Telekinesis Power Secrets

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Introduction

I am sure that most people have seen demonstrations of "spoon bending" and other such "psychic phenomena" and wished they could do it themselves.

Well there is good news! The truth is we are unrestricted, unrestrained and unlimited Beings of the Universe. The only restrictions we experience are those we place upon ourselves. Specifically, The only restriction anyone has is restrictive thinking; absolutely everything begins and ends with thought.

So if we believe that levitating a car for example is just not possible; then that will be the reality; it will not be possible. Even the christian bible states:

"And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you. - Mathew 17:20

And whatever one believes of the bible, this statement is absolutely true.

Here of course Jesus is speaking metaphorically, but the message should be absolutely clear. We are only limited buy our own beliefs and the degree of faith required in order to bring our beliefs into physical reality where they can be experienced.

Another important "ingredient" for success is gratitude. We must never take anything for granted. We all have "God-given" powers to create our own reality, and we should be most grateful for that. Being grateful however does not mean

standing for example in a "place of worship" and "giving thanks" by means of meaningless pre-written words, or by following the lead of a church minister; it means actually feeling sincerely grateful in your very Being. We do not connect with the Universe by opening our mouths and allowing words to come out; we connect at the level of thoughts and feelings fuelled by emotion.

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What has this to do with telekinesis you might be asking by now? Well the fact is it has everything to do with it.

It will not be possible to physically move anything that is perceived as being separate from ourselves. All appearance of "separation" is an illusion, plain and simple. There is no separation in the Universe; we are all aspects of the same omnipotent, omniscient and omnipresent, conscious, intelligent Energy; the Mind of "God" the Universe in which we live and move and have our being. "God" is not separate from us or from anything else.

Again, to even quote from the christian bible: "On that day, you will know that I am in my Father, and you in me, and I in you" - John 14:20'

So again, regardless of what we might think of the bible, here again we have a Universal truth that everyone should know and understand, the truth that God, humans and everything are one.

Yes "Jesus" was the "son of God", but no more or no less than you or I; and for that we should be grateful. So if we are to exercise our "God-given" powers the

very first pre-requisite is that fully recognise and assimilate the truth that whatever it is we are wish to influence or move is part of us, and not separate from us. Every "object" shares the same Divine Energy as we.

While we think about moving "that pencil" or "that door" or "that candle flame" or "that" anything; it will be not be possible to move it. With faith and belief, these are very important truths to understand before practicing any "metaphysical" ability.

When we "move" anything we "move" an aspect of ourselves, always.

The next question is; what "causes" objects to "move"? Well as always the immediate answer is "thought". But what does thought influence? Energy! Some people talk about this sort of "Energy" and that sort of "Energy" for example "Psychic Energy" or "Reiki" or "Chi", but in fact these are all metaphors for the very same Universal Energy which can equally be referred to as the "Quanta" of quantum physics, or simply "Spirit". Energy is Energy,

plain and simple; and is influenced by thought. So in the broadest terms, Telekinesis, often known as "Psychokinesis", may therefore be defines as:

"The process of moving an aspect of ourselves by influencing Energy using the power of the Mind".

Therefore, when we practice Telekinesis we are in reality "moving" an aspect of ourselves just as we would move an arm, finger or leg, which of course, to most people, is an entirely natural, effortless, instinctive process.

So Telekinesis is an entirely natural process; the main difference being that we are moving something that appears to be not physically connected; although of course in reality it is connected, as are all things. So before we can start moving "objects" it is extremely important to first fully understand, believe and know these important truths. As long as you perceive yourself as moving something that is separate to you, you will not find it possible to do.

Another aspect, as previously discussed is "belief" and "unlimited thinking". Belief is that absolutely unshakeable knowing, that not only "can" it be done, but it "Is" already done. We already know that there is no "past" or "future", there is only "Now", so when we move an object with our Mind there is never a point at which the object "will move"; there is only "it is moving" or "it has moved". Unlimited thinking is also very important for the reasons previously discussed. It is really no more "difficult" to move a mountain than a grain of sand; the only thing that governs these relative actions and abilities is belief.

The Source, The First Cause, God created the heavens and the Earth and everything else in creation. As we are all aspects of God we have exactly the same abilities. If you cannot believe it you will not achieve it; and this is why moving a mountain is beyond the comprehension of most humans, who look at this massive mound of rock, towering thousands of feet high, and believe it cannot be moved. That belief alone will guarantee you cannot move it.

The same principle applies at all levels. So by now you will see that before any thing can be achieved by Telekinesis, there are preparations to be made.

It is in these preparations or more often the lack of them that following most other texts on Telekinesis very often result in a lack of success, because without these important preparations any degree of success becomes very difficult, and usually cannot be attained at all.

In Telekinesis Power Secrets therefore you will not only learn how to influence physical matter with the powers of the Mind alone, but all of the pre-requisites necessary for success in achieving this.

What you are about to learn is the most complete course ever written in learning the secrets of the powers of Telekinesis. There might at first seem like a lot to learn, but soon it will become every bit as natural as breathing, eating or sleeping for example, where you will be able to simply place any object before you, take a few moments to prepare yourself mentally, and then influence your chosen objects in any way you desire.

Despite what you might read elsewhere there are no shortcuts to success with these higher inner abilities. Anyone who claims that you can simply move an object at will without any sort of preparation or training is not telling the truth plain and simple and any such person, text or website should be treated with suspicion.

The fact is, with sufficient determination, dedication and practice absolutely anyone at all can learn and utilise powers of Telekinesis, just as it is possible to gain any other psychic, metaphysical or Mind power, and this book, Telekinesis

Power Secrets will show you precisely how. All you need to contribute is the resolve to diligently follow the training and know, beyond all doubts, you have succeeded in attaining your powers of Telekinesis.

Chapter 1. Prerequisites

The success of Telekinesis or any other psychic or inner ability can be greatly enhanced over time by setting aside a dedicated area such as a room or private space specifically for the purpose. In this way the subconscious Mind will associate your special, private space with your practices and automatically place you in the right state of Mind whenever you enter it.

Your private space will also, over time, become increasingly “charged” with your Energy, which will in turn greatly assist your psychic exercises. This is for example why psychic mediums always use the same séance room.

Your space should be a place where you will not be disturbed by anything at all, and will not be entered into or disturbed by other people moving items within your personal space.

Such a space is extremely valuable not only for Telekinesis exercises, but also for all other inner psychic abilities and practices such as meditation. It is well worthwhile therefore taking time to carefully select and prepare it for this specific purpose.

Within your space you will need a chair, which should have a firm seat, a dining room chair or stool being ideal, and a small table upon which to place any items required for your Telekinesis and other psychic exercises.

It can also be very effective indeed to equip your space with other unique attributes that the subconscious Mind will associate with the practice of psychic abilities, such as fragrances. Using a specific fragrance such as an incense can

have a very powerful effect on your subconscious Mind in placing you in the appropriate state of Mind for your Telekinesis practices.

Your objective is to create a personal, private, unique space that is completely isolated from the mundane physical world outside, which you can enter whenever you wish to practice your Telekinesis or other psychic

exercises, or simply to quieten your Mind, meditate or simply escape from the relentless intrusions on the senses of the outside physical world.

It is certainly very worthwhile to spend as much time as necessary preparing your space until you feel completely at one with it. As soon as you enter your personal space you should feel that you have literally stepped out of the noise, chaos and disharmony of physical world and into the spaceless, timeless peace, tranquility and harmony of the Universe where all things are possible, and with which you are one.

Having prepared your space, let your family know that it is your private space and when you enter it ask that they respect your request completely and that you should not be disturbed unless it is for genuinely important reasons.

Thus prepared, you will find that over time not only will your subconscious Mind associate your personal space with your psychic practices, but also your space will acquire a unique Energy, ambience and power that will become increasingly powerful over time.

Chapter 2. Relaxation

All inner abilities of the Mind require a state of physical relaxation, the deeper the better, as a prerequisite. This is due to the fact that in our normal waking state, in order to interact with our physical environment we rely on our five physical senses and a brainwave frequency, known as the “beta”.

Deep physical relaxation enables us to slow down our brainwave frequency to a state known as “alpha”, or even slower still a state known as “theta”, allowing us to access the expanded states of consciousness necessary for most psychic abilities.

The objective before commencing deep physical relaxation exercises is for your body to be as balanced and free of strain and stress as possible from the outset, and in such a way as to remain completely balanced throughout the duration of the exercises.

Ultimately you should be able to achieve a state of total relaxation under any circumstances. After a time you will find that by simply entering your space and seating yourself in this posture, which in the East is known as an “Asana”, you will automatically achieve a state of deep relaxation, and this indeed is an objective.

The practice of deep physical relaxation:

Commence by seating yourself upon your chair as selected and prepared in Chapter 1. If the chair has a back, do not lean against it. Sit absolutely upright

with your spine straight and hands resting lightly on your thighs or knees.

Close your eyes and keep them closed for the duration of these exercises. Now breathe in deeply but slowly to a slow count of five and imagine at the same time, with as much realism as possible that the air you are inhaling is an extremely bright, radiant, sparkling white. As you progressively inhale, feel the positive relaxing Energy of this white, radiant, sparkling light entering your entire body and spreading throughout your body from head to foot.

