

# Unleash Your Telekinetic Ability: Three Fundamentals. V4.4

Copyright (C) 2001 - 2004 Kaltem Gibson. All rights reserved.  
As stated in the "Free UYTA Document License", version 1.4, or any  
later version published by Kaltem Gibson, reproduction or distribution  
of the "Unleash Your Telekinetic Ability " document and  
its "related graphics" is strictly prohibited.



# License

---

All prior licenses to the Unleash Your Telekinetic Ability: Three Fundamentals document are void. This declaration must be adhered to.

## BEGINNING OF LICENSE AGREEMENT

### FREE UYTA DOCUMENT LICENSE

Version 1.4: January 10, 2004

Copyright (C) 2004 Kaltem Gibson. All rights reserved. Everyone is permitted to copy and distribute verbatim copies of this license document, but changing it is not allowed.

Obtain the current license and name of the current copyright holder at <http://www.uyta.com>.

Search at Yahoo.com for the "Homepage of UYTA", if <http://www.uyta.com> is not accessible to report violations of this license.

The "Unleash Your Telekinetic Ability" document and its "related graphics" both refer in this license as the "Free Edition". The free edition is licensed under the "Free UYTA Document License" (This license).

## I. REDISTRIBUTION

Reproduction or distribution of the free edition in any form is strictly prohibited.

## II. SCOPE OF LICENSE

**SEVERABILITY.** If any part of this license is found to be unenforceable in any jurisdiction, the remaining portions of this license remain in force.

**NO WARRANTY.** The free edition licensed under this license is provided "as is" without warranty of any kind, express or implied, including, but not limited to, the implied warranties of merchantability and fitness for a particular purpose or a warranty of non-infringement.

The free edition may include Warranty Disclaimers next to the notice, which states that this license applies to the free edition. These Warranty Disclaimers are considered to be included by reference in this license, but only as regards disclaiming warranties: any other implication that these Warranty Disclaimers may have is void and has no effect on the meaning of this license.

## III. MODIFICATION OF WORK

The free edition, licensed under this license cannot be modified, in whole or in part. The terms of this license must be adhered to and an incorporation of it by reference cannot be altered.

## IV. TERMINATION

Any attempts to copy, modify, sublicense, or distribute the free edition is void, and will automatically terminate your rights under this license.

## V. FUTURE REVISIONS OF THIS LICENSE

Kaltem Gibson may publish new, revised versions of this license from time to time. Such new versions will be similar to this present version, but may differ in detail to address new problems or concerns.

Each version of this license is given a different version number. When this license specifies that a particular numbered version of this license or any later version applies to it, you have the option of following the terms and conditions either of that specified version or of any later version that has been published by Kaltem Gibson.

END OF LICENSE AGREEMENT

## Disclaimer

---

All information available in the Unleash Your Telekinetic Ability document is not intended to be a substitute for any other information given by the government. Consult a qualified psychologist before you attempt to learn telekinesis.

### BEGINNING OF DISCLAIMER

Copyright (C) 2001 - 2004 Kaltem Gibson. All rights reserved. Everyone is permitted to copy and distribute verbatim copies of this disclaimer document, but changing it is not allowed.

The "Unleash Your Telekinetic Ability" document and its "related graphics" both refer in this disclaimer as the "service".

The Service is provided by Kaltem Gibson, subject to your compliance with the terms and conditions set forth below. PLEASE READ THIS DISCLAIMER CAREFULLY BEFORE ACCESSING OR USING THE SERVICE. BY ACCESSING OR USING THE SERVICE, YOU AGREE TO BE BOUND BY THE TERMS AND CONDITIONS SET FORTH BELOW. IF YOU DO NOT WISH TO BE BOUND BY THESE TERMS AND CONDITIONS, YOU MAY NOT ACCESS OR USE THE SERVICE. KALTEM GIBSON MAY MODIFY THIS DISCLAIMER AT ANY TIME, AND SUCH MODIFICATIONS SHALL BE EFFECTIVE IMMEDIATELY WITHIN ANY VERSION OF THE SERVICE. YOU

AGREE TO REVIEW THE DISCLAIMER PERIODICALLY TO BE AWARE OF SUCH MODIFICATIONS AND YOUR CONTINUED ACCESS OR USE OF THE SERVICE SHALL BE DEEMED YOUR CONCLUSIVE ACCEPTANCE OF THE MODIFIED DISCLAIMER.

1. Copyright, Licenses and Idea Submissions.

YOU MAY NOT MODIFY, COPY, REPRODUCE, REPUBLISH, UPLOAD, POST, TRANSMIT, OR DISTRIBUTE, IN ANY MANNER, THE MATERIAL OF THE SERVICE, INCLUDING TEXT, GRAPHICS, CODE AND/OR SOFTWARE. You agree not to change or delete any copyright or proprietary notices from the Service.

2. Use of the Site.

YOU ASSUME TOTAL RESPONSIBILITY AND RISK FOR YOUR USE OF THE SERVICE. KALTEM GIBSON PROVIDES THE SERVICE AND RELATED INFORMATION "AS IS" AND DOES NOT MAKE ANY EXPRESS OR IMPLIED WARRANTIES, REPRESENTATIONS OR ENDORSEMENTS WHATSOEVER (INCLUDING WITHOUT LIMITATION WARRANTIES OF TITLE OR NONINFRINGEMENT, OR THE IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE) WITH REGARD TO THE SERVICE, ANY MERCHANDISE INFORMATION OR SERVICE PROVIDED THROUGH THE SERVICE, AND KALTEM GIBSON SHALL NOT BE LIABLE FOR ANY COST OR DAMAGE ARISING EITHER DIRECTLY OR INDIRECTLY FROM ANY SUCH TRANSACTION. IT IS SOLELY

YOUR RESPONSIBILITY TO EVALUATE THE ACCURACY, COMPLETENESS AND USEFULNESS OF ALL OPINIONS, ADVICE, SERVICES, MERCHANDISE AND OTHER INFORMATION PROVIDED THROUGH THE SERVICE. KALTEM GIBSON DOES NOT WARRANT THAT THE SERVICE WILL BE UNINTERRUPTED OR ERROR-FREE OR THAT DEFECTS IN THE SERVICE WILL BE CORRECTED.

#### LIMITATION OF LIABILITY

IN NO EVENT WILL KALTEM GIBSON BE LIABLE FOR (I) ANY INCIDENTAL, CONSEQUENTIAL, OR INDIRECT DAMAGES (INCLUDING, BUT NOT LIMITED TO, DAMAGES FOR LOSS OF PROFITS, BUSINESS INTERRUPTION, LOSS OF PROGRAMS OR INFORMATION, AND THE LIKE) ARISING OUT OF THE USE OF OR INABILITY TO USE THE SERVICE, OR ANY INFORMATION, OR TRANSACTIONS PROVIDED ON THE SERVICE, OR DOWNLOADED FROM THE SERVICE, OR ANY DELAY OF SUCH INFORMATION OR SERVICE. EVEN IF KALTEM GIBSON OR HIS AUTHORIZED REPRESENTATIVES HAVE BEEN ADVISED OF THE POSSIBILITY OF SUCH DAMAGES, OR (II) ANY CLAIM ATTRIBUTABLE TO ERRORS, OMISSIONS, OR OTHER INACCURACIES IN THE SERVICE AND/OR MATERIALS OR INFORMATION DOWNLOADED THROUGH THE SERVICE. BECAUSE SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF LIABILITY FOR CONSEQUENTIAL OR INCIDENTAL DAMAGES, THE ABOVE LIMITATION MAY NOT APPLY TO YOU. IN SUCH STATES,

KALTEM GIBSON LIABILITY IS LIMITED TO THE GREATEST EXTENT PERMITTED BY LAW.

### 3. Indemnification.

You agree to indemnify, defend and hold harmless Kaltem Gibson, his officers, directors, employees, agents, licensors, suppliers and any third party information providers to the Service from and against all losses, expenses, damages and costs, including reasonable attorneys' fees, resulting from any violation of this disclaimer (including negligent or wrongful conduct) by you or any other person accessing the Service.

### 4. Third Party Rights.

The provisions of paragraphs 2 (Use of the Service), and 3 (Indemnification) are for the benefit of Kaltem Gibson and his officers, directors, employees, agents, licensors, suppliers, and any third party information providers to the Service. Each of these individuals or entities shall have the right to assert and enforce those provisions directly against you on its own behalf.

### 5. Termination.

This disclaimer may be terminated by either party without notice at any time for any reason. The provisions of paragraphs 1 (Copyright, Licenses and Idea Submissions), 2 (Use of the Service), 3 (Indemnification), 4 (Third Party Rights) and 6 (Miscellaneous) shall survive any termination of this disclaimer.

### 6. Miscellaneous.

This disclaimer shall all be governed and construed in accordance with the laws of Canada applicable to agreements made and to be performed in Canada. You agree that any legal action or proceeding between Kaltem Gibson and you for any purpose concerning this disclaimer or the parties' obligations hereunder shall be brought exclusively in a federal or state court of competent jurisdiction sitting in Canada. Any cause of action or claim you may have with respect to the Service must be commenced within one (1) year after the claim or cause of action arises or such claim or cause of action is barred. Kaltem Gibson's failure to insist upon or enforce strict performance of any provision of this disclaimer shall not be construed as a waiver of any provision or right. Neither the course of conduct between the parties nor trade practice shall act to modify any provision of this disclaimer. Kaltem Gibson may assign his rights and duties under this disclaimer to any party at any time without notice to you.

Any rights not expressly granted herein are reserved.

END OF DISCLAIMER

# Table of Contents

---

<b>GENERAL TERMS.....</b>	<b>1</b>
SUMMARY .....	2
<b>PREFACE.....</b>	<b>3</b>
ABOUT THE AUTHOR .....	3
A TELEKINESIS DOCUMENT IS RARE TO FIND .....	4
ABOUT THE EDITIONS .....	4
ABOUT THIS DOCUMENT.....	6
<b>TELEKINESIS INTRODUCTION.....</b>	<b>9</b>
SUMMARY .....	10
<b>MENTAL CONDITION.....</b>	<b>11</b>
SUMMARY .....	14
<b>PHYSICAL PLANE INTRODUCTION .....</b>	<b>15</b>
SUMMARY .....	16
<b>MENTAL PLANE INTRODUCTION.....</b>	<b>17</b>
SUMMARY .....	19
<b>AURA INTRODUCTION .....</b>	<b>20</b>
SUMMARY .....	25
<b>THE CHAKRAS .....</b>	<b>27</b>
SUMMARY .....	31
<b>TELEKINESIS FUNDAMENTALS .....</b>	<b>32</b>
FOCUS FUNDAMENTAL.....	32
ENERGY FUNDAMENTAL .....	36

FORCE FUNDAMENTAL.....	38
SUMMARY.....	38
<b>FORCE FUNDAMENTALS.....</b>	<b>40</b>
SIGHT FUNDAMENTAL.....	40
EMOTION FUNDAMENTAL.....	41
TENSION FUNDAMENTAL.....	42
SUMMARY.....	43
<b>ENERGY VS. WIND.....</b>	<b>44</b>
SUMMARY.....	45
<b>ALTERED REALITY.....</b>	<b>46</b>
SUMMARY.....	48
<b>ENERGY VS. OBJECT.....</b>	<b>49</b>
SUMMARY.....	52
<b>PSI ATTACKS.....</b>	<b>54</b>
SUMMARY.....	59
<b>FUNDAMENTALS LESSONS.....</b>	<b>61</b>
BETTER YOUR DRINKING HABITS.....	62
THE HAMBURGER TEST.....	64
THE ANIMAL FAT TEST.....	65
MEDITATION EXERCISE.....	67
THE BROW CHAKRA.....	69
PROCESSING INFORMATION.....	70
CABLE TEST.....	71
CREATING YOUR FIRST PSIBALL.....	72
HEALING WITH JUST A TOUCH.....	75
STOPPING AN OBJECT.....	76
<b>TELEKINESIS LESSONS.....</b>	<b>78</b>
MOVING PAPER.....	79
CANDLE EXERCISE.....	82
SHAKING AND CALMING A TREE.....	83
WIND THEORY.....	83
WITHIN THE MIND'S EYE.....	85
THE EMOTIONAL FLY.....	87

THE FLYING BIRD .....	88
TWO FLIES IN FLIGHT.....	88
MOVING PAPER INSIDE TV .....	89
<b>FREQUENTLY ASKED QUESTIONS.....</b>	<b>92</b>
TELEKINESIS FAQ.....	92
AURA FAQ .....	94
FOCUS FAQ .....	95
ENERGY FAQ.....	96
FORCE FAQ .....	97
RELIGION FAQ .....	99
<b>GLOSSARY .....</b>	<b>100</b>



## General Terms

---

The word, “author” refers to the original writer of this document.

The word, “you” will refer to the reader of this document. The word, “you” can be confusing with the word “I”. As the word, “I” can also refer to the reader. However, the author refers to you instead of “I”. The word, “I” may be confusing to you. The word, “I” can create a fault impression. You may believe that you are the author and not the reader. Regardless if you believe that the word, “you” could be thought of as referring to a third person, the word, “you” will always refer to you, the reader of this document.

When this document refers to someone, instead of saying, “someone”, or “somebody”, the author will simply refer to “someone” or “somebody” by using the word “he”. The author will use the word "he" as a general term throughout the document to refer to a person, both male and female.

The author likes to write the word "he" rather than writing "he/she" every time. The author chooses “he” to refer to a person, where “one” can be confused with the number one. In addition, “he” will not refer to the person reading this document.

Words, such as “people” and “student” will not be used in this document. When the author refers to more than one person, the word “majority” will be used instead.

For simplicity reasons, two words will be used throughout the rest of this document. When referring to the brain, think of matter. Likewise, all references to the mind will instead refer to energy.

## Summary

The word, author will be used to refer to the writer of this document. The word, "you" will refer to the reader of this document. The word "he" will be used in this document as a general word to refer to a person, both male and female. The word, "majority" will be used in this document to refer to more than one person.

The brain and the mind are not defined as the same. All references to the brain will refer to matter, while all references to the mind will instead refer to energy.

## Preface

---

### About the author

The author did not learn telekinesis from the reading of a document, nor was the author taught telekinesis. Literally how the author learned telekinesis is not important to discuss. The reason is that you may not be able to learn telekinesis from the same source of practice. Nevertheless, the author learned telekinesis instantly and accidentally.

The author continued to carefully analyze all combinations of his accidentally obtained telekinesis knowledge towards the outcome of object motion. He then searched the Internet at message forums and read small telekinesis documents. Yet, all telekinesis information that he read was not in reference to the information he obtained from this telekinesis practice. Instead, the author found large amount of telekinesis discrepancies.

The author is an analytical thinker. Therefore, he needed to literally understand everything about how the mental plane and physical plane work together and in reference to telekinesis. Only then, could he understand how telekinesis could be possible at his level of comprehension.

