Let it creep up the branches and coat the leaves. Everything in your imagery should be a beautiful golden color now.

Next, imagine that the leaves get reabsorbed into the limbs, and then the limbs and roots each retract exactly the opposite way that they were created: The finest ones farthest away from the body get absorbed into the larger ones that are closer. They “ungrow”, but they bring all of that golden energy into your light body as they do so and see your light body literally shining with the energy.

Allow the gold color to fade out and see a brilliant white light shining in its place. The brilliant white light that fills your light body should condense itself into seven radiant white spheres, each located at one of the Chakra: Base, Sacral, Solar Plexus, Heart, Throat, Third Eye, and Crown.

Finally, allow these final images to fade out and then finish just like the ELB.

The Roots and Branches transfer is very powerful, but it is a transition exercise. Once your energy paths are clear and used regularly, they will tend to stay clear, so the more thoroughly you master the exercise, the less you actually *need* to use it.

But you DO need it!

You absolutely must have clear energy pathways between all Chakras before you attempt the primary “Fountain of Light” technique you will learn next.

**DO NOT ATTEMPT the “Fountain of Light”
until you have resolved all energy blockages.**

Once you have been using the Roots and Branches technique without finding any energy blockages at all for at least a week you should be ready to move on the most important psychic exercise in this book: The Fountain of Light! If you attempt to do the Fountain without clear energy pathways, there is a tendency to greatly amplify the personality traits and issues that were caused by the untreated blockages and these amplified problems can lead to tremendous personal and professional hardships.

So... Do yourself a favor and make sure you are ready for the next step before you take it. Don't say I didn't warn you!

The Spiritual Cornerstone: The Fountain of Light

The Fountain of Light is the fastest and most powerful way I have ever found to increase your energy manipulation capacity and introduce large amounts of psychic energy into your system.

On the chance that you start to become dizzy or light headed while doing this exercise, it means that you are taking in more energy than you can process at your current level of development.

If you need to end this exercise early for any reason, simply imagine that the energy that you have gathered in the areas that you already charged dissipates evenly across all chakras, and then allow the image to slowly fade out and then try again the next day. Just make the imagery a little less far-reaching for the vortex and the Chakras physically a little smaller the next time you try. If you still feel dizzy or light headed the second day, take another week or two of doing the prior exercises before you try again.

Like the other energy exercises in this manual, this one should not be done within two hours of the time you plan on going to sleep or you risk a very restless night. It is also absolutely essential that you do not practice this exercise in the presence of someone “uninitiated”.

If an uninitiated bystander were near you and in a receptive state while you were summoning such vast amounts of energy, it is very possible that they might indirectly absorb more than they could handle and pass out. I’ll share a story about this in the next chapter. It can be scary for you, and certainly unpleasant for them, particularly with the headache they will have when they come around.

An abuse of your abilities in this way may be enough to incur corrective actions by your Subconscious or Superconscious mind, and at this stage of the game, this would be a considerable setback for you.

We are going to start by entering the deepest DRT we can manage and then cycling through our EBL color cycles. Once this is done, the exercise is actually very simple.

To start, I’d like to offer a visual aid. If you’ve ever made a cup of tea or coffee and added a creamer to it, you know that sometimes you get little bubbles of cream floating on the surface. If you mix it into your beverage by stirring with a circular motion around the edge of the cup, you have probably

noticed that you make a little mini whirlpool and that all the floating bubbles are drawn to the center.

This happens because of natural laws of physics. This spiral motion, or “vortex” is the most efficient way of transferring energy in nature. This is the reason that hurricanes, tornadoes and even galaxies all form spirals.

We are about to learn how to generate an energy vortex that will draw ambient energy from our surroundings to supercharge our primary Chakra system.

Begin by imaging all seven Chakras softly glowing with their correct colors within your light body. Next, imagine that you are immersed in a vast sea of energy. It is in the air around us. It’s in the ground, under our feet. It is above our heads. It pervades the room we are in, the building we are in, and covers the whole planet.

In fact, this is the same universal energy that constructs our universe. It is everywhere and everything is made from it in one way or another. Remember your lessons from Chapter 3: Everything is energy, and it even pervades so-called “empty” space.

Imagine this energy in whatever way that feels most comfortable to you. I envision the energy in the form of an incredibly thin mist or fog, but some people I know envision it as little crackling pops of light that wink on and off like the snow on a TV screen.

We are going to start small. Begin by imagining that the sea of energy within about 3 feet of you is starting to slowly move counter-clockwise in a circle around you. Focus your attention. SEE with your minds eye. See the mist vividly and watch it starting to swirl about you. Make it as real and tangible as you can.

Use the same techniques you use when viewing the Aura. If you can’t see the mist and the motion, try defocusing your eyes slightly. If you still can’t see the energy or movement, then close your eyes and imagine what it will look like.

With *relaxed* focus, the swirling area starts moving faster, and faster. Just like when water pours down the drain, you start to see a vortex forming... the energy condenses the closer it gets to the center, and the center spins more rapidly.

As the energy is drawn in it grows brighter and denser. Where the energy is nearly touching your body it is moving quickly, appears almost solid and shines like a bright white light.

See the energy spiraling in from the edges, and see that the center of this vortex, the focal point for all this energy is the bright red Root Chakra at the base of the spine.

This energy that we have summoned to ourselves “feeds the flame”, and the Root Chakra will flare into a magnificent bright red ball of fire when fed from this energy. As the dense white energy pours into it, the Chakra grows brighter, bigger and hotter. Allow the Chakra to expand in size to about the size of a grapefruit.

Feel the heat.

The flames do not burn hot, but the heat is unmistakable. There is no sensation of burning, but rather a deep, penetrating, comfortable and reassuring sensation of warmth that floods into your being and radiates outwards from the Root Chakra.

Continue to “stoke the furnace”. See the energy spiraling in from the edges. See the energy condensing into the brilliant white light around the fiery red sphere of the Chakra. See the Chakra soaking in all the energy, converting the pure white light into the brilliant red essence. Feel the power burning inside!

You should feel a kind of pressure building inside, like there is just too much energy to contain in so small a place. When that happens, allow the excess energy to climb out of the Chakra using the same techniques we learned in the Roots and Branches energy transfer. See the small clear tube rising up

from the center of the Root Chakra, and going through the center of each of the six other Chakras, right up to the top of the head.

See the red energy from center of the Chakra climbing inside the tube. The energy starts out with the same bright red while it is still in the Chakra, but in the space between the Root Chakra and the Sacral Chakra (located along the spine at the level just below the navel) the color makes a smooth gradation to a rich, vibrant orange.

As that influx of pure energy climbs up the tube and hits the center of the Sacral Chakra, it flares into a spectacular ball of orange flame, very much like the way the Root Chakra flared up from the softly glowing red into the larger fiery sphere when it started absorbing the energy of the vortex.

The energy of the vortex continues to feed the Root Chakra, which has filled to capacity, and the overflowing energy rises up the tube.

While the vortex feeds the Root Chakra, each successive Chakra is fueled by the overflow of energy in the tube that came from the Chakra beneath it.

As the Sacral Chakra absorbs more energy from the tube, feel its heat, and allow it to grow as you did the Root. Each Chakra should be the same size when you are finished.

Once the Sacral Chakra has expand to the size of about a grapefruit allow it to start building the same kind of energy pressure that you felt in the Root Chakra before.

Once the pressure gets high enough, allow this beautiful orange energy to rise through the tube, changing from orange to yellow on its way to the Solar Plexus Chakra.

Repeat this procedure with each of the remaining Chakra.

The Solar Plexus Chakra bursts into a flaming yellow ball of fire, like a miniature sun when the energy hits it. Feel the heat. Let it grow. Send the excess energy up the tube.

Yellow energy comes out of the Solar Plexus Chakra, and turns to green on its way to the Heart Chakra.

Green energy comes out of the Heart Chakra, and turns to blue on its way to the Throat Chakra.

Blue energy comes out of the Throat Chakra, and turns to indigo on its way to the Third Eye Chakra.

At this point, I would caution you to slow down the rate of energy flowing into the system, and climbing the tube.

When energy flows into the Third Eye Chakra and flares into the beautiful blue-purple ball of fire, it is possible that one or more different non-tangible psychic experiences might begin to happen. You might hear voices. You might have a vision of a loved one or a distant place. You may feel yourself slipping out of your body.

Try not to lose your focus! These can be very startling and exciting the first time you experience them, and that could get the adrenaline flowing. That's the LAST thing you want to happen at this point!

These experiences are all interesting and worthy of experimentation at a later time, but this is not the focus of the exercise and it is not wise to explore these abilities before all the Chakra are opened. At this point these abilities are distractions that should be discouraged. Simply ask your Subconscious to stay focused on the task at hand, and tell it that there will be other opportunities to explore these exciting skills later.

As the blue/purple energy climbs the tube from the Third Eye Chakra and awakens the Crown Chakra, similar issues may come up. You may find that some other psychic senses or abilities are being spontaneously invoked, and as before you need to gently keep yourself on task.

In many exercises in the next chapter, we will stop here, right at the point where the Crown Chakra is full and the pressure builds to the point where it needs release. We'll work directly with that energy to do other things.

For this exercise however, we are going to let it open up!

See a magnificent violet energy shooting straight up and out of the crown Chakra at the top of the head. It rises about 10 feet high, then breaks into a shower of white sparks which rain down on the entire scene. Some of these sparks join back with the energy field of the vortex and get recycled.

While you are emanating this fountain of light, take a moment to mentally view your Aura. See how the color and energy from each Chakra bleeds together to add its distinctiveness to the overall tapestry that is your Aura.

Enjoy the colors dancing in the shower of sparks for a while, and then condense your Aura into a perfect sphere around your body, about a foot taller than the top of your head and a foot beneath your feet.

As the sparks from the fountain hit your Aura, the colors become more vibrant and alive, and the Aura becomes denser.

At this point, I like to summon the “little boy” of my subconscious and just watch the light show together for a while. He's always there, of course, whether I imagine him directly or not, but it seems only fair that he should be on hand since the experience is so profoundly satisfying and it would be completely impossible to attain without his help and support. Sometimes, the “old man” of my Superconscious shows up too and we all just relax and enjoy the sensations together. It's almost like watching fireworks with the family.

While you are doing this, it's not uncommon to get intense feelings of security, serenity and a pervasive joy that is nearly impossible to put into words.

I guess, “bliss” is the closest I can come! The feeling may start very subtly at first, but your recently honed powers of observation related to your own

body and energy flows will usually let you “lock on” to the faintest far away glimmer of the sensation when you are looking for it. Once you detect it faintly and focus your attention on it, it will immediately become more defined. I believe this is the state that most Saints dwell in while deep in prayer, and what is commonly termed in that context as “religious ecstasy.”

Enjoy this state for as long as you wish, and when you are ready to end the exercise, ask both your Subconscious and Superconscious to help you reach this level and even deeper next time, and to do so faster and with less effort.

Once that is done, wrap up the exercise simply stop the vortex of energy at the base of the spine from feeding the Root Chakra. The instant you stop focusing on the counter-clockwise swirl the vortex will slow down and stop, and then the ball of energy will disburse.

As soon as the vortex stops feeding the Root Chakra, the fountain of light at the top of the head also stops. Do not let the energy that has gathered in your Chakras leak out and dissipate! You have gone through the trouble of bringing this energy into your system to help you gather strength, grow your potential and expand your abilities.

Instead, ask your Subconscious to seal in the energy and distribute it throughout your system in the way most beneficial to you. See the Chakra slowly fade in intensity while the body of light, and indeed, the whole Aura becomes brighter. This step is important. Without doing this, you have super-charged your primary Chakra, but you do not allow all this additional energy to charge your secondary and tertiary Chakra.

The EBL color cycles that you do for the non-primary Chakra is a great exercise, but it pales in comparison to the amount of energy you have just brought into your system.

Remember your skills will manifest as strong as your weakest link. With this in mind, your Subconscious will siphon off some of the excess energy from each of the primaries and redistribute it to the support Chakra that need it most.

In an odd way, it's almost like digesting a meal of energy.

If you are striving to achieve a specific psychic skill, like teleportation for example, this would be a great time to mention this to your Subconscious. This way, after it allocates the energy in ways that will keep you healthy and fortify your Aura, it will start preparing your system for the specific skills that you are most eager to experience.

The final piece of this exercise is to simply let the entire image of your energy system fade out, and let the physical image of your body fade in to your mind's eye.

I recommend spending a few extra minutes in the Deep Relaxation before completely coming out of the exercise, particularly at first. Jumping up and going about your day after doing the Fountain of Light is a little like eating a big meal and then jumping into a swimming pool.

This is the Fountain of Light, exercise or "FOL" as I will refer to it in the future.

With continued practice you will be able to increase the amount of energy that each Chakra can hold, and by doing that, you are increasing the amount of energy that you can take in and the rate you can "digest" it.

This means that with practice, you will eventually be able to create and draw energy from a much larger vortex than what we started out with, but don't rush. Slow, steady progress will get you where you want to be faster than biting off more than you can chew, and then choking on it!

There is a follow up exercise that you can and should do "a LOT".

By "a lot", I mean every time you think of it!

It only takes a few seconds.

Just ask yourself to relax (by now you should be able to relax pretty deeply even without doing the full DRT effort and even while in physical motion or

in stressful environments), let out a sigh, and imagine all seven of your Chakra glowing like miniature suns. Feel the heat from them for a few seconds and then return to whatever you were doing.

No need for DRT. No need for EBL. It's just throwing a little wood on the fire to keep it burning nice and bright so it's there when you need it!

(Just don't do this when a lapse in your attention could be dangerous, like when you are driving!)

Final Thoughts for the Chapter

Congratulations!

At this point, you now have all the tools you need to completely blow away your old conceptions of how the material world works.

You may not be proficient with these tools yet, but as you practice with them they will serve you better and better.

Please remember, the EBL and FOL exercises **are** a form of meditation, but you should continue to do the “pure” forms of meditation that I gave you in the last chapter as well. At very least, continue the “Listening” and “Blackness” meditations daily to keep your mental landscape in peak shape for the exciting stuff that comes next!

I just want to warn you again, particularly now that the FOL is opening up your Chakras, that you may start to experience spontaneous odd things even when you are not deliberately striving to make something happen.