Hold the breath for a slow count of five while feeling and enjoying as intensely as possible the radiant, sparkling white light bathe your entire body, and then slowly exhale to a further slow count of five. As you exhale, imagine as realistically as possible that your breath is a dark grey colour, and as you exhale this dark grey breath containing all negativity and tension is now leaving your body as you feel progressively more relaxed.

Now continue to relax for a further slow count of five and once again repeat the process of inhaling pure, radiant, white sparkling light, again feeling its pure relaxing Energy entering, circulating around and permeating your entire body from head to foot before finally once again exhaling the dark grey light, while at the same time feeling all tension and negativity leaving every part of your body. All inhalations, pauses and exhalations should be carried out to the same slow count of five for each part of this process.

Repeat each breathing cycle at least five times, ideally continuing until you are feeling generally relaxed, refreshed and positive. Note that while doing these breathing exercises you should inhale by using your entire diaphragm and not just your upper chest. You can accomplish this by drawing in each breath by using the entire area from your lower stomach to your upper chest, drawing in each breath in this way.

You should also imagine and know that not only are you inhaling through your mouth and nose, but also through the pores of your skin, and every single cell in your body, all inhaling the Divine, radiant, glowing white light.

The next stage in deep physical relaxation, to be carried out immediately and following on from the first stage involves progressive active relaxation, starting at your feet and finishing at the crown of your head.

To proceed with this phase of the exercises, while still retaining your relaxed feelings after the initial breathing exercises, imagine as vividly as possible a large sphere of bright, glowing, radiant white light positioned just beneath your feet. Using as much imagination as you can summon make this sphere of light as bright, glowing and radiant as possible; as bright or even brighter than the sun on a clear summers day.

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Next imagine as realistically as you possibly can this sphere of radiant light moving gradually upwards, first encompassing both of your feet. Your feet

should now be completely bathed in this bright, glowing, energizing white light; you can feel the glow of the warmth of this bright, radiant, energizing light around the entire area of your feet, toes and ankles. Feel all remaining tension draining quickly away from the area of your feet as they become extremely relaxed and free of all tension. Maintain this visualization as vividly as possible until all remaining tension completely dissipates from the area of your feet. Do not continue until you know this area is totally relaxed.

Next imagine the bright sphere of radiant white light moving slowly up your legs to the area of your calves. Again feel this area completely bathed in this bright, glowing, energizing white light, allowing the sphere of Universal light to remain in this position until both of your calves are completely free of all tension and completely relaxed just as with your feet area previously.

Next imagine the white sphere of radiant light moving still further up your legs until reaching your thighs. The sphere of light can very easily expand as much as it needs to do in order to fully encompass any area of your body at will. As with your feet and calves allow both of your thighs to bathe and relax completely in the glowing, radiant, energizing white Energy of the sphere of light. As before, allow the sphere of light to remain in this position until you know beyond any doubt that all tension has fully dissipated, and this area now feels totally relaxed.

Repeat this process as the radiant, bright, white glowing sphere of Energy travels further up your body next reaching your hips and buttocks followed by your stomach and lower back areas, and then your chest and upper back, arms and shoulders. Your arms should remain totally straight by your sides allowing the sphere to encompass the entire trunk of your body and arms as it

progressively makes its way up your body encompassing everything as it does so, and leaving each area totally fully relaxed.

The sphere of radiant white light now reaches your neck. Allow the sphere of radiant white light to bathe your neck area for longer, and as long as necessary for you to release all tension. Your neck can collect a considerable

amount of tension and time must be provided for all tension to completely dissipate, ensuring your neck, as with your lower areas are completely relaxed and free of all tension.

Finally the glowing, white radiant sphere of light reaches your head. Allow it to remain around your head area while all tension completely dissipates from your face and head muscles, again leaving them totally and completely relaxed as with all of the lower parts of your body. After all muscles in your head feel totally relaxed, imagine the radiant, glowing white sphere of light traveling to the top of your head, and then onwards into the infinite Universe.

Now take time to bathe in this extremely pleasant feeling of deep, full body relaxation. Feel just how blissful it is to have removed all of that stored tension, stress and negative Energy from your entire body. You can remain in this position of deep physical and mental relaxation for as long as you wish while you fully appreciate how wonderful this total relaxation really is.

Finally thank the Universe for your experience, open your eyes and take a few minutes to adjust before continuing with your usual activities.

Very often this deep physical relaxation exercise is valuable pre-cursor to Astral Projection, OBE, concentration, manifestation, healing and other important abilities to be discussed later in this book. In this stressful world it is very useful indeed however to learn the art of deep physical relaxation as a valuable ability in and of itself, and one which will prove to be particularly welcome at the end of a long, hard stressful day, or indeed at any time at all when you simply feel the need to relax.

After sufficient practice, deep physical relaxation can be performed anywhere at all at will and without the need for a comfortable location or the need for visualizations. The ultimate objective should be the ability to achieve deep physical relaxation while sitting absolutely upright, spine completely relaxed, sitting on a chair, without using the backrest of the chair. Your body must respond to and obey your will at all times. Ultimately therefore you should reach the stage where you can sit completely upright, spine erect on a non-padded chair, and totally relax by simply concentrating, focusing and willing

your body to so. When you can achieve a state of deep physical relaxation at will like this, many more latent abilities will open themselves to you, abilities that can have a profound effect on your life and ongoing evolution.

Chapter 3. Concentration

The ability to totally concentrate at will is not only extremely beneficial but in fact is one of the most important of all abilities, and one upon which most other abilities, including Telekinesis ultimately rely. Without adequate powers of concentration nothing worthwhile including Telekinesis can be achieved or true progress accomplished; this really is such an important truth that everyone should fully understand. On the other hand with the ability of complete powers of concentration quite literally anything is possible.

In addition to Telekinesis and related abilities, the benefits of developing the ability to totally concentrate at will includes but is certainly not in any way limited to the complete control of thoughts, absolute peace of Mind, self-confidence, inner strength, will power, ability to focus your Mind, improved memory, better ability to make and carry out decisions, more control over your daily life, ability to study and learn much more quickly and efficiently, control over extraneous passing thoughts and not giving in to them, freedom from needless, annoying, obsessive, compulsive or upsetting thoughts, routines and habits, inner happiness, the development of extremely valuable abilities, more advanced powers of the imagination including visualization, and the ability to meditate effectively.

There are many more valuable benefits arising from the ability to fully concentrate, these being just a few of the more important ones.

Many people unfortunately have considerable difficulty in concentrating for more than a few seconds at a time, with the Mind constantly jumping around

from thought to thought and subject to subject without any sort of conscious control or structure whatsoever. People are often heard to complain for example, “I cannot possibly think of a hundred things at once”; and therein is a real issue; they are indeed thinking of a hundred things at once instead of just one single thought; the immediate task in hand or point of focus.

Another expression for this inability to concentrate on a single thought is “monkey Mind”; the Mind is constantly chattering away endlessly creating noise and thus dimming its true power, abilities and therefore effectiveness.

In some parts of the world people who are unable to maintain any single thought for more than a few moments are known as “quinhentos pensamentos”, which literally means, “five hundred thoughts”. This situation applies equally to people of all cultures throughout the world.

Diluting the Mind with thoughts is like diluting anything; the totality of its effectiveness will be reduced in proportion to the amount of dilution as the concentrated effectiveness is scattered and dissipated. A single strongly focused thought is extremely powerful, this simply cannot be emphasized enough. “Phenomena” which to most people would seem to be completely miraculous are easily possible by means of single pointed, completely focused and concentrated powers of the Mind.

Thought is Energy and therefore focused thought is focused Energy the vibrations of which can have a profound effect on the object of the thought, with results that might appear to the casual observer to be truly miraculous.

A graphic example of such immense power of concentration has often been observed and related by those who have traveled in India. They tell of how they personally witnessed a seed actually being planted in the earth, and which seed not only then immediately sprouts and grows before their very eyes, but very soon thereafter also yields fruits that could actually be plucked and even tasted. All of this occurring in just a few moments. This “phenomena” was accomplished by the use of the most intense use of the powers of concentration and imagination by Fakirs who used these powers to such focused, single pointed and profound effect, that the objects of their intense powers of concentration and imagination actually manifest for all to see, sense and experience in the physical world.

To control your thoughts is to exercise a much higher level of control over every aspect of your life with all of the profound resultant benefits. Lack of concentration and control over thoughts generally can be likened to piercing a

sheet of thin paper with a blunt pencil; piercing a sheet of paper with a blunt pencil will prove to be difficult, and the paper will very often simply tear. However if the pencil is sharp, the point will pierce the sheet of paper very easily indeed leaving a small neat hole.