He studied the concept of force, magnetic energy and the composition of an atom and found numerous amounts of discrepancies in each of them.

The author was searching in the wrong direction. Instead of searching for more telekinesis information, he searched the characteristics of force itself.

The author then divided telekinesis into three areas of knowledge. The three fundamentals of telekinesis is literally your foundation. Once the three fundamentals are learned and then utilized, you may Unleash Your Telekinetic Ability and at that same second.

The author is the founder of the three fundamentals of telekinesis, the three fundamentals of force, the sight spectrum theory,  $e=mc^2$  at the mental plane, the mental plane laws, and countless telekinesis definitions.

A telekinesis document is rare to find

You may have noticed that a telekinesis document (book, e-book, manual, and so forth.) is rare to find. Within the time of writing this document, the author searched for telekinesis documents to use for references. Unfortunately, no good reference could be found.

ESP documents tend to have telekinesis information. However, most of those documents only contain few pages of telekinesis information. There was not enough information in those documents to be used as reference. Furthermore, the information inside of those documents is not in reference to learning telekinesis.

About the editions

All of the Unleash Your Telekinetic Ability editions are complete. The word, "complete", in this case, refers to a normal size document. Yet, from the author's prospective, such a topic can never be fully complete.

The first two editions of the Unleash Your Telekinetic Ability can each serve as a standalone document. You only need to read one of the first two editions to learn telekinesis.

The “Mental Plane Laws” edition of the Unleash Your Telekinetic Ability is the author’s laws about how the mental plane function. The third edition can be used as reference material for the first two editions.

In this document, the author briefly explains many areas of ESP, such as, aura, focus, energy, force, and so on and so forth. This document does not assume that you already have a great amount of knowledge in ESP. The author will not explore any of those areas of ESP in depth, as you just want to learn telekinesis. The goal of this edition will be to Unleash Your Telekinetic Ability at the fundamentals of telekinesis.

In the “Sight Spectrum Theory” edition of the Unleash Your Telekinetic Ability, you will learn telekinesis from the analytical level of thought. You will discover that the result of telekinesis is  $e=mc^2$  at the mental plane. Once you literally understand telekinesis at this level of knowledge, you will be a strong telekinetic.

You may be an analytical thinker. You may want proof to some degree about why telekinesis exists. You may even want to know everything about literally how telekinesis is utilized. Nevertheless, for the analytical thinker, such a topic would need to thoroughly explain the concept of force, the workings of energy, brain, hemispheres, brainwaves, alpha, beta, emotions, thoughts, mental plane, physical plane, atoms, electrons, sight, mind’s eye, aura, chakras, focus, and so on and so forth.

From the author’s prospective, writing telekinesis for the analytical thinker is very important. Yet, such a telekinesis document may take over ten years to write.

The concept of force can be written in its own document. The history of force can also be a large topic. The author needs to decide how much information is truly relevant for the understanding of telekinesis. Nevertheless, edition two is a complete document and contains a large amount of pictures that illustrate the concept of telekinesis.

One day, the author will make a special edition. All three of his telekinesis documents will be included as one big document, and with lots more telekinesis information.

## About this document

This is a “positive” telekinesis document. Hence, this document is not about teaching negative telekinesis, nor is this document about a physical debate. You will not learn how to stop a frog’s heart, nor will you learn how to bend metal. Instead, you will learn how to influence (move) an object and by mental means alone.

To help you learn telekinesis, some definitions of terms used to describe telekinesis must first be explained.

Telekinesis is not utilized by using any of the five physical senses, but rather from a type of frequency that the mind produces depending on various mental conditions. Telekinesis works in a narrow bandwidth of the mind. While using telekinesis to influence an object, if you think about how or why an object moves the way it does, your mind will not be in the narrow bandwidth, and telekinesis will then be temporarily halted. For this reason, you will learn the knowledge and skill required to cognitively maintain a narrow bandwidth of the mind.

Not everything the majority talks about telekinesis is possible. A very low percent of outside telekinesis sources are relevant. You will learn that telekinesis has limitations.

Telekinesis is mostly about the mental plane education. However, from a prospective that is not of a physical nature. Instead, telekinesis must be learned from a mental plane prospective. A prospective that you may have ignored. Not believe you choose to ignore fine details. Rather, because the education of thought, emotion, or even about the mind, may not be in your current educational system.

The author will not teach the skill of telekinesis to you, if you are in bad aura. You will learn about an aura so you can determine if your aura is good.

You will learn telekinesis at the fundamental level. Focus, energy, and force are the three fundamentals of telekinesis. Sight, emotion, and tension are the three fundamentals of force. The author will discuss each of the fundamentals in turn.

You may already know the meaning of the words “focus”, “energy”, “force” and so on and so forth, as those words have already been defined. Yet, the author had to redefine those definitions for mental plane material.

They are many telekinesis lessons in this document. Lessons you may not find from other sources. Including, a telekinesis test to prove to you that an object cannot be moved mentally when that object is inside of a sealed container.

The author re-wrote many definitions to fix telekinesis discrepancies. A definition chapter, called, the glossary, is provided as the last chapter of this document.

Since the glossary chapter holds many related telekinesis definitions, the author might need to update the glossary chapter from time to time. Therefore, the glossary chapter from this edition might not be identical to the glossary chapter of the next edition. However, you will notice a similarity between the editions.



## Telekinesis Introduction

---

From Greek: Tele, at a distance; kinesis, motion. The word "Tele-kin-e-sis" refers to the ability to influence (move) an object mentally. For example, telekinesis is a word used to refer to your ability to influence an object using just your mind.

Telekinetic is a term used to refer to a life form capable of utilizing telekinesis. For example, the minority, who is telekinetic, can move a rock with just his mind. The minority has great skills with telekinesis.

Since telekinesis is about moving, stopping, or controlling an object, it seems only fair that the definition of telekinesis is defined correctly. The author defined telekinesis as the ability to influence an object mentally.

The ability to consciously develop and apply telekinesis may have been taught, and practiced since ancient times. Telekinesis may have been demonstrated during biblical times. Telekinesis is thought to be the secret behind the stones in Easter Island, mysterious Stonehenge, and the construction of the Pyramids. However, the true history of telekinesis remains unknown.

ESP is the cognitive or intuitive knowledge manifested through means other than the five physical senses.

Five physical senses is everything that exists outside of your mind. Your knowledge of ESP cannot be obtained from any or all of the five physical senses of sight, hearing, smell, taste, and touch.

ESP can be said to be the knowledge needed to learn how to properly ride a bicycle, and telekinesis would then be the act or utilization of that knowledge to ride the bicycle. Simply, ESP refers more to knowledge while telekinesis is the utilization of that knowledge.

ESP is the accumulated knowledge and telekinesis is the same knowledge in practical use.

## Summary

Telekinesis refers to the influencing of an object and by mental means alone, while ESP refers to your obtained knowledge through means other than the five physical senses.

ESP can only be obtained from thought and emotion. Those mental processes are only utilized from thought and emotion and not from the five physical senses.

## Mental Condition

---

The majority's inability to accept change or to further advance in recent ESP developments and discoveries demonstrates the result of a collective closed mind. The majority has been lacking the moral foundation to responsibly develop and utilize their remarkable inherent skills.

A pen could be seen as a useful tool in writing, yet can also be seen as an object that can inflict physical pain. For anything that exists, the majority will always have a positive and a negative comment about it.

In general, when thinking about what could be done with the power to influence objects mentally, the majority carefully considers the idea about how telekinesis can be used to their advantage to become rich or powerful, regardless of who will be hurt in the process. This negative outlook towards telekinesis forces the minority to teach, talk, and practice telekinesis secretly. The oppressive mindset of the majority has delayed humanity from evolving to its full potential.

With the ability to bend an object's physical structure, comes the inherent potential for destructive purposes. Although, the majority will find this a fascinating concept, the author's intention is not to teach a dangerous skill.

There is much more about telekinesis than a common perception of merely being able to bend objects with your mind. You will notice that this document teaches about positive thoughts, a disciplined mind, and a relaxed, stress-

free state. You will also enjoy mental/physical healing as a by-product of learning telekinesis.

When you successfully Unleash Your Telekinetic Ability, the responsibility to use telekinesis in a positive way will seem very important to you. The reward for positive telekinesis use is a calm mind and a good feeling. Telekinesis should be treated as an added ability for the betterment of humanity.

You will soon become aware that moving an object is actually more important and satisfying than the bending of an object's physical structure.

In reference to the utilization of telekinesis, you are able to move all objects simultaneously or one object, but you are not able to move one object while you slow or calm the other object. That discrepancy of object movement is not because of a mental condition that needs to be addressed, but rather the environment is the main factor.

Think of the environment as an extension to your body. You can see your finger as an object or your hand as another object. Rather you are trying to move your finger or your hand or both, only one object is moving and that object in motion is any amount of object that you "will" to influence.

One day, you may be able to move an object, while another day, an object could not be moved. Not because the environment had changed. The conditions of that environment are still the same, yet the object cannot be moved anymore.

Similar to any skill, telekinesis must be practiced or you will lose the skill in time. Therefore, it is very important that you practice the influencing of an object everyday.

You may have moved the object and within the next ten minutes, the object cannot be moved anymore. Telekinesis is not a gift, where once you have it, you always will. Although

the ability is inside of you, the ability must be used or forgotten. This is similar to any other ability.

Although, you may take walking for granted, walking requires lots of skill to achieve. You might not be aware of how much skill walking needs, but if you spent six months in the hospital because of a physical or mental condition that needed to be attended to, and you had spent all of that six months in bed, then you would understand that walking would then be difficult to do. Nevertheless, the lack of moving an object after ten minutes of time may not be the result of a forgotten skill.

Telekinesis is similar to your desire for physical condition. One day, you may be able to run a distance of about thirty meters, while the next day, you may only run a distance of about twenty meters. The ability of how long and for how far you may run is mainly determined by your physical condition. Likewise, the skill of telekinesis is mainly determined by your mental condition. Without mental condition, you will notice a lack of mental control, and in turn, you may notice a decrease in your telekinetic ability.

When you exercise to better your physical condition, you strive for power and control. Likewise, the same is true for telekinesis, as you strive for power and control of an object.

Telekinesis is similar to how you move your hand in the air. Your desire to move your hand is all that is needed for your hand to move. That mental ability is known as “your will”. You will a part of your body to move a particular way and it does. Although, telekinesis is similar to how you move your hand, you need more telekinesis information than a simple sentence that says for you to just do it.

The environment and your mental condition are both important factors for the utilization of telekinesis. The lack of understanding about either the environment (physical plane) or your mental condition (mental plane) will result in your hampered telekinesis ability.

Remember a time when you first began to ride a bike. You were trying to apply all the combinations of skill that is needed to ride the bike. You were in heavy thought and worried about falling to the ground. You were unsure of your mental ability.

When you learned how to ride the bike, you were not thinking about “how”. Instead, you were just “doing it”. No thought is required to ride the bike. When you are very relaxed and you are riding the bike, you are not thinking about how you are applying your skills to ride the bike. Instead, you may be thinking about your physical location or you may be daydreaming about where to ride your bike.

As you are learning telekinesis, you will be in heavy thought. When you have learned telekinesis, you just apply your skills to the object and without any thought about it. Telekinesis is achieved from your will. This is the nature of telekinesis.

## Summary

Information about bending the physical structure of an object is not in this document.

Both the environment, and your mental condition determine your ability to influence an object. Rather you are trying to influence one or many objects simultaneously; your selected amount of objects will only be influenced collectively.

Like any skill, the skill of telekinesis must be practiced or you will decrease in telekinetic ability. To insure that you grow in telekinetic ability, you must practice telekinesis everyday.

## Physical Plane Introduction

---

For your preparation of this in-depth document, the words physical plain and mental plane need to be explained.

External of the mind, the "physical plane" refers to all physical substance in the universe. Physical substance must hold body, where body is anything that takes up physical space.

Everything perceived to be of a physical substance, exists in the physical plane. The physical plane is not a place that holds all substance together. Instead, the physical plane is only a word used to refer to all physical substance in reality.

The term, "physical plane" may be confusing to you. You may believe that the word, "physical" refers to that of matter and not of energy. This is of course not true. The "physical plane" refers to everything external of your mind. Everything that composes the universe from your prospective is the physical plane.

Since the majority can physically feel you and can determine by the five physical senses that you are of a physical substance, they will perceive you to be apart of their physical plane of existence.

Your brain is of substance. The majority can determine the existence of your brain from the five physical senses. Nevertheless, the majority cannot physically determine your mind from using their five physical senses. There is no way to determine from the prospective of the majority that your mind is physical in their physical plane of existence.

You can assume that the words “physical plane” are used to refer to something that can be physically seen and you would only be part right in your assumption.

At the physical plane, verify that the stove is hot when the element is set to a high temperature. In that case, physical sight is not needed to determine that the element of the stove is hot.

The heat that is emanating from the element may or may not be physically seen; yet, that heat can be physically felt. Therefore, you must not assume that the physical plane will always refer to something that is physically seen. Do not rely on only one of the five physical senses or a few of the five physical senses to determine something to exist at the physical plane.

If you were born without the five physical senses, you would not be able to determine the composition of the physical plane. You would not be able to process information that exists external of your mind. The five physical senses are your ability to analyze information of a physical nature.

## Summary

The physical plane is everything that exists external of you mind. Regardless of the word, “physical” in physical plane, both energy and matter exist at the physical plane. The mind does not exist at the physical plane, because the mind cannot be analyzed by the five physical senses.

The five physical senses are used to analyze something at physical plane.

## Mental plane Introduction

---

The "Mental plane" refers to the inner function of the mind or how the mind processes its internal information.

You will examine the mind to determine if the mind is inside or outside of the physical plane of existence. You will examine the definition of the "mental plane".

The majority may say that the redness of your eyes is the result of the bad air in the environment. The chemicals in the air can make your eyes turn red. The redness of your eyes is made from a burning sensation, a rejection of that air quality. The soreness of your body is the result of that environment.

Nevertheless, the air quality can be excellent the day you had red eyes. Even smoking drugs can make your eyes turn a red color, yet the smoke never physically touched your eyes. Likewise, lying on the couch all day can make your body sore. In fact, discomfort can enter the body and regardless of your activities of the day.

Although the majority can explain the redness of the eyes and the tiredness of the body with a physical plane explanation, the mental plane explanation was completely ignored.

From the lack of mental plane information, the majority has lost the way to correctly analyze reality. Instead, they see reality only from their prospective.

At the mental plane, verify that physical soreness and the lack of internal energy production are in common. You will notice

that your mental state has a lot of influence on your physical tiredness.

At the physical plane, there is no means for the majority to determine that you can hear your thoughts inside of your mind. There is no way for the majority to determine that you are mentally seeing a vision from imagination.

A vision now exists in your mind and in every since of the word, exists, because in your vision you see an object. However, an object from within your vision cannot be analyzed by the five physical senses. Your vision, although exists, cannot exist external of your mind.

