



The Psionics Handbook

BECOMING HYPER-DIMENSIONAL

Selective

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Since individual artists are breaking away from "*Book Publishers*", "*Recording Companies*", and "*Movie Studios*", to break free from all of the censorship, oppression, and manipulation, the need for any middle people will be a thing of the past and the leeches that make a living off of others should be stomped out with a vengeance till they die like the disease they are.

The new businesses that are now catering to individual artists are using pitches such as being free and quick, but their fine print suggests handing over your works to them, they don't have to pay you anything in return, and they can make any changes they want or remove you from sales completely, and even sue you for giving your own works away for free! Do Not Use Them, Be Your Own Producer, Promoter, and Supplier!

The movie companies need to start offering free downloads of their movies in low quality, and then sell the high quality (iso) dvd files as downloads, and only make actual dvd's for the collectors (*sold from web sites, not in stores*). The music companies need to start allowing all music on the internet for listening to, and set up donations for their artists to get paid. When any music or video is used by the public, it acts as promotional material for the original works and if taken down or removed, it only hurts the copyright holder for destroying any chance they have at being found or noticed, and by those that were actually interested in them.

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About The Author

When I was younger I had dreamed a whole day in vivid detail and thought it was real, only to wake up to find I was repeating it. I was unable to change any of the events that took place, but as everything happened, I recalled it all from my dream the night before. It was not a feeling or thought of it all happening before. It was remembering it all from the dream, actually seeing and hearing everything and then witnessing it all unfold before me for a second time.

This was what motivated me to question everything and to constantly seek the truth because it had finally dawned on me at this moment that people everywhere as a whole are being misled and deceived just as easily as a dream they cannot tell is a dream and if they cannot tell a dream is a dream, then they are in no position to state what is real when they rely on something they know nothing about to make such decisions for them.

Several years after this, I had tried to have my first out of body experience, and my first experience was actually me remote viewing myself for about fifteen minutes during a dream state. I couldn't hear anything, and all I could do was watch through my eyes and see what I was doing some years in the future. I didn't actually know it was me that I was seeing through till a few years later when the event unfolded before me.

A few years after this I had a friend that was in a car accident while they were sleeping. This friend of mine had suffered brain damage and didn't wake up until many days later. When I went to see them, they were awake and talked to me for several minutes. Then as I was leaving, they repeated what they had said when they first saw me, and continued to repeat their every action, thought, and spoken words as if they were trapped inside a program or acting on some kind of recording. If one had not experienced what I experienced (*with the dreaming of reality before it actually happened*) then I could see how one might perceive this as completely in the mind. However, looking at this combined with my experience made me look at it from an all new perspective. The idea that if we are truly free in thought and decisions, then how could we repeat anything at all with no awareness and no control if we weren't supposed to? True, the mind caught in a loop is an error, but would this mean us not caught in a mind loop actually have any control over our lives once we awake from the dream state which most likely decides it all. I'm not saying we have no control at all, and I'm not saying I know how this all works. I am just making observations and I still seek to know and understand it better with time.

I'm pretty sure the world we live in is very real, as it is the level that all things manifest into the physical. However, just as we can share dreams

with others and communicate in these dreams, so to do we add another piece to the mold of reality that traps us into a web of others makings.

Then sometime later, I had the rare opportunity to watch two praying mantises mate. Instantly I recalled a nature show I saw on television as a child that showed and told how the female praying mantis always bites off and eats the male praying mantises head after mating. So I watched and waited, the mating was very slow and drawn out much like the act of coitus between humans, yet to my surprise the female never ate the male praying mantises head. They both just left and that was it. Then thinking back to the show I saw on television, it was only one recorded event and only one persons account of that one event. Then it suddenly dawned on me that the entire world we live in is a fabrication of misconceptions, assumptions, notions, and lies.