The same situation can be applied to concentration; if concentration is blunt and undisciplined and the Mind is crowded by hundreds of thoughts, the Mind will be equally blunt and ineffective, and accomplishing any single objective or indeed anything at all worthwhile will be very difficult indeed or quite often impossible to do. If on the other hand the concentration of the Mind is sharp and single pointed, then the entire Energy of the point is focused in one place on one single intended action, and the results will be that much more effective. The stronger, more focused and single pointed your concentration, the more powers and abilities you will enjoy in controlling every aspect of your life, ongoing evolution, and therefore your own personal happiness, peace and harmony.

The ultimate objective of concentration is to attain a state of “single pointedness” of Mind. Such single pointedness is the total, complete and unwavering focus on either one single thought, or very often no specific thoughts at all; in other words a focus on a total emptiness of Mind, totally devoid of all thoughts of any kind. Such a complete concentration on emptiness of Mind is fundamental to another very important ability, that of meditation, the benefits of which are profound, numerous and extremely valuable. A highly developed ability of concentration is therefore crucial for Telekinesis, but will also assist in the processes of achieving Astral Projection, OBE, healing and many other valuable powers of the Mind.

Although almost anyone can develop high levels of concentration and willpower there are certain barriers to success that should be taken into account. Any inherent physical or mental weaknesses brought about for example by an ongoing illness, can effect concentration. At the same time such conditions can

fortunately be healed, as we will also discuss later. A lifestyle too filled with a wide range of activities can also make it difficult to achieve the ability of total concentration, the Mind of such a person always being preoccupied with thoughts pertaining to their ongoing activities. Such a

person will also have difficulty in finding the time and motivation required to put aside the necessary time each day.

That said, we can now move on to the actual practice of achieving the levels of concentration that will make Telekinesis a much more natural process, as well as providing for the basis of all of the other valuable abilities mentioned.

The practice of concentration

Initially concentration can be practiced from any sufficiently relaxed position. Ultimately however, once a good degree of concentration has been achieved, the ability can be taken to a much higher level with a more formal posture such as for meditation, a subject we will discuss in much more detail later. You should ideally start by devoting at least ten minutes each day to these exercises, later increasing to at least thirty minutes each day if possible.

There are several progressive stages involved in achieving a high level of concentration abilities. First of all you need to ensure you are completely relaxed, ideally by performing deep physical relaxation exercises. As previously

mentioned, once your levels of concentration and will power have reached a certain level it will no longer be necessary to perform formal relaxation exercises, you will be able to sit in your upright chair, take up your posture with back completely straight and relax instantly simply by willing to do so; everything must comply with your will but this first requires the necessary level of concentration.

The following concentration exercises are progressive. It will accordingly prove to be counterproductive to move on to the next exercise until the previous exercise has been successfully and fully accomplished. Sit straight up in hard chair, spine absolutely vertical, not leaning back, knees together and hands face down on your knees or thighs and proceed as follows:

Exercise 1: Close your eyes and count backwards in your Mind from 100 to 0. Should you miss any numbers go back to 100 and start over again. You should be able to do this 10 times in a row before proceeding to the next exercise.

Exercise 2: Close your eyes and count backwards from 100 in increments of two. In other words count backwards 100, 98, 96, 94, 92, 90 and so on down to 0. Should you miss any numbers start again from 100. You should be able to succeed with this exercise 10 times in a row before proceeding to the next exercise.

Exercise 3: Repeat exercise 2, but this time counting backwards in increments of three; 100, 97, 94, 91 and so on. As before should you miss any numbers you must start over again. You should be able to succeed with this exercise 10 times in a row before proceeding to the next exercise.

Exercise 4: Select any word of your choice, an interesting one is better, and continuously repeat the same word over and over again in your Mind. Should another word enter your Mind then start over again. When you can repeat the same word in your Mind for at least 10 minutes without interruption this exercise is complete.

Exercise 5: Select a convenient object such as a fruit, and spend at least 10 minutes examining it from all sides. You must apply your entire unwavering attention to this exercise, the objective being to memorise the object as completely and in as much detail as possible.

Examine the object from all angles, not allowing any other thoughts to intrude within your Mind while doing so. Your entire focus and attention should be examining and memorising your chosen object in as much detail as you possibly can. Only when you have completely memorized this object should you move on to the next exercise.

Exercise 6: Close your eyes, concentrate, and visualise your chosen object from Exercise 5 as realistically as possible. Visualize the object exactly as it appeared when you were previously examining it, making it appear so lifelike in fact that you believe you can easily reach out and touch it. Should you have difficulty with this return to exercise 5 and memorise the object for a further 10 minutes.

This is an extremely valuable exercise for many of the abilities we will be discussing later. Once you have successfully completed

this exercise with the original object, repeat exactly the same exercise again with a range of different objects of various shapes, sizes and colours.

Exercise 7: Obtain a fruit of your choice and divide it into sections. Examine your fruit thoroughly, not only with your visual senses but also with your senses of smell, touch and taste. Examine it visually, smell it, feel it and taste it, committing all of these received impressions to memory in as much vivid detail as possible.

Exercise 8: Close your eyes and imagine exactly how the fruit appeared while previously examining it utilising all of your senses; sight, smell, taste and touch. Imagine you can smell, taste and feel the texture of the fruit thereby completely re-creating it in your Mind.

The fruit should appear to be so solid and lifelike that you desire to actually reach out and eat it. As with the previous exercises should you not be able to achieve task this at the first attempt then go back to Exercise 7 and embed the characteristics of the fruit in your Mind as firmly as possible once again before progressing on with Exercise 9.

It is most important not to proceed with any exercise until the previous one is complete.

Exercise 9: Close your eyes and imagine you can hear the sound of a clock ticking loudly. The ticking must seem totally real as if there actually is a clock in your room. Once you have established the sound of the clock realistically ticking in your imagination, maintain the ticking for a full 10 minutes without interruption. If your concentration is broken and you miss a few ticks of the clock, you should either start over again or leave the exercise for another day until you can imagine the ticking with total reality for a full 10 minutes.

Exercise 10: The objective of this final exercise is to achieve a total emptiness of Mind, a total void of all thoughts. This is an extremely valuable state to be able to achieve, and is the basis for achieving many inner abilities,

and should therefore be practiced for as long as it takes to perfect this ability which is also the basis of meditation.

Close your eyes, relax, and vigorously reject any thoughts attempting to enter your Mind. At first this might seem difficult as thought after thought tries to encroach upon your imposed silence. If thoughts do encroach upon your silence, rather than feeling distracted or even frustrated, simply passively observe the thoughts and allow them to drift through your Consciousness without giving them any focus. If you do latch onto a thought and start to give it any sort of importance it will then occupy your Mind and might well prove to be very difficult to remove.

The objective of this exercise is to hold your Consciousness totally and completely clear of all thoughts whatsoever for at least ten minutes. This exercise might well take several weeks of practicing for at least ten minutes each day before fully achieved. It should be stressed however that this final exercise is extremely useful and important in the development of a wide range of inner abilities, and should ideally be practiced daily until perfected. Eventually it will become possible to maintain this state of Mind for as long as you wish, and certainly for many hours at a time, during which profound experiences can occur.

Having successfully completed all of these exercises, your concentration and willpower will have increased considerably and will prove to be an excellent asset in the future. It is most important however to maintain the practice of these exercises regularly, ideally every day, otherwise you could very easily start to diminish your powers of concentration. Should this happen repeat whichever exercises are necessary in order to bring your concentration levels back to those of exercise 10 once again; you should be able to achieve total vacancy of Mind at will.

Having acquired the most valuable ability of total concentration at will, it is also highly beneficial to be able to control all of your thought processes throughout the day. This involves focusing your thoughts exclusively on whatever it is you are doing at any particular moment in time and never allowing your thoughts to wander on to other matters. Remember: focused

thought is extremely powerful, but scattered, random, transient thoughts will result in the same effects and nothing worthwhile will be achieved. Such focus of thought might seem difficult at first; most people tend to naturally let their Minds wander as a lifetime habit, however with perseverance ongoing control of thoughts will in turn become a habit which will find yourself doing subconsciously without even thinking about it.

Thought control will further enhance your concentration abilities and will also sharpen your levels of Consciousness and powers of memory, as well as other valuable attributes of the Mind and Spirit, attributes that will enable you to assume full control over your daily life as well as your ongoing personal evolution.

Chapter 4. Meditation

Meditation is without question one of the most worthwhile and valuable practices anyone can undertake on a regular and ideally daily basis. Many people however still tend to associate meditation with a perceived far eastern mystical practice whereby a person will sit on the floor in an uncomfortable looking position, surrounded by candles and burning incense while chanting a mantra. In actual fact meditation for the vast majority of practitioners is nothing like this at all. Meditation is a daily habit for millions of people the world over within all cultures and all walks of life, and more people join the ranks of meditation every day as they discover the very considerable values and benefits of this ancient practice.

Let it be said straightaway that there is absolutely no need whatsoever for such notional complicated postures, candles, incense or any other mystical instrument or practice. Meditation can be performed almost anywhere at any time of the day, providing it is in a place which offers the necessary freedom from distractions, and your personal space is absolutely ideal for this purpose.

The general benefits of meditation

At its most fundamental level, Meditation calms the Mind and relaxes and dissolves tension from the body. In the longer term the Mind begins to experience much higher levels of peace, tranquility and serenity, not only during meditation itself but also during daily life. There is a progressive and

profound increase in happiness, tolerance, love, understanding, fearlessness, and inner powers and abilities.