Most of these things are likely to be through your perceptions... You may experience more flying dreams. You may touch something and instantly know things about it or its owner. You may get odd feeling of being watched. You may see little balls of light float around and then vanish into a wall. You will probably catch more people staring at you, since many people will subconsciously recognize that “something has changed” but they can't quite put their finger on it.

People may start treating you differently... You may find that people seem to be more social with you. Being physically closer to you allows them to interact with your Aura and may give them subtle feelings of comfort and allow them to absorb some of your “predigested” energy, which will make them feel more invigorated.

Because people may feel more comfortable with you, you may find more people coming to you and asking your advice. You may find the symptoms of sick friends subside in your presence.

The list is FAR too long to go into in detail, but you get the idea.

All of those are kind of neat, fun things to observe, but be aware that spontaneous physical occurrences may also start happening. They *usually* won't happen in front of other people, so be prepared if you are sitting alone with your attention completely focused on something, like reading a book, and for no apparent reason something falls off a shelf. It's probably just your Subconscious having a little fun at your expense.

While it is definitely exciting, it can also be scary if you aren't expecting it! So, try to keep a cool head if something like that happens. If it happens too much, have a little chat with your Subconscious and ask it to settle down.

When I was much younger, I once had a friend over and we built a fire in the fire place and we were telling ghost stories in an otherwise dark and empty house. I told my story, and ended it with the horribly overplayed twist of: “...and the ghost resides in this very house and sometimes late at night you can hear him...”, and at that very second a shelf full of books fell off its bracket on the wall right behind us and scared the daylights out of both of us!

I looked inward and saw my “inner child” laughing his head off.

I was not amused.

At least I wasn't amused *then*... Now I smile every time I think of it!

Chapter 7: The Making of a “Miracle”

This chapter is what it has all been building up to!

For those of you who have skipped right to this chapter, I regret to inform you that the amount of personal energy required to accomplish any of these feats is enormous. Knowing what to do is not enough. You need the psychic muscles to back it up, and you get those by working through the whole manual from the beginning and practicing a *lot*.

In fact, even with regular practice, everyone has good days and bad days. The keys to success in this, or any other endeavor is practice and persistence.

With regular practice, both your good and your bad days will get better until eventually, one fateful day everything comes together, and poof: you are a card-carrying member of the Miracle Makers Club!

Don't be frustrated if it takes you a while, even a long while to experience your first ability. When I had my bi-location event, I somehow managed to get far deeper into the DRT than I had ever gone before, and to this day it is still a rare occurrence for me to reach that depth.

I don't know what causes some days to be better than others, but if you catch it just right, you might get an exhilarating taste of things that might actually still be a fair ways down the road for you.

For those of you who have paid the price of admission by mastering the physical, mental and spiritual elements we have discussed, I'm delighted to tell you that the last pieces of the “miracle” puzzle are about to fall into place!

The exercises and explanations that I offer here are merely a starting point for your journey.

You have the potential to manifest any and all of the abilities listed here (and potentially a lot more!) and I am going to take you by the hand and teach you

what to do with all that extraordinary energy that you have learned to cultivate within yourself!

In my many years of study, I was surprised to learn that many abilities that seemed very different actually turned out to be remarkably similar in the way they are produced. For this reason I have grouped the abilities that have similar characteristics together in the order that I found to be easiest to learn and understand.

To begin with, before we attempt any ability, we are going to start with our three basics. Perform your DRT, EBL, and FOL exercises to the limit of your ability and stop the FOL at the point where all Chakras are energized but just before the actual “fountain” erupts from the Crown Chakra.

In the regular FOL exercise, we super-charge our Chakras and let the excess spill out in the fountain, but to actually manifest most psychic abilities we are going to do things a little differently. Instead of creating the fountain, the excess energy spills into the Aura to make it larger, brighter and stronger. This is like putting more electricity through an electromagnet and getting a larger, stronger field from it as a result.

When our Chakra system is powered up and the Aura strong and bright, we keep the vortex of energy at the base of the spine “on standby”. This way it will always be ready to replenish the energy that we use in manifesting our abilities should the need arise.

Understand that a primary role of the Aura in these abilities is to gather, guide and shape the energies that you are working with. In many abilities the Aura doesn't do the work directly. The Aura is the tool that lets you control the forces that then become the effect you are looking for.

For example, it is not truly your powers of visualization that channel the energy of your surroundings to form your vortex. Your visualization shapes the Aura and sends a part of it ranging out to encompass a greater volume of space. There is a kind of energy all around us, even in “empty” space called “zero-point” energy by scientists. The Aura, under the direction of your will, basically takes any energy touching it and directs it in the spiral pattern

towards the center of your vortex. The Aura basically allows the energy to move in only one direction which concentrates it to a level where it is usable.

The neat thing about this system is that “Nature abhors a vacuum”. When your Aura redirects energy from your surroundings to the heart of your vortex, the energy that was outside the reach of your Aura rushes in to fill the space just vacated. This universal energy that we are using can never run out.

It’s like your Aura defines a cup which you dip into a swimming pool. (The larger and stronger your Aura, the bigger your cup!) You remove as much water as the cup can hold, but it does not leave a “hole in the water.” When the water is taken the surrounding water swarms back in to fill the void immediately.

We use the “water” to accomplish whatever effect we are looking for and if we need more, we dip the cup in again. When we are done and the energy that we summoned dissipates, it is like all the water we used drained back into the pool. The energy cannot be created or destroyed. It can only change from one shape or form to another, so no matter what we do there is always the same amount of energy available in the system as a whole.

For any manifestation, you should be able to feel the energy moving through you, be it a heat, tingle, tickle, or buzz. As you gain proficiency, you may even start to feel the “physical” sensations of the energy moving through your Aura, even though those sensations are actually *outside* your body! If you start to feel uncomfortable, faint or nauseous for any reason, back off and finish the Fountain of Light, and try again another day.

With that having been said, let’s begin!

How to Perform the “Condensation” Class of Abilities:

Abilities in the “Condensation” class are performed by the art and act of focusing the energy of your surroundings and then imparting some additional attributes to it.

You may find it surprising that the abilities grouped together in this class are actually so closely related. I was certainly of the impression that generating light must surely be the opposite of invisibility, and that neither would have anything in common with abilities like invulnerability or materialization. This was just one of many surprises that I learned in the course of my studies!

Once you see how these abilities are preformed you will understand why they are grouped together.

The feats listed in this section were once commonly attributed to the realms of mediums and spiritualists, but are relatively rare among individual psychic practitioners in part because of the sheer amount of psychic energy that is required to pull them off.

While the path may be difficult, the rewards are great.

Keep practicing!

Generating Psychic Light.

Psychic light is the ability that allows the practitioner to shift the frequencies of the energy being gathered via the Vortex into the visible spectrum of light.

On an interesting note, the “Miracle of the Holy Light” is the most consistently experienced miracle on record. It has taken place at the same time for the same event in the same place every year for centuries and thousands gather to witness it each time. It takes place in the “Holiest place on earth”: the Orthodox Church of the Holy Sepulcher in Jerusalem where Christ was entombed, at noon on Pascha Saturday (the day before the Orthodox Easter).

The description of the Holy Light is of particular interest to us because it is exactly the way our psychic light will appear: “As soon as it appears it has a bluish hue. It emits from the Holy Sepulcher having a gleam of a hue completely different from that of natural light. It sparkles and flashes like lightning.”

According to descriptions of the event, this blue light settles on the wick of an oil lamp, and lights it ablaze, but the fire does not generate heat or burn the skin. The blue light then “flies about like a dove” lighting other lamps within the darkened church, and often igniting candles held by the faithful. In addition to that, many candles of the faithful spontaneously ignite even without being touched directly by the blue light.

Since the fire does not burn, pilgrims “bathe” in the rather substantial flame produced by the candles as a symbol of their faith in a kind of baptism by fire.

For a great website that includes lots more information and even some pictures, try: <http://www.holyfire.org/eng/velich.html> or do an internet search on “Holy Light”

To accomplish this feat yourself, we will be using the vortex in a different way than we have been.

For feats in the “condensation class” of abilities, the energy itself is the means of generating the effect we are looking for. We just need to gather enough of it, and get it to reflect the properties that we are looking for.

To do this, we are going to use our Aura to shape the external energy without the need to actually “digest” it by bringing it in through our Root Chakra.

Begin by sitting or standing comfortably in a dimly illuminated room. To start, there should be no direct light sources visible. Keep them behind you, or have a light on in another room and just let the reflected light enter.

Next, let the vortex at your Root dissipate, but be sure to keep all the energy you have gathered contained within the Chakra system. All Chakras should be burning brightly, and we don’t emit energy via the fountain.

Next, cup both hands and extend them about 18 inches from your body, and about two feet apart from one another with the palms facing one another.

Next, form the vortex between your two cupped hands. See the vortex forming and swirling counter-clockwise using the same kind of de-focused vision that you use to see the Aura.

Gather up the energy and condense it. Use the motions of your hands to help impart extra spin, and periodically spread your hands further apart and see additional energy collect to both hands as it did in the branches exercise.

Instead of drawing the energy into your system as you did in the Roots and Branches, we are going to keep the energy in the cup of your hands, and then bring your hands together into the center of the vortex like you are gathering snow and packing a snow-ball. You will probably feel a faint tingle, tickle or pressure in your hands as they enter the vortex, and you may feel shivers up your spine.

If you get the shivers when trying to manifest any of the exercises be sure that all of your Chakra are burning brightly and equally.

You may find that while you were paying attention to the vortex in front of you that your internal energy has either faded slightly or redistributed itself so that some Chakra are burning brighter than others. Focus on your internal energies for a moment get them all glowing with equal intensity and the shivers should stop almost instantly. If the shivers do not stop or your hands grow cold as you perform an exercise, let the energy dissipate and wrap up the exercise for this session.

This indicates that your energy is not flowing properly. I learned the hard way that pushing myself in this way invariably led me to become physically sick for a day or two afterwards. Your results may vary, but it's not a good idea to push it.

It took me a long time to realize that the "chill" that you feel when doing an exercise incorrectly is the same kind of chill that you get when you are coming down with a sickness. Both indicate that your internal energies are not flowing properly and that takes a toll on your physical body that leaves you prone to illness.

If you ever feel that chill when you are not trying to manifest an ability, check your Chakras! If they are out not glowing bright and evenly, fixing them right there on the spot will put a stop to the sickness you would have had before it even has time to develop a symptom!

Trust me, I used to get sick *A LOT* until I learned this neat little trick.

Getting back to the exercise, continue summoning energy via the vortex, and periodically gathering energy to your hands and “packing” it into the center of the already dense vortex.

Light is the intermediate stage between matter and energy, and if you remember from an earlier chapter, you need a LOT of energy to make matter.

So, depending on your skill level, some people use a very large vortex to gather their energy... that makes the gathering portion of the exercise go much faster. When you have a LOT more energy than you *think* you need in the center of your vortex we will move on.

By now, your “Aura Vision” should be showing you an exceptionally solid-looking brilliant blue-white sphere of light between your hands but it is not true light. While it seems bright, it does not “shine”... somehow it looks like light, but it does not illuminate. It’s very hard to put into words but you will understand instantly when you experience it yourself.

In order to make this “Aura Light” into a real, actual, viewable-by-other-people miracle, we need to take it to the next level. Turn off the flow of energy coming in from the vortex, and using the same “packing a snow-ball” motion of your hands, keep compressing the ball of energy down further and denser while maintaining an air of “confident expectation” and willing it to shine.

With a lot of practice, at some point you will start to notice that the room is faintly illuminated with blue-white light... there is a large discrepancy between the amount of “psychic light” it takes to make light that is perceptible by regular folks but with practice you will be able to get it much brighter.

I've heard of an alternate, faster, and much more advanced technique which is to generate a large, powerful energy vortex in each of your outstretched hands, and then bring them together to merge a phenomenal amount of energy quickly into a large mass.

I've never been able to pull that off, but I'll just toss it out there in the hopes that you, my students, will someday progress farther than I have been able to at this point.

Once you have the ball of light, you can move and change it based on your thoughts. The ball does not move with perfect precision without a lot of practice, but it will generally meander in the direction that you want, and sometimes quite quickly. ("Flying about like a dove", perhaps!?) I tend to think of the light acting more like a cork floating on your Aura, and since your thoughts can easily change the shape of your Aura, you can maneuver the light indirectly.

Once you can make the ball, try willing it to change color, size, or shape. You may even be able to make it *appear* as a flame, although as indicated in the Miracle of the Holy Light, you can have something look like flame but not have all of the properties of fire!

When you are finished with the light, its energy will disburse almost instantly the moment you stop concentrating on it. You had a lot of energy under a lot of pressure, and it doesn't like to stay that way.

I have heard of folks who can maintain this effect with very little effort once it is established, in effect enjoying its presence until dismissed. I've experienced a lot of extraordinary things but I've not yet been able to make a tangible psychic skill persist for any extended period of time.

Even with my experiences, performing a tangible psychic skill is still a pretty rare occurrence for me so when something does happen more often than not I get caught by that initial burst of excitement which shuts me down pretty quickly. I hope you have better luck than me!

Invisibility.

Invisibility is an extraordinary interesting ability, and it's actually one that you will probably have one of your earlier successes with.

To understand how invisibility works, you have to understand that seeing is not a function of the eye, it's a function of the brain. The eye merely converts patterns of light into electrical signals, but the brain interprets this information and reconstructs the mental image of what is being viewed.

What we will be doing is to wrap our body in a cloud of "quasi-viewable" psychic energy that confuses the eye so badly that it does not send clean visual signals to the brain.

Think of it like wrapping yourself in a color the eye cannot see.

You might think that the viewer would see *something* in this situation, and it is true that the eye actually does send some confused visual signals to the brain. The brain interprets this garbled visual signal as some kind of minor visual error, just as it routinely does to compensate for your blind spot. The brain filters out the visual weirdness and effectively "paints over" the visual oddity with its last recollection of what that area is *supposed* to look like behind the area of visual distortion. It actually paints our invisible person out of the viewer's mental picture!

The real trick to making ourselves invisible is that we need to teach ourselves to recognize that "un-seeable color". Once that happens, we can gather large amounts of energy tuned to that particular "un-seeable" frequency, and then immerse ourselves in it.

To perform the art of Invisibility, begin by sitting comfortably in a chair where you can face a plain dark or light colored wall. You will want to try both to see if one works better for you than the other.