Years after that I made another amazing observation. A speck being the tiniest particle barely able to be seen, has enough matter to contain an entire living and fully functioning being with a brain, a digestive system, and legs. I made this observation one day when I was looking at leaves in a forest. At first the leaves seemed normal enough, they were green, but covered with tiny white dots. The white dots were so tiny that they were the size of the tip of a sewing needle. As I handled the leaves and moved them around, the tiny white dots started to move around. At first I thought it was my eyes, like a state of vertigo, but then I looked closer and I could see tiny legs as they moved quickly around on the leaf.

I made yet another great discovery just a few years ago. Ants can communicate by sight and body language. At first they run when they see people, but by not being a threat to them and helping them, protecting them, and feeding them, they will actually start to approach you, stand up on their back legs, look directly at your eyes while their antennae move around, and just how a cat will lay on your key board to get your attention, the ants will climb up on things within your eye view so you can see them looking at you, trying to get your attention.

So I am a scientist, as I am an expert in the supernatural, as I have made many ground breaking discoveries (*such as Suspended Animation, Physical Displacement O.B.E., Dual Out Of Body O.B.E., and how to open portals without devices*). I want to create a new world of thinkers and find new explores to share in my quest for truth and understanding.

If this book amazes you, and you find yourself reading it more than once, using it as a guide, and telling others about it, then please go to the publishers web site and donate any amount of money to help fund more books like this one, and to help expand the research that will break the mold of society. You can also help by seeding our torrent files, subscribing to our youtube channel, or joining our forum. All links are on the publishers web site.

Summary

This is a science book that simplifies real supernatural abilities, and explains everything paranormal from an understanding of the mind beyond our perception of matter and time. This is the first book of its kind, and I am making way for a new field of science. Do keep in mind though that this is an unfinished book, as the research is still continuing. As more information is discovered and made available, new versions of this book will be released. Join the PLC Forum on the publishers web site to help in our research.

In this book everything is simplified, and everything is descriptive, explaining in detail how all abilities work and how they connect, so most labels for abilities are not mentioned. However, I have seen and done many things most would deem impossible, so set aside your assumptions because I didn't just work in black projects, I created them. When you have a detailed view of abilities and how they work, such as I do, there is actually only one ability that is the foundation for all abilities. To alter and manipulate matter by thought.

First Edition

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The Million Dollar Challenge

James Randi is a famous skeptic that started out as a magician doing tricks as a result of being forced into a religious school while growing up.

I would like to thank James Randi for originally giving me the encouragement to dig out all of my science stuff. I had always assumed there had to be many others in the world that discovered what I did, and most of the witnesses from my first tests kept telling me to give it up because there was no way to make a living with it and that it was pointless in a world based on money. So this handbook is mostly research from my black projects between nineteen ninety-four to nineteen ninety-eight. It was only when I heard about James Randi and his life long quest for what I had found (*something that no one has ever offered him before in his whole life*) hard physical proof and evidence that cannot be denied, and that holds absolutely no explanation by today's scientific understanding or reasoning, something physical that can be seen acting against the laws of current physics which are based only upon observing matter in its natural state.

I first approached everything as a skeptic myself, but instead of not doing anything and demanding others to show me, I made a small effort to actually try it for myself. After three months of complete devotion to my first tests, on the night of October eighteenth, nineteen ninety-four I awoke at the stroke of midnight and found every test I did for seventy-two hours was one-hundred percent effective. Since then I've studied the events and learned how they work. The biggest obstacle is simply having the time to devote to it, but now I know the future of the world lays in my hands, I will certainly make the time for it and seek out others to teach as well.

James Randi, I applaud you for weeding out all the fakes over the years, and causing people to question things more. Though the ones that believe everything are just as bad as the ones that only believe what they can see. You seem to have a habit of only seeing two sides of everything, but this will change. As all information is handed down from generation to generation, there is always some truth to be found hidden away in all things, and where there's smoke, there's fire. As it is easier to destroy than to create, and easier to hate than to love, in some small way I think you may have taken the easy way out as it is easier to fake something than to actually do it. Then when your tricks got old, you perhaps found it easier to convince people that something isn't real rather than trying to prove what is. Though I strongly agree with your intentions to stop scammers and to create a new movement of thinkers, in turn you have crushed all their hopes and dreams. Doing the very thing that was done to you by telling them things instead of encouraging them to ask questions. In science, there is both Scientific Method and Theory, just as the unknown has the Spiritual and Religion. The first of the two has reason, while the second of the two is opinion based.