With meditation the powers of concentration increase and the Mind becomes progressively sharper and more under control, including freedom from unwanted thoughts, emotions and influences, and with a much higher ability to enjoy the present moment. There are many further such tangible benefits, but in short, meditation greatly strengthens the body, Soul and Spirit resulting in a higher quality of life.

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There are also other important benefits that might seem less obvious. While in a state of deep meditation you are open to the inner realms of reality and Energy thereby making it possible to contact and communicate with beings of the inner realms, including but not limited to Spirit guides, people residing in the Astral words who have passed on from Earth, and even your Higher-Self or Holy Guardian Angel. These contacts can be extremely valuable indeed, with information, intuition, insights, advice, encouragement and much more, all assisting considerably in daily life.

During deep meditation, you can ask questions, and receive answers on issues of importance to you. Remember, “space” and “time” simply do not exist in the inner realms of life and reality, and accordingly the beings and people dwelling there have access to the past, present and future, as well as to vast repositories

of information maintained in huge Astral libraries and of course the Akashic record of the Causal sphere of the Universe.

Most meditation techniques have one ultimate objective; to achieve complete silence of the Mind and therefore to reach the real “I” level of pure awareness, resulting in a more direct channel of communication with your inner-self and a greater, more profound connection with The Source, Our Divine Creator, God.

The general practice of Meditation

In order to meditate effectively, a sufficient degree of concentration is required, and is one reason why this extremely important ability was discussed in depth the previous section. Without concentration it will be very difficult indeed to adequately silence the Mind and therefore to achieve anything worthwhile during meditation.

As with all of these exercises, this should be done in your private space as described in the Prerequisites chapter, and which space should now be fully prepared with everything in place.

To commence with your meditation seat yourself upon your chair and then close your eyes and go through the exercises described in the chapter on

Relaxation. Over time you will find that achieving all of these states becomes progressively easier and occurs more quickly as your subconscious Mind associates your special space and seating position with deep physical relaxation.

Now, keeping your eyes closed, begin to observe your thoughts as they pass through your Mind. It is very important not to participate in these thoughts, tempting though it might be, but to merely be a passive observer, acknowledging the thoughts as they occur but then allowing them to simply drift by without further involvement.

At first you may find many thoughts arriving as if to continually assault the inherent quietness of your Mind. Again, it is most important not to attach yourself to any thought and become involved with it, however tempting it might seem. Continue this exercise for as long as you can but ideally for at least ten minutes each day; at least thirty minutes each day being your ideal objective.

As previously mentioned; when you first commence this exercise you might be besieged with thoughts, however from session to session the number of thoughts will diminish until they finally become few and far between.

This might well only take a week or might take several weeks or even months depending on your individual circumstances and levels of relaxation, concentration and focus. You can reinforce this process throughout the day by pursuing the same procedure as suggested for part of the concentration exercises, only thinking about what you are doing at any particular moment in time. Do not allow any extraneous thoughts to enter your head and interfere with your current task. For example, if you are driving your car, think only about driving your car and do not allow your Mind to wander to other unrelated

matters. The same applies for any activity whether it be shopping, your job of work, cooking a meal and so on. Always focus exclusively on the task in hand to the total exclusion of all other thoughts. This will assist greatly in thought control and strengthen your powers of concentration.

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These exercises are most important in your ultimate objective of effortlessly realizing your ability to influence objects of any size with the power of your Mind.

The next stage in the process of learning to meditate is to select a single thought or object of your own choice and to hold the thought or image in your Mind for as long as possible. This might for example be a memory of a place you enjoy visiting, a memorable holiday or any other happy memory. It might be easier at first to visualize a familiar object such as a favourite picture or an item of household furniture, or the image of a loved one. It does not need to be something you are actively involved with or interested in, any object will do as the object of your visualization such as a fruit, candle, cup or other such familiar item.

Having decided on the object of your thought, assume your usual position, and do your relaxation exercises.

Now bring the thought or image firmly into your Mind as realistically and with as much presence as possible. Ideally your thought or image should fill your entire Mind. If any other thoughts attempt to intrude then with all the will power you can summon reject that extraneous thought immediately and bring your Mind firmly back to your intended thought or image. It is very important indeed to immediately reject any intruding thought the very moment it tries to join your chosen thought or image. You will find this exercise will become

progressively easier over time, with your thought or image becoming stronger, and with less and less intruding thoughts which will become easier to reject.

When you can hold your thought or image vividly and solidly in your Mind for ten minutes without wavering or any intruding thoughts the final stage is to be able to dismiss that thought or image at will right at the end of your meditation session, leaving you with a full vacancy of Mind where the image once existed. Hold you Mind empty of your chosen thought or image for a few moments before gently raising your Consciousness back to the physical level. After this has been fully accomplished, for future sessions you can proceed to the full meditation stage; full vacancy of Mind.

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This step involves assuming your meditation posture and rather than holding a thought or image in your Mind, hold your Mind totally devoid of all thoughts not allowing any thought to intrude. In the beginning you might find the occasional thought attempts to intrude into your silence; if it does simply use all of you willpower to reject it immediately. When you can achieve this stage you are now ready to meditate effectively.

As an interim stage in your meditation learning process, you can commence your meditations with a single chosen thought or image, and then after a couple of minutes or so remove the thought or image and proceed with a complete vacancy of Mind. After a time you will find it will be possible to omit the

thought or image of the scene or object altogether and proceed immediately with a complete vacancy of Mind from the outset of the meditation session.

Having achieved this level of concentration and emptiness of Mind you can now proceed to meditate effectively, and then move on to the meditation for Telekinesis as the prelude to your full practice of Telekinesis. A meditation session should ideally be at least twenty minutes, but less will suffice initially. This however is only the beginning as you will discover naturally as you progress; each meditation session will progressively deepen your inner awareness.

Always conclude your meditation by sincerely thanking the Universe for your experience, slowly opening your eyes, and taking a few moments to adjust before continuing your usual activities.

Meditation should ideally become a daily habit, and one that you should always look forward to. There is no fixed duration of time for meditation; some people meditate for up to thirty minutes each day, while others might meditate for several hours at a time or even for a full day, completely absorbed in their inner Consciousness.

Having learned the general practice of meditation the next stage is meditation for Telekinesis, which is an extremely important prerequisite for success.

By this stage you should be able to commence your meditation session from the outset by assuming your sitting position in your personal space, closing your eyes, becoming deeply relaxed and emptying your Mind of all thoughts.

Now bring into your Mind a small, familiar, everyday object such as for example a cup, a pen or any other small object. It is important that the object is sufficiently small that you can believe, beyond doubt that you can move it using the power of your Mind alone, and not an object so large, e.g. a piece of heavy furniture that might present any sort of doubt in your Mind.

Next imagine and know beyond any doubt whatsoever in your Mind that the object is an integral aspect of you in every way, and that you can influence this object every bit as easily as you can influence your arm, or leg, or finger, or any other aspect of your physical body. Just as your arm, leg or finger moves naturally or effortlessly at will as an integral aspect of your Being, so too does your chosen object.

Now imagine completely merging with the object to such an extent that you actually are the object, and know, beyond any possible doubt, that you and the object are one and the same.

Know beyond any doubt that "seperatedness" is an illusion created by the five physical senses, and that in reality there is only Energy, the same conscious, intelligent, vibrating Energy that encompasses everything in the entire Universe without exception.

Spend some time meditating on this truth, knowing, beyond any doubt, that you are an aspect of everything, and everything is an aspect of you, and that you can therefore effortlessly influence anything at will, just as you can influence any part of your body at will.

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Now Imagine now your chosen object to be a short distance from your hand, but at the same time connected by vibrant rays of white light so the connection between your hand and the object is totally seamless, and that your hand and the object is completely as one, connected by the vibrant rays of white light.

Notice now that as you lift your arm the object lifts at the same time. Now open your hand and pull the object towards you, observing how the rays of light become shorter as the object, which is an aspect and extension of you, moves effortlessly into your open hand, and then close your fingers to grasp the object.

Now open your hand again and, in your Mind, watch the object move away from you, still connected by the rays of white light which are an aspect of you. Will the object to move further away or to any position of your choosing, just as effortlessly as moving your arm or leg; all being integral aspects of your very being.

Continue this meditation, with other objects, moving and influencing them with your Mind, easily, effortlessly and at will, knowing, beyond any doubt, that you and the object are one.

Finally, to conclude the meditation and this stage of learning Telekinesis, take a few deep breaths, and gradually bring your awareness back to your surroundings, taking time to integrate your experience into your Being. Open your eyes, adjust to the vibration of your physical surroundings and conclude your meditation session. Finally take time to reflect on how easy and natural it

is to influence everything because it is an integral aspect of you, every bit as much as your arms, legs, head or any other part of your body.

Always conclude your meditation by sincerely thanking the Universe for your experience, slowly opening your eyes, and taking a few moments to adjust before continuing your usual activities.