The majority ignores a part of existence that may be beneficial to them. They tend to limit their knowledge because they need physical proof for something. If that something cannot be physically proved, they tend to ignore that information. Hence, "everything can be proven with a formula" is a known phrase used to increase the popularity of scientific physical plane theories.

Reality is composed of more than just the physical plane. Thus, you should not limit your knowledge to physical plane theories. Not everything can be explained with a scientific formula.

You must begin to analyze information in this document from a mental plane prospective. In doing so, you will Unleash Your Telekinetic Ability.

The author stresses, if you want to learn telekinesis, you must forget about the normal physical plane way of thought. The author did not write this document to be debated at the physical plane.

## Summary

The "mental plane" refers to the inner function of the mind or how the mind processes its internal information.

The majority tends to only believe in what they can physically see. They conclude that everything can be explained physically.

The majority's hampered ability to correctly analyze reality is the result of a lack of mental plane information.

The mental plane is an important factor in learning telekinesis. Telekinesis cannot be learned from just physical plane information.

## Aura Introduction

---

Aura is literally an energy field that permeates and individually surrounds all organic and inorganic matter. The aura that is physically seen around the outside of the human body varies in color and size from PSI energy.

An aura looks very similar to flames of a fire. In metaphor, the flames of the fire that completely covers your body will not be fixed to a certain size. The flames of a fire will not moving in an upward direction that would be similar to how fire burns in a fireplace. Instead, the flames of a fire will be moving away from any given area of your body.



With reference to the diagram above, your aura will fluctuate in size. Depending on the quality of your aura, your aura can be about 1.5 inch to about 0.5 of a millimeter in size. The size differences of your aura are only in reference to the type of energy you contain. Good energy increases the size of your aura, while bad energy decreases the size of your aura.

The aura can be seen with eyesight and felt with the mind's eye. Both techniques are practiced to receive information from the aura.

You might not be able to see an aura at your first attempt, as you will discover that the practice can be very draining on the eyes. The crossing of your eyes can be damaging to your nerves. In addition, the untrained eyes must be looking at an object for a lengthy period before an aura can be easily seen.

Inorganic matter, something that is not alive, like a book or a ring, more or less has a static auric color. Meaning that an inorganic object can have multiple colors to the aura, yet the aura never fluctuates in color pattern. Organic matter, something alive, like a human or a dog, can have multiple colors to the aura that fluctuates in color pattern.

Auric colors, which are seen at the external area of the body, are transparent. The colors behind the aura, such as the cloths you are wearing, can actually make your aura look differently. A black colored shirt with a white aura will instead make your aura look grey.

The grey auric color that may be emulating from a part of your body could be seen and interpreted by the majority as an aura of dirtiness. However, that auric color might have been misinterpreted. Since a black colored shirt will darken your aura, the auric color the majority will see from you will not be the actual color emulating from that part of your body.

When you mix the prime colors, you will discover that millions of different shades of colors can be made. The author's intention is not to provide a list of auric color to confuse you.

The author does not claim that an auric color cannot dominant over another, nor does the author claim that one auric color means numerous amounts of information. Always keep an open mind when reading information of this nature.

While the ability to see an aura can be beneficial for other mental abilities, reading the aura is a more practical skill to use and without the limitation of eyesight. The aura reading ability is to simply rely on the mind's eye, which is a technique used in empathy.

### **Warning about learning telekinesis**

Pretend, for a moment that the road you are standing on is about one thousand meters in length. This road is straight. It has no bends. You are positioned on the road, similar to marching ants walking across a narrow piece of wood. You can only see the far reaches of the road in front of you and not the far reaches of the road behind you, unless you turn around. You can travel anywhere on this road. However, you cannot leave this road, because reality is only composed of this road.

This road, you are standing on is known as the scale of the quality of energy. At one end of this road is life, and at the other end of this road is death. For now, you do not know which side of this road is life or death.

You are standing in the middle of the road, at exactly five hundred meters from either end of the road. You are at the border of a bad/good aura. You are at the middle area of the quality of energy. Your quality of energy is neither bad nor good. Your aura is fair, and you feel fine.

When you understand telekinesis, you literally understand the true meaning of the quality of energy. When you understand this, the type of information you contain could be overwhelming.

If your aura is bad, making it to the end of death will be easy. If your aura is good, making it to the end of life can be easy. Without the understanding of telekinesis, you simply battle the road everyday.

If you can maintain your good aura, the battle of this road is not relevant. Telekinesis can be an enjoyable skill to learn.

---

## **Determining a bad aura**

The ability to learn telekinesis is within you. However, you would not teach the majority how to ride a bike, if you felt that the majority was not ready to learn, nor would you teach the majority how to cook food, if you felt the majority could not correctly hold a knife. As such, the author will not teach the skill of telekinesis to you, if you are in bad aura.

Bad aura and good aura only refers to the quality of your energy. Bad aura does not necessarily mean that you are unkind and uncaring.

**A bad aura is easy to recognize. If you have three or more of the following, then do not read the rest of this document**

- Ringing sounds and/or hearing voices in your left ear
- Recurring nightmares or sleep disorders
- Most areas of the white part of the eyes are mainly a light red to dark red color
- Inability to stop thinking. Refer to the definition of focus.
- High levels of recurring headaches, migraine headaches, muscle cramps, stabbing pain, and other areas of discomfort
- Constant arguing, heavy usage of any type of medication, drinking lots of alcohol, caffeine, smoking drugs and/or smoking cigarettes

The majority would like to say that telekinesis is negative in nature. In practice, telekinesis cannot be utilized consciously with negative PSI energy.

If you are unsure about your aura then do not read this document. Instead, you can also talk to an empath on the Internet. You should ask an empath to read your aura to determine if your aura is good or bad. Ask an empath for references.

Once again, the author stresses the dangers of attempting to learn telekinesis in bad aura.

---

### **Determining a good aura**

Seeing an aura is not needed to Unleash Your Telekinetic Ability. Instead, you should develop the ability of empathy, which is a practice to feel an aura. Feeling an aura is more accurate than eyesight limitations.

**If you have six or more of the following, then you are in good aura. Reading this document is then recommended**

- Neither worried about the outcome of something, or what has happened in the past
  - You are generally a calm thinker
  - Your living environment is very relaxing and calm
  - Headaches and muscle cramps are not often felt
  - Medication and drugs are never used
  - Bad dreams may occur occasionally. You never awake yelling with fear
  - You can easily talk with assertiveness when the majority is disagreeable
- 

### **Maintaining your aura**

**You can change a bad aura into a good aura easily. To maintain your aura, simply follow the easy steps provided below**

- Avoid any type of medication (chemicals), drugs, pills, flu shots, caffeine, beer and anything else that can alter the mind and body
- Practice meditation and focus exercises
- Drink water, fruit juice, and vegetable juice. Only drink the fruit and vegetable juices that you like. Avoid sour juices such as grapefruit juice. Most liquids other than water could have additives and/or preservatives (chemicals) that could lower the aura
- Eat food that grows only from the ground, bush, and tree. Artificial food (chemicals) can lower the aura
- Exercise on a regular basis. You will feel tired after proper exercising. You will feel more relaxed and mentally calm (endorphins). Exercise helps to relax the mind
- Rest at least eight times a day in twenty minute intervals
- Sleep the full eight hours a night

## Summary

Aura is literally your energy in the form of an energy field that surrounds you.

The auric colors of an aura can be seen as darker or lighter than it really is. Cloth and other things can change the colors of the transparent aura.

Seeing an aura is not needed to Unleash Your Telekinetic Ability. Feeling an aura is more accurate than eyesight limitations.

Your aura must be in good quality before you can attempt to learn telekinesis. Attempting to learn telekinesis in bad aura is not recommended. In other words, if you are not in good aura, do not attempt to learn telekinesis. The dangers are extreme and understanding the dangers in bad aura could result in you unleashing the extreme dangers.

Physical exercising, drinking water, and eating healthy foods can improve your aura. Meditation is also an important factor in improving your aura.

## The Chakras

---

A long time ago, sages and wise men from parts of India and Tibet, preached about an aura that surrounds the body. Theory during those times was proven when Semyon Davidovitch Kirlian and Valentina Kirliana accidentally discovered Kirlian photography in 1961. They defined Kirlian photography as a process in which a high voltage was passed across an object and the image captured on film. Kirlian observed the film and saw a bright field surrounding an object.

### **Such Kirlian photographs illustrate the following**

- There is a connection between the human body and its surroundings
- Certain diseases are signified long before they actually manifest in the physical plane
- The auric field is highly connected with your emotional state of mind

The term “chakras” originated from the northern part of India during the early 12th century. The scriptures on chakras were written in an ancient Indian language called Sanskrit, which is assumed the mother of all Indian languages. According to ancient Hindu mythology, chakras are energy centers located on the surface of the auric body. Chakras are the whirlpools in the auric body that act as transmitters and receivers of energy. Chakras are the link between the physical body and its spiritual counterpart.

The chakras keep spinning about their center, like a hurricane of energy. Each chakra has its own unique frequency of rotation. Each chakra should function independently at the correct frequency at all times.

In order for the emotions of the mind to be converted to energy, some kind of a machine needs to transform out those emotions into energy. That process is achieved by the chakras.

In some circumstances, the chakras may be unable to convert emotions into energy. Later in this document, you will read about the blocked chakras.

Since, emotions are non-materialistic, they are not immediately transmitted into the physical atmosphere. Instead, they go into the non-materialistic spiritual body and are transmitted to the transition layer of the aura by the chakras. This is how people attract events and experiences into their lives. Why some people have better luck than others.

The chakras also aids in transmitting that energy from the aura and out to the spiritual realm of universal energy. This universal energy is abundant in the sense that it is neither positive nor negative, but any kind of energy can be harnessed from it, through proper usage of the chakras.

When your body is in need of strength, the universal energy, which continuously flows to the spiritual body and the aura, is supplied to the body by the chakras in the form of physical energy.

The chakras are largely in contact with the major glands in the body because glands help to control emotions. The chakras help the emotions to remain balanced.

The chakras open out to the surroundings, and they are shaped like a hurricane, drawing energy towards its vortex.

The chakras are also the connecting points between the human body and the mind.

According to ancient mythology, there are more than one hundred and fifty chakras located at various points of the body. The main activities of the body are controlled by seven major chakras.

There is a central channel of energy called the Nadi passing through the center of the body, through which the chakras communicate with one another. The Nadi is a channel that connects all the chakras.

Kirlian studies have revealed that emotions pass through the chakras into the aura and remain there in the form of PSI energy in various colors.

Since, energy is abundant, there will be variations of energy when events are about to occur. Hence, the aura begins to darken, before the actual event to occur.

If you are about to have a kidney failure, the region in front of your kidney darkens, long before the failure occurs. Every disease first manifests in the spiritual plane, and then in the physical plane.

Suppose an elderly family member passes away today. You will grieve for a certain amount of days, feeling terribly sorry and upset. However, you will not grieve at the same level of intensity after one year.

Lets consider that you remain equally upset forever. You will never be able to smile again. You are tense and upset. Your body begins to wear from too much tension. Assume there is only the feeling of anger. In time, you begin to lose the feeling of love, and develop the feeling of hatred.

Improper functioning of the chakras may make it more difficult for the emotions to be transmitted into the aura. In the event

of improper functioning of the chakras, undesired emotions continue to remain in our aura. When the aura is saturated, the undesired emotions manifest in the form of diseases, and physical ailments. The solution to this would be to energize the chakras and cleanse your aura regularly.

When you energize the chakras, you feel peaceful. The negative energy in your aura has been dissipated into the spiritual world and you no longer feel discomfort. Instead, there is a feeling of peace.

**In relevance to telekinesis, only two major chakra needs to be explained.**

The sixth chakra is commonly referred to as the brow chakra (also known as the third-eye). The location of the brow chakra is the tip of the front part of the brain. Depending of the composition of your brain, the brow chakra may be located above the physical eyes at the center of the forehead, or slightly above the top part of your nose. This is the location of higher perception and psychic ability.

As your negative PSI energy continues to unbalance this chakra, so does the tension continues to unbalance you in the form of higher levels of physical discomfort at this chakra. Other physical symptoms are blurred vision, and eyestrain. Mental symptoms may include thought loudness, doubtful thinking, or self-centered, which of course all points to depression. In cases, where prolonged negative energy blocks the chakras, such symptoms may include schizophrenia. There have been numerous cases where a man's head literally exploded<sup>1</sup> from too much tension.

There may be a sensation of tension that is associated with the physical area of the charkas. Depending of your physical condition, you may or may not feel that sensation of tension.

---

<sup>1</sup> <http://www.uyta.com/notes/0001.html>

That sensation is usually felt when you are tired. That area must be cleansed before telekinesis is utilized. When you cleanse that area, you decrease the tension level. That area is achieved when the mind is at “focus”.

The seventh chakra is commonly referred to as the crown chakra (also known as the life-giving energy). The location of the crown chakra is located just underneath the top of the skull. This is the location of spirituality, the pathway to higher intelligence, and positive/negative PSI energy production.

When this chakra is blocked with negative PSI energy, you will feel tension at that area and in the form of a headache or migraine headaches. Other physical symptoms are faint ringing or humming sound in your ears, and pressure in your temples. Mental symptoms may include the inability to stop thought loudness, paranoia, destructive feelings, and low spark of joy.

This chakra may need to be cleansed. This area is achieved when the mind is at “energy” or “force”.

## Summary

The chakras convert emotion into energy.

Two major chakras for telekinesis are the brow chakra, and the crown chakra.

The brow chakra is located on the forehead, between the eyebrows and used for meditation and psychic abilities (focus). The crown chakra is the life-giving energy, located exactly on top of your head (energy and force).

# Telekinesis Fundamentals

---

"Focus", "energy", and "force" are the "three fundamentals of telekinesis". Telekinesis cannot be utilized until all of the fundamentals are developed. You will now learn the fundamentals of telekinesis in the order of focus, energy, and force.

## Focus Fundamental

Focus is the first fundamental of telekinesis. Focus is defined as no thought loudness. Focus is the physical location of the brow chakra. Proper focus is required before telekinesis can be achieved.

"Focus" really does not say that much for you to process into meaningful information. Critical information about the word focus is not usually a topic of importance.

When you ask the majority to define the word focus, they reply to you by saying that you must concentrate on a particular task. However, you do not have enough information for you to correctly perform a focus mental state of mind. You need to know how to mentally apply focus for you to then be focused.

Focus is not about concentrating on a particular task. On the contrary, the opposite of concentration applies to focus. When you are not analyzing something in current thought, you are then focused on a particular task. When your thoughts are so relaxed, no mental concentration is utilized. When you are in focus, your mind is open to process the information, instead of processing the already obtained information in concentration.

Mental processing will pull the mind from a particular task that needs to be addressed.

When the majority refers to focus, they refer to your direct attention. In this case, the word focus is used more to refer to haste.