As for your real motive for your quest for evidence and proof, perhaps you never expected to find anything and didn't expect what you will soon be witness to or maybe you were witness to something once and seek to find it again. Either way, the entire world will change almost over night. The reason for releasing of this handbook is to ensure I am the one in full control of this research, and to make sure millions have access to it so it can never be bought, sold, or filed away.

I have wondered who might have donated such a large amount of money to help you find such proof and evidence. However, whether you can actually pay or not is of no concern to me, the abilities themselves being documented for the first time to the public is priceless. However, if your goal was to buy the rights to it, then it appears I already ruined that for you.

Anyone that can perfect their abilities first using this handbook, feel free to collect the one million dollars from James Randi and mention this handbook if you feel it filled in any missing crucial information needed in helping you to succeed. Fine Print Says...

- * Must be 18 or older.
- * Must give email.
- * Must give full legal name.
- * Must give mailing addresses.
- * Must give date of birth.
- * Applications must be in English.
- * JREF will not test claims that are likely to cause injury (*no fire starters, etc.*).
- * Any expenses and costs incurred in pursuit of the Challenge, are the sole responsibility of the Applicant.
- * Ability must be understood so well that it can be predicted exactly when you will be able to do it, and at the time it must be repeatable.
- * Must have either a reference from a doctor, an accredited university, or a professional scientist, or recognized by media (*self published not allowed*), or video (*video becomes their property*).
- * Must perform tests under their conditions as designed by their protocol, which is biased based either on their assumptions of what you should be able to do or on knowing what you can do and making sure you can't do it (*this is the reason it is called a challenge*).
- * If unsuccessful, must wait 12 months before applying again.

<http://www.randi.org/site/index.php/1m-challenge.html>

NOTE: Nothing easy should be tried, as the idea is to make something do something that defies any physical reasoning.

Important: James Randi states he is not a scientist and therefore is not qualified to comment on anything, and is incapable of providing proper scientific testing to provide accurate facts during tests.

How To Identify The Fakes

There are many fakes out there, and the worst ones have the most fans, so are people really that stupid or do people just feel sorry for them? People claiming they have telekinetic abilities by playing with psi wheels that are effected by temperature change and little pieces of standing paper that are knocked over by moving hands causing air currents, using foil that is effected by static, balancing things on things so they can easily move or fall, standing outside by large trees when it is most windy and claiming that is aerokinesis, claiming they are water bending when watching things float on the surface of water or while bending water and smoke streams by using static electricity, messing with static electricity and claiming it is electrokinesis, looking at an already lit candle and claiming that is pyrokinesis when the flame moves on its own as it will always do, hopping with the knees while in the lotus position and claiming that is levitation, and videos without original sound should be a clue they are hiding something from the videos.

For most people (*since most people have shit for brains*), they may be convinced or convince themselves that they make the daylight happen when staring long enough at the moon, or that they make ice melt when staring at ice long enough sitting on a table in the summer, and though these are obvious examples, without knowing and understanding matter and how it changes, they are simply being tricked or tricking themselves, and their outbursts to defend themselves are no different than all the religious nut jobs out there. Oh, wait, I bet they are religious, that must be it.