Chapter 5. Creating Psi Balls

Creating a “Psi Ball” is not Telekinesis as such, but is nevertheless, like relaxation, concentration and meditation a useful preparatory exercise. By creating a Psi Ball you will learn about the manipulation of Energy using the power of the Mind alone; which is also an important aspect of Telekinesis.

Anything at all can be “shaped” by the Mind. In fact everything that exists, not only within the physical Universe, but in the entire Universe from The Source out to and including the physical Universe is conscious, intelligent Energy, “shaped” by Mind. In the case of the entire Universe the Mind we are referring to is the infinite Mind of The Source, The First Cause, of “God”.

As aspects of “God”, made in the true “image of God”, we have exactly the same powers of creation. Most people still do not yet realise this, and therefore although they are subconsciously creating by focussing on things, whether they are wanted or unwanted, they simply either fail to notice their creations or ascribe them to such notions as “luck”, “chance” or “fortune”.

It is only when a person starts to understand that they are in fact a conscious creator that they can start to take control of their own lives and “destiny”, by consciously creating only those things they desire to experience in their life.

Our powers of creation do not only extent to “inanimate” objects however. We have the same infinite power to create anything at all, seen or unseen, animate or inanimate; in fact we have the power to create intelligent, living entities that can make decisions and perform independent actions. These entities are known

as “elementaries” when they are created upon the Astral plane, or “elementals” when created on the Mental plane of the Universe.

Elementals and in particular elementaries can even created unknowingly by people when they focus on what they perceive to be a physical entity. For example, when thousands or even millions of people focus on a comic book character who they believe to be real, and many children will indeed believe a comic book character to be real, the collective power of that thought will

actually create that comic book character upon the Astral planes. Thus created the figure will have all the characteristics of the comic book counterpart and be fully capable of an independent existence, thus a “life” has been created. Such a figure will continue to exist until people cease to focus on it; e.g. when the figure is withdrawn from the comic book.

There are people, for example Magicians, who fully understand these creative powers and who can actually create entities upon the Astral planes for specific purposes. Often these elementals, sometimes known as “servitors” are created for positive purposes, for example as a warning or protection against psychic attack, but they are also created for negative purposes, for example for carrying out a psychic attack on someone. There are many other purposes such elemental beings can be created for.

There are also many other types of Energy form that can be created by the Mind. Some of the Martial Arts make use of Energy based shields and weapons, some of which are so powerful that the creator can seem invincible.

In some parts of the world, particularly the Far East in places such as Tibet, there are people such as Tibetan Monks who have such a high level of control over Energy, they can sit for hours or even days in the snow, in temperatures many degrees below freezing, and not only survive, but actually feel warm. In fact if they wish to they can even melt snow not only around them but at great distances by controlling Energy by the power of thought alone.

So you see, we have incredible powers to influence Energy if we know how to utilise those powers, and creating Psi Balls is an excellent exercise for this. By creating a Psi Ball you will learn about Energy and how to control it, which, along with relaxation and concentration is very important, because it will provide you with the belief you need to succeed with Telekinesis.

Once you have created your first few Psi Balls, you will know, beyond any doubt that you do indeed have the power to control Energy.

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How to create a Psi Ball

The process of creating a Psi Ball must start with the same procedures as for any type of Energy control. In order to effectively influence Energy you must

first be totally relaxed, in the right state of Mind and totally focussed on what you are about to do. Your Mind and your entire thoughts must be concentrated on the task in hand and not on the mundane things of daily life.

It cannot be emphasised enough that there if you are tempted to leave out these prerequisites you will not succeed and if you do not succeed you will quickly come to believe these abilities are not possible, in which case they will not be possible. Learning any inner ability is a process of belief, practice and accomplishment, and any temptation to short-circuit this process will result in disappointment and inability to succeed in the future.

Creating Psi Balls assumes that you have already diligently practiced the relaxation, concentration and meditation exercises as discussed in chapters 2, 3 and 4 and accordingly that you already have the ability to completely relax and concentrate at will by going through the necessary exercises.

Your objective for any inner ability is to be able to achieve the required state as quickly as possible so you can focus on the task in hand. After time you should be able to simply sit on your chair and deeply relax at will.

Commence by entering your usual personal space, sitting on your special chair, closing your eyes and going through the exercises for deep physical relaxation as described in chapter 2, but this time do not allow the radiant white sphere of light to leave through the top of your head, but rather, using your imagination, hold the glowing sphere of radiant white light in the position of the top of your head.

Next imagine the glowing radiant white sphere of light to slowly begin to travel back down your body; down through your neck to your shoulders, and then the

radiant sphere of white light divides into two, one half travelling down your left arm and the other half travelling down your right arm.

The radiant sphere of white light now travels slowly down your arms to your elbows and continues slowly down to your wrists.

When the radiant spheres of white light reach your wrists, pause for a moment and notice again how bright, radiant and powerful this light is. Feel the Energy of these spheres as a warm as the sun on a hot summers day. Feel the power and potential of these radiant bright white spheres of light and know, beyond any doubt that they will respond to your every thought.

Next place your hands so your palms are facing each other a about 3 inches or 7 millimetres apart, and “cup” them slightly so your fingers curve inwards and the tips of your fingers face each other, as if holding an invisible ball.

Now imagine the white radiant spheres of light to travel slowly down from your wrists to the palms of your hand, and then to merge again between your cupped hands to form a glowing, radiant white ball of light between your cupped hands.

Focus on this glowing, radiant white ball of light between your cupped hands and begin to feel the warm glow of Energy emanating from it. Feel the warmth increasing to the point where it actually begins to feel hot, like the radiant heat of the Sun.

Feel the pulsating power of this radiant ball of Energy and take some time to focus upon it while still feeling its radiant heat, knowing beyond all doubt that this ball of Energy has infinite potential, and will respond to your every wish simply by willing it to do so.

Next, very slowly begin to move your hands towards each other. Notice the resistance as the Energy of the radiant ball of white light resists. The harder you move your hands together the more the ball of Energy resists you efforts.

Congratulations; you have now created your first Energy Psi Ball!

Sometimes it is possible to see your Psi Ball, but not always and do not be surprised or disappointed if you cannot see it. A Psi Ball is pure Energy

which cannot normally be seen by means of the physical eyes unless you have natural clairvoyant abilities.

However, you always have total control over your own creations, and if you wish to physically see your Psi Ball all you need to do is to will it to become visible to you. If you choose to do this, first keep your eyes closed but focussed in the direction of your cupped hands. Now will radiant ball of Energy to become visible to you and very slowly open your eyes just a fraction, enough to see your cupped hands while remaining totally focussed on the area between your cupped hands. You might then see the Psi Ball as a glowing white, or sometimes electric blue glowing ball of light. In fact, even though you have your eyes partially open you are actually seeing the Psi Ball clairvoyantly as opposed to your physical eyes which are only designed to receive photons of physical light. Now slowly close your eyes once again.

Sometimes it is quite possible to photograph or video a Psi Ball with a digital camera. Of course the difficulty here is taking the photograph as you cannot physically take it yourself, and you cannot have another person in the room with you unless you have reached the stage where you can create a Psi Ball at will. If however you can create a method of automatically taking photographs of your cupped hands, there is a very good chance you will be able to take pictures of your Psi Ball. This is because digital photography is capable of photographing Energy at much higher frequencies than the human eye can detect, and capturing it in the form of an image of your Psi Ball.

If you wish you can now “mould” your Psi Ball into different shapes. You can do this with your hands but as the Psi Ball is pure Energy you are actually doing this with your Mind using your hands to reinforce your thoughts.

Once you have finished with your Psi Ball you can simply open your hands completely so they are flat and with the palms upwards, and allow it to naturally dissipate into the Universe. But while you have your ball of Energy why not make positive use of it? You can “program” your Psi Ball with your thought and therefore instructions to carry out some useful purpose such as healing or as we will see in the next chapter, as a psychic shield.

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For healing, focus on your Psi Ball, knowing that it has infinite healing power; which it really does have. If you have an ailment that you wish to be healed, still holding the Psi Ball in your cupped hands, place it against the part of your

body that needs to be healed and then open your hands and imagine the ball of Energy entering your body and travelling to the area of your body that requires healing. Then imagine the ball of radiant white Energy bathing that healing area in its bright, radiant white light, while knowing, beyond any possible doubt the ball of radiant, white Divine Energy has fully healed you with its infinite healing powers. Take a few moments to feel the warm, soothing healing Energy bathing the area that has been healed, and give sincere thanks to the Universe while feeling the deepest gratitude for your healing.

Conclude by slowly opening your eyes and taking a few moments to adjust to the physical world again.

Finally, and most importantly; give most sincere thanks to the Universe for the powers to do what you have just accomplished, for the assistance received, and above all in appreciation for being a part of All that Is.

Although in an of itself a Psi Ball has no value other than existing as a ball of Energy; the process of controlling Energy has infinite potential for numerous and diverse purposes, and accordingly is very well worth learning.

Chapter 6. Creating Psychic Shields

Every day we are exposed and often subjected to “attack” by unseen forces operating beyond the physical Universe.