In telekinesis, focus refers more to your loudness of thought. When you cannot hear yourself repeating these words inside of your mind, you are then focused. Focus is to look at an object and without any thought in the mind. Thought, in this case, refers only to the loudness inside of your mind. You are focused, when you are mentally calm and relaxed of thought. Only when you empty all reoccupied thoughts, are you then in focus.

You must understand that focus refers to only no thought loudness. You are still able to think; yet, you just cannot hear any more words from within your mind.

External sources, such as telekinetic melody audiotapes can be used as a source for calming and relaxing the mind to be more focused. The focus area of the mind does not produce negative thoughts. You are then relaxed and in comfort. After using the audiotapes for a length of time, you may be accustomed to the induced state of mind that relaxation brings. By listening to the tapes, you may become more aware of that particular state of mind. In turn, the sounds will let you reach that particular state easier and faster.

A mere thought of how relaxing the audiotapes were, could be enough for the mind to recall and start producing the desired brainwave pattern again. The mind will produce the brainwave patterns, necessary for telekinesis use. Your telekinetic ability is then temporarily enhanced.

Frequencies that are made from external sources cannot alter the mind for permanent telekinesis use. The only way to achieve permanent results would be to train with focus.

Focus can do much more because the mind is not relying on external sources. Training the mind without relying on external sources must be the first priority.

After hearing music, you may still remember the melody that are associated with the music. You may still be playing the music from within your mind. Music may be difficult for you empty out of your mind.

When you are mentally processing something from within the mind, the ability to maintain sight on an object can be hampered. When you minimize your mental internal processes, you greater your chances for maintaining sight on an object.

You are able to stare at an object while thinking about something else. In this case, thought loudness is soft but you are still able to hear your thoughts. When you can barely hear your thought loudness, you are at the border area of focus. You are still able to utilize telekinesis. Yet, your telekinetic ability is based on your ability to enter, remain and control your focus ability.

In metaphor, the thought loudness is similar to your ability to ride a bike. The gears on your bike are the scale of thought loudness. Gear one, refers to high thought loudness, while gear ten, refers to no thought loudness.

The scale of thought loudness is your ability to ride your bike up a steep and long hill. Telekinesis is achieved when you can easily ride your bike to the top of the hill.

On your bike, you have a button that is called energy. That button can only be pushed at gear ten. When that button is pushed, you have the energy needed to easily make it to the top of the hill.

Regardless of the hill you are riding on, or how many gears you have, your ability to make it up the hill is your

understanding about how to apply the gears. You normally do not change from gear one to gear five. In doing so, lots of stress may be brought among your legs. To ease the stress of the journey, you normally increment the gears by one.

You may be able to make it up the hill in gear nine, yet that struggle is not needed. Once you have the ability to utilize gear ten at that steep hill, you have the ability to press the energy button. At that time, your telekinetic ability is then easy to utilize.

Thought loudness does not refer to your ability to think. When your mind is empty of all thought loudness, you are still able to think, yet you just cannot hear your thoughts anymore.

When you are not mentally processing internal information of thought loudness, your mind is open to process the information that may be obtained. When that information is obtained, you do not need to mentally process it the second time.

Without focus, the ability to maintain physical sight on an object will be very different to achieve. The main reason is that an unfocused mental state of mind will keep your physical sight close up to you.

When you are in focus, you are able to maintain sight without any side effects of blurred vision. Blurred vision is associated with high levels of depression. A depressed person is high of thought loudness.

When you begin to think fast, the loudness that you can hear inside of your mind, increases, as your ability to maintain eyesight on an object decrease. The reason is that you are mentally processing the information from thought.

You cannot maintain the loudness of your thoughts while you are focused, nor can you be happy while hearing a very loud

thought inside of your mind. The laws of the mental plane are not in this fashion.

Each word that you read can be an object or all the words in this paragraph can be seen together as an object too. The second you believe that you are not looking at the object is the second that you are distracted or that you are just looking around with a sarcastic type emotion. Nevertheless, everywhere you look, an object can be seen. A more positive attitude is needed or your awareness of focus cannot be learned.

When you think about how silly it is to just look at an object, when you would rather just learn telekinesis, you will be out of focus. The more you think about how a thought can pull your eyesight away from the object, the harder focusing on the object will be. The object must only be looked at and nothing more. Only then, can an object be influenced.

At the physical plain, focus is the location of the brow chakras. You can only be in focus then you do not feel tension at area. As the tension of the brow chakras increases, your focus ability decreases.

At the mental plane, you can only be in focus when you have no thought loudness.

## Energy fundamental

Energy is the second fundament of telekinesis. Energy is needed to Influence an object. Energy is the physical location of the crown chakra.

The author defines energy as literally matter in the pure form. Energy is everywhere. The lighting bolt is energy. Fire is also energy. Nevertheless, the only energy in reference to the practice of telekinesis is your own energy. You use your own energy to influence other energies.

Pretend for a moment, that you are the only substance that exists in this universe. You cannot see any planets or any other form of matter around you, nor can you see anything of an energy source, as fire and lightning bolts do not exist in this example.

You can still see and feel. You see nothing, but you can still see. You feel something, but it is not from anything other than you.

You feel an itch. The itch is tingly, and then it feels like it is beginning to crawl around a small part of your body. Just then, you feel lots of tension in your toe. All of those types of feelings are literally energy. Energy can feel good to you, or energy can feel bad.

All of those types of energy are created by the mind. PSI energy is the main known word used refer to that mental energy. Regardless is you felt the energy on your external surface of your body, in telekinesis, we call that feeling PSI energy. The reason is that energy did not come from an outside source.

When you have mastered the three fundamentals of telekinesis, you master the skill of telekinesis. You will remain in a focus mental state. You will be able to produce a desired emotion at will, and remain at force to influence energy in motion. This is the nature of telekinesis.

Remember, energy refers to a feeling. Regardless of the type of feeling and where you feel energy, at the physical plain, the original location of energy is at the crown chakra. Energy is the second fundamental of telekinesis and used to influence an object.

## Force Fundamental

The terminology used to refer to force can be confusing. Furthermore, expressions, such as, “force of habit” or “police force” can complicate your learning of force.

The term “force” has been and will always be used to mean different things. It is important to ignore such terms of force, as those terms are not relevant for the understanding of telekinesis.

Force generally refers to a push or a pull. Hence, the obstruction of energy can be a forceful battle that may never end. In telekinesis, the word force derives from the concept of such an obstruction of energy. Yet, this edition does not explain why force refers to such an obstruction of energy. Instead, in this edition and for simplicity reasons, force is defined as the physical location of the crown chakra. Force is the third fundamental of telekinesis.

The next chapter will explain how to utilize force.

## Summary

The three fundamentals of telekinesis should be learned in their proper fundamental order of focus, energy, and force.

Focus is a mental plane definition that refers to the loudness of thought. When you cannot hear your thoughts inside of your mind, then you are in focus.

Focus is a misunderstood word. The majority believes that focus refers to your direct mental concentration. In fact, no concentration is needed.

Energy is the sensation you feel. Sometimes energy feels like an itch, while other times energy is in the feeling of physical pain. Energy is the physical location of the crown chakra.

Force is the third fundamental of telekinesis. Force is the physical location of the crown chakra.

## Force Fundamentals

---

### Sight Fundamental

Sight, emotion, and tension are the three fundamentals of force. To "Unleash Your Telekinetic Ability", you must simultaneously apply the three fundamentals of force.

The ability to maintain sight of an object can only be possible in focus. Only when you are maintaining sight, can the ability of focus be possible. For those reason, focus and sight are in common. Hence, the first fundamental of both telekinesis and force are in common.

Mind's eye refers to the ability to use imagination to vision, an object to perceive. All objects mentally perceived are within the mind's eyes.

A physical object can be influenced while you are maintaining just eyesight or mind's eye. An object can even be influenced while you are maintaining a combination of both eyesight and mind's eye. Yet, a physical object is not influenced from the utilization of sight.

The education of thought loudness is for your preparation to maintain sight on an object. Without your ability to maintain object at sight, careful observation of object in motion is not possible. Nevertheless, that careful observation of object behavior is not telekinetic utilization.

You are able to be in focus while maintaining an object with eyesight and while recalling the vision associated with that object from within the mind's eye. Regardless of the object in sight, telekinetic utilization is not the result.

The mind's eye is not limited to the physical plain. Therefore, regardless if your eyelids are open or closed, you can still maintain the object in sight.

The mental images that may continue to enter your mind may hamper your ability to keep the object within the mind's eye. Daydreaming may also hamper your ability to maintain conscious awareness for the object. While you have conscious awareness for the object in sight, any combinations of visions are possible. You are also able to see the object that exists in front of you, yet you see that object within the mind's eye, while applying eyesight to look at a different object. The mind is very powerful.

In reference to sight, there is one critical factor to consider. Emotions are created within the mind's eye. Those emotions produced are how an object is influenced and how physical body tension is increased or decreased. While daydreaming, you must be careful what you are daydreaming about.

Your ability to remain focused; your ability to maintain sight on an object; your ability to influence an object, is all linked at the emotional level.

## Emotion Fundamental

Emotion refers to the quality of mental energy created by the discrepancy between perceived reality and the internal processes of mind.

Once at the mind's eye, an emotion can be produced. Emotions are converted into energy by the chakras. The emotions and PSI energy are both located at force. For these reasons, energy and emotions are in common. Hence, the second fundamental of both telekinesis and force are in common.

At the mental plane, energy is literally an emotion. The best emotion is a high desire or a want for something. Likewise, the worst emotion is a fear or an undesired for not wanting something to happen.

You may understand that there is tension associated with emotions. When you are happy, tension is lessened and you feel better and breathe slower. Desired emotions prove for a better, happier life.

Rather sight be of the minds eye or eyesight, the object must be in sight. This is the only way to bond with the objects energy

## Tension Fundamental

Tension is the scale of the quality of energy that is felt at force. Tension is literally negative emotions felt physically.

Force and tension occupies the same space at the crown chakra. Force and tension both can refer to the obstruction of energy. For these reasons, force and tension are in common. Hence, the third fundamental of both telekinesis and force are in common.

At force, PSI energy is literally increasing or decreasing the tension. Tension is increased or decreased in force from your emotional rejection or acceptance for tension. If you reject the tension, more tension is created at the crown chakra. Your acceptance for energy is recommended.

The majority believes that if they tense every parts of their body, locking joints and walking around like a brick, that they can archive a high level of telekinesis because they have tremendous amounts of tension. This is of course untrue. Telekinesis is not about putting you body through high level of stress or tension. There is no need to be so determined that you are about to blow a vain. The author states that tension is not needed to influence an object.

Tension is created from the mental plane and felt at the physical plane. Therefore, tension is felt without applying physical tension to the body. Tensing various areas of the body may apply some tension, yet tension can be felt at areas without applied stress.

Depression is linked with fast thoughts. The inability to stop the loudness inside of the mind can result in migraine headaches, and many different levels of physical pain. The headaches and migraine headaches are felt in a form of tension, usually felt at the top area of the head.

The three fundamentals of both telekinesis and force have been defined. Those fundamentals will determine the practice of telekinesis or the utilization of telekinesis. While the three fundamentals of telekinesis must be practiced in their proper fundamental order, to utilize telekinesis, the three fundamentals of force must be applied simultaneously.

## Summary

Mind's eye, emotion, and tension are the three fundamentals of force.

To utilize telekinesis, the three fundamentals of force must be applied simultaneously.

## Energy vs. Wind

---

There is only one material that exists, that is neither matter nor energy. This material is an element. The element is wind.

The wind, which is composed of air, has both characteristics of matter and energy. Air has weight. When we weigh a deflated balloon and an inflated one, we can prove that there is a difference in the weight.

The wind, although embodies air, is not considered air. Wind refers more to the movement of the air, rather than referring to wind as air.

When you wave your hand in the air, wind is made, because of matter in motion. Your hand, which is made of matter, produces the wind.

Wind itself is not energy. The flow of energy is literally wind. Wind is created when the motion of energy affects matter.

Wind has energy, because it embodies the energy present in the air. Wind can move matter because of the energy it uses.

"Energy acting on matter (air)" moves the matter (solid). Now if we substitute the word "energy" with "wind," The sentence now becomes, "Wind acting on matter (air) moves the matter (solid). Therefore, wind has energy, yet wind is not energy.

Wind is depleted from the "force" of the "energy" exerted against the environment. Some energy is used up to push the

air (or object) in the path while in motion, until the energy diminishes.

For wind to be called wind, there has to be the presence of energy acting on matter. Wind can be used to produce energy. However, wind is not energy. They are too different things.

When energy or matter is not in motion, then wind is no more. For energy or matter to be set in motion, there has to be a first mover.

Regardless, if there is no organic life on earth, matter can still be put into motion from energy. The sun is energy in motion. Jupiter has no organic life yet the storms continue. Wind will still be produced because of the air pressure and heat transfers from the sun. The energy from the sun changes the temperatures of the air. When hot air rises and cold air sinks then wind is created.

## Summary

Wind and air are not defined as the same. Wind refers more to the movement of the air, rather than referring to wind as air.

Wind itself is not energy. The flow of energy is literally wind. Wind is created when the motion of energy affects matter.

## Altered reality

---

When you literally have the awareness that telekinesis is a part of reality, you will also have telekinetic ability. Additionally, you will have the conscious awareness of the minds' emotional interlinking.

Pretend that you are calm but you are talking loud. Generally, the majority will know that you are not upset, even though your tone of voice suggests that you are upset. The majority will not be in defense or offense about the tone of your voice. Instead, they will be with assertiveness. They will look inside of themselves, and without the expectation of an emotional attack from you.

Pretend that you are not calm but you are talking very loud. Generally, the majority will know that you are upset about something. They will not look inside of themselves with warm feelings. Instead, they will be in defense or offense from your communication, and with the expectation of an emotional attack from you.

Perhaps the clarity of television channels can increase your understanding of the mind's emotional interlinking.

All of the channels that are negative, such as, hate or killing in the movie will have a very grainy picture. Grainy movies will not be emotionally relaxing for you to watch. Likewise, all of the good channels like love movies will have a clear picture and will be emotionally relaxing for you to watch.

While watching a bad movie or show, the negative PSI energy that the mind produces is discharged into the source of the channel. That source of energy is influenced on the reel of the movie.

The negative movies will have lots of black blotches and black lines displayed throughout the movie. Likewise, good movies will be displayed with white blotches or white lines. If the movie is new, yet negative, then the black blotches and black lines might not be there. However, the movie will still be degraded in clarity. The black blotches and black lines are being created by PSI energy from the majority that is watching the movie or show.

Negative energy is exposed for you to see. While positive energy is not. Positive energy is not cloaked or hidden from you. Negative energy is hidden so deep that you might not be aware of how negative energy is influencing matter. When you know where negative energy is, your energy will stay positive because of your knowledge of how to stay away from negativity. You will have extra protection for your aura when something negative happens.