Next, make a small visual target that you can attach to the wall. The target should be small, and for starters, of a color close but not identical to the color of your wall. I used a 1/2" square of a light yellow sticky-note on a white wall as my target.

From where you are sitting, you should be able to see your target clearly when you look for it, but it should be subtle enough that a cursory glance at the wall might miss it.

The technique of creating the energy we will be using is not difficult, but we are attempting to create an exceedingly subtle phenomenon whose very function is to trick the brain. It will take a lot of patience and practice to condition ourselves to realize when we are making progress.

To begin, you should have already completed the three primary exercises of the DRT, EBL and FOL, and have fully charged your Chakras. Next, allow the vortex to dissipate and “seal off” the Chakras as you did in the psychic light exercise.

Next, focus your attention on a blank part of the wall about a foot away from your target. Defocus your eyes as though you are staring at something a couple feet on the other side of the wall, and try to completely relax your eyes.

This part is an extremely passive exercise. Simply stare at the wall in one spot not trying to see or imagine anything, but maintain the same confident expectation that you used in the psychic light exercise.

The thing that you are “confidently expecting” is an exceedingly subtle change in color of the wall in the spot where you are looking.

For many people the color will look something like a very faint after-image of the color you see after you looked into a camera flash.

It’s certainly not bright or dramatic. It’s like the suggestion of a faint blue stain. If your eyes focus on the wall at the spot, it will likely go away. You need to train yourself to *not* look at it. You need to look through it but still recognize its presence.

It is very likely that it will take you a *lot* of practice before you actually accomplish this. It took me nearly two months before I realized I was seeing what I was looking for.

Just as you had to learn to think in a different way in order to understand how miracles can happen, you need to learn how to *see* in a different way to perceive this effect.

In my case when I had my first success it was not that the spot suddenly appeared. The spot formed very gradually and was so subtle that even though I was looking for it I did not realize it was there. When I finally noticed it, it was more of a realization that I was seeing something rather than an actual seeing of something. I have a feeling that I was actually looking at the spot for quite a while before I actually noticed it.

The effect is *that* subtle!

With time, and patience, you will eventually detect the spot on the wall a lot easier, and that is the hardest part.

Next, keep focusing on the same spot and create a *very gentle* vortex of energy with the spot in the center. The spot should grow larger, and now that you know how to look for it, it should be easier to detect. It is actually a three dimensional cloud of energy, but it is so subtle that it is nearly impossible to pick up variations in density that would give you the depth cues you need to recognize its true dimensions.

Keep gently feeding energy into the cloud until it makes a sphere about a foot in diameter and its outer edge is almost touching the visual target you had placed on the wall. Next, through force of will and visualization, allow the spot to float so its center is directly over your visual target, and the target disappears from sight!

Practice this technique of summoning the cloud, feeding it energy, growing and moving it.

When you get proficient enough to make a very substantial cloud, you are ready to move it to surround yourself and practice moving it as you move to keep yourself shrouded in it.

Keeping the cloud intact and moving in sync with your physical body as you attempt to go about regular activities is pretty tough to do, but with practice it can be done.

My first experience with invisibility was with a group of people participating in something we called a “meditation circle”. There were about eight folks sitting in a circle on the floor, all of whom were pretty proficient at gathering our personal energies. After charging up, instead of doing a “fountain” up in the air, the excess energy was directed to the center of the circle with the intention that anyone who needed extra energy could take as much as they could handle from the center and use it however they wished.

One of our members took a lot of it when it was his turn and rapidly faded from sight. At this time, none of us had any first-hand experience with a dramatic ability like this, so the circle was broken rather abruptly to see what happened. (Something you should never do, judging by the splitting headaches many of us had afterwards.)

We called out to him, and reached out to touch the space that he was because we thought he might have actually teleported.

When someone actually touched him we all saw him “fade” into view pretty quickly.

I was extremely excited because this was exactly the kind of thing I’d been researching all my life and I’d never been close enough to someone who had accomplished something so dramatic to actually hear about the experience first-hand, much less see it myself.

When we asked him what he did to turn invisible, he had no idea that he had disappeared to us.

He said he just immersed himself in the energy, and was trying to use it to “make a problem go away”.

We all tried on numerous other occasions to deliberately make ourselves invisible using this technique but it never worked a second time.

It was not until I stumbled upon an extraordinary book by Steve Richards called “Invisibility: Mastering the Art of Vanishing” that I came to learn of the nature and properties of the cloud. Once this book filled in the gaps in my understanding I had much better luck in my attempts.

While you have everything you need to start practicing invisibility yourself with the information that I just gave you, I can’t recommend Steve Richard’s book enough for anyone that is serious about the subject. It is extremely well researched and gives many, many references, stories and details for a variety of methods.

Illusions.

Psychic illusions come in two flavors. The first is a form of telepathy that inserts images into the mind of the target in a means similar to how hypnotism can. The second is a very advanced offshoot of the Psychic Light phenomena.

I’ve never advanced further than spontaneous experiences in telepathy so I can’t really speak to the specifics of the first method, but I’d like to share some insights on the second.

In the course of our psychic light experiments, we have learned the techniques to gather and manipulate large amounts of energy from our immediate surroundings. This is the starting point for psychic illusions, and the precursor to actual materializations!

To try it for yourself, follow the instructions for psychic light right up until you have reached the point where you have a densely packed ball of energy. Then, instead of willing it to shine, we need to “project” a mental image of what we are seeking to create, called a “thought-form” into the cloud.

The thought-form is kind of a like a seed that the cloud latches on to and fleshes out.

I recommend that you start with something very simple, like a solid colored, non-moving geometric shape. You can always add more complexity as you grow more proficient.

This ability requires exceptional powers of visualization because not only must you keep your Chakra burning bright and evenly while maintaining the vortex, but you must also envision the illusion you wish to project with absolute clarity at the same time. Maintaining this level of focus for any length of time is extremely challenging, but consistent practice with your meditations will be tremendously helpful to you as you learn to cultivate this ability.

Changing the characteristics of the cloud is a passive experience, which is why all abilities that entail the manipulation of the cloud require us to adapt the mental attitude of confident expectation. Do not apply an “effort” to change the cloud. Simply watch the cloud and continue to feed it energy while keeping the image of what you expect to see sharply focused in your mind.

An excellent practice to aid you in both the creation of insubstantial psychic illusions and for preparation of actual materialization of solid objects is to refine your powers of visualization to the point where you can actually see what you visualize even with your eyes open.

Visualization at this level of proficiency is extremely rare, but certainly worth the effort it takes to cultivate. Many exceptional artists and sculptors have claimed this ability including MichelAngelo, and Leonardo di Vinci.

In fact, when MichelAngelo was asked how he could create such a masterpiece as his statue “David”, he said that he simply “*looked inside the stone to see the statue that was already there*” and then it was a simple matter to remove the material that was not part of the statue!

As you continue to watch the cloud and project the image you are looking for into it, you should eventually see the cloud assume the semblance of that form. It will start to change almost imperceptibly at first, but it goes progressively faster as you maintain your focus. It's almost like the cloud is a slide image of the object but that image is out of focus. As the focus gets corrected, the cloud starts to exhibit the general characteristics of what you are projecting, like color and size. The cloud gets crisper and denser until finally it "snaps" into perfect focus.

The illusion is interesting in its similarity to one of the features of your "pre-light" energy mass from the psychic light experiment: When you have success, your object will seem illuminated even if it is created in a darkened room, but even though it appears bright it does not throw off any light.

Like the light, when you stop focusing on it, it will dissipate immediately.

Materializations.

The next logical step in the "Condensation Progression" is to actually create a tangible, solid object from the amassed energy that you have gathered.

The technique is identical to that of the illusion, except for two things. The first is that you need a lot more energy to pull it off, and the second is that you need to add more "dimensions" to your mental focus, your "thought-form" on the cloud.

By dimensions, I mean that you need to mentally impart all of the additional physical qualities of the object onto the cloud. Qualities like texture, hardness, and weight.

As you might imagine with these differences in mind, the creation of a tangible, physical object out of the energy of your environment is substantially more difficult than the creation of an illusion.

Your best approach to attempt a materialization is to practice the expanded energy requirements independently and get **very** good at controlling a *big*

vortex of energy first. The size of your vortex need not be limited by the size of the four walls that happen to define the space that you are practicing.

The raw energy that we work with is so fine compared to the density of the matter of your walls, that it's like trying to contain water with a chain link fence. Trust me: the walls won't interfere with your energy gathering at all.

Think **BIG** with your vortex, but be very sensitive to your internal sensations and the fluctuations of your Chakra as you work with it! You don't want to bite off more than you can chew at this point!

Once you've gotten very proficient with summoning large quantities of energy, you need to practice condensing it down to a very tight focus. The same amount of energy that you used to make a dense vortex that filled a room with energy gets mentally compressed into the size of something small enough to fit in your hand.

Practice.

Visualize.

Feel the energy so dense that it feels nearly solid. Once you get to this stage, release the ball of energy. We were practicing the first part of the skill all by itself. Now it's time to take a few deep breaths and prepare to practice the second half of the skill.

We need to learn how to develop a mental picture that consists of **ALL** of the physical characteristics that make up a physical object.

To do this, try taking a simple object like a coin, and meditate on it.

A lot.

The initial meditations that I offered in Chapter 5 were primarily visual. Now I want you to meditate on the physical properties of the coin as well as the visual ones. At this point, you should be able to shut your eyes and visualize

exactly what the coin looks like. Now we are going to play with this mental construct in our heads.

Visualize yourself flipping the coin in the air and catching it. Hear the sound it makes in the air when you flip it. Feel the weight of it in your mental hand. Feel its hardness. Feel the textures on both sides.

Compare your mental model to the actual coin. Take frequent breaks from your internal study of the coin to study the real coin in exquisite detail and flip your perceptions back and forth.

Meditate holding the real coin in your hand. Close your eyes, and still see your hand holding the coin. Mentally add a second coin on top of the first in your hand. Hear the clank when they touch. Feel the weight of the second coin. Feel their edges. Roll them across your palms, both mentally and literally.

When you have an intimate understanding of the physical properties of the coins, you are ready to try your first materialization!

Start just like you are working an illusion, but pull in your “Super Vortex” and get a LOT of energy packed extremely dense and tight... condense the energy into the size and shape of your coin and “project” the other characteristics into the energy: Color, size, weight, shape, hardness, textures, mass, even smell.

Put it all in there, along with a generous helping of confident expectation, and if you have enough energy and enough focus, eventually one of two things will happen: If everything went perfectly, an exact copy of your mental coin will condense into the air and fall to the ground with a clank, which will probably scare the heck out of you.

The other thing is weird and I have no idea of the mechanics of how it works, but it is also possible that your actual practice coin may teleport: disappear from whatever its current location was, and appear in the center of the cloud, fall down with a clank, and scare the heck out of you.

Either way, it's surprising, exhilarating and you'll never look at a coin the same way again!

I've never actually succeeded in doing an honest-to goodness deliberate materialization, but I did experience a teleported object once, just not in as controlled of a fashion as I have just described.

I once lost my car keys just before I had to leave for a job interview, and I was absolutely frantic. My keys ALWAYS live in exactly one place in the house, and if they aren't there I don't even know where to begin to look.

I checked where they should have been like five times, I checked coat pockets, pant pockets, the car ignition, where I put the mail, in couch cushions... every place I could think of and no keys. Then, just as I sat down to try to calm myself down and *THINK* where I left them, I heard the loud clank of my rather substantial set of keys falling to the ground in the next room. It sounded like they had fallen from the ceiling, and there were no shelves or counters around where they showed up.

I ran over to the kitchen, saw my keys in the middle of the floor, picked them up, said a quick "Thank you" to the powers-that-be and ran out to my interview.

My best guess as to what happened here is that my intense, deep, *frantic* desire to find the keys must have summoned a lot of energy and my focus on the keys was absolute. In my mind, at that second, there was absolutely nothing more important to me than to have those keys and I know I was mentally imagining them in great detail while trying to figure out where they could be.

I think that when I finally stopped to try to catch my breath, my Subconscious finally broke through my wall of panic, and somehow directed the energy to cause a teleportation of the keys to a spot where they could call attention to themselves and where I couldn't miss them.

That, or the combination of intense desire and perfect focus drew the attention of a higher power that took an active role in bailing me out of a

nasty spot. Either way, I deeply appreciated the “Miracle of the Car-Keys” and beamed my gratitude to the universe.

Multiplying Bread and Fish.

Forgive me for touching on a topic that may be dear and sensitive to some people. In the Bible, John 6: 1-13 recounts the miracle of Jesus multiplying bread and fish to feed a multitude.

Miracles from the bible were my first exposure to the abilities that have fascinated me for so many years, and attempting to explain them within the context of my own understanding of the nature of reality is what led me to gather the specialized knowledge that I am sharing with you now.

If any of you feel awkward about recreating a miracle straight out of the bible, I’d like to point out that Jesus was a teacher, and sought to teach by example.

There is no sin in studying the actions of a master. Likewise, there is no sin in performing these or any other “miracles”. As I said before, the devout of any religion can see the love and divine energy of their creator as the essence of their vortex... because it is. These actions that I am showing you can be considered a prayer rather than an experiment.

In Genesis 1:27, it says “God created man in his own image”. If we are all “God’s Children” and made in his image then we all must have a spark of the divine in us, and it is natural to celebrate the gifts God gave us by using them.

In John 14:12 it says “He that believeth in me, the works that I do, shall he do also; and greater works than these will he do...” If Jesus was saying that we will do greater things than *he* was doing, clearly he is expecting a lot from us.

I bring all of this up now because there is another way to perform materialization and it is perfectly illustrated by the miracle of the multiplication of the bread and the fish.

When you attempted to materialize a coin, you needed to study a coin. You needed to memorize every detail, every facet, every nuance: It's size, weight, color, shape, density, mass, texture, smell. That's a lot of preparation, even for an extremely simple object .

Jesus had a lot of people drop in on him in a hurry and another way of doing a materialization is to use an actual sample of the thing that you are trying to materialize as your mental reference point and work from there.

In this case, you would gather up the energies to make your vortex, and place the object to be multiplied right in the heart of it. Allow the energy of the vortex to permeate the item inside and out, let the vortex "soak in the essence" of the thing to be duplicated.

This basically amounts to allowing the energy of the vortex to tune itself to the object, just as hitting one tuning fork in the presence of a second one tuned to the same note will start them both vibrating even when there is no physical contact.