The forms of such attack are very wide, ranging from inadvertent psychic influence from a relation, friend or another person, through attacks from lower Astral people and beings all the way through to a deliberate psychic attack created by someone for negative purposes.

Very often, in fact in the majority of cases a psychic attack upon yourself or someone close to you might not be very obvious. Sometimes such an attack will manifest as mental feeling of for example tiredness, dizziness or unable to concentrate. Other times it might be more of a physical sensation such as a headache, feeling nauseous or unable to think properly. In yet other cases it might manifest as a feeling of being controlled and not responsible for your own actions.

However a psychic attack manifests it is a serious matter being an intrusion into your own Mind, life and well-being or the Mind of a person close to you such as a child. It is also a serious matter because a psychic attack is contrary to Universal Laws where no person should ever knowingly interfere with the freewill of another or indeed knowingly harm them in any way.

A psychic shield can be a very powerful method of permanently defending yourself and others against any type of psychic attack. Not only can you place a psychic shield around yourself or other person around you to ward off psychic

attack, but you can also “program” that shield to, for example notify you of when an attack occurs. This is possible because all Energy, of which all things are created is conscious, intelligent, vibrating Energy, which is both an aspect of yourself and an aspect of The All as well.

Taken further for example there are Magicians and others who create beings with a sort of intelligence. These beings are called “elementaries” on the Astral plane or “elementals” on the Mental planes. They are also sometimes

known by other names such as “servitor”. These beings can either be used for positive, negative or neutral purposes. One purpose they can be used for is perpetrating a psychic attack on another person.

So creating a psychic shield is a very good idea. The psychic shield will provide you with an invisible shield that will constantly protect you for the duration of its existence. Although a psychic shield can exist for some time, “time” not being a factor in the inner planes of existence, it will however requires frequent attention in order to maintain its strength and effectiveness, and to prevent it from dissipating.

Creating your own psychic shield

Creating a psychic shield is very similar in principle to creating a Psi Ball. In both cases it is the manipulation of Energy using the powers of your Mind.

Before commencing this exercise you need to think very carefully about exactly what you need your psychic shield to do for you. A psychic shield can be placed around yourself, your home, or a family member for example.

Commence the process exactly as you would for creating a Psi Ball.

As with creating a Psi Ball, this exercise assumes that you have already diligently practiced the relaxation, concentration and meditation exercises as discussed in chapters 2, 3 and 4 and accordingly you already have the ability to completely relax and concentrate at will, or at least in a short time.

Your objective for any inner ability is to be able to achieve the required state as quickly as possible so you can focus on the task in hand. After time you should be able to simply sit on your chair and deeply relax at will.

Commence by entering your usual personal space, sitting on your special chair, closing your eyes and going through the exercises for deep physical relaxation as described in chapter 2, but this time do not allow the radiant white sphere of light to leave through the top of your head, but rather, using

your imagination, hold the sphere of radiant white light in the position of the top of your head, and also allow it to encircle your head completely.

Take some time to focus on this concentration of radiant, glowing white light accumulated around your head, a white light that will respond to your will,

knowing that this radiant, glowing, white light has infinite power, originating and being an aspect of the The Infinite.

Now imagine that this sphere of glowing, radiant white light starts to gradually expand in size until it completely encompasses your entire Being. If you are protecting your home, imagine the radiant, glowing sphere of white light to continue to grow until it completely engulfs your home; seeing your home clearly in your Mind, completely surrounded by this Divine light.

If you are protecting another person as well; for example a child; imagine, with as much focus, concentration and realism as you can summon that person next to you, also completely engulfed by the same radiant white light.

Now imagine, with as much realism as you can summon that this glowing radiant white light begins to expand in size until it completely surrounds yourself, home or others you are protecting for a distance of a metre or so. At this stage you should clearly imagine and visualise a radiant, glowing “bubble”, or “shell”, or “balloon” or however else you can most powerfully visualise this radiant, glowing white “container” extending a metre or so from you and everything you are protecting, in all directions.

Now take some time to solidify your image of this vibrant, glowing, white shell surrounding you and all you wish to protect; as clearly and vividly as possible imagining yourself and all you are protecting situated within this radiant, glowing white sphere of light located a metre or so away. It is important to take as much time as you require with this stage. There is no hurry at all. You are creating a powerful, valuable protective shield for yourself and who and whatever else you are protecting, and it is absolutely crucial that this initial

protective sphere surrounding you is as solid, stable and tangible as possible before you proceed with the next stage.

The next stage is very important; so now take some time to calm your Mind and ensure that it is completely free of any extraneous thoughts.

Now focus completely on the sphere of glowing, radiant, white light. Imagine, with as much clarity, that absolutely nothing whatsoever in the Universe can penetrate or cross your protective psychic shield, and if anything does attempt to do so you will be instantly notified about it.

During this process notice how powerful your psychic shield is becoming. Notice it begin to glow even brighter and start to gently pulse with protective Divine Energy, growing stronger and stronger and stronger by the moment.

Finally you can conclude by feeling the sincere emotion, gratitude and thankfulness for the protection of The Universe.

Conclude by slowly opening your eyes and taking a few moments to adjust to the physical world again, before continuing with your usual activities.

Finally, and most importantly; give most sincere thanks to the Universe for the powers to do what you have just accomplished, for the assistance received, and above all in appreciation for being a part of All that Is.

In order to maintain the strength of your psychic shield; enter your private area, relax and meditate for a few minutes each week, focussing upon your psychic shield, noting how powerful and protective it remains, and feeling the emotion and gratitude for the continued protection it is providing for you and all else it

is protecting. The more often you focus in this way on your psychic shield, the more powerful and resilient it will become.

Chapter 7. The Psi Wheel

In the previous chapters we have looked at influencing Energy in a non-physical form. In this chapter we will move on to the actual process of influencing physical objects; the process of “Telekinesis” or “Psychokinesis”.

Before moving a physical object the Mind needs to be fully prepared for the process, hence the meditation as practiced in the earlier chapter.

In order to achieve complete success it is absolutely crucial to know, beyond any doubt, that everything including yourself and the object you are influencing are one, and that separation does not exist except as an illusion.

Another extremely important aspect of the Mind required for success with Telekinesis is belief. Before anything can be moved it is an absolutely fundamental requirement to believe that moving a physical object with the power of your Mind is not only is it “possible”, but rather you can do so absolutely easily and effortlessly at will.

Without knowing; beyond any possible doubt whatsoever that everyone and everything is one, an inseparable aspect of The Universe, The Source, of God, and as such we have no limitations whatsoever, including the ability to influence a physical object of any “size”, then it will not be possible to do Telekinesis plain and simple.

We must always, always, always keep in Mind that "separateness" is an illusion, a trick, albeit a powerful trick, of the five senses, the same tricks that cause people to believe they are separate from everyone else, identified by a name,

gender or race. As infinite, multi-dimensional Divine Beings, made "in the Spiritual image of God", everyone and everything is one.

We must also always keep in Mind that “size”, “weight”, “volume” etc. are all human concepts based upon the illusion of “separateness” due to the feedback of the five physical senses. But at the same time it is this feedback that causes people to believe they have limitations, where in fact none exist.

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When these beliefs are set aside or forgotten, as sometimes happens in serious or in particular life-threatening situations, then humans throughout history have displayed what appears to be incredibly feats of “strength”. In fact these people have not suddenly gained massive reserves of strength; rather the seriousness of the situation has caused the person to temporarily forget perceived limitations, enabling them to perform what appears to be amazing feats of strength by not acknowledging such limitations.

There are no limits to the power of the Mind. The entire Universe is the infinite Mind of God, and as Sons and Daughters of God we are blessed with the very same infinite powers of the Mind. Our only restrictions therefore are those we place upon ourselves by lack of faith, belief and knowing.

By means of the power of the Mind we can move, bend or influence anything at all without any restrictions. Even the christian bible recognises this:

"And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you. - Matthew 17:20'

What Jesus is saying here quite simply is that we are only limited by our beliefs. Placing all religion aside, it is worth meditating on these words, and understanding the implications of the truth that we are only limited by our beliefs. As aspects of the Divine, of God; nothing is impossible to us.

Although we have the power to influence absolutely anything, the subconscious Mind will not usually accept this fact verbatim. It is therefore better to start with an item that you can believe you can move, and once success is experienced you can move on to bigger things. If you start with something that seems impossible, then at a subconscious level it will be impossible and you will not succeed. Once you have proven the power of your Mind by moving smaller objects, then your belief will increase to encompass larger objects and you can progress to bending iron bars, levitating heavy objects, shutting doors etc. with the power of your Mind.

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Preparations for Telekinesis of the Psi Wheel

First of all you will need to prepare your usual special space by placing upon your table the object you will be influencing with your Mind alone. One of the most commonly employed devices is known as a "Psi Wheel" which I will describe in just a moment.

An excellent and very convenient object to utilize for your Psi Wheel is a compass of the sort used for navigation; hiking, boating etc.. A compass can be purchased from any decent sports or outdoor pursuits shop for a modest price equivalent to $10 or so. Such a compass is absolutely ideal for initial exercises in Telekinesis because the needle of the compass is totally sealed within its own space, away from any external influences. Of course the needle can be influenced by anything that has magnetic properties such as objects containing iron, therefore, if using a magnetic compass as your Psi Wheel, you must ensure that your table is free of such magnetic influences.