An old war movie will have a very grainy picture. The quality of those war movies may be so degraded that the picture can barely be seen. Other old movies such as a 1940 love story can still be displayed with average quality.

There are numerous discrepancies for the differences of clearness between the two movies from the same era.

**The following list gives a brief summary of the minor factors that will lead to movie reel fragmentation**

- The war movie could have been played more times than the love story movie
- The love story reel was properly stored in a container when not in use

- The war reel could have been over exposed to sunlight or could have been exposed to lots of dust particles due to a poor environment

PSI energy is the major factor that will lead to movie reel fragmentation. The war movie is negative, while the love movie can be interpreted as positive. Those two movies do not produce negative or positive energy. These movies are not designed to attack the majority on the subconscious level. Rather, the reels are altered from PSI energy. The minds of the whole that watch television are altering the reels.

## Summary

The loudness of your words is not enough for the majority to be aggressive. This suggests that the majority is feeling your emotions and acting from them.

You will notice that the probability of a grainy picture in an undesired emotional television channel will be higher than that of a desired emotional television channel. This suggests that emotions are altering matter in a way that the majority fails to comprehend.

## Energy vs. Object

---

Life is paintings the peacefulness of the object's positive energy. Matter that is still is at rest. When we at still of motion, we are healing. That still of motion also reflects the calmness of thought loudness.

Since we and other animated creatures are in motion, we are not at peace. Instead, we are endowed with negative energy. The increase of thought loudness reflects the active state of energy. So does our body in motion reflect the active state of matter. The type of energy you produce reflects your state of rest or motion. Regardless of energy or matter, motion refers to that of discomfort.

In reference to object motion, for more information about why positive and negative energy affect one another, refer to the Sight Spectrum Theory, edition 2 of 3 of the Unleash Your Telekinetic Ability.

The more still the environment, the more difficult moving an object will be. In turn, the more unsettling the environment, the more difficult calming an object will be. Therefore, the heaviest object you could move might be a paper, and the lightest object you could move might be one hundred trees at the same time.

Some days, there is lots of energy in the environment to work with. In such an unhappy environment, there is lots of workable energy. Even on very hot days, the mind's emotional interlinking rejects the sun, because the sun is too hot and in

turn, wind is created. At such times, there is lots of energy to work with.

In metaphor, assume that outside the day is nice. You notice a bunch of trees in a line up. The trees are not moving from the wind. You decide to try to influence the second tree. Since the tree has not moved in over two minutes, you assume that the tree is imbedded with positive energy and you are right.

The feeling you detect literally is that object's aura. Every aura has a unique feeling that you may detect. When you focus on a particular object, you may feel some adoration or admiration for that object. You may also feel rejected or unsettled. The positive or negative feelings you detect from that object is associated with the characteristics of that objects.

You realize that moving the tree will be difficult to do. Therefore, you decide to wait until you see a part of the tree moving. At that time, you calm the tree with positive PSI energy. That way, you are working with the elements of nature.

In metaphor, this time, assume that outside the day is just ok. You notice the environment is a bit windy. You notice the same trees in the line up. Just then the second tree moves. You conclude that the second tree moves each time you looked at it, and you are right.

Chances are you are not in a good mood this day. When you were looking at the tree, you may have produced negative PSI energy subconsciously and therefore the tree was influenced accordantly.

There is only one way to influence a tree consciously in this type of environment. You need negative PSI energy, yet you cannot produce negative PSI energy consciously. There is a technique for this practice.

In order to increase the motion of negative energy, you need to be with negative energy. Since negative energy embodies that object, you need to be embodied with the negative energy of that object.

A high desired emotion might be produced when you vision the world to be a better place for you to benefit from. When you produce that source of PSI energy, the wind element can grow to such power that the minds of the whole may be forced into focus. This is the best way to influence matter when matter is in such an unstable balance.

To make this point clear, you are working with the elements of nature. You are helping to create more wind to force the minds of the spiritual plane into a focused mental state.

If you believe that one mind can influence matter, then you can also believe that all minds within that environment can also influence matter at both the conscious or subconscious level.

Outside, the day is very bad. There is too much negative energy within the environment. Everything is being blown everywhere. At such times, it will be winter. The majority is producing lots of negative PSI energy at the subconscious level. Perhaps they had enough cold weather and they now want change for the betterment of them. They are producing the desired emotion for change. At such times, it is important not to influence matter. Matter is already influenced from the desired emotion for change. To continue to influence matter will only harm matter. This is not the nature of telekinesis.

You can move an object at great speed within such an environment. Yet, the elements of nature, such as wind, will also be present within that environment. In such an unstable environment, when the mind is embodied with wind, wind can grow to be a powerful force. At that time, you may literally believe that you cannot un-embodiment from wind. Remember the first fundamental of telekinesis.

Also, remember that you are working with your quality of energy, which is not much compared to the universal energy of the whole.

Telekinesis is mind over matter. Hence, mind over matter, suggests that all matter can be influenced. The problem with this term of a mental ability is that the majority believes that any object and of any size can be influenced by mental means alone. This is of course not true. Remember, in order to influence an object, you are limited to workable energy.

The paper dangling from the ceiling can be easily influenced with your natural mental ability. Yet, a lightweight metal object that may be resting on your coffee table cannot be so easily influence. Hence, inside of your house, there may not be enough workable energy to move lightweight metal object at rest.

The toaster has workable energy, but not workable energy in the way the majority would like the toaster to be influence. The toaster has energy inside that heats the bread. However, the toaster cannot be moved mentally, because the toaster does not have workable energy that can influence the toaster to be moved. Furthermore, there is not enough workable energy in your environment to influence the toaster.

The only way for great telekinesis results is if you have the workable energy within the environment. Then you are able to influence an object. However, you must remember that no matter what object you select, rather the object contains energy within or without, that object can only be moved with force.

## Summary

An object can only be mentally influenced if an object contains energy in motion.

A rock cannot be moved inside of your house because a rock does not internal energy in motion. Therefore, there is no energy within the rock that can be influenced. There is not enough energy in motion within the environment of your house to influence a rock.

Objects are influenced regardless of the type of mental energy produced. The type of energy produced does not need to be the same as the type of energy in the environment.

Regardless if the tree is at motion or rest, positive energy will calm the tree to some degree, while negative energy will uncalm that tree to some degree.

Negative PSI energy cannot be produced consciously.

## PSI Attacks

---

The term, PSI attack is mental energy used to set or increase another mental energy in motion, and/or used to the inflict discomfort to the physical body associated with that mental energy. The purpose of a PSI attack is generally to bring discomfort to organic life that contains a mental plane.

A PSI attack refers to a telekinetic ability to inflict damage to the mental plane. A PSI attack is extremely dangerous to you. You may feel dominated, helpless, lacking of physical energy, bad dreams, to name a few. Side effects of a PSI attack could last for months.

Since your type of emotion produced determines the quality of your PSI energy and the same type of emotion produced determines the quality of your aura, you are able to PSI attack yourself.

At the physical plane, you may feel a PSI attack in the forms of physical discomfort. At the spiritual plane, a PSI attack will lower your energy. Both of those types of PSI attack will affect your mental plane. Hence, the lack of focus is the result.

You are able to enter any of the fundamentals and regardless of your conscious awareness of doing so. At the mental plane, your undesired emotion is converted into negative PSI energy because of the first fundamental of telekinesis was unstable. At the spiritual plane, that negative PSI energy is sent to your aura, because the second fundamental of telekinesis was unstable. At the physical plane, that negative PSI energy blocks the crown chakra. A negative feeling is the result in the

form of physical tension, because the third fundamental of telekinesis was unstable. Hence, negative telekinesis is utilized at the subconscious level. The PSI attack is the effect. In addition to this unstable balance of the three fundamentals of telekinesis, more negativity can now be the result.

Empathy is defined as the ability to feel emotions from matter. Like telekinesis, empathy is not limited to space and time. The mental plane location of empathy is the first fundamental of force. To refresh your memory, sight is the first fundamental of force. Sight is defined as "eyesight" and "mind's eye". Empathy is the skill used at the mind's eye. Mind's eye refers to the ability to use imagination to vision, an object to perceive. Empathy is an easy skill to learn.

At the mind's eye, vision the minority you once knew. Remember a time of happiness together. Create a vision in the mind's eye about that happiness. See the minority from within the mind's eye. There is a type of feeling you will feel, and you will know that the feeling is from the minority. There is a type of feeling that you know it is the minority. That feeling is the minority's good aura.

Remember a time when you and the minority were auguring. In the mind's eye, recall the vision of that time. There is a type of feeling that you will feel, and you know that the minority is upset. A type of feeling that is different from when the minority was happy. Yet, you know this feeling to be from the minority. This negative feeling is literally the minority's bad aura.

Take some time and recall a different minority that you use to know. Vision an argument that you had with this minority.

The negativity that you can feel from this minority is different from the negativity you can feel from the first minority. Hence, everyone has a different aura.

Detecting the current aura of the minority requires a slightly different technique in empathy. The practice to detect a past

feeling is not the practice of determining the minority's current feeling. You must not remember a time of happiness or unhappiness. Instead, you need to detect only the current aura of the minority. Vision in your mind only the minority. The feeling will come shortly after the vision. That feeling reflects the minority's current state of aura. Hence, the minority's current state of focus is exposed.

The empath senses your current state of focus. The empath determines that you are struggling to remain at focus. You are at the border between a good and bad aura.

The empath senses your negativity and remains at focus. Equipped with enough knowledge about your aura, while detesting your negative feelings that are emanating, the empath performs a PSI attack on you.

The empath recalls a time when you were producing a strong undesired emotion. This enhances your current emotion, which in turn, worsens your aura.

Every time you increase the tension of force, you expose your aura for the majority to later influence. The price for producing negative PSI energy is two times its negativity. The second you lose consciousness of focus (sight) is the same second you produce negative PSI energy. That negativity produced may boomerang back to you and for years to come.

When you remain at focus, your ability is telekinesis at its highest level. Your reward is positive PSI energy as your protector.

PSI Shield is a word used in ESP to refer to a mental practice to increase, maintain or to protect the quality of an aura. In short, a PSI shield refers to the protection of your PSI energy. PSI shields are neither a phenomena nor a practice of magic. There is nothing special about a PSI shield. In ESP, the majority commonly terms the word "PSI shield" as dense energy of your spiritual body.

PSI shields are also known as the words, bubbles, psychic defenses, force fields, shells and so on and so forth. These words refer to deferent techniques used to teach the skill of PSI shields.

The majority believes that you can better your aura from a PSI shield. This is only true in the since that PSI energy needs to be educated at the source of where PSI energy originates from. Bubble shield, diffuse shield, mirror shield and so on and so forth only suggests the majority's limited understanding about the source of PSI energy. There may be many known type of words used to refer to PSI energy, yet there is only one type of shield used in ESP and that type is known only as PSI energy. Since a PSI shield fluctuates from the type of mental energy produced, you need to become aware for PSI energy. Only then can you better your aura. Hence, only then can you better your PSI shield.

A PSI shield is not about visioning a layer of brink that surrounds you, nor is a PSI shield about welding, bending, twisting, rubbing, talking to, and so on and so forth. You will have a strong PSI shield when you are in focus and you will continue to have a strong PSI shield as long as you stay in focus.

PSI energy originates from your mind. Your mind can produce different types of PSI energy and quite frequently. Every second that goes by, your type of PSI energy may change. The type of PSI energy produced determines the type of your aura. Therefore, the type of your PSI energy is literally the quality of your aura and the quality of aura is literally the quality of your PSI shield.

The majority believes that when a PSI shield is decreased in quality (cracked), some parts of your body may get colder. This is only because energy is a type of heat. When energy leaks from your body to the extent that your body is cold, does not suggest that you were PSI attacked.

At the mental plane, the mind is not in force. Therefore, no negative or positive energy originates at the mind. Only the type of emotions that have been converted into energy by the charkas can be said to be of a negative or positive source. Yet, a PSI vampire is a known word used to refer to a person's ability to drain PSI energy from any mental plane.

A PSI vampire is a misunderstood term. A PSI vampire is able to lower (drain) your energy from the art of empathy. Yet, the PSI vampire does not devour your energy. When you energy lowers, so does your focus ability. At that time, your negative PSI energy produced, blocks the crown chakra from properly functioning. That energy stays at the crown chakras in the form of physical tension. That energy is not sent to the PSI vampire. If you are out of focus and in negativity, while the PSI vampire is at focus and performing the art of empathy, there is no positive energy for the PSI vampire to consume.

You do not need to worry about the protection of your aura when you are producing PSI energy at focus. The crown chakra sends your PSI energy to the spiritual plane. You do not need to use PSI energy to create a PSI shield that the crown chakra creates. Of course, no harm will be the result of you trying to create a strong PSI shield. Yet, the result will be the same. Instead, build a shield of energy within your environment.

Your environment is very important for a strong PSI shield. The quality of energy in your environment is the main factor for a strong PSI shield. In cases of strong PSI attacks, by bettering your environment you will decrease your changes of receiving side effects from a strong PSI attack.

If your environment embeds lots of negative PSI energy, in strong cases of telekinetic, you may notice that your environment distorts with energy. That distortion is similar to how air distorts around the hood of the car in a hot summer day.

In rare days, such as wintertime, the environment may embed negative PSI energy, yet no object is moving. When you apply telekinetic and see the distortion, you know that the environment embeds lots of negative PSI energy. The distortion is your sign that the environment is unstable. For the protection of your PSI shield, you need to relocate to find a better environment.

Remember that an object is difficult to calm when that object embeds negative PSI energy. When that object embeds positive PSI energy, lots of negative PSI energy produced at the subconscious level can only un-embed the positive PSI energy.

Pretend for a moment, that you are in a small room. That room can be seen as one object. You are able to see as much as that room with eyesight and the rest of that room from within the mind's eye. That object is your environment that you would like to protect.

At the physical plane, your created PSI energy is sent to the location of your will. In short, your will is occupying the area of your environment. Positive PSI energy is created in the environment. Positive PSI energy is a shield for your protection.

## Summary

PSI attack is very dangerous to you. PSI attacks in the influencing of your PSI energy in a negative way. You are able to PSI attack yourself.

PSI shield is literally your aura. You can protect yourself from a PSI attack by staying in focus.

The mind always wants to think. Your mind is always subject to the influences of the environment and PSI attacks are subject to influence you. To help you minimize thought loudness to give you extra protection to avoid these dangers,

you should read the Sight Spectrum Theory. In doing so, you will literally understand the workings of the mental plane at the analytical level of thought. You will literally understand the fundamentals.

You need to stay at the focus state of mind indefinitely. Failure to do so will result in any level of discomfort at any or all of the three planes of existence. The reason is that focus is your ability to stay conscious for the physical plane. When you have that conscious awareness to stay focused, you have the conscious awareness for energy at the spiritual plane. When you understand how to influence energy at the spiritual plane, you then understand how to maintain the levels of tension that originates from the mental plane. In short, you understand the three planes of existence and how to influence them to your benefit.