Of course, once the vortex has tuned in to the "vibrational matrix" of the item, then as long as enough energy keeps pumping into the vortex, then fish, bread, or whatever you wish can keep pumping out!

The Psychic Knock Out.

The psychic knock out is not an ability. It's a side-effect, and a potentially hazardous one that you need to be aware of.

If ever you need to use an ability in the presence of another person, you need to be very aware of their location relative to the focal point of the vortex that you create. I believe that this is why some modern day miracle workers in India sometimes form materializations inside their own body and then expel them through the mouth.

If the vortex is centered specifically *in* the person performing the miracle, the likelihood of someone getting too close to the focal point is greatly reduced.

There is an inverse-square relationship between the density of the energy and the distance from the center of it.

This means that if you go twice as far away from the center of the vortex, the energy will be one-fourth as intense in the new spot as it was in the center. If you are four times as far from the center, the amount of energy at that spot will only be about $1/16^{\text{th}}$ as intense. As you can see, the energy falls off very quickly.

If the vortex is centered somewhere else, there is the possibility that someone could accidentally walk through the heart of it and get knocked out!

Normally, this is not a horrible thing. As I said before, the body faints to protect itself from shorting out. As you progress in your abilities however, your energies will be so much more advanced than theirs that there is a real danger of you knocking someone else's energy system seriously out of whack before they go unconscious.

That will cause a lot of problems for them later unless you know what you are doing and you fix the problem before any harm is done.

Since no one warned me about this and I was with a bunch of other people who were also learning these techniques by trial and error, we were all at pretty much the same level, and equally oblivious to this potential hazard.

We were performing a "mediation circle" similar to the one that created the invisibility experience. There were maybe ten of us sitting on the floor of a college dorm room, throwing a LOT of energy around that we didn't really know how to use yet, when a girl from another dorm walked into the room uninvited, looking for one of her friends. (We stupidly left the door unlocked on the thought that some of our other "circle friends" might show up later.)

She took two steps into the room towards us and passed out. We were all shocked because we had no idea that our energy could have an immediate physical influence on someone like that!

We rushed over to her and she came around after a short while, just before we were going to call an ambulance. When she woke up she was disoriented, confused, scared and nauseous. The evening did not end well.

Unfortunately, since we didn't understand how much energy she had accidentally soaked up and we had no experience with its side effects on someone who was not prepared, we did not know what we could do to help her.

We assumed that when she regained consciousness and settled down that she was fine, but as it turns out we later learned that she was much more shook up than we had supposed and she was having prolonged trouble falling asleep for the next few weeks and was suffering from nightmares. She had a very hard time of things after that, her school work suffered and she never spoke to any of us again.

I share this story with you as a cautionary tale. While your various consciousnesses won't let you deliberately misuse your abilities, carelessness can still get you in trouble. Always be aware of your surroundings and always make sure you will not be disturbed when you practice.

Invulnerability.

There is one more ability that I have heard of that I want to touch on simply to round out this class of abilities. I've never tried it, and I've never spoken with anyone who has tried it but I'll include it here as a reference.

Ancient Yoga texts list a series of "Siddhis" or "Attainments" which mark one's progress along the path to enlightenment.

One of these attainments is "To be invincible in battle", which I thought was quite odd because the path of enlightenment does not condone violence and fighting.

Then I thought about that for a minute and I realized to be invincible does not mean that you are the most accomplished fighter on the battleground and

you can beat everyone up. It means that no one can harm you... that you would be, in effect, invulnerable to being hurt.

Steve Richard's excellent book on Invisibility actually gives a wonderful story relating to this power. He recounts an event that he personally witnessed in his travels of a man in an African village that allowed people to shoot him with their pistols to demonstrate this ability. Apparently, with permission, one of the people in Mr. Richards group actually pressed their pistol into the man's skin and fired. The man was unharmed, but the barrel of the gun burst into fragments!

Now common sense demands should tell you that while this is an excellent exercise to practice often, **DO NOT TEST THIS ABILITY** for fun or experimentation **EVER**.... Anything that would make a valid test would damage you if you failed to do it correctly and the threat of bodily injury is a very hard stressor to overcome as far as keeping relaxed enough to maintain the energies required.

With that having been said, should you ever need extra protection in an emergency, gather as much energy as possible as quickly as possible via your energy vortex to form a small, dense ball of energy. Imagine your Aura contracting into a dense shell very close to the body and then "Project" this summoned energy over the outer edge of the Aura. This forms a kind of two layer shell, or second (and third) skin around your entire body. The summoned energy forms a shell that is the outer layer which absorbs and redirects the harm around and away from your physical body and the dense Aura underneath forms a kind of shock-absorber and second layer of defense between the outer shell and the physical body.

Keep the concepts of armor, protection and safety foremost in your mind while trying to stay relaxed and confident. (Obviously this is not an easy combination of things to do when you are in physical danger!)

Madame Blavatsky, a famous psychic and Medium in her day and founder of the London Theosophical Society was once quoted as saying:

“The astral fluid can be compressed about a person so as to form an elastic shell, absolutely non-penetrable by any physical object however great the velocity at which it travels.”

My personal opinion is that the best defense is not to be in harm's way in the first place. Follow your instinct and let it keep you out of trouble, but if trouble finds you, consider this as an absolute last resort.

How to Perform the “Projection” Class of Abilities:

Abilities in the “Projection” class are performed by the art and act of projecting energy via the Aura to a specific target with specific properties and for a specific purpose.

Like the condensation style abilities, a part of the Aura is used to gather and focus the energies that you wish to use, but the projection abilities require the Aura to take a more active role.

As a general rule of thumb, the more energy that you can summon and “metabolize”, the more dramatic your results will be and the further away you will be able to make them happen.

Telekinesis.

All of the “kinesis” types of abilities are related in some way to movement, but depending on what is actually moving and how, a wide variety of effects can be produced.

In this section we are going to take a look at the specifics of Telekinesis, which is the most obvious of these skills: moving an object without physically touching it.

In Chapter three we mentioned that the Aura was the key to accomplishing this and many other feats, but to accomplish anything special, we need to prepare our Aura by adding a lot of extra energy to it.

We do this by “super-charging” the Chakras and injecting all that extra energy into our Aura via the Fountain exercise.

Normally, more energy would mean that the Aura just gets larger and expands out from you further while keeping the rest of its properties relatively unchanged. What we need to do is redirect that extra energy inwards to create a kind of “denseness” to the Aura that will actually allow it to transmit a real force to the object we are trying to move.

To begin our experiment, we need to pick an object to move. For your early experiments pick a small, easily movable object. I suggest that you float a small cork or drop of oil in a bowl of water, or use a small object that can roll onto a glass table top, like a marble or ping-pong ball.

For this experiment, the distance is not very important. Seat yourself close enough to your target that you can see it clearly, but far enough away that there is no danger of influencing it with your body heat, breath or by any other means.

Start as you would with any of the exercises in this chapter: go as deep into your DRT as you can, cycle through your EBL color exercises, and perform the beginning part of the FOL. Take it as far as the vortex creation and the Chakra energizing, but do not allow the fountain to erupt.

Instead, think of the aura as a giant psychic sponge absorbing extra energy from each Chakra. Keep the energy streaming in through the Root Chakra from the vortex at the base of your spine, and let the energy keep streaming up through each Chakra.

Be extremely careful to not let the intensity of any Chakra diminish in the slightest, and be sure to keep all of them burning with the same intensity.

See the color of each Chakra “bleeding” into the Aura and adding its distinctiveness to it. The Aura along your centerline will be colored with the colors of the Chakra closest to it, but all the colors will quickly blend together so that the bulk of your Aura will be a brilliant white.

For this experiment, and until you get used to the energy and sensations, do not allow the Aura to expand any farther than three feet away from you in any direction.

Keep the size constant, but allow the energy to continue to accumulate until you feel a kind of pressure building up inside the Aura.

The sensation is hard to describe... It's almost like the feeling of pressure that you experience when you dive to the bottom of a swimming pool, but instead of feeling it on your skin, it feels like it is somehow around you but not touching you. It's subtle but you will know it when it comes.

At this point, your Aura should look like a bright white sphere of energy around you, with the fiery Chakras burning brightly in a line through the center. The edges of the Aura should be crisply delineated, and not blurring away from the body as it normally would.

In its purest form, no physical movement of your body is required for telekinesis. You would form a bulge in your Aura at the position closest to the thing you are trying to move, and allow it to extend towards the object like a thin tentacle.

For starting out though, you might consider stacking the deck slightly in your favor by reaching towards the object with one of your hands and seeing the Aura stream out from there.

This serves two purposes. The first is that we are used to manipulating objects by reaching for them and touching them, and so psychologically this is a more natural action for us. The second is that extending the arm away from the body and toward the object will help move the Aura in the direction you want to go.

Both of these effects are extremely minor aids to the process and I suggest you dispense with the "crutch" of reaching as soon as possible so that you don't learn bad habits.

When you apply a disciplined mind, the Aura moves and acts as you will it, plain and simple. Of course, the opposite is also true: without the appropriate level of mental discipline and control, there will be so much random energy and interference that you will never be able to generate any useful effects from the Aura itself.

Now that you have created your “Aura tentacle”, think of it as just barely insubstantial... like it is on the verge of being a real, solid extension of yourself. Let the end of the tentacle pass through to the inside the object that you wish to move. Let it “fill” the object, conforming exactly to its size and shape so that it is like you just superimposed a psychic “Aura twin” inside your target object.

Finally, “lock on” to the object by mentally feeling the physicality of the object through the aura. Use the tentacle as a conduit to pump energy into the object that you wish to move. See the psychic energy seeping from the Aura twin of the object to fill it with psychic energy, and try to get it glowing with the same intensity as the Aura surrounding it.

At this point, if you have done everything correctly, you will have successfully “coupled” the psychic version of the object to the physical version, and you will have exactly as much control over the object as you have over your Aura. All you need to do is mentally move the Aura version of the object and the physical version of the object follows in exactly the same way.

Be careful once you have created this link. One of the common mistakes that people make when trying to move an object psychically is that they still think of moving objects they the normally would physically.

When we go to move something by touching it, we apply force to the object only at the physical points of contact. From there, whatever force we apply is transmitted from atom to atom (or molecule to molecule) into the surrounding material until the entire object moves, or the physical force is greater than the strength of the material and it breaks or shatters.

When we move something via telekinesis, we apply a force to every part of the object at once, which is very different from how things normally work in the physical world. The net result is that objects might move very quickly once they begin moving at all, depending on your control and intentions.

Be **EXTREMELY CAREFUL** when you first start moving objects because once you have made the psychic connection, it is possible to start them moving at dangerous speeds. Once an object is in physical motion, even if you are startled and break the psychic connection that caused the acceleration, the object will still have inertia and could potentially do damage if it were to strike someone or something.

It is my belief that raw psychic aptitude without the mental discipline to achieve control is why certain “poltergeist” phenomena result: An inadvertent or spontaneous psychic link is formed between the “center” of the poltergeist activity and some random object.

The person connected to the object subconsciously creates some motion in the item. Most people on seeing something move by itself, even a little, would instinctively respond with fear or surprise, which could send a burst of energy (read that: acceleration) to the object just before the adrenaline and fear response break the psychic connection.

The net result is that dishes fly off of shelves and shatter against walls. Things get broken, and sometimes people get hurt.

Practice moving things slowly and experiment carefully. Control is absolutely essential to prevent unfortunate accidents.

How to Walk on Water.

Ok, as I said before, it was biblical miracles that originally got me started on this path, and so I just want to take a quick moment to discuss another one...

In the New Testament, Matthew 14:25 describes a scene where Jesus walks on water across a stormy sea to rejoin his apostles in a boat.

There are two ways that one could walk on water... one is to essentially levitate yourself, so that you weigh so little that your feet do not break the surface tension of the water. Since the passage in Matthew indicates the sea was stormy and there were high winds, it stands to reason that making himself essentially lighter than air might not produce the effect that Jesus was going for: he would have been blown away!

The other method of walking on water is to use telekinesis.

Remember when we said moving an object with telekinesis applies a force to every part of the object simultaneously?

Well what if the “object” happened to be the water immediately around you, and what if you used that force to keep the molecules from moving at all, instead of moving them in a specific way?

What you would accomplish is essentially making the water solid without turning it to ice... a first class miracle!

As you progress with your telekinesis practice, try working with fluids. They are not very intuitive to work with because we have been so deeply conditioned to expect and accept them to behave in a specific way, but they can be very interesting to experiment with.

An interesting variation of this same general idea is found in the ancient Indian texts that speak of the mystical attainments (Siddhis) that come from the practice of Yoga. One of them is listed as “...to attain mastery over the elements and to dive into the earth as if it were water and walk upon the water as if it were earth.”

Pyrokinesis and Cryokinesis.

Pyrokinesis and Cryokinesis are related skills that impact the amount of heat inherent in an object.

Pyrokinesis is the ability to add additional “movement” energy (called kinetic energy) to the individual molecules that make up an object. When the

molecules are moving around more, they create heat. Cryokinesis is just the opposite: By simply removing some of the kinetic energy that is already there, the sample has less motion, and it cools down.

While both of these abilities are very closely related to telekinesis, there is an exceedingly subtle difference that makes them very hard for most people to pick up. I'll go into the details in a minute, but for now let me just give you an overview of what we are talking about.

Heat is related to motion because of friction. If you put your two hands together like you are praying and rub your hands in opposite directions slowly, you get a little sensation of heat. If you rub your hands vigorously, you get more heat. More motion equals more heat.

Depending on the state of the matter, the components that make up a sample (either atoms or molecules) will have more or less motion relative to one another.

The temperature of a sample determines the state that the matter is in. For an obvious example like water, you know that if the temperature of the water drops below 32 degrees Fahrenheit then its molecules slow down so much that they barely move at all and the water turns solid. Add a little heat, and the molecules start slipping around and become liquid water. Add still more heat, and the molecules start bouncing off one another very quickly and you get steam.

Essentially the temperature of something is a measure of how much physical motion (kinetic energy) is in its component molecules.

To make the temperature of something rise, we simply make the individual atoms or molecules move faster by adding more energy to them, and to cool it down, we extract some of the energy so the molecules move more slowly.

In the last section, we learned to how to extend the Aura into an object and apply a force in the same direction to all the molecules of the object at the same time and in the same direction, and this made the entire object move.