If you choose to use such a compass as your initial Psi Wheel, your objective is to cause the needle of the compass to rotate and to continue to rotate while you continue to will it to do so. As the needle is totally sealed within the plastic enclosure, usually locked on north/south, you will know that the needle is moving by Telekinesis due to the influence of your Mind alone.

Again; such a compass is an excellent investment for practicing Telekinesis, and one that can be taken and used anywhere there is a suitable room and chair available.

If you are not able to obtain such a compass for any reason, you can easily construct a Psi Wheel of the type used to initially learn Telekinesis.

A Psi Wheel is something that can easily and inexpensively made as follows:

For this you will need a drawing pin, sometimes known as a "thumbtack", and a piece of white cardboard. Place the drawing pin flat end downwards on a table. Next, cut out a square from the sheet of white cardboard of approximately one quarter of an inch by one quarter of an inch. Now very

carefully place the square of white cardboard on the point of the drawing pin, also known as a thumb tack, so that it balances completely. This then is your basic Psi Wheel, and you are now ready to commence with this exercise in concentration and Telekinesis.

There are several variations of the Psi Wheel made from cardboard or paper and a sharp point to balance it upon. The precise construction does not matter providing you have a wheel type structure made from cardboard or paper, balanced on a sharp object such that it can freely move around.

Yet another variation of the Psi Wheel can be constructed from two match sticks, first ensuring that the flammable head of the matches have been removed, a longer rod or piece of wood, a length of cotton, and a wide necked bottle, and some strong glue.

Place the matches so they form a cross at right angles to each other. Now place a spot of glue where they touch and allow the glue to dry so the matches are stuck together in the form of an equilateral cross. Now tie the length of cotton to the cross where the matches intersect and also to the longer rod so the cross

is suspended by holding the rod. Now place the cross carefully inside the wide bottle with the rod resting on top of the bottle so the cross is suspended inside the bottle, around half way down inside the bottle. This is also an excellent variation on the Psi Wheel.

Now we are ready to commence the practice of Telekinesis. It is important to be proficient with the relaxation, concentration and meditation exercises as described in previous chapters. You should, by now have the ability to concentrate completely, without any distractions whatsoever. Do not be tempted to cut corners otherwise you will not succeed and your confidence and belief will be shattered, making it more difficult in future.

The Mind is like a muscle; it needs to be exercised in order to gain strength.

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Telekinesis of the Psi Wheel

First of all prepare your space by placing upon your table your chosen variant of the Psi Wheel as previously described.

Now sit on your chair in your usual position, spine straight and not leaning against any backrest, close your eyes and diligently go through the relaxation and meditation exercises as described in chapters 2 and 4 of this book, which by now should be very familiar to you and which should be instinctive.

The object you should use in your meditation is the object you will be moving. So visualize the point of your compass or your Psi Wheel spinning around at an ever increasing speed, knowing, beyond any doubt that you are part of the object and that, like an arm, leg, finger or whatever, it effortlessly responds to your will.

Now the part you have been waiting for...

Slowly open your eyes and focus on the object you are going to move; the needle of the compass, your Psi Wheel or matchstick cross, suspended inside the bottle.

I will refer to your variation of the Psi Wheel as "the object" from now on.

Focus on the object, and know, beyond all doubt that the object is part of you and will respond to your will. There should not be the slightest doubt in your Mind about this. Continue to meditate on this reality until there is no doubt.

Next place your open hands, palms facing inwards, either side of the object but a short distance from it. A distance of around 3 inches or 7 centimetres is about right although this is not absolutely critical.

Now take a few minutes to relax, the deeper the better, with your hands still open and straight, either side of the object, palms flat and facing the object, while contemplating the fact that you and the object are one, knowing this to be true beyond any doubt, and knowing that the object is therefore an

extension of yourself, and as such will respond to your will. It is extremely important to take as much time as you require in order to achieve this state. Any doubts or feelings of separateness will cause you to not succeed.

Once you have achieved this it is time to move the object. Using your powers of imagination, visualize rays of radiant, bright, white light emitting from your hands and fingers. These rays of light are an extension of you just as much as you fingers, and will respond just as readily to your will. Visualize the rays of one hand pushing one end of the object around while the rays of the other hand pull the other end of the object around in the opposite direction so the object is actually spinning around.

It is extremely important to know that this is already happening and therefore that the object is already spinning round; a fact that you should know beyond any doubt whatsoever in your Mind. Again, you must know that the object actually is spinning around; never that it will spin in the future.

Now focus, with all your concentration on the spinning object. You can move your hands to "push" and "pull" the rays of light and therefore the object, providing the palms of your hands remain at a distance from the object. The important thing to know is that both the rays of light and the object are all extensions of your hands, and are responding to your will by spinning around in response to your will.

You can also increase the power by shouting the command, either aloud or in your Mind “move, move, move!” or “spin”, “spin”, “spin”.

At first the object might only move slowly, but with practice it will spin faster and faster until you reach a stage where it spins so fast you cannot actually see it spinning; e.g. like the spokes of a fast moving wheel. When you achieve this level of ability you will be able to stop the object spinning at will and then cause it to spin in the opposite direction by reversing which hand emits the "pushing rays" and which emit the "pulling rays".

After completing this exercise take time to relax and contemplate your achievements, knowing, beyond any doubt, that now you can move a Psi Wheel with the power of your Mind alone, and that is just the start.

Finally, and most importantly; give most sincere thanks to the Universe for the powers to do what you have just accomplished, for the assistance received, and above all in appreciation for being a part of All that Is.

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Chapter 8. Moving Larger Objects

Having successfully influenced a compass needle, Psi Wheel, crossed matchsticks etc., to the extent they will move at your will, beyond any doubt whatsoever, you can now progress to influencing much larger objects.

The next objects to move onto can be anything that you know, beyond any doubt you can easily move, just as you did for your initial Psi Wheel.

Also, these objects should not require any special preparation as with the Psi Wheel for example, but should rather be an every day object that can be simply placed upon you table and moved at will.

A good choice for most people is a common object such as a pen, pencil or similar object. Again though; it is most important that whatever object you choose you absolutely must know, beyond any doubt whatsoever that you will move it using the power of your Mind alone.

An elongated object such as pencil also has the benefit of having two distinct ends a few inches apart which can help in the actual Telekinesis process at this stage due to being able to exert opposite “thought force” on each end.

Keep in Mind that this object is simply an “stepping stone” to even larger objects, so do not choose an object that is beyond your current “belief zone”.

Having chosen your object, place it on your table before you in your private space. We will proceed on the basis your chosen object is a pencil.

You can now proceed as before.

Sit on your chair in your usual position, spine straight and not leaning against any backrest, close your eyes and go through your now familiar relaxation and meditation exercises.

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During your meditation, focus upon your chosen object; i.e. pencil in this case, knowing, beyond all doubt that you and your object are one and that there is no separation whatsoever. Continue your meditation until you are absolutely certain, beyond all doubt that this is so.

Now, as before, slowly open your eyes and focus on the object you are going to move; i.e. your pencil in this case, knowing, beyond all doubt that the object is part of you and will respond to your will. There should not be the slightest doubt in your Mind about this. Continue to meditate on this reality until there is no doubt whatsoever in your Mind.

Next place your open hands, palms facing inwards, either end of the pencil as it lies on your table, but a short distance from it as you did before with needle of the Psi Wheel. The palm of your right hand should be facing one end of the pencil and the palm of your left hand facing the other end.

Now take a few minutes to relax, your hands still open and straight, either side of the object, palms flat and facing the pencil.

Now, as before, take a few moments to relax as deeply as possible, the deeper the better, while contemplating the fact that you and the object are one, knowing this beyond any doubt, and knowing that the object is therefore an extension of yourself, and as such will respond to your will. It is extremely important to take as much time as you require in order to achieve this state.

Once you have achieved this it is time to move the object. Using your powers of imagination, visualize rays of bright, white radiant light emitting from your hands. These rays are an extension of you just as much as your fingers, and will respond just as readily. Visualize the rays of one hand pushing one end of the pencil around while the rays of the other hand pull the other end of the pencil around in the opposite direction so the pencil is spinning around.

It is extremely important to know, beyond any doubt that this is already happening and therefore that the pencil is already moving in accordance with your will; a fact that you should know beyond any doubt in your Mind.

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Now focus, with all your concentration on the spinning object. You can move your hands to "push" and "pull" the rays of light and therefore the object providing the palms of your hands remain at a distance, again, always keeping in Mind that both the rays of light and the object are one, and that in using these hand actions everything is acting as a fully integral unit, again, a fact of which there should be absolutely no doubt in your Mind whatsoever.

As with the Psi Wheel, you can also increase the power by shouting the command, either aloud or in your Mind “move, move, move!”

After your previous successes with the Psi Wheel, you will find this to be a simple task and the pencil will start to move effortlessly with your will. You can push the pencil with your Mind so it moves one way, or pull it so it moves the other way.