## Fundamentals lessons

---

Everyday, you must practice at least one exercise and for more than twenty minutes, or your telekinetic ability may decrease.

All exercises in this chapter have been divided in four sections. The first section, "Aura Exercise", is designed for you to improve the three fundamentals of telekinesis simultaneously, while the other three exercise sections (focus, energy, and force) are designed for you to improve the three fundamentals of telekinesis individually.

### **Aura Exercise**

#### **Beginner**

- [Better your drinking habits](#)
- [The hamburger test](#)
- [The animal fat test](#)

To learn telekinesis, the author recommends that you complete all of "The Three Fundamentals Of telekinesis" beginner exercises at this chapter, and in the proper fundamental order, before proceeding to the "[Telekinesis Lessons](#)" chapter.

### **Focus Exercise**

#### **Beginner**

- [Meditation exercise](#)
- [The brow chakra](#)

### **Intermediate**

- [Processing information](#)
- [Cable test](#)

## **Energy**

### **Beginner**

- [Creating you first psiball](#)

### **Intermediate**

- [Healing with just a touch](#)

## **Force**

### **Beginner**

[Stopping an object](#)

---

## **Better your drinking habits**

### **Aura Exercises: Beginner**

Please read the following instructions carefully and in the proper order, because this exercise aims to better your awareness of aura deterioration.

#### **For this exercise, you will need the following:**

- Three cups of the same size
- Coffee. (Do not substitute another drink for coffee)

- Water. (Apple juice or orange juice can be substituted for water)

### **Instructions**

- In the first cup, pour cold black coffee in it
- In the second cup, pour hot coffee made the way you like it
- In the third cup, pour cold water in it

Pretend that you have never smelt or even drank coffee before. Smell the coffee for the first time. Rid all thoughts about knowing that the coffee tastes good.

Do not drink the coffee normally. You need to sip a bit of the black coffee like it is vintage wine. Do not swallow the black coffee yet. Swish the coffee in your mouth. You want to taste the flavor of the coffee. Saver every drop of the coffee as if the coffee is very expensive. Begin to slowly swallow it. Feel the coffee slipping down your throat. Feel the tingly sensation as the coffee trickles down your throat.

### **Conclusion**

The black coffee has a faint smell of bile that can only be detected when you have the awareness that negativity is cloaked. Negative PSI energy has to go somewhere. This time, smell the coffee for what it is. You will detect a faint smell of bile that you have never smelt before. To smell this bile, you must be very determined to smell the coffee for what it is and not what you believe the smell to be.

Sip the coffee like before. This time, feel the tingles that the coffee makes inside of the back of your mouth. Picture in your mind, that the coffee is bile as it slowly trickles down your throat.

Now that you have the conscious awareness for what the coffee is, and not what you want it to be, swallow a large gulp of coffee and feel the tingly sensation inside of your nose.

The second cup of coffee is much better because of the sugar, cream, or anything that you put in the coffee to make it taste better. However, after drinking a cup of coffee, you will have a bloated feeling.

Now drink the water normally. The water is not thick and has no smell or taste. Therefore, you normally do not produce negative PSI energy from the drinking of water.

To improve your aura, clear water should be consumed about once every two hours.

---

## The hamburger test

### **Aura Exercises: Beginner**

The objective of this exercise is to better your awareness of aura deterioration, by showing the fat/meat ratio in hamburger.

#### **For this exercise, you will need:**

- A medium chunk of uncooked any-grade hamburger
- One sheet of unused disposable paper towel or a soft dry cloth
- Half a cup of water
- One butter knife

#### **Instructions**

- Put the chunk of uncooked any-grade hamburger into the cup of water
- With the butter knife, stir the water for two minute to separate the hamburger.
- Carefully drain the water out of the hamburger
- Squeeze the remaining water out of the hamburger with the paper towel
- Spread the pieces of hamburger on the counter

### **Conclusion**

The cow is sliced into as many stake-size portions as possible. Every stake skimmed from the fat of the carcass is a sizable profit at the market because the butcher needs to make money too. The millimeter of meat left on the carcass cannot be used for profit. Therefore, most cow body parts, including the carcass, are shoved into the grainer to make hamburger.

Even though the hamburger might be triple-AAA grade, you may be fortunate to find one piece of hamburger. This exercise proves that the fat/meat ratio in hamburger is non-standard. Hamburger should literally be named fat burger. You can improve your aura by excluding hamburger from your daily food consumption,

---

## The animal fat test

### **Aura Exercises: Beginner**

After this exercise, you will have a better understanding about how fat can lower your aura.

### **For this exercise, you will need**

- Any-grade hamburger
- Chopped vegetables
- About twelve tablespoons of Vegetable oil, such as, olive oil or corn oil
- One medium size glass jar with a lid
- Two frying pans

### **Instructions**

- Put one pound of any-grade hamburger into an oil-free frying pan
- Cook the hamburger until a fair amount of oil can be seen
- Put the chopped vegetables into another frying pan, and then add twelve tablespoons of vegetable oil. Cook the vegetables the way you normally do
- Pore the excess oil from the hamburger pan, into the glass jar
- Pore the excess oil from the vegetable pan, into the same glass jar
- Put the lid on the jar
- Shake the jar to merge the oils together
- Put the jar into the fridge

**Read the conclusion of this exercise after you have waited for about two hour**

Take the jar out of the fridge and analyze the two oils inside of the jar. You will notice that the two oils are now separated. The light vegetable oil is at the top of the jar. Different types of oils are stored inside of your stomach, similar to the two oils inside of the jar.

When you exercise, your body burns calories in the order of carbohydrate (sugar), protein, and then fat. If you exercise long enough to start burning fat, the body burns fat from the lightest to the heaviest. Animal fat is the heaviest fat there is, as the animal fat inside of the jar illustrates. You need to exercise for a long time to even begin to burn the animal fat. By then, you are too tired to continue exercising.

Excess amounts of fat will decrease your aura.

---

## Meditation exercise

### **Focus Exercises: Beginner**

The training process is important for making focus a way of life. While training the mind with the various focus exercise in the document, remember that the main goal for the exercises is to keep the mind at that state of focus. Focus will keep the mind out of the area of negativity.

The goal of this exercise is for you to remain in focus.

Meditation exercises are important for making focus a way of life. When you train your mind with the various focus exercises, remember that the main goal for the exercises is to keep your mind at a state of focus.

Proper meditation will reduce anxiety, alleviate depression, and reduce most levels of discomfort. Meditation is used to help your mind become more relaxed. Proper meditation techniques will help you to achieve the ability to stay focused.

Meditation is not a requirement to achieve a relaxed state of mind conducive to utilizing telekinesis. Neither is intense concentration a preferred way to develop a relax state of mind. Instead, the ability to stay focused must be a way of life.

## **Instructions**

- Sit or lie on the couch in a very comfortable position. There is no right or wrong way for your body to be positioned. The only requirement is that your body is relaxed
- Let your entire thoughts fade away. Whatever is upsetting you, think about later. Use this meditation time for healing
- Empty all thoughts about your environment
- Great focus can be achieved with proper breathing

## **Begin the meditation exercise**

- The amount of air that must be inhaled is one hundred percent of capacity. Slowly inhale as much air as you can
- Exhaling should be about twenty percent longer in length than inhaling. Slowly exhale every bit of air
- Normally breath five twenty percent inhales and exhales
- Repeat this breathing cycle
- Keep your mind empty of all thoughts
- Look at the top area of your head from within the mind's eye
- Feel the area of discomfort
- Enter the area of breath healing
- Discomfort will slowly turn into comfort

You should now feel your PSI energy above your head. Remain calm and let your positive PSI energy heal all discomfort.

## The brow chakra

### Focus Exercises: Beginner

This exercise helps you to enter a focus state of mind.



The brow chakra is located in-between your eyebrows.

The brow chakra is one of the main energy centers that can be clogged by negative PSI energy.

When the brow chakra is blocked with negative energy, tension will be felt physically at that area. A bit of tension is ok to have at that location. However, a bit of tension suggests that you are not completely in focus.

Tension at the forehead area only suggests that the brow chakra is blocked from a certain amount of negative PSI energy. You can still be at force. However, your ability to maintain force is determined by your focus ability.

The manipulation of force at focus is more of a disciplined way to utilize telekinesis. The practice of external negative energy influencing without producing negative PSI energy should not be considered negative since no negative PSI energy is being produced.

When you are out of focus, an undesirable level of tension may be felt at the brow chakra. When this area has too much tension, your ability to focus is hampered and you are no

longer focused at an object. Instead, your mind is once again with thought loudness.

**Relax the tension of the brow chakra by applying the below instructions simultaneously**

- Your mind's eye is only looking at the brow chakra
- Very slowly, exhale all air and hold your breath

You should notice that the tension at the brow chakra is relaxed a little. You may now feel a pulsing sensation because you are entering focus. By monitoring the brow chakra as you try to enter focus, you are now aware of the pulsing sensation that would have grown in further discomfort in the form of a headache.

At the brow chakra, push into the pulling sensation to enter more into focus. You must not fight the pulsing sensation with negative PSI energy or the pulsing sensation will gradually grow in power.

---

## Processing information

### **Focus Exercises: Intermediate**

The purpose of this exercise is to demonstrate that the focused state of mind increases mental processing.

First, you must enter focus. Do not say these words aloud. You will be in focus, when you cannot hear these words in your mind. You can read the following text, only when your mind is clear.

Bird.

Cow.

You might be in thought again. That is ok. Bird and cow can be processed in your mind without saying them. Looking at the words, gives you the understanding of what they mean.

Try again by entering a focus mental state of mind.

Bird.

Cow.

Cat.

Notice that bird, cow, and cat can be seen simultaneously. You are able to mentally process those words without the need to repeat those words from within your mind.

The cat.

Big dog.

Blue fish.

The focus ability begins to be more difficult because now you doubt that you will be able to remember what the mind had just processed because the sentence is longer. Practice focus with some flash cards.

---

## Cable test

### **Focus Exercises: Intermediate**

The objective of this exercise is your conscious awareness of frequencies.

### **For this exercise, you will need**

- Cable modem

The activity light on the modem is an indicator of Internet connectivity. When the activity light signals off and on, you assume that the modem is uploading or downloading files.

At the mental plane, the activity light mirrors your focus level. Literally, the activity light will stay on when you are in focus. When you are out of focus, the activity light will signal off.

To influence the activity light, all you need to do is monitor your focus ability to the outcome of that object.

---

## Creating your first PSIball

### **Energy Exercises: Beginner**

The objective of this exercise is to create a touchable PSIball.

Turn off all disturbances in your environment and position your body comfortable at rest.

A PSIball are created with positive PSI energy and not from external energy.

Assume that negative PSI energy could create a PSIball. The amount of negative PSI energy that is needed to create a PSIball would be in the form of so much physical pain; you would not be able to continue the creation of a PSIball.

To begin, picture a white beam of bright light entering your head through the crown chakras. Let the white light move down and spread to every part of your body. As it passes through each part, feel that specific part getting relaxed.

Now that you are very relaxed and calm, feel the positive energy flowing out through your palms. Spend a few minutes

feeling this positive energy. At this stage, you might experience a slight tingling sensation or warmth in your fingertips or your palms as the positive energy intensifies.

Now hold out both your hands, palms facing each other, about four inches apart as if you are holding a football. Make sure that your elbows are supported.

With each breath that you inhale, let your hands move out apart a bit, say a few millimeters. While exhaling let them come closer. Let your hand movement resemble such inward and outward motion, similar to kneading a ball of dough.

Focus all your attention on your palms, and soon you might experience some kind of a sensation. You may feel a tingly sensation or warmth. You may even feel a gentle coolness. All of those feelings are literally energy that builds up between your palms.

When you can feel a pulling sensation in-between your hands, you have made a touchable PSIball. The repellent feeling occurs when positive energy flows between the palms of both hands. The positive energy is increasing in strength at that location and creating the PSIball.

A PSIball is not a physical ball of energy. A PSIball is only a ball of energy because of the cup shape of your hands.

The energy produced from the inside of both palms of your hand will not merge as one big mass of energy. The created PSIball does not have cohesion unless there is a physical substance to bind to.

Assume that you have just created a PSIball. When you move your hands away from the created PSIball, the energy then begins to participate into the universal realm of energy.

In metaphor, when one drop of red paint enters the clear water, the red paint begins to spread out and dissolve. This

effect of red paint in water is similar to PSI energy that participates into the universal realm of energy. You cannot throw a PSIball.

The positive PSI energy you created may still be in the environment. When you move your hand back into the physical location of your created PSIball, you may feel energy. The energy is now embodied with the air. That embodiment of energy to matter does not suggest that the energy is in a form of a ball.

You can create A PSIball regardless of the type of energy within the environment. Hence, the PSIball will participate into the universal realm of energy regardless of the type of energy within the environment. However, depending on the type of environment, your created PSIball will participate into the universal realm of energy differently.

If your environment embeds a fair amount of negative energy, there is workable energy within the environment. In this case, there is energy in motion. Hence, your created PSIball will quickly participate into the universal realm of energy. However, if the environment embeds positive energy, your PSIball will slowly participate into the universal realm of energy. In short, the second you begin to create a PSIball is the same second that your created PSIball participates into the universal realm of energy. Nevertheless, since your created energy slowly participates in an environment without workable energy, your created energy will be felt in-between the palms of your hands, in your hands, and around your hands. Hence, a PSIball is the common term used in ESP.

A folded paper resting on a pin is known as a PSI-wheel. Ironic that the small PSI-wheel is usually not influenced by mental means alone. Instead, the common practice of a PSI-wheel is to first influence it with a PSIball. The problem with that practice is that energy is being created from the inside of both hands. Energy is not from one source. Instead, the source of energy is from each of your hands. Energy is

influencing the PSI-wheel from every angle. Hence, the vortex is the result. The majority may then experience unusual object motion because of that vortex. The paper may shake, or completely spin uncontrollably in one direction.

You may now believe that positive PSI energy can be used to influence an object and you are correct because negative telekinesis cannot be achieved at the conscious level. Nevertheless, telekinesis is not about creating a vortex from within your hands. Instead, telekinesis is about influencing an object at any distance and by mental means alone. The vortex of energy was only created from the body. A vortex of energy cannot be created external of your body. Furthermore, PSI energy is not known as two sources of energy.

PSI energy is similar to one door that exists inside of a room. Once the door is closed, the energy inside is then calm. A PSIball is similar to two doors at each side of the room. When they close at the same time, you have a vertex of energy. A PSI-wheel in reference to a PSIball is not the educational way for the practice of telekinesis. Instead, the PSI-wheel should be at a fair distance from your body. The author recommends that you influence an object by mental means alone.

---

## Healing with just a touch

### **Energy Exercises: Intermediate**

The purpose of this exercise is to rid discomfort from the majority.