To start, we will need a target for our experiment. A digital thermometer makes an excellent target because it will measure the incremental increases in temperature and let you know early on if you are making progress.

Once you master the basics, it becomes strictly a matter of practice before more dramatic demonstrations are possible, like igniting the wick of a candle or forming ice on water.

If you wish to give these abilities a try, start with exactly the same process as telekinesis: DRT, EBL color cycles, FOL without the fountain, “Aura thickening”, and finally the extension of the Aura and the creation of the Aura double inside the object itself.

This time, instead of moving the Aura version as a unit in a direction, we are going to change the properties of the Aura, and thus the real object in a different way.

You will need to experiment to find out what works best for you, but something that I have heard used very successfully is a combination of both sound and color.

To begin with, imagine a musical note, buzz or tone coming from the object whose temperature you wish to change. Any tone will do. The note will be symbolic of the amount of kinetic energy in your object and is strictly a reference point for your Subconscious.

The trick is to try to alter the Aura version of the object in a way that will change the tone in the physical object. Higher frequencies indicate faster movement in the molecules, adding more energy to the sample, and a rise in its temperature. The reverse is also true: slower vibrations act as a damper to suck energy out of the sample and lower the temperature.

In addition to this changing tone, some people like to add an element of color to the Aura version: red as symbolic for the rising heat and blue if they are trying to cool the object down. Most people find the visualization of color to be far easier, but I find that the sound method is actually more effective, even

if it is harder to do. The combination of both color and sound seems to be the strongest means of creating a temperature change.

I've heard of some folks using a different method to induce a change in temperature in an object, and I call this the "Static" method. They actually imagine seeing the movement of molecules in the object like "snow" on a TV set to a channel with no signal. Then, if they want the object to heat up, they mentally imagine pouring more static and sparkles to the Aura double of the object. If they want the object to cool off, they imagine that the Aura draws off some of the energy like a big sponge.

Electrokinesis.

Electrokinesis is the art of changing the flow of electrons within an object. Normally, the intent of this is to influence electronic devices like traffic lights and computers.

Scientists attempting to test for this ability often set up computers running simple programs that pick random numbers as a target.

Since they can measure the "randomness" of the numbers that the computers pick, if some external force acts on the system, the numbers get skewed in one direction or the other and they can measure how far off the mark those numbers get.

While it might seem like a neat trick to influence electronic gadgets, I've personally avoided practicing this skill because of a bad experience that a friend of mine had while attempting to cultivate it.

He thought that a TV would make a good target because of the sensor inside that detects the signals that come in from the remote control and there might be some visual indication of success on the screen.

He tried influencing the TV with techniques very similar to what I've taught you with our other telekinetic abilities, but unfortunately he only succeeded in damaging various electrical devices around his house.

In the course of his experiments we dubbed him the Electric Jinx, because not only was he never able to influence the TV as he had hoped, but electrical devices around him started taking a profound dislike to him.

Within the span of a couple weeks he had numerous light bulbs burn out on him, his computer crashed, the alternator on his car died and one of his credit cards got demagnetized.

These setbacks (particularly the car and the computer) cost him quite a lot of money to fix and he decided he couldn't afford to continue practicing this particular skill.

Some of the interesting things to note about his particular case are that it seemed like everything but his target was being influenced, and things would break even when he was not actively engaged in any attempt to influence anything.

It's like he somehow changed the nature of his Aura, and it never reset back to normal after he finished with his practice.

For this reason, always make sure you finish all of your psychic exercises gracefully and put things back the way they were when you started.

This fellow was quite a bit more advanced than I was at the time, and seeing the problems that he had with it, I thought it would be best to not attempt this at all. Since I make my living with computers I can't afford to have them randomly stop working on me.

I can't offer any specific suggestions for attempting to cultivate this talent except the same general rule that works well for all special abilities: Once you make an "Aura Rapport" with the object you are trying to influence, just project an air of confident expectation for the result you expect to see and let your Sub and Superconscious do the specific work for you. Don't try to actually influence the electronics like my friend did or you might repeat his costly mistakes.

Levitation.

Levitation and flight has been the dream of man since ancient times, and the documented occurrences of it go back nearly as far.

Most cases of levitation fall into two distinct classes. The first and best documented form consists of Saints who rise into the air during religious ecstasy. The second, and most important to us, is that of the advanced yogi who, in the course of their studies and meditation gain the deliberate use of this ability.

I've already mentioned that when the truly devout pray, they are very likely entering their own special state of DRT. They let divine energy pour into them, and then they *listen* for divine guidance instead of reciting a bunch of words and then begging God for favors. This form of passive prayer is almost exactly like our meditation and FOL exercises.

Since we are already very familiar with entering deep levels of DRT and are becoming quite proficient in meditation, we should be able to not only follow in the Saints' very light footsteps, but we might even be able to take a short cut or two.

Let's try to understand what goes on during *real* prayer, when someone is trying to commune with the divine. How do they feel when they pray? Do any of these statements sound familiar: "weight off the shoulders", "Lift your heart to Lord", "uplifting joy", "raise your spirits", etc...

The point is that most of us somehow link God with the concept of height and elevation. "God smiles down on us from on high."

Real prayer is a means of growing closer to the divine, and for those that do it very well it would seem only natural that they might be subconsciously directing themselves to literally be "closer to God".

Remember, the Subconscious mind is child-like. If it is told that God looks down at us from Heaven, then Heaven must be "above". Is it such a stretch that if you have a sincere desire to be closer to God, your Subconscious might try to get you some elevation!?

Fortunately, even the most devoted people who pray usually have a lot of “noise” and distractions going on in their minds or there would be a lot more floating in church.

Those of us that are cultivating an inner quiet and a good relationship with our Subconscious through meditation have a huge advantage already!

Ok, so the Saints have illustrated the first steps pretty well:

Step 1: Enter your deep state of meditation/prayer

Step 2: Let Divine energy pour into you

Step 3: Present a clear, single-minded desire to rise.

Let’s look at each step in turn.

For Step 1, their deep meditation and prayer puts them in a state very similar to our meditation and DRT. No problem there.

For Step 2: Letting Divine energy pour into you is, depending on your point of view, *exactly* what we are doing with our FOL exercise. We’ve got that covered.

For Step 3: A clear, single-minded desire to rise. Ok, the Saints have us beat here... there can be no purer desire for the devout than to be close to their Deity. They have a sincere purpose in their heart for performing the act, and that makes a big difference.

Fortunately we can make up some ground through the fact that we are cultivating an extreme mental disciple in the form of our particular style of meditation. Saints approach the conditions to cause levitation sideways, but we can focus on moving towards it head-on. (They still have us beat on this one though!)

Ok, what we have is a simple enough formula... so why don’t we routinely see people flying about?

For a Saint, these three points are enough, and they can and do rise off the ground when conditions are right. They have an added advantage in that they are not usually praying with the intent to levitate. Their levitation comes as a side effect of their primary act of prayer.

This means they have no expectations. They don't get excited when the physical sensations come when they are getting close and they don't get disappointed or try to second guess what's going on if things don't progress on some sort of imagined schedule. If they do rise off the ground, they know with absolute certainty that God is lifting them up and that no harm will come to them, so they have no fear.

That's actually a LOT of advantage that the Saints have going for them. The "no fear and no excitement" in particular is a huge advantage. In my own attempts I often get the sensations that indicate I'm close, and they come on so strong and so quickly that **every** time, I get surprised, excited or start worrying about something silly, like smashing against the ceiling which of course shuts me down right away.

Ok, so a Saint can make it aloft on the three-step program (with God as their co-pilot!), but we are going to need a little something extra to get airborne. Fortunately for us, the Yogic attainments, the "Siddhis" have a thing or two to say about levitation and it offers us a clue to the missing ingredient we need to get us moving in the direction we seek... UP!

"By concentrating on the form and lightness of thistle
down the yogi becomes light and may float on the air".

Before I explain how this unlocks the mystery of levitation for us, let me first describe how things float.

Floating is a function of density. If something is denser than something else, it means that for the same amount of volume, the denser things will weigh more.

So, if we have a fluid like water and we put something that is denser in it, like a rock, it will sink to the bottom. If we put something less dense in it, like a cork, it will float on the surface.

Here is something you might not know: both liquids *and* gasses are fluids. A fluid is defined as something that cannot keep its shape when external forces are applied, so basically anything that is not solid is a fluid.

Most of us tend to think of air a gas, but it's a fluid too, and that means the same rules of floating apply to it.

The density of our cork is lighter than water and denser than air. This means that it floats on water and skinks in air, which is why you found our cork resting right smack at the boundary layer where the two meet.

So, the principle of floating works fine with two different substances, but the same substance can have different densities too, depending on its temperature.

Hot air has more kinetic energy than cold air because molecules move faster when heated, and since those molecules are moving faster they tend to spread out more and take up more volume. Since hot air will spread itself thinner than cold air, it basically makes itself less dense than the air around it, so the hot air rises. This is exactly how a hot air balloon works.

So, what all of that means is that if you can make yourself less dense than air, you can float.

Impossible you say?

If we look at how a hot-air balloon works, we basically have big sack of heated air that is less dense than the surrounding air, and that creates buoyancy, a kind of upward pressure inside the balloon.

A little hot air creates a little lift, so the key is to use big volumes of hot air, and then you generate lots of lift... enough to lift not just the weight of the

balloon itself, but also the extra weight of the basket, burner, and even passengers.

How does this all relate to thistle down?

Well, thistle down is made up of lots of very fine threads reaching outward in all directions from a central seed: It defines a very large volume with a very light substance. This means that when you look at the average density of the entire object with both the seed and the fluff included, the average density is much less than if you looked at just the seed by itself.

Since the average density of the seed and the fluff together is so small, even a small breeze will carry it a long distance.

Now to get back to levitation, what if instead of a seed we wanted to make our body light? What if instead of using delicate fibers to define a large volume, we changed the properties of our Aura?

By meditating on the concept of thistle down, the yogi could expand his Aura out into a huge sphere around him, encompassing a large volume, just like the thistle seed does, and just like our hot air balloon.

Now, by changing the properties of the Aura to make it quasi-material, you have just multiplied your volume by a huge amount while keeping your weight the same. You have just lowered your density.

Once you can make your Aura large enough, you can actually make your density lighter than air and float!

Remember, the Saint is doing this indirectly, by sending his love/energy “upwards” to God.

I have also heard of a variation on levitation whose description fits very nicely with this explanation: I read of a Tibetan monk who needed to travel a great distance to treat a sick person. The narrator described the fleeing monk as “taking impossibly large strides and seeming to stay too long in the air between them”.

This effect would be easily accomplished by being just shy of true levitation, and it would be an extremely effective means of travel since its practitioner would use very little energy per stride and the muscles of the legs would have more time to rest between strides.

So how do you levitate?

The final formula is fairly simple but like all of our abilities it takes a lot of practice to achieve an ultimate success. (Most of that practice is actually learning to get out of your own way. The actual process is easy!)

Assume a comfortable position, and go into your DRT. I usually try this laying flat or standing up, but the traditional method of the yogi is in the full lotus position that I described earlier.

Perform your EBL color cycles and energize your Chakras via the FOL. Draw energy from your Chakras to the Aura just as you did in the various “kinesis” exercises before, but instead of compressing the Aura around yourself, you want to expand it... as large as you can while still keeping it and the Chakras bright.

Don't be concerned if the sphere of your Aura expands larger than the room you are practicing in. The physical barriers of your environment have almost no effect at all on your Aura unless you deliberately allow them to.

When your Aura is of sufficient size and intensity (this may take a while... you need a **lot** of energy!) *feel* it grow lighter, and let it lift you with it.

An important but exceedingly subtle distinction in this last step is that the Aura “increases in lightness”. It does not “decrease in heaviness”. This isn't just wordplay. In the realms of Aura and the Subconscious, or even the physical world for that matter, you can only take away something until there is none left. Then you are stuck.

If you take away heaviness until there is no weight left, you are left with zero weight. If you add lightness until all weight is neutralized, and then keep

adding more lightness, you have a positive lifting force. The subconscious is a stickler for that kind of detail!

I find that when expanding the Aura, I get a “floaty” feeling almost immediately... butterflies in the stomach like you are descending on an elevator and when I “add lightness to the Aura” I find that if I am standing that I tend to wobble and I lose my balance, forcing me to take a step which kind of breaks the magic.

When laying down, I still get the sensations, but not nearly as intensely and I sometimes feel the lightness come in just one part of me... like just my legs will get light or it feels like just my left side wants to rise. It’s weird, but fun!

I hope you get farther off the ground than I have so far.

For those of you that jog, practice making your Aura large and light while you run. As you make progress in your skills you will find that you are running further with less effort and the rhythmic movement of your body may help distribute the sensations better so as not to startle you or shut down the effect.

One last neat effect I want to mention is that you can use the “balloon” method of the Aura to sense where other people are in your immediate area. Since the Aura can pass through doors and walls, you can have it fill a house when you walk into the threshold and try to sense where other peoples Auras interact with yours. This creates a kind of sonar blueprint of where other people are in the building that can be very accurate once you get good at it!

Healing.

There are as many ways to perform psychic healing as there are people doing it. While there are many different forms and approaches, they all have one thing in common. All of them act on the “energy body” of the sick person to restore a healthy balance of energy.

Some people beam energy to another and let the energy go where it will. Some people “draw out” bad energy. Some people use the Aura. In the case when distance is involved, some people do the equivalent of summoning a vortex to a distant location to allow it to charge the Chakras of a sick person directly. A lot of it is instinct, and just letting your Subconscious take care of it for you while you stay out of the way.

Of course, some people simply pray. The most effective spiritual healers are the ones that use intense visualization to actually *see* the love and energy of the Divine pouring down upon the person they are trying to heal.

Believe it or not, you are already a psychic healer. You’ve been practicing it on yourself in one degree or another since chapter four, which is why by now you have probably noticed a dramatic improvement in your own health. The DRT allows your body to release tension and hold more energy, and the FOL clears blockages and distributes the energy correctly through your system.

Essentially the whole aspect of psychic healing boils down to two simple facts:

- 1) Ensure that each region of the body has the proper amount of energy.
- 2) Ensure that energy can flow correctly between adjacent areas.

With these simple concepts in mind, it is a simple matter to look at a person and either view their Aura and see where and how the energy is flowing and accumulating, or to feel the flow of energy by extending the hands towards them.