You might find that it makes all sorts of different, sometimes unpredictable movements in accordance with your will but that is fine. Practice gaining more and more control over your pencil until you can control it totally at will.

Once you have total control over the pencil or other object you chose for this stage you can move on to progressively larger objects such as a cup or glass tumbler, a book, a kitchen utensil, in fact anything at all you know you can influence at will. It does not have to be long like a pencil and you do not need to mentally push the ends of the object at this stage. Simply push it in any direction you wish with your Mind.

Once you can accomplish this with ease you can progress to opening and closing doors, levitating objects and even making them fly across the room, first making sure that no one is in the way or likely to be by a flying object!

It is interesting to note that so called “poltergeist” activity is usually this same phenomena, but happening while the person causing it to happen is in a certain altered state, and is influencing objects, causing them to move or even fly across the room without knowing it.

Finally, and most importantly; give most sincere thanks to the Universe for the powers to do what you have just accomplished, for the assistance received, and above all in appreciation for being a part of All that Is.

Before long this will become a completely effortless and natural ability, to such an extent that you know, beyond any doubt you can easily and at will influence and move absolutely anything using the power of your Mind alone.

By this stage you can move on to moving very heavy objects of all types, levitating large objects such as a table, causing objects to move across the room; in fact anything. You now know you have unlimited potential.

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Chapter 9. Bending Metallic Objects

Another aspect of Telekinesis is the bending of metallic objects, most famously spoons, and also influencing objects in other ways for example mechanical devices such as causing a watch or a clock to stop or start.

It is important to know that the power of the Mind truly is infinite, and can therefore influence physical and non-physical objects in a potentially infinite number of ways, both subtle and no so subtle.

There really is nothing “paranormal” about Telekinesis, bending spoons or influencing any object in any way; we all enjoy these same latent abilities. The only reason people believe these “phenomena” to be “paranormal” is because over the course of thousands of years mankind has forgotten these abilities exist in the first place.

Another reason why these natural abilities have not been widely accepted is because there are always plenty of so called “scientists” queuing up to contrive “rational” or “objective” or even “scientific” explanations where none exist. Of course as scientists are supposed to be respectable people they tend to be believed generally.

All Telekinesis is based upon the same Universal truth that everything in the entire Universe is one and that no separation exists whatsoever. Everything in the Universe therefore can be considered to be an extension of your own physical body, the components of which can be influenced just as easily and in an infinite number of ways.

Atoms, molecules and sub-atomic particles are still physical, three dimensional manifestations of the same thing; “Energy”. But this Energy is not simply “Energy”, it is rather conscious, intelligent, vibrating Energy that responds to thought, a fact that has been fully proven by quantum physics.

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The most basic unit of Energy is the “Quanta”, and it is these Quanta that respond instantly to our thoughts, and therefore as everything in the Universe are “made” of Quanta, everything in the Universe is influenced by thought.

So now let us proceed with the bending of a spoon, knife fork or similar.

Start by taking your desired kitchen utensil. Absolutely any kitchen utensil will do, the material does not matter at all. The more sturdy it is of course the more certain you will be when you bend it. Also keep in Mind that once bent you will not likely be able to bend it back into shape again, so best choose an old utensil that you are not concerned about rendering useless.

For the purpose of this exercise we will assume a spoon is to be used. Commence by taking your spoon and placing it upon your table in your personal space.

Next sit on your chair in your usual position, spine straight and not leaning against any backrest, close your eyes and go through your now familiar relaxation and Telekinesis meditation exercises.

During your meditation, focus upon your spoon, knowing, beyond all doubt that you and your spoon are one and that there is no separation whatsoever.

Now open your eyes and take your spoon into your left hand, gripping it lightly it in the middle between your thumb and middle finger.

Next raise the spoon so it is just in front of you and begin to feel the connection between yourself and the spoon. Feel your atoms and molecules flowing into and back out of the spoon, merging and intermingling with its structure, knowing, beyond any doubt that you and the spoon are one and that your Energy is fully merged with the Energy of the spoon. Feel the Energy seamlessly circulating between your fingers and spoon.

Take a few moments to relax, maintain a clear Mind and feel the sensations of the Energy as it circulates through your fingers, around the spoon and back

into your fingers once again. You may feel this Energy as a tingling sensation, warmth, vibration or one of any number of such feelings.

As you continue this for a few moments appreciate any sensations, knowing, beyond all doubt that you and the spoon are one and as such your Energy's are completely merged as one.

Now, using the power of your Mind alone, will the spoon to bend and know that it has already bent in accordance with your will.

Now firmly shout "bend, bend, bend", either aloud or in your Mind. It is most important to know, beyond all doubt that the spoon has already bent, not will bend, which implies that it will bend sometime in an indefinite future which will never arrive.

Finally, while maintaining your physical grip on the spoon, completely release from your Mind your focus on bending the spoon; simply let go completely.

This is a very important step and it is crucial that you completely let go in your Mind of all thoughts of bending the spoon while still holding it.

Very soon you will notice the spoon slowly but surely beginning to bend. Usually the spoon will bend upwards but it can bend downwards or even twist into any form or in any direction. As this happens notice now how “plastic” or “putty like” the spoon feels in your fingers as it bends.

Congratulations; you have now bent your first spoon using the power of your Mind alone!

Having achieved this for the first time you will find it a simple matter to bend more spoons at will.

You can also progress to bending much larger and thicker objects such as iron bars or indeed anything at all. As with all things you are only limited by

your belief. If you can believe something, including the bending of an iron bar several inches thick is possible, then so it will be possible.

Finally, and most importantly; give most sincere thanks to the Universe for the powers to do what you have just accomplished, for the assistance received, and above all in appreciation for being a part of All that Is.

Telekinetic Seed sprouting

Once you have successfully bent a few spoons or other metallic objects with the power of your Mind alone, there are many related things you can also do.

One of the most impressive is to sprout seeds using the power of your Mind alone. To do this proceed as follows:

Soak some live, fertile, untreated seeds overnight in water. The seeds should be of the usual sprouting type such as soy beans, bean sprouts, cress etc.. Any of the usual seeds commonly used for sprouting and eating will do.

Now proceed with your relaxation and meditation exercises exactly as you would for spoon bending if you have not already done so.

Cup your hands and place a number of your pre-soaked seeds that have been dried off.

Relax and meditate on the fact that you and the seeds are one.

Next, feel Energy flowing down your arm, into your hand and into the seeds.

Now, either aloud or in your Mind shout “sprout, sprout, sprout”.

Finally let go of the thought and your connection with the seeds completely.

You will then be able to watch as the seeds sprout instantly in your hand.

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Finally, as always, most importantly; give most sincere thanks to the Universe for the powers for what you have just accomplished, the assistance received, and above all in appreciation for being a part of All that Is.

Chapter 10. Summary of Telekinesis

It should be apparent by now that Telekinesis, or Psychokinesis as it is very often also known is not some special mystical power that takes years of training and practice in the presence of a secret group to accomplish, it is rather an inherent and totally natural ability of all of us without exception.

We are all infinite, immortal Beings of Energy living in a Universe of Energy. Although in the physical world everything seems on the face of it to be solid, this is in fact an illusion on a grand scale. Nothing is “solid” at all; everything is instead pure conscious, intelligent, vibrating Energy.

All creation, whether on a Universal or local scale is the process of using the Mind to project thought which in turn is Energy and vibration. So everything is vibrating Energy influenced by thought using the power of the Mind.

Telekinesis is exactly the same process that can be summarised as follows:

1. **Relaxation:** This allows you to relax your Mind and body from mundane, every day things so your thought processes and state of consciousness can expand and focus on the thought process involved.
2. **Concentration:** It is important to be able to concentrate at will on the process you are about to accomplish. It will not be possible to accomplish anything if your thoughts are scattered or on other things.
3. **Meditation:** This process is important in connecting you with the reality that everything, including the object that you will be influencing with your Mind is one; all aspects of the very same Universal Energy.

4. **Action:** This is the actual influencing of the object in accordance with your will. In the case of spoon bending “letting go” is also important.
5. **Gratitude:** Always, without exception, give thanks to the Universe for what you have achieved, and for being an aspect of All that Is.

It is crucial to believe, beyond any doubt whatsoever in your Mind that you can very easily achieve any of these abilities and so much more.

You might from time to time encounter sceptics who will endeavour to convince you that these powers do not really exist, that they are a “figment of your imagination”, or even that you are deluded in some way. If you encounter such people it is better not to argue with them, it is unlikely they will change their Minds. Simply listen politely knowing that there is a massive diversity of people in this World, some of whom are ready to understand our Divine, infinite potential, and others who are not yet ready.

Providing you have the absolute, sincere and unshakeable knowing, faith and gratitude for your abilities as an infinite, unrestricted, immortal Being of the Universe, you can achieve absolutely anything; there truly are no boundaries.

These abilities like all inner abilities are very real, and providing you practice these exercises diligently, and with an open Mind, you must surely succeed.

I wish you every success in developing your own Telekinetic abilities.

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