You can heal a migraine headache or rid any level of discomfort in the body. However, you cannot heal a broken leg or heal a small cut to the skin. The reason is that your energy is calming the negative energy of another person. Your energy is cleansing various areas of the chakras. Your

positive PSI energy is decreasing the tension level of that person's discomfort.

Within the mind's eye, that person may be at the area of discomfort. At that time, both energy may bond together.

### **To heal with a touch, you must create positive PSI energy**

- Place your hand on the area of discomfort the majority feels
- Enter the focus state of mind. Clear your mind of all thoughts
- Relax your hand
- Feel the energy moving around the palm of your hand
- Your mind is only focused at the energy in your hand

When you feel the energy at a high level, pretend the area of discomfort the majority feels is your hand. Remember, the more energy that is created, the faster the majority's discomfort will go away.

With practice, you can heal the majority's migraine headache within one minute.

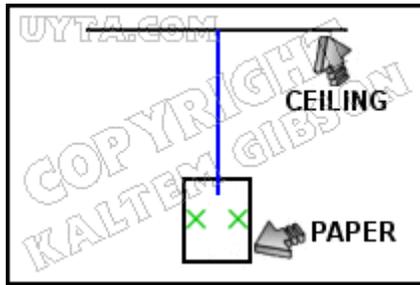
---

## Stopping an object

### **Force Exercises: Beginner**

The goal of this exercise is for you to stop an object.

Stopping an object requires skill and patience. Read the "[Focus Fundamental](#)" at the "[Telekinesis Fundamentals](#)" chapter before you attempt to stop an object.



With reference to the diagram above, look at both "X" at the same time to enter completely into focus. Literally, relax the tension at force. Next, hold the location of force within the mind's eye. The object will decrease in speed

# Telekinesis Lessons

---

To learn telekinesis, the author recommends that you first complete all of "The Three Fundamentals Of telekinesis" in the "[Fundamental Lessons](#)" chapter, and in the proper fundamental order, before proceeding to the "[Telekinesis Exercise](#)" in this chapter.

If you cannot complete the first telekinesis "[Moving paper](#)" exercise, then the author recommends reading the "[Aura Introduction](#)" chapter before proceeding to the next exercise.

## Telekinesis Exercise

### Beginner

- [Moving paper](#)
- [Candle exercise](#)
- [Shaking and calming a tree](#)

### Intermediate

- [Wind theory](#)
- [Within the mind's eye](#)
- [The emotional fly](#)
- [The flying bird](#)
- [Two flies in flight](#)

### Research

- [Moving paper inside TV](#)

---

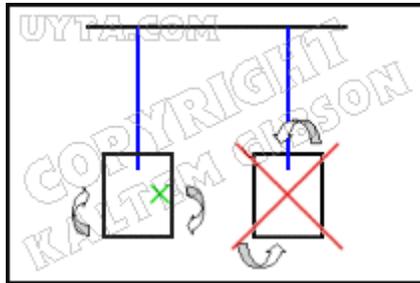
## Moving paper

### Telekinesis Exercises: Beginner

The goal of this exercise will be to “Unleash Your Telekinetic Ability”.

#### For this exercise, you will need

- A standard “8.5” by “11” inch piece of paper
- Piece of string, about three feet in length. Cotton wool works best
- Tape



Moving an object is what your goal will be. Ignore how the paper may move to the left one second or move to the right the next second. An object set in motion and by mental means alone is the only importance for this exercise.

Learning advanced skills at the beginning can be overwhelming and in turn will cloud your mind with extra information that you will have to rid. The extra information will make you think “why” or “what if”. Keep telekinesis simple for now.

You must block all random thoughts entering your mind and remain in a focus state. Failing to remain focused will hamper your telekinetic ability.

Now would be a great time to eat something sweet or drink something that taste good. Fruits will calm your thought loudness. Ice cream or candle is a good alternative to fruits.

Thoughts can be the barricade between telekinesis and you. The majority has stared at the paper hanging from the ceiling for hours wondering why the paper is not moving or moving in the direction that they had not wanted, when they realize that the minds battle for focus continues.

When you try to influence an object, an unfocused mind may ether hamper influencing an object completely, or an unfocused mind may influence an object opposite of what you had wanted. In short, negative PSI energy will always give you a negative result.

You must rid doubts before fully understanding how to influence the object. The more you analyze the movement of the paper, the move confusing telekinesis will seem. In turn, the more doubts you will have.

The next day, influencing an object may prove difficult to achieve. The reason is that you are thinking about what exactly you did to archive telekinesis before. Hence, you will be out of focus.

The paper will not be influenced in your favor when you ask questions in your mind. This type of thinking will only led to doubts. Within a short time, you may be analyzing all possible explanations for the lack of paper movement.

After numerous failures, you may believe that your first attempt of telekinesis was hampered because of a possible air pocket within the environment. However, if the window was

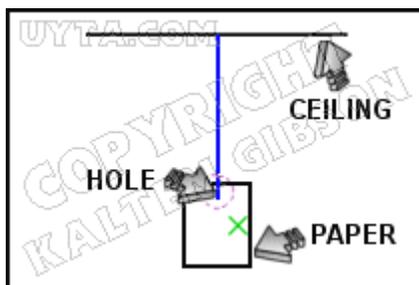
closed and the door was shut, the probability of an air pocket existing inside of a closed environment would be unusual.

Since the mind processes information and not the information processing the mind, you are the one in charge and not the object in charge of you. The object does not know when you are in focus, but rather, you know when you are in focus by monitoring your level of focus towards the actions of the object.

Remember, you need to analyze the mental plane and not the object.

### Instructions

- Create a small hole at the top-centered area of the paper
- Feed the string in the hole of the paper
- Tape both ends of the string on the ceiling



In the diagram above, the "X" represents the area of the physical plane that sight distance is located at. To move the paper, you must look at the "X" and enter force.

The paper will not move unless you are at force and producing the energy. If you cannot maintain force, then try to re-enter force repeatedly. This technique is used to move objects quickly, but will also create tension. However, because of a lack of mental conditioning to remain in a focus

state of mind, this technique is not recommended. It is only used, to give you an added bonus to learn telekinesis. Once you have learned telekinesis, the conditioning of force must be practiced.

**Below are four lines of text, which is a summary of the over 10,000 pages of telekinesis information**

- Telekinesis is literally without a doubt and literally without a thought. No doubt can be in your mind
- You should not hear yourself repeating any of these words in your mind. Only when you cannot hear your thought inside, are you are ready to begin
- Stay focused and relax the tension at force
- Produce a desirable emotion at force.

To move the paper to the left, hold the left side of force. To move the paper to the right, hold the right side of force.

---

## Candle exercise

### **Telekinesis Exercises: Beginner**

The objective of this exercise is to strengthen your telekinetic ability by entering force only when needed.

#### **For this exercise, you will need**

- One candle

The distance between you and the candle is not relevant. Light the candle then sit down in a very relaxed position.

Try to hold the flame in your mind, so the flame does not move in any direction. To do so, just relax the tension at force by entering a focus state of mind.

Instead of trying to enter force, enter force automatically when you lose your ability to remain in focus. When the flame on the candle begins to fluctuate, you will be aware when force is about to be entered. When you hold focus for as long as you can, and enter force at the last second. A high level of force can be made. This technique is great for developing focus and force to a high level. However, this technique refers more to a subconscious practice of telekinesis. Your ability to lose focus created the tension from negative PSI energy. That negative PSI energy is not created consciously.

---

## Shaking and calming a tree

### **Telekinesis Exercises: Beginner**

The goal of this exercise is to influence a tree.

#### **Instructions**

- Enter into focus
- Look at the object of the tree. Do not look at just one area of the tree

The tree will begin to calm, when you begin to relax the tension at force. Likewise, the tree will move when you apply the tension of force.

---

## Wind theory

### **Telekinesis Exercises: Intermediate**

The intention of this exercise is to demonstrate that energy cannot influence matter when energy is not within the environment.

**For this exercise, you will need**

- A large empty glass jar with a lid
- A cup of dirt
- Four tablespoons of water
- A small flower
- Small rock
- A small version of the paper exercise

**Instructions**

- Place the large jar on the table
- Deposit half a cup of dirt inside of the jar
- Deposit four tablespoons of water into the jar
- Plant the small flower in the dirt
- Put the rock on top of the dirt
- Create a small version of the paper exercise
- Create a small hole at the top-centered area of the paper
- Feed the string in the hole of the paper
- Tape both ends of the string to the bottom of the lid
- Close the lid

The only element excluded from the jar is energy in motion. Fire would be energy in motion. The heat from the fire would influence the air matter and the wind would then be in motion. By excluding energy in motion, you have created a motionless environment inside the glass jar.

Putting a Venus flytrap, or any matter in motion inside the glass jar would produce wind. The rest of the matter that is inside the jar may then be influenced.

Since there is no source of energy inside of the glass jar, regardless of how much PSI energy you create, no objects will be set in motion. However, if you were to shake the jar, the paper inside will be set in motion. At this time, mental energy can influence the paper, until the paper's energy diminishes.

---

Within the mind's eye

### **Telekinesis Exercises: Intermediate**

The purpose of this exercise is to influence an object outside of your eyesight range.

The mind's eye can be used to influence a physical object without eyesight.

You must be in focus or holding the vision will be hard. To begin, visualize the physical object that you are about to influence. See the physical object in your mind's eye. Your vision should not be so strong that you lose your awareness of your environment. Instead, the vision should be faint that the object can barely be seen within your imagination.

#### **For this exercise, you will need**

- The majority

#### **Preparation**

- Select an object to be influenced by mental means alone. The object should be outside of your eyesight range
- Ask the majority to monitor your chosen object. The majority does not need to know about your current telekinesis task

- Leave the room, as you will need to be by yourself to avoid distractions from the majority
- Every five seconds and for a total of one minute, the majority may only say two words
- When the majority yells the number one, the object will be increasing in speed. Likewise, the number two will refer to the decrease of object speed

Remember, your task is not to impress the majority with telekinetic ability.

### **Instructions**

- Sit in a relaxed position and enter the mind's eye
- Relax the tension at force
- This part of the exercise is very important. You must see your selected physical object inside of your mind's eye. The vision of that selected object must be identical to its physical composition
- If you are empathic, you can feel the object's aura. If you are not an empathic, you should remember a time when you moved a similar object and recalled the feeling that was associated within. In either case, an emotional binding is necessary to properly influence an object from within the mind's eye
- The object within your mind's eye should not be so strong that you lose eyesight of your environment. You should not be trying to create a solid vision of the object. Only a faint vision is needed for the proper binding of you and the physical object
- How that you have the faint vision of the physical object, apply a desired emotion at force

This exercise helps you to build the confidence that you need to influence an object by mental means alone.

## The emotional fly

### **Telekinesis Exercises: Intermediate**

The intention of this exercise is to influence the fly's speed in flight.

#### **For this exercise, you will need**

- A fly in flight

Ignore the fly's flight path. The only relevance for this exercise is the fly's speed in flight.

#### **Instructions**

- Analyze the fly's speed in flight to your level of focus

When you are in fast thought, your ability to follow the fly's speed in flight will prove difficult to achieve with eyesight. In fact, the fly will increase in speed and at any level that is necessary to escape your negative PSI energy.

You may notice that when the fly decreases in speed, your level of focus is increasing. In fact, when you are calm and uncaring about trying to follow the fly's speed in flight, the fly is calm and uncaring about increasing flight speed. If you can remain calm and in focus, following the fly with just your eyesight will be easy to do.

You can better your awareness of desired and undesired emotions by carefully analyzing the fly's speed in flight.

---

## The flying bird

### **Telekinesis Exercises: Intermediate**

The goal of this exercise is to influence the bird's wings.

#### **For this exercise, you will need**

- A flying bird

Ignore the speed of the bird in flight. Also, ignore the direction that the bird may fly in. The speed of the bird in flight or the bird's flight path is not important for this exercise. The only relevance for this exercise is the bird's wings.

#### **Instructions**

- Analyze the bird's wings in flight to your level of focus

You may notice that when the bird's wings are held open in flight, your level of focus is high.

---

## Two flies in flight

### **Telekinesis Exercises: Intermediate**

The purpose of this exercise is to influence the flight path of two flies.

#### **For this exercise, you will need**

- Two flies in flight

The only relevance for this exercise is the two fly's flight path.

## **Instructions**

- Analyze both of the fly's flight path to your level of focus

The two flies will increase in flight distance from each other and in reference to your increase of focus ability.

As your focus ability continues to decrease, so does the distance decrease between the two flies in flight. The two flies will attack each other in flight when there is no distance between them.

---

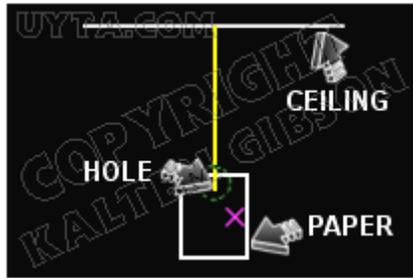
## Moving paper inside TV

### **Telekinesis Exercises: Research**

This exercise proves that space-time and distance is not a factor for telekinesis. After this exercise, you will understand that space-time never changes and the distance from you and the object is irrelevant.

### **For this exercise, you will need**

- Camcorder
- VCR
- Television
- A dark, single color sheet or blanket



### Instructions

- Put a black colored sheet/blanket on the wall
- In front of the black colored sheet/blanket, hang the paper on the ceiling
- Make sure all the windows in your house are closed. You do not want the wind to move the paper
- Use your camcorder and record the paper for about thirty minutes
- Using your VCR to replay the recorded tape on your television

When you play the video, you should not see anything except the paper behind a dark background. Move the paper that you see on your television.

### Reference

- Recorded objects tend to be influenced by about five percent of applied mental energy. Around ninety-five percent of that mental energy tends to be unaccounted for
- In reference to science, about ninety-five percent of universal mass is not accounted for

How a recorded object can be influenced cannot be easily explained, not when we tend to limit reality to physical plane explanations.

One possible explanation for these object discrepancies is that space-time does not exist. The majority judges time on the rotation of the sun. Yet, the “wind” and “energy” never age, only “matter” does. Wind will always be wind and so will energy be energy. Wind and energy never die, nor do they age in time. Wind and energy is neither of time or a part of time. In this case, time is not relevant.

# Frequently Asked Questions

---

## Telekinesis FAQ

### **This document is completely unscientific. Why?**

Science is more about the physical plain. Metaphysics is more about the mental plain.

### **How long, do you think it will take me to move things with my mind?**

Some people can learn telekinesis in one second, while other people may not be able to learn telekinesis because they lack in one fundamental. The better you aura is, the faster you will learn telekinesis.

### **What object is good to practice with?**

Wind is a good object for beginners to practice with.

### **What do you recommend for a beginner?**

Have a positive mind set, build the three fundamentals, and exercise regularly.