As a general rule, the middle layers of the Aura from about 8 inches to around two feet on most people tend to be more “expressive” of what is going on with their health and studying this region makes it easier to diagnose the flow of energy through the body. Getting very close to the other person or actually touching them might put you so close to their Chakras that the subtle interactions of the energy fields is overwhelmed by the closeness of the Chakra source.

Before we start, if you are physically close to a sick person, you should start by protecting yourself. This may sound bizarre, but particularly with

diseases, the actual Aura field of the patient may take on some unhealthy characteristics that can actually “taint” your own energy and make you more prone to problems later on.

Protect yourself by supercharging your Aura as in prior exercises, and condense the bulk of your Aura very close to your body. Imagine a dense white Aura shell just like the invulnerability shell surrounding your body.

Keep the shell burning bright white at all times while in proximity to the sick person.

Some people are naturally empathic to sick people, particularly loved ones. These folks instinctively “draw off” the bad energy by subconscious desires like “I wish it were me instead of you”, or “if only I could take some of your pain”.

These are noble sentiments, but it is foolish to allow yourself to get sick if you don't need to. (And you don't!)

Tainted energy cannot penetrate your shell as long as you keep your energy dense, pure and white.

Now that your shell is in place, examine the Aura of the person in need of healing, and first determine if there are any blockages in energy flow. Often, simply removing these blockages will allow the body to take care of the rest of the problem on its own.

Blockages can be easily spotted by looking for adjacent areas on the body where one area has too much energy and the other has too little.

Clear the blockages by visualizing the obstruction between the two areas, and then gently extending energy from the palms of the hands from outside the white shell to the site that needs repair. The actions of the energy you send will be very similarly to what you did for yourself in your own prep for the FOL exercise.

In most cases, it is beneficial to go slowly and gently and if needed, use multiple sessions rather than “blast” through the obstruction. Once you have more experience, you can work much faster and with more energy, but as a general rule, error on the side of caution and go slowly.

Be careful to keep the protective shell focused on the task of being a barrier between your energies and those of your patient.

If you let it slip, you risk giving your patient a large zap of energy all at once, and you risk effects like the psychic knock-out.

In fact, this effect often happens during evangelical healings. With a large congregation of people all beaming love and energy towards the preacher, he has access to a tremendous amount of energy, and in the course of his healing sends a flood of it out to the person he is laying hands on.

In effect, he becomes a lens, or conduit, focusing all the energy from all the people in the room.

This is why the people being healed often swoon or pass out when touched.

This is a different, more aggressive style of healing than I recommend. It is important to go slowly and find your own style.

To get good at psychic healing requires practice and experience. Every person is unique, every affliction is unique.

I’m a firm believer in the use of subtle energy.

I often find that just creating the tiniest improvement in the flow of energy between areas and then “programming” the patients energy to continue the work when I am gone will allow them to fix the problem themselves, and at their own pace, as well as prevent the problem from recurring.

You can “Teach” their energy what to do by imagining a beam of energy of a particular color coming from your hand outside your white shell and merging with the energy of the patients saturated region. Your energy knows what to

do, and it knows how to direct the patient's own energy along for the ride. It knows how to migrate to the site of the problem and dissolve blockages. It knows how to widen the bottlenecks.

Send the energy and watch it perform its duties. You'll actually see the patient's energy take on a tint of your color and then this combined energy working its way to the problem areas.

Fixing blockages is the single most important thing in psychic healing, but you may find that some sick people, particularly those with actual tissue damage may need a real infusion of energy.

For these folks I recommend that you *do not use your own energy*. Use your own energy in small doses to direct the patient's own energy to do what needs to be done.

When you need to add lots of energy, drawing it off from your own Aura opens you to the risk of compromising your protective shell and weakening yourself.

Instead, form a ball of energy from the vortex. Make it as large as the patient, bright white, and very nebulous to start.

Remember, white contains all colors. It will naturally feed the Chakras that need it most. By completely surrounding the patient in this healing white light, you will be sure to be energizing the secondary Chakras as well. Project the concepts of serenity, peace and balance into the white light that you send.

By keeping the energy nebulous, if there is an extreme build up of energy in one part of the patient's body, the vortex can draw it off to relieve the "psychic pressure".

Depending on the ailment they are suffering, you can add properties to the white light: For treating tumors and cancer, imagine that the light is attracted to the tumor, and then dissolves it just like it would an energy blockage. For treating wounds or damaged organs, allow the energy to flow to where it is

most needed and settle in and on the troubled spots, gently nourishing the tissues and energies of that region.

You will sense when the patient has had enough energy. How you know is something that works differently for different people. You may get hot flashes. I sense a kind of pressure coming from the person and then I know it's time to stop.

When you are no longer physically in the presence of your patient, there is one last thing that you need to do for yourself.

Allow the white shell to expand completely to fill your entire "Aura Space" and let it burn extra bright for a few seconds with the idea of "burning off" any negative energy that you might have accumulated from your healing.

Other folks might use other techniques for cleansing their energy after a healing. Some imagine all the "bad" energy collecting to their hands, and then shaking it off just as if you were flicking water off your hands. Again, there are many different approaches, but the goal is the same: to clean up after you are done.

Once this is done, you are all set.

One last point I would like to make is that you should be careful how much healing you do and how long your sessions are, especially when you are first starting out. Psychic healing can be tremendously draining both energetically and emotionally, and it might not catch up to you until after you stop the treatment, so be careful not to get blind-sided by this effect.

How to Perform the "Manipulation" Class of Abilities:

The last class of abilities is the one nearest and dearest to my heart. These are the abilities that literally and physically change your body's relationship to your environment. These are very advanced skills, requiring a radically different technique than any we have used so far.

We are going to learn how to turn our body into pure, living energy, and then back to its solid, physical form again.

Unlike the other skills we have studied, these abilities are “all or nothing” and they are not to be taken lightly.

Most of these abilities are physically VERY DEMANDING on your body so please use common sense. Only attempt these abilities if you are in excellent health and when you have at least six hours (and preferably the whole day) to devote to practice. You’ll need at least that much time to recover after your first success. (It does get easier, faster and less taxing with practice but your first time will require a lot of recovery time, mentally, physically and emotionally!)

On the bright side, any one of these skills may be considered a “graduation” skill. If you consciously and correctly invoke one of these skills without getting shut down by your own fears, it’s like turning a key in a lock.

An amazing thing happens. The last and the deepest of your worries, fears and inhibitions... ones you didn’t even realize you had, simply fade away. A part of your mind opens up like a flower, and you become something... new... Something rare... Something magnificent...

You become fearless.

You become realized.

You become WHOLE.

You become Holy.

ALL abilities that you have studied so far become much easier to accomplish, and you’ll be able to do other things that you can’t even imagine right now.

I know you’re excited begin, so let’s get started!

Teleportation.

Teleportation is defined as the transport of an object or body to a different location without traversing the physical distance between those two locations. It basically entails the dematerialization of an object or person in one location and the rematerialization in a new place.

Teleportation has a rich history in the realms of science fiction, but science has recently started to catch up.

In the last decade scientists have successfully teleported electrons, photons, and more recently, individual atoms. (You can check out this article from the NY Times for some details on the Atomic Teleportations:

<http://query.nytimes.com/gst/fullpage.html?res=9405E6DF1639F934A25755C0A9629C8B63>)

At this rate we are still a *long* ways away from achieving the technological progress required that would allow us to create a device to move even the smallest and simplest objects.

There is also a phenomenal energy cost associated with the process that is being experimented with, so even if the process evolves to the point where it would be possible to teleport a larger object or person, it would not be economically feasible.

Fortunately for us, there is a process built into nature that allows humans to teleport... *right now!*

The mechanics of how teleportation work are beyond the scope of this book. If you want to learn the details you'll need to read up on the rules and physics that govern the world of the super-small particles that make up the individual *parts* of atoms. That's called "quantum mechanics" and it's certainly not for everyone!

Fortunately for us, we don't need a conscious understanding of the physics behind how quantum entanglement or extra-dimensions work in order to

accomplish teleportation on our own. Our Superconscious already knows all the details required to pull off this remarkable feat already.

All we need to remember are three basic things:

- Matter can be converted to energy and vice versa
- Energy can move incredibly fast
- Thought is a kind of energy.

For the sake of our discussion, I am going to assume from this point on that we will be discussing how to teleport ourselves, and not some external object. Similar processes apply to both, but I will let you experiment on your own with that later.

For now, just understand that teleportation works by turning something solid into energy, moving that energy to another location and then turning that energy back into the original structure.

Simple, right?

Actually it is.

If you have been diligently practicing the exercises listed in this book and gotten really proficient with the basics and the Chakra energy work, you already have 95% of the skills and expertise needed to accomplish this feat!

What you probably do not have at this point is the correct attitude.

For most people (including myself!), the right frame of mind is the single hardest and most important step from taking your theoretical knowledge and turning it into practical everyday reality.

There are two things that you absolutely must master in order to pull off teleportation, and any of the other skills in this section:

Fear and Trust

Fear is one of the most basic instincts that we possess, and what you are about to do is so far outside your realm of experience that it is almost inconceivable.

It is natural to fear the unknown, and what could be more unknown than the idea of having your body “removed”?

Hopefully by now you have experienced at least one “Out of Body” experience from your previous experiences with this book. If you have, that’s great, because it means that you already have firsthand experience with the fact that your consciousness can exist separately from the body.

If you have not had an “OBE” experience, you just need to understand that “you” are energy. The physical shell that we wear in our day to day lives is a convenience for interacting with the world around us. “Physicalness” is a mode of expression. It’s our native “language”, but just because everyone around us “speaks” it, does not mean it is all there is.

Through the deliberate act of will, you can change the vibration, or energy state of your body to the point where it can no longer be considered a physical thing. It becomes pure, living energy.

As a being of pure energy, you play by a completely different set of rules. Physical barriers can not obstruct your path. The concepts of “speed” and “distance” become irrelevant. You move with the speed of thought.

As incredible as the journey is, the actual act of teleporting is completely safe. There is no danger of zapping yourself inside a solid object for example.

Once the process of teleportation begins, the Superconscious mind takes over, and like any good parent it will not allow any harm to come to its charge. If there is an obstruction at the target site that you wish to teleport to, you either simply will not go, or if there is no danger, your landing spot will shift to the nearest clear area. The Superconscious remains aware at all times and through all aspects of the skill.

Nothing is left to chance.

Another built in safety feature is that matter in the process of materializing has a tendency to “slide off” matter that is already there. The process of condensing energy into matter does not have the matter simply pop into existence. As the energy condenses, its properties quickly cycle through a series of stages that act first like a gas, then like a liquid, then finally as the solid.

If we even attempted to materialize something inside another solid, the initial energy could permeate the solid quite easily but as the energy started getting denser it would immediately slide out of the existing object just as air bubbles to the surface of water.

Still another built in safety for teleportation is the fact that dematerializing yourself is the hard part. Dematerializing yourself takes a deep and conscious effort. When you relax that effort your body will naturally return to its material state.

In spite of these reasons to be confident that the actual act of teleportation is safe, your personal relationship with fear is unique to you and only once you face and conquer it will you be able to have the break thru success that you are looking for.

In a very real way, trust is the antidote to fear. You need to trust that your Superconscious knows what it is doing. You need to trust that these exercises are a natural (if somewhat rare) part of the human condition, and you need to trust that no matter how weird the sensations are that you feel, everything will “come back together” just fine when the experience is done.

Now, for the actual process for Teleportation!

Since all abilities start from the same basic set of exercises, you might be surprised at how simple the actual process is. It’s essentially doing what you already know but just taking it a lot further than you have in the past.

Particularly for your first attempts, there are some preliminary things that you can do to increase the likelihood of your success. For starters, cut meat completely out of your diet for a couple days before you plan your first attempt.

On the day of your attempt be sure that you are well rested. Eat very lightly and drink lots of water and juices. Do not eat anything for about four hours before your attempt, and do not drink anything for about two hours before.

Just before you begin your attempt, use the bathroom.

Wear loose, comfortable clothing, and be sure that you are practicing in a secure, private place where you will not be disturbed.

Remove or turn off pagers, alarm clocks, or any other noise making device that could startle you. **ESPECIALLY THE PHONE.** (I got burned by that one once, and I will *never* make that mistake again!)

Select a safe, secure target location. For starters, another room in the same house, or even another place in the same room is fine. Distance does not matter. If you can teleport an inch, you can teleport to the other side of the planet, but practice in comfortable, familiar environments first. Once you get the knack, you can travel farther. When considering your target location, plan for the fact that your clothing may or may not travel with you for your first time!

Do whatever you can to get deeply, physically relaxed. Put on some music. Take a long hot bath. Light some incense. Do whatever you can to physically and mentally relax yourself.

When you are ready to begin, lay down flat on your back, get as comfortable as you can and prepare yourself mentally by performing the blackness meditation.

Strive for perfect blackness. It should feel like your body is floating in a sea of perfect black... no cares, no worries, no troubles, *no attachments*. Do not allow any thoughts to intrude on the beautiful inner peace and silence that

you are enjoying. If a thought sneaks in and intrudes in this dark quiet space, simply dismiss it and let it fade away. Do not give it any energy by being concerned or angry with yourself because the thought came.

Let everything fade away.

We are striving for an absolute inner stillness and the sense that you are the only thing in existence.

Now, begin as we always do, with the deepest DRT you can manage, the EBL, and this time, the *complete* Fountain of Light.

Keep the Chakras burning bright, and pay special attention to the tingle that comes to your physical body because of the DRT.

Try to imagine that the tingles are actually formed by the little sparks that are raining down on your body from the fountain. Visualize and synchronize the flow of energy raining down with the amount of tingling that you are experiencing.

Now, start with long, deep slow breaths, and go DEEP into your relaxation.

As you relax more, you need less oxygen.

Slow your breathing. Keep the Chakras bright. Keep the fountain going.

RELAX.

Go deeper and deeper into the relaxation. Allow the vortex to draw energy from a larger area. See the energy being drawn up through the Chakras at a slowly increasing rate. Feel the tingling intensify. Slow your breathing more and more. Take less air with each breath.

Go deeper.

Listen to your heartbeat slow.

Help your breathing slow. (If you need to, sigh every once in a while if you need to, to help reset your oxygen levels to the level of the physical demands on your body)

Keep going deeper and deeper. Slow your heart beat. Deepen your relaxation. Slow your breathing.

You will eventually reach a state where you are barely breathing or not breathing at all and at some point your heart will slow radically as well. It may take quite a lot of practice to reach this level, or it might just take a lot of time and persistence in your first attempt.

Do not be frustrated if you can't get to this level right away. It will happen when you are ready, and not before. This is actually the exact method that Indian Yogis use to put themselves in a state of suspended animation.

In this state you have almost no metabolism at all, and this is why it is important not to be disturbed during your practice... if someone found you in this state, you would be experiencing the relaxation paralysis that I have told you about, and they would very likely assume you were dead or in immediate need of medical attention!

If you think getting disturbed by a ringing phone would be bad, imagine what it would be like to get hit by the defibrillation paddles that emergency medical technicians use to try to restart your heart!

This is another spot where fear can creep in. At this stage you should feel a combination of tingly/floaty and have virtually no breathing and very slow heartbeat (if you can detect it at all).

Some people in this state might get the idea that they are dying and start to panic.

You aren't, so don't!

This is why it's so nice to have this book as a guide.

When I started experimenting with this, I had no one to tell me that this was not a dangerous condition. I also had no one to tell me that this was even the way to go.

All I had to go on was a deep curiosity, a sense of “rightness” and the fact that the physical sensations were really cool.

I didn't even realize exactly what I was doing until I ended up Bi-locating... I'll share more about that experience in the next section.

In the spirit of full disclosure, I've never successfully teleported. From my conversations with other people who have, it seems that my experience with Bilocation was almost exactly the same as theirs. The technique that they used to teleport is exactly the same one that I used and am presenting here, so I am speaking from that experience.

Anyway, what I am getting at is that since you are reading this now, obviously I've lived to tell the tale. You will too even though it is weird to be casually observing your own body from the inside while it has no heartbeat and no pulse.

Remember, breathing and heartbeat are tied together with the sole purpose of moving oxygen and food to the cells of your body.

The cells use oxygen to produce energy, but you are in a state where two things are happening to you that negates the need for this.

Item one is that your muscles are not moving and because of the extraordinarily deep relaxation, they are making almost no demands for energy right now.

Item two is that the individual cells themselves are starting to switch modes from a physical state where they need the chemical energy that comes from burning food with oxygen to a state where they can digest their energy directly from the field you are generating via the fountain.

Continue to enjoy the DEEP tingling sensations in every part of your body, and slowly increase the speed of the energy flowing through the fountain. As you do this, you should experience a corresponding increase in the frequency of the tingle that you are experiencing. You may notice a ringing tone in your ears.

You may start to feel a little weird or “disconnected”... the sensation is hard to describe but unmistakable when it comes. It’s like feeling something and nothing at the same time. It’s definitely unsettling, and might even be uncomfortable at first, but as you increase the flow of energy and increase the frequency (or “Rate of Tingle”) in your body, that sensation will quickly pass. You will feel pulses of energy racing through you

At this point, focus on your target destination. In your current state, you will be enjoying uncanny powers of visualization. Picture the destination as if you are standing there and viewing it with your own eyes, and at the same time “open the flood gates” for the energy flowing in through the Root Chakra.

If you are sufficiently developed to handle the energies and you have done everything correctly, you will feel a wave of energy wash over you. A kind of subliminal pressure builds up inside your body until it gets to a point where “something has to give”. If you are able to open your eyes at this point (I usually can’t) you may see that you are starting to get tunnel vision... everything around the periphery starts fading out and blurring to white, until eventually you see nothing but white or swirly rainbow patterns

At this point, the sensation that you are looking for is hard to explain, but imagine that you are holding a water balloon and you keep squeezing more and more water into one end... eventually there is a combination “Pop/Squirt” and all the water shoots out in one direction.

When the wave of energy washes over you, you will feel your body do this same kind of “pop/squirt”, and at this point you are nothing but pure energy, and you are already at your destination.

Go through the exercise in reverse to come out of it at your new location.

Cut back on the energy. Slow down the tingles.

It might take quite a while before your heart restarts, and you want to and are able to take a breath of air.

Be warned: The first time you reassemble your body after your first teleport, you will probably ache all over. Your breathing will probably hurt when you can finally do it at all. You may be paralyzed for a time until you can sufficiently resynch your body back to the physical. This is like the relaxation paralysis but much deeper, and can be unsettling: When this happened to me, I felt like a prisoner in my own body. I was physically hurting all over and I was unable to move at all for something close to an hour. Since I had no experience, book or teacher to guide me, I thought I had somehow “broken” myself and that I might even die!

Suffice to say, that I still have to wrestle with the recollection of that panic when attempting this class of abilities, and this is a huge handicap for me. I hope I have suitably prepared you so that you do not end up with the same issue that I have!

Over the span of about an hour I could finally start feeling my body more and was able to move somewhat. I was incredibly weak and I ached so bad I didn't want to move for nearly another hour after that... but boy was I ever relieved! You wouldn't believe what kind of joy you experience when you wiggle a finger for the first time after being afraid of being paralyzed!

This long initial recovery time is one of the reasons why I suggest that you reserve a lot of time to this practice.

Two other people that I know of claim that they did not experience the paralysis when they reemerged, but they did say that they ached so badly afterwards that they did not *want* to move! Your experience may vary. I'd rather you were prepared for the worst and then pleasantly surprised than to be panicking while waiting for things to settle back down to normal.

It may take you hours to reach the point where you first teleport, and then hours to recover. Once you do, trust me, you won't want to go about the rest of a normal day... you will be far too excited!

A few hours after you complete this exercise, perhaps after a nap, you should feel absolutely amazing... completely energized, and somehow more "alive" than you were before.

From the folks that I know who have done this process multiple times, I am told that the exercise gets substantially faster and easier the more you practice, to the point where it requires very little prep time and no recovery time at all, with no discomfort.

I guess your body just has to get used to the process!

I wish you all the best in your experiments.

Enjoy!

Bilocation.

Bilocation is the phenomenon of physically being in two discreet places at the same time. This is not to be confused with various psychic abilities related to disembodied senses, like clairvoyance or out-of-body experiences. Those experiences leave the physical body behind while the consciousness goes about another task.

With Bilocation there are two separate physical bodies in two different locations, each going about their business.

By now you know that I have firsthand experience with this ability because of a failed attempt at teleportation

I didn't realize exactly what I was doing at the time and if I knew that I was on the right path and knew what to expect, things might have turned out very differently for me.

The actual technique for bilocation is almost identical in every way to that of teleportation with one important exception.

One of the fundamental ingredients to success with teleportation is a kind of “letting go” that I never completely mastered... That is why when I went through all the steps and was in the middle of the actual act, a part of me clung desperately to my existing body even as another part of me wanted to arrive at the target location.

The result was unexpected... I materialized at my destination without dematerializing from my starting location... and suddenly there were two of me!

In a way, Bilocation may be combination of two of the skills we already talked about: “Materialization/Multiplying the fish” and Teleportation.

Remember that in the act of materializing a physical duplicate of an object, we can bring a sample of an object into the heart of a dense energy vortex for use as a template to create more of the same thing.

Consider if you will, that in the act of teleportation we have created the largest and most powerful vortex of any that we have worked with so far, and that our physical bodies are sitting right smack in the middle of it.

What if our body then becomes the template for a physical duplicate? We have a materialization of a second copy of our body which, because of the nature and intensity of the energies involved, may “pop/squirt” (I really need to invent a better word to describe that!) into a new location.

This explains the creation of a duplicate pile of meat shaped like your physical body at some other location, but it does not directly address how it can be another copy of an animated, living “you”. I’ll get to that in a minute.

For now, let me share my experiences with the physical part of the process.

When I experienced my Bilocation, in addition to the “pop/squirt” of the actual act of teleporting, I also experienced a peculiar sensation of “tearing”

which folks who teleport never seem to have experienced. (Unfortunately I have not been able to find any other “bilocators” out there to compare notes with).

To help you understand this sensation a little better, I’d ask you to grab a large piece of scrap paper, and hold it like you are going to tear it in half.

Pay special attention, and focus your senses sharply using the intense powers of observation that you have cultivated. Slow your perception of time.

Feel the weight of the paper in both hands. Feel the “one-ness” of it.

Now, slowly tear the paper in half long ways, paying special attention to the sensations occurring in each hand as you go.

Do you feel the vibrations coming from the point of the tear and radiating to each of the torn halves to your hands?

When you are done, the vibration stops, and you have a different half in each hand. You can feel their separate weight.

The actual act of bilocating felt almost exactly like this with the exception that extra mass was added to both halves through the act of materialization as you go, so that the two copies ended up absolutely identical.

When I was practicing my teleportation experiments, I would lay on my bed and attempt to teleport my body to the floor at the foot of the bed, as a safe target.

When I bilocated, I experienced the same tearing sensation that you felt in each hand when you tore the paper, except it started out in my entire body from head to foot, and as the tear progressed, I somehow started to feel it at the foot of bed too.

The sensations faded in my “main” body on the bed at the same rate that they increased in the secondary body that seemed to be pulling out of me until

both sensations were at the same intensity. Then the tearing sensation stopped in both places, and I was literally staring at myself.

The tearing sensation was in no way uncomfortable... In fact, it was actually kind of pleasant.

What was hard for me was the fact that the two physical bodies were both populated by the same consciousness: While I was looking at my double, my double was looking back at me, and “I” was seeing both perspectives at the same time. I saw me standing at the foot of the bed and saw me actually lying on the bed at the same time. That was completely disorienting at first, but it got easier pretty quickly.

I can’t describe it, but somehow I could differentiate which body I wanted to take an action.

I decided to try an experiment and touched the footboard of the bed with the “secondary” me, and I could feel it in my “secondary” hand. I had the secondary me shake the bed, and I felt the sensations, resistance and heaviness through his perspective, and I felt the bed shaking through my main body’s senses.

I had my secondary body reach out to grab my primary body’s foot, and that apparently was a mistake. The second that “his” hand and “my” foot made contact, I felt a curious sensation wash over the two of us like a blast of cold air. The next thing I knew, “he” was gone and I was experiencing the awkward after effects of teleportation that I recently described.

Remember before how I explained how you could use materialization to make a physical copy of your body via the Vortex? Apparently a single consciousness can populate more than one body.

Remember in chapter four when I was discussing the possibility that perhaps the consciousness is external to the body? I speculated that the brain may not actually control the body directly. It might be nothing more than a glorified radio station that converts sensory data from the body and transmits it to the energy/consciousness superimposed over the physical body. The

consciousness actually does the “thinking” and sends signals back that the brain receives and implements by nerve impulses to manipulate the body.

If this theory is correct, this completely explains why you would get two sets of sensory input and that initial disorientation that I felt.

With two physically different but absolutely identical bodies, both brains were transmitting their sensory data to the same frequency that “my” consciousness was tuned to, so I got two sets of input.

Since my consciousness is the part of me that thinks, *it* doesn’t have to just beam its signals in all directions and hope that there is something tuned to the right frequency to pick it up. It can send its signals back directionally, aiming them to be received by the specific body that it wants to move in a specific way.

The whole process is really amazing and deserves a lot more study. I hope you get a chance to experience it yourself.

Life Extension and Immortality.

Many people are afraid of death and this fear has made the quest for a “fountain of youth” or some form of immortality a dream of the common man from the earliest times.

As you learn and experience the skills that I am showing you, you may come to believe as I do, that consciousness exists independently of the body. We see evidence of this in Out of Body experiences. We see this in Bilocation. We see this in teleportation.

If the consciousness does not need a body to exist, the physical death of the body suddenly isn’t so scary. Death is not “the end of everything”, it simply becomes a new state of existing and perhaps a gateway for something else.

There is an irony in the fact that the very acts that allow you to come to terms with the prospect of your physical shell finally failing and you “dying” are parts of the same skills that can repair damage to the body indefinitely.

The prior section of this book on psychic healing is like doing the internal maintenance on your house. You dust, you vacuum, you clean the windows, you tidy up, and you pay the bills and everything keeps running smoothly.

That kind of healing will keep your energy flowing smoothly, strengthen the immune system and generally keep you in excellent shape, but in general it will not repair certain kinds of catastrophic tissue damage, damaged organs, missing limbs or aging.

If you think about it, certain combinations of skills that we have already learned might lend themselves to some more dramatic variations on basic healing.

Consider that if we have the ability to turn energy into any shape or material that we wish in the form of materialization, *and* we have the ability to turn the body into energy and back again via teleportation, it would seem to make sense that we might be able to turn our body into energy and then recreate it in a form that was not perfectly identical to the way it was when we started.

In at least one case of teleportation for example, I have heard that the person who experienced the phenomena later realized that they no longer had any scars on their body.

It would make sense that if the Superconscious is reassembling a physical body from energy, that it could easily make some alterations while it was at it.

The removal of scars and physical damage from the body would seem to be an easy task for the Superconscious since it already has access to the original blueprint of what your body should be. The trick to accomplish this would be something as simple as indicating to the Subconscious that you would like this change occur just prior to teleporting.

Then, when the Superconscious goes about reconstructing your body on the other side of the teleport, the Subconscious can ask for a “favor”... the

omission or repair of the various physical defects and afflictions that were present in the body at the beginning of the process.

Through this method all manner of physical ailments might be cured from the body, possibly even viral infection, tissue damage, disease or genetic issues. In fact, it should be possible to reconstruct a physical shell with “less miles” on it... In effect, to create a younger body on the other side of the teleport!

Another of the yogic attainments is “The ability to choose the time and manner of one’s death”. There are numerous stories in India of yogis of advanced age but in perfect health making rounds to family and friends to say “Goodbye”, and then being found dead the next day with no cause of death discovered.

It’s as though they simply chose to stop.

The wording of the attainment seems far-fetched... how can anyone choose when to die? What if they were in a car accident? What if they fell off a cliff?

How can surviving such a dramatic event because you “chose to die at a later time” be in any way feasible?

If you have the ability to repair even catastrophic tissue damage, there is no reason that any disease, affliction or even accident would be more than a momentary inconvenience.

In fact, if the consciousness is external to the body, it may be possible to repair the body even after fatal damage was already done to it, or possibly even materialize a completely new body to inhabit.

Regardless of the means (and the end!), realize that your understanding of the energy nature of the physical body opens up unique opportunities to fix all manner of even extreme health issues, should the need arise.