### **Can learning ESP or telekinesis be dangerous to me?**

Refer to the "[Aura FAQ](#)" at this chapter.

### **When was telekinesis first discovered?**

The history of telekinesis is unknown.

**Should I be like three feet from the paper?**

Distance is irrelevant.

**Is it true that every person has different level of energy and consciousness?**

Yes, the different types of brainwave frequencies.

**You can lock into each frequency from over thousands of miles away?**

Energy can travel anywhere.

**What is the largest object that can be moved?**

Weight is not relevant.

**Can you move very large objects with little effort?**

That depends on how much negative energy is embedded in the environment.

**Where can you get telekinetic audiotapes?**

At any good psychokinesis, book store.

**Does the ability to use telekinesis vary if people around you are in belief or doubt?**

Yes. Negative energy can pass through matter and hamper telekinetic ability.

## Aura FAQ

### **Is aura a big factor in learning telekinesis?**

Aura is very important, because aura determines if your energy is positive or negative.

### **Can anyone learn telekinesis?**

Everyone is born with the natural ability of telekinesis. Yet, only a few people understand telekinesis or know how to unleash it.

### **Can a person with bad aura learn ESP?**

Learning telekinesis in bad aura is not recommended.

### **What will happen if I learn telekinesis and have a bad aura?**

This continued search for the answer is not recommended.

### **Do I have to see an aura to be in the area of telekinesis?**

No.

## Focus FAQ

### **Why is focus so important to use any ESP?**

Without any focus, your ability to produce positive energy will be hampered.

### **I want to learn how to clear my mind**

Practice to clear your mind with meditation and focus exercises.

### **How do you know when your mind is focus?**

You are in focus when you cannot hear these words from within your mind.

### **I can move an object but it stops or moves the way I did not want it to move?**

Negative energy will give you a negative result.

### **When you are in focus, are your reflexes slowed, and how about your metabolism?**

Reflexes are not slowed or altered in anyway. However, the metabolism is slowed.

### **Once you have learned how to practice telekinesis, will you always be focus?**

Only if you can remain in a focused mind when a situation at some time in life is uncontrollable.

## Energy FAQ

### **Where does the good energy enter your body?**

Energy can be felt at any part of your body.

### **These electrical impulse that is going through my body, what exactly is it called?**

PSI energy.

### **What is the tingling feeling you get on the surface of your head?**

PSI energy.

### **I wear glasses. Will the energy be blocked?**

No. Energy can go through matter.

### **Can healing with a touch completely heal a wound?**

No.

## Force FAQ

### **How do I enter force?**

At the mind's eye, analyze the tension at force. You will then be at force.

### **How do I influence an object at force?**

You cannot influence an object at force. You need to influence energy at force.

### **How do I influence energy at force?**

Enter in focus while staying at force.

### **Once I am producing energy at force while in focus, then what?**

Read the "[Force Fundamentals](#)" chapter.

### **I feel tension at force. Should I decrease its tension level?**

Yes

### **Why should I decrease the tension at force?**

To influence an object consciously, the tension at force should not be felt.

### **I cannot feel the tension. How do I know I am at force?**

The location of force is in reference to sight distance. If you are monitoring force from within the mind's eye then you are at force. Refer to the "[Focus Fundamental](#)" at the "[Telekinesis Fundamentals](#)" chapter.

**Why is the name force used as one of the three fundamentals of telekinesis?**

Refer to the Sight Spectrum Theory, edition two, of the “Unleash Your Telekinetic Ability” document.

**I have lots of tension and an object is moving why?**

You are fighting a bombardment of negative energy in your environment. You are producing a desired emotion for that change. Yet, that level of tension suggests that you are not correctly maintaining the three fundamentals of telekinesis consciously.

**Is it dangerous to have too much tension?**

Yes. Refer to the [“Aura FAQ”](#) at this chapter.

**I cannot influence an object without a proper amount of tension. Why?**

The environment may not have workable energy. You may not be applying a desired emotion for change. You may not be correctly applying the three fundamentals of force simultaneously.

**Then I can influence an object with negative PSI energy?**

Yes. You are producing negative PSI energy subconsciously. Yet, you will never understand how to literally produce negative PSI energy consciously. The reason is that the mental plane is not intended to function in this fashion.

## Religion FAQ

### **Do I have to be in a religion before I can learn telekinesis or any other ESP abilities?**

No.

### **Is learning telekinesis against God's will?**

No. You must have a relaxed mind before an object can be influenced consciously.

### **Was Jesus using Telekinesis?**

Yes. Jesus healed people with the touch and calmed the wind element.

### **Why are people able to use telekinesis?**

God's will.

# Glossary

---

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)

## A

### **Atoms**

Atoms are the basic component of matter.

See also: [Energy](#), [Mass](#), and [Matter](#).

### **Aura**

Aura is literally an energy field that permeates and individually surrounds all organic and inorganic matter. The aura that is physically seen around the outside of the human body varies in color and size from PSI energy.

See also: [Aura](#), [Chakras](#), [Emotion](#), [Energy](#), [Matter](#), and [The Three Fundamentals Of Telekinesis](#).

## B

### **Brain**

The brain is enclosed within the skull and attached to the spinal cord.

See also: [Mind](#).

## C

### **Chakras**

Emotions are converted into energy by the chakras. Chakras literally connect the emotions to the aura. The chakras also aids in transmitting energy from the aura and out to the spiritual plane of universal energy.

See also: [Aura](#), [Emotion](#), [Energy](#), [Spiritual Plane](#), and [Universal Energy](#).

### **Comfort**

Comfort is defined as a desired emotion.

See also: [Discomfort](#), [Emotion](#), and [Positive](#).

### **Consciousness**

Consciousness is the ability to comprehend reality. Without consciousness, awareness of reality is not possible.

See also: [Mind](#), [Reality](#), [Sub-consciousness](#), and [Unconsciousness](#).

## D

### **Discomfort**

Discomfort is defined as an undesired emotion.

See also: [Comfort](#), [Emotion](#), and [Negative](#).

## E

### **Element**

Air, water, fire, and earth are the components that compose the physical plane.

See also: [Physical Plane](#), and [Wind](#).

## **Emotion**

Emotion is the second fundamental of force. The quality of mental energy created by the discrepancy between perceived reality and the internal processes of mind.

See also: [Comfort](#), [Discomfort](#), [Empathy](#), [Mind](#), [Negative](#), [Positive](#), [Sight](#), [Tension](#), [The Three Fundamentals Of Force](#) and [Thought](#).

## **Empathy**

Empathy is defined as the ability to feel emotions from matter.

See also: [Aura](#), [Emotion](#), [Energy](#), [ESP](#), [Matter](#), and [Telepathy](#).

## **Energy**

Energy is the second fundamental of telekinesis. Energy is defined as literally matter in the pure form. Energy is the physical location of the crown chakra.

See also: [Aura](#), [Chakras](#), [Focus](#), [Force](#), [Healing](#), [Matter](#), [Negative](#), [Stabbing Pain](#), [Positive](#), [PSI Energy](#), [The Three Fundamentals Of Telekinesis](#) and [Universal Energy](#).

## **Extrasensory perception (ESP)**

ESP is the cognitive or intuitive knowledge manifested through means other than the five physical senses.

See also: [Five Physical Senses](#), [Mind](#), [Telekinesis](#), [Telekinetic](#), and [Zener Cards](#).

## Eyesight

Eyesight refers to the ability to not use imagination to vision, an object to perceive.

See also: [Mind's Eye](#), and [Sight](#).

## F, G

### Five Physical Senses

Sight, hearing, smell, taste, and touch are the "five physical senses".

See also: [Physical Plane](#), and [Thought](#).

### Focus

Focus is the first fundamental of telekinesis. Focus is defined as no thought loudness. Focus is the physical location of the brow chakra.

See also: [Consciousness](#), [Energy](#), [Force](#), [Meditation](#), [Mind](#), [The Three Fundamentals Of Telekinesis](#), [Thought](#), and [Unfocused](#).

### Force

Force is the third fundamental of telekinesis. Force is defined as the physical location of the crown chakra.

See also: [Tension](#), [The Three Fundamentals Of Force](#), and [The Three Fundamentals Of Telekinesis](#).

### Frequency

The number of complete oscillations per second, referring to energy in the form of waves.

See also: [Brain](#), [Energy](#), and [Mind](#).

## H, I, J

### Healing

Healing refers to non-conventional conscious application of energy by an individual to bring about a positive physical reaction in another living organism.

See also: [Energy](#), [Focus](#), and [Meditation](#).

## K, L, M

### Mass

Mass is formed by a collection of atomic particles which compose an object.

See also: [Atoms](#), [Energy](#), and [Matter](#).

### Matter

Matter is the substance of a physical object.

See also: [Atoms](#), [Energy](#), [Mass](#), and [Space](#).

### Meditation

Meditation is a relaxation practice that bonds the mind, body and soul together to achieve a desired state of consciousness. Meditation is a technique to maintain or achieve "focus" and to gain awareness of the relationship between the conscious and subconscious mind.

See also: [Consciousness](#), [Focus](#), [Mind](#), [Spiritual Plane](#), and [Sub-consciousness](#).

### Mental Plane

The "mental plane" refers to the inner function of the mind or how the mind processes its internal information.

See also: [Mind](#), [Physical Plane](#), and [Spiritual Plane](#).

## **Metaphysics**

Metaphysics refers to a branch of philosophy, which seeks to explain the nature of being and reality, the structure and origin of the universe, well as the study of the nature of human knowledge.

See also: [ESP](#) and [Science](#).

## **Mind**

The mind processes information from sight, thought, emotion and the five physical senses. The mind is comprised of the conscious, unconscious, and subconscious mental state.

See also: [Brain](#), [Consciousness](#), [Emotion](#), [ESP](#), [Five Physical Senses](#), [Mental Plane](#), [Sight](#), [Sub-consciousness](#), [Thought](#), and [Unconsciousness](#).

## **Mind's Eye**

Mind's eye refers to the ability to use imagination to vision, an object to perceive.

See also: [Eyesight](#), and [Sight](#).

## **N**

### **Negative**

Negative is a term used to describe an undesired result. Negative is doubtful, unfavorable, unhelpful, unsure and harmful.

See also: [Emotion](#), and [Positive](#).

**O, P**

### **Physical Plane**

External of the mind, the "physical plane" refers to all physical substance in the universe.

See also: [Mental Plane](#), [Matter](#), [Mind](#), and [Spiritual Plane](#).

### **Positive**

Positive is a term used to describe a desired result. Positive is without doubt, favorable, helpful, confident, sure and encouraging.

See also: [Emotion](#), and [Negative](#).

### **PSI**

PSI is a conventional abbreviation for psychic phenomena.

See also: [ESP](#), and [PSI Energy](#).

### **PSI Energy**

PSI Energy refers to mental energy or psychic energy.

See also: [Chakras](#), [Energy](#), [Emotion](#), [Mind](#), [PSI](#), and [Telekinesis](#).

**Q, R**

### **Reality**

Reality is defined as literally everything that exists.

See also: [Brain](#), [Consciousness](#), and [Mind](#).

## S

### Science

Refers to systematic and empirical study of natural or physical phenomena; any branch of study concerned with observed material facts.

See also: [ESP](#) and [Metaphysics](#).

### Sight

Sight is the first fundamental of force. Sight is defined as "eyesight" and "mind's eye".

See also: [Emotion](#), [Eyesight](#), [Mind](#), [Mind's Eye](#), [Tension](#), and [The Three Fundamentals Of Force](#).

### Space

Space is a word to describe an area devoid of conventional mass and matter. Space is nothingness, emptiness, void, and non-substance.

See also: [Matter](#).

### Spiritual Plane

The "spiritual plane" refers to all life in pure energy form, with or without conscious awareness and living inside or outside the universe.

See also, [Consciousness](#), [Energy](#), [Mental Plane](#), and [Physical Plane](#).

### Stabbing Pain

A penetrating bodily sensation characterized by physical discomfort such as a pricking, throbbing, or aching.

See also: [Emotion](#), [Energy](#), and [Negative](#).

## **Sub-consciousness**

Sub-consciousness is defined as referring to the portions of mental processes occurring without conscious perception.

See also: [Consciousness](#), [Mind](#), and [Unconsciousness](#).

## **T**

### **Telekinesis**

From Greek: Tele, at a distance; kinesis, motion. The word "telekinesis" refers to the ability to influence (move) an object mentally.

See also: [ESP](#), [Mind](#), [Telekinesis](#), [Telekinetic](#), [The Three Fundamentals Of Force](#), [The Three Fundamentals Of Telekinesis](#) and [TK](#).

### **Telekinetic**

Telekinetic is a term used to refer to a life form capable of utilizing telekinesis.

See also: [ESP](#), [Mind](#), [Telekinesis](#), [The Three Fundamentals Of Force](#), and [The Three Fundamentals Of Telekinesis](#).

### **Telepathy**

Telepathy is defined as the ability to communicate from one mind to another by mental thought.

See also: [Empathy](#), [Emotion](#), [ESP](#), [Mind's Eye](#), and [Thought](#).

### **Tension**

Tension is the third fundamental of force. Tension is the scale of the quality of energy that is felt at the crown chakra.

See also: [Emotion](#), [Energy](#), [Force](#), [Sight](#), and [The Three Fundamentals Of Force](#).

## TK

TK is an abbreviation of telekinesis.

See also: [Telekinesis](#).

### The Three Fundamentals Of Force

“Sight”, “emotion”, and “tension” are the three fundamentals of force. To unleash your telekinetic ability, you must simultaneously apply the three fundamentals of force.

See also: [Emotion](#), [Sight](#), [Tension](#), and [Telekinesis](#).

### The Three Fundamentals Of Telekinesis

"Focus", "energy" and "force" make "the three fundamentals of telekinesis". The three fundamentals of telekinesis must be practiced in their proper fundamental order.

See also: [Energy](#), [Focus](#), [Force](#), and [Telekinesis](#).

## Thought

Thought is the application of the internal cognitive ability to analyze information from the "five physical senses".

See also: [Emotion](#), [Five Physical Senses](#), and [Mind](#).

## U

### Unconsciousness

Describes a mental state where there exists a lack of normal awareness for reality.

See also: [Consciousness](#), [Mind](#), [Physical Plane](#), and [Sub-consciousness](#).

### **Unfocused**

Unfocused is an undesired mental state, where thought process is difficult to mentally control.

See also: [Focus](#) and [Thought](#).

### **Universal Energy**

Universal energy refers to all energies in the universe.

See also: [Energy](#).

## **V, W**

### **Wind**

Wind refers more to the movement of the air, rather than referring to wind as air. Wind is energy/matter in motion.

See also: [Element](#), [Energy](#), [Matter](#), and [Telekinesis](#).

## **X, Y, Z**

### **Zener Cards**

Standardized set of symbolic cards used in research tests of ESP and Telepathic ability.

See also: [ESP](#) and [Telepathy](#).