In the worst case scenario, you simply turn the body to energy and then reassemble it in good working order in the same spot. It would be kind of like teleporting with your starting and ending locations being the same place.

Shape Changing.

If we can repair even radical structural damage to our bodies, can we change something that isn't broke?

Why not?

The same rules apply.

Follow the same procedure as for teleportation but ask the Subconscious to communicate your desired changes to the Superconscious when it is recreating the body. Sincere desire and holding a crisp, vibrant image of exactly what you want in your mind at the time you make the shift to pure energy is the key.

While Shape Changing is yet another ability listed as one of the Yoga Siddhis, I could find very little additional information on this and it is not a realm that I have any plans to explore personally.

If you plan to experiment with anything like this I would suggest that you start simple and with something relatively trivial like changing your eye or hair color or perhaps removing a birthmark before moving on to anything more extreme.

Ascension.

Ascension is the pinnacle of psychic evolution. It essentially entails turning your body into pure, living energy, and staying that way *with your consciousness intact*.

All of the skills that we have learned up to this point entailed a kind of mental "hand-off" so that the Superconscious can take care of all the

advanced stuff for you. This is a short cut that allows us to experience many of these amazing abilities relatively sooner than later.

There is a “long way” to accomplish these skills too. It amounts to the total integration of the three tiers of your consciousness. All of our studies up to this point have pretty much allowed us to keep the three tiers separate, which is the mode most of us normally operate in anyway.

Reintegration of the Subconscious, Conscious, and Superconscious aspects of yourself (Yet another “Holy Trinity?”) sets the stage for another extraordinary leap in your evolution.

The Superconscious takes over for us when we assume the pure energy state because the experience is so overwhelming and so far out of our realm of experience that the Conscious mind can’t take it in. It shuts down to protect itself just like our physical body shuts down when we are exposed to too much energy.

This is why you generally won’t remember things that happen when you are in a pure energy state. At best you may come back with “impressions” or dream-like recollections that fade so quickly that they are lost before you can even realize that the words to describe them don’t exist.

In the act of teleportation, you are here, you are energized, you are there.

I wish I could tell you what happens in between, but I’m not that far along!

If we could integrate the three aspects of our Consciousness together, I think you could essentially “live” purely in the realm of energy without the need for a body at all. We not only touch the infinite, we become one with it, and it with us. Kind of brings a little glimmer of understanding to the phrase “In the unity of the Holy Spirit”, doesn’t it!?

My best guess for how to accomplish this is spend as much time in the highest energy states that you can and while you are there ask both your Subconscious and Superconscious for help.

Keep a journal of your experiences and immediately write down as much as you can remember as soon as you are free of the relaxation paralysis.

Later, reread your journal and try to recall the sensations as vividly as possible and meditate on the sensations. The more comfortable and familiar these sensations become, the longer your consciousness will be able to stay with you during the ride on future attempts, and the farther you will progress.

This is a whole new path, and one that I'm not qualified to guide you on... yet! They say that getting there is half the fun, and I'm in no hurry to shed my body at any point soon. I've still got a lot more to learn in my current form before I'm ready to move on!

Perhaps you may choose to explore it on your own some day and then you could let me know!

Chapter 8: Final Thoughts

Even if you've only just finished reading this book through for the first time before attempting anything that I've put before you, you've come a long way.

Depending on where you are personally on your own path, there are probably things in this book that you will instantly recognize as truth. It is almost like remembering something you already knew. Some ideas "click". New ideas come. You start to look at things differently and suddenly the world really is a different place.

There are probably other things in this book that make you shake your head and think "You have got to be kidding me". Maybe everything in this book!

That's a fair response. I was there myself once.

Skepticism is healthy.

Be skeptical, but please be open minded.

This is a "How-To" manual, and you have everything you need to try it for yourself right now. Give it an honest try and I truly believe you'll be glad you did.

I hope you are excited to give it a try, but remember that if you go running down the path you can completely miss what you are looking for, *and* you're more likely to stumble.

Go slow. Savor the small victories, and enjoy the ride!

Omniscience and "The Tapestry": More Experiments with Time

While the emphasis of this book is absolutely dedicated to overt, tangible, "miraculous" psychic phenomena, you will very likely encounter a variety of other strange "mystic" experiences as well.

The computer programmer in me tends to look at things logically, and fit them neatly into the existing framework of facts and experiences that I already have.

There is one experience in particular that I have had that my logical mind and approach simply can't reconcile. It's not a "tangible" psychic skill, and I don't have the faintest idea of how it could work, so it really doesn't even fit in this book.

Still, because it had such a profound impact on me and on others that I know who have also experienced it, I wanted to mention it as one of those "Trail Markers" for you to look for so that you will recognize it when you see it.

I call it "The Tapestry", and when I mention that term to anyone who has had the experience, they instantly know what I am talking about.

Let me describe my experience for you:

At the point in my life when I experienced it, I had been researching psychic abilities for quite a while but had only just recently decided that I was going to "go for it" and start doing regular daily exercises.

I had been working with the DRT and meditation for a number of months and had been working on opening the Chakras for a few of weeks.

On this particular day, I'd had a rather odd conversation with someone while waiting for a bus earlier that morning, and I was trying to remember something they said.

I tried to jog my memory by getting comfortable and imagining the scene as vividly as I could so that I could replay the details of that conversation. I got comfortable, and kind of on a whim I decided to try the DRT.

For some reason, I was able to go much deeper into the relaxation than I ever had managed before, and as I got really relaxed I had that weird feeling that I get in the pit of my stomach like when you are dropping in an elevator, and suddenly my mental image of the bus stop sprang into startling focus. It was

EXACTLY as if I were there. Everything was perfect. The sights, smells and the sounds of the conversations around me were reproduced with perfect clarity.

In spite of the fact that the scene was so vivid, I realized that I was not looking at it from my original vantage point. I was actually looking slightly down on the scene. My perspective was from the same position that I was standing at that morning, but about two feet higher than usual.

When I realized that, the entire scene froze, and I looked down and saw the top of the head of the “me” in that scene. I moved via thought, just as one does with Astral Projection, and wandered around and through the frozen people at the bus stop.

Since I could move with thought, I decided to fly up to get a better perspective on the scene, because heck, why not fly when you can!

I flew up to a height of maybe 20 feet and looked down at the scene, and I suddenly realized that I could know anything about anything in the scene. It wasn't like I knew everything all at once. I would look at someone and know that they were there because they got a phone call on the way out the door and missed the earlier bus, or I would look at someone else and know that they were not normally bus riders. They were there today because of a car accident a few days ago put their car in the shop.

As I paid more attention I got more and more details. I saw what the car in the shop looked like. I saw the accident happen. Anything I wanted to know was available to me. I saw the other driver involved in the accident and knew that he ran the traffic light because he was late for a date. It was like my consciousness was jumping through time and space to show me anything I wished to know.

Then I jumped back to the scene at the bus stop, and it started moving again. This time when people moved I could see something almost like a faint red "ghost trail" of where each person had come from and a faint blue one for where they were going. I could imagine that person at any point along their

personal line and the entire scene would change to show me what everything else looked like when that person was positioned in that spot.

I could mentally travel forward or backwards on the line and watch the entire scene rewind or move forward at any pace I chose. It was like I was outside of time.

After playing with this effect for a few minutes, I felt myself accelerating upwards and my field of vision kept getting wider and wider. For every new thing that I saw, from birds to cars, I could know anything about them in that instant, past, present or future.

I rose very quickly to the point where I could see about 4 blocks of the whole city, then things went from specific to abstract. All the different red/blue path lines were interweaving and changing colors in a breathtakingly intricate pattern... just like all the individual threads that form the image on a tapestry.

My vantage point kept rising higher and this increasingly intricate image completely filled my vision. I had the impression that there was LOTS more beyond my peripheral vision. I stopped moving upwards and then the colored lines all started moving... presumably with time starting again and all the nodes where the lines changed color between red and blue must have been where the actual people were at that instant.

Then, just as suddenly as it started, it stopped. I was back in my apartment coming out of the relaxation paralysis with my body tingling so wildly it was nearly uncomfortable.

That faded very quickly and then I felt absolutely elated! It was amazing. What was also interesting is that in my subjective time, the experience took approximately 20 minutes, but according to the clock in my room, only about five minutes had passed from the last time that I looked, and I could account for pretty much all of that time as being used to enter the DRT and recover from the relaxation paralysis.

The actual experience itself seemed to have happened in virtually no time.

I just thought I would share this very interesting adventure I had with you. I hope you get to experience it yourself.

I've often attempted to reproduce this experience, but I've not had any luck yet. As is so often the case with me, my best and most exciting experiences happen when I am not looking for them!

Reaching the “Portal”

As you develop yourself psychically, you are changing in a lot more ways than you might realize.

Without a doubt, performing the exercises outlined in this book will help you become more psychically and spiritually evolved, and doing so allows you to start enjoying some of the extraordinary “perks” listed in this book, but there is a price.

It's lovely to realize that you are becoming more compassionate, more accepting and more loving. You won't be able to help it. That's what opening the Chakra *does*.

It can be a little lonely to realize that you are growing and changing in ways that those you are close to are not. This can create a kind of stress between you and the people you care about.

All of your old relationships are a kind of anchor to the “old” you. Some of those relationships may grow and flourish in remarkable ways as you change, but some of those relationships may not survive.

Your own psychic and spiritual growth raises an interesting question: Is this what you really want?

The “Portal” is a kind of metaphysical point of no return. You reach it when you advance as far as you can without leaving your safety net.

When you stand on this side of the Portal, you are in a kind of twilight world. You occasionally experience some really neat things that most of the people around you won't understand or probably even believe. It is exciting and even elating, but at the end of the day things are not yet dramatically different than what you have known.

On the other side of the Portal is the same exact world, but there is no twilight. It is always illuminated because you are one of the sources of that light. It's a world without fear, ignorance or hate, and a world where you have an absolute mastery over all of the skills and abilities I've been talking about, plus a lot more.

You would think that crossing the Portal would be easy with such an amazing reward so close at hand but there is a steep price of admission: you have to leave your fear and self-consciousness at the door.

One of the reasons that I ended up with a bilocation instead of a true teleport was the fact that I have trouble with fear, trust and with "letting go".

At some point, in order to advance any further you will need to take a step knowing full well that those closest to you may not be able or willing to follow and that you might lose them.

You have to let go of every last thing that keeps you anchored to your old comfortable ways and *allow* your body to turn into pure energy and trust that it will come back when you want it.

At some point you need to *risk* everything that you know to open the door to everything you don't. That is the Portal.

I myself, made it right up to the Portal before I realized I wasn't ready to enter...

Yet.

And there is no shame in that. We all live, love, learn and grow at our own pace, and as we do, fear has less and less opportunity to sway us.

I know where the door is, and it will still be there when I am ready.

When the time is right I'll cross that threshold and with a little luck, I'll meet you on the other side!

The Psychic Super Man

At this point, I confess I'm talking less from my own experience and more from what I've been told or read.

My understanding is that the more frequently you enter the "living energy" state, the more easily your body recovers from it and the more easily you can get back into it.

In fact, it seems that every aspect of these skills gets easier with enough practice. Folks that are a lot more advanced than I am have indicated to me that they can virtually dispense with the DRT. The state of deep relaxation comes to them instantly when they need it, and they no longer experience any relaxation paralysis when they come out of it.

They also tell me that they are able to summon energy into themselves dramatically faster, and command a much larger and stronger vortex than when they first started out.

In short, it would seem that all the things that seem like such tremendous hurdles to me at my current level of development have become second nature to them, so it's nice to see that we have this level of proficiency to aspire to.

I noticed something that all of these people seem to have in common. They are all quiet, confident, unassuming folk, and for whatever reason, they seem almost disinterested in their own abilities.

It's like the novelty wore off for them, and in spite of (or because of) the fact that they could psychically do things virtually effortlessly, they seem to delight in the mundane details of day to day living.

I'm told that one day I'll "get it", but for right now, I confess that I don't.

Instead, I sometimes like to think about what one of these fully realized "Holy" people could do if they really wanted to.

I got thinking about that and I came up with a pretty exciting thought:

*Psychic abilities can emulate any ability of any Super-Hero
that has ever or will ever be conceived.*

I smile at that thought, because from what I know about the people who have the power, it's pretty obvious to me that we won't be seeing any of them in capes and tights flying about and using their psychic powers to save the day. But who knows? Maybe there *are* a few unassuming "Clark Kent" types out there who are secretly making life a little better for all of us.

Last Words...

It was something of a disappointment to me when I first realized that "THE" book that I had been looking for on psychic development for my entire life did not exist.

Fortunately, just because the information that I was looking for could not be found between the covers of a single source or even within a single discipline, did not mean that the information did not exist.

I kept looking, and every once in a while I would get lucky.

I'd get a glimmer of insight here, or a gem of understanding there and every once in a while, I'd even get a fact that would connect the worlds of science and the obscure psychic abilities that so fascinated me.

I was actually quite surprised when I realized that over the years I had subconsciously tied the psychic abilities that I was interested in with some established scientific principles like the relationship between matter and energy and Quantum Theory.

The fit was not always perfect, but then again our science is still young and we still have a lot more to learn. Still, the realization that “extreme psychic abilities” could be described in terms of math and science as well as things like the fledgling successes that we are starting to see with scientists and teleportation was enough to solve the “paradox of proof” to my satisfaction even in spite of my logical “computer programmer” mind.

After that, the discovery of the DRT proved to be a source of tremendous experimentation, insight and excitement. From there, some fortunate meetings with some extraordinary people filled in a great many gaps in my understanding.

I was quite surprised to realize one day that *I* had actually learned enough to write the book that I had been seeking for so long, and once I realized that, I knew I had to share what I had learned.

I hope you understand what a unique opportunity for personal growth this manual represents and choose to act on the information it contains.

If you have the courage to step away from the herd and out of your comfort zone, you have an opportunity to explore something truly amazing.

It has been a privilege and a pleasure to show you these first steps on that path.

I hope you take them!

- Dave

Your Turn!

If you appreciated the information contained in this manual, have any feedback that you think would make this a better book, or if you would like to share a story, why not send me an email with your thoughts?

I'd love to hear from you!

I'd also be particularly grateful to anyone who takes a few minutes to share a few kind words that I might include as a testimonial for my sales letter!

You can reach me here: Dave@AllThingsPsychic.com

Thanks, and take care!

All my best,
Dave, for All Things Psychic