Fake Abilities Can Be Identified By The Following

1. Prepared Props
2. Magnets
3. Static Electricity Tricks (*such as Water Bending*)
4. Optical Illusions
5. Science Tricks (*such as The Psi Wheel*)
6. Geometrical Tricks
7. Mathematic Tricks
8. Hand Tricks (*moving hands to effect air, heat, and static*)
9. Psychology Tricks (*using distractions and suggestions*)
10. Camera Tricks (*limited view and editing*)

There are those so desperate to learn (*believing everything everyone tells them*) that they are easily deceived and tricked, often by use of

psychosomatic methods. I've noticed that most people that practice energy manipulation will cling to stereotypes, myths, and folklore while exhibiting very little energy manipulation ability if any. They follow by books rather than their own intuition, most often clinging to such labels as "*Hands On Healing*" and "*Reiki*" while denying the existence and any possibility of "*The Energy*" they are claiming to be working with. Usually moving their hands in a "*Make Believe*" fashion in which they feel nothing and still think they are doing something, because they paid hundreds or thousands of dollars for a class and a fancy certificate which only shows how gullible and naive they are to be fooled by con artists. In many ways, they mock what they don't understand and say "*they are*" what they are not. They'll also identify with any old belief systems preventing them from gaining any real knowledge or experience. Most fakes are easy to spot and though they might not yet be aware of it, you'll know for sure right away. Many people are into energy manipulation as a trend, and without any understanding of it or how it works, they quickly toss the whole concept into a quick and easy to learn money making scheme, or they use it to build their false beliefs to further mislead themselves and the rest of society further from science.

Signs Of Fake Energy Manipulators / Workers / Healers

- 1. If They Ask For Money To Teach You**
- 2. If They Took A Class To Learn**
- 3. If They Offer A Class For You To Learn**
- 4. If They Have A Certificate**
- 5. If They Say You Need A Certificate**
- 6. If They Smoke And / Or Drink Alcohol**
- 7. If They Have A Religion**

Do not mix all the fake bullshit out there with this handbook. This handbook is the real thing, and I highly suggest you tell everyone, and spread the message loud and clear. The time to separate the true abilities from all the fakes is now. I do not name names, or attempt to destroy anyone. If you have based your life upon fake abilities up to this point, then delete all of your videos, books, and web sites, and start over following this book as your guide to become a true Psionic.

Introduction

ATTENTION: As things happen in your surroundings, to yourself, and how you perceive and receive information, if you are weak minded then you could lose sight of what is real, causing your sanity to break. For this reason, only the best thinkers should engage in this material, and all religious nut cases should run away now.

Already Proven In Non-Recorded Tests:

Caused a paper clip to bend and twist simply by sight and thought alone from a few feet in distance. Caused a packet of mayonnaise to squeeze out the contents simply by sight and thought alone from several feet in distance. Caused a fire to start by sight and thought alone from several feet in distance. Caused a computer to fry by sight and thought alone from several yards in distance. Many more tests were done, and all were highly successful.

When we enter this world, it is a game to be played, but instead of playing by the rules, we need to redesign the board and carefully select the players. People can only except truth in small doses, so they must be spoon fed that which is still inside their boxed-in view of reality. For at first they will deny all truths, as they slowly begin to question the world around them, and with each step they take, they'll be one step closer at discovering who they really are.

The populations of Earth have been colonized and currently reduced to what is known as The Hive Colony. Everyone works and reproduces with no awareness of how they are being used or exploited for a sinister purpose. The world in which you live is very primitive and barbaric. Suppressive of all knowledge, truth, and liberations. Enslaving humans so they live without meaning, and thrive upon their own limitations, imperfections, and mistakes.

By chance, you have awakened to this. To know there is something more to your existence. By chance, you have stopped taking part in conversations. To take a step back and observe how and why. Perhaps you found something, and are hot on the trail to discover its source. Thoughts act like programs, they control the mechanical functions of our bodies, access information in our minds, and act like viruses causing illogical thoughts when poorly put together. The truth begins in the mind, but just as a dream you think is real, you only need to question if you are dreaming. Just as in a dream, so to in reality, things are not always what they seem.

Many only consider life in living things. Yet living things are made up of matter which surrounds us. In your mind, you see yourself as separate from the world you are in, but everything is apart of us and it is a shared

existence, and there is an unseen battle in which all thoughts mold our very existence. What you are about to discover will change your life forever.

This is not about belief, though the fine line between fact and fiction may appear to be blurred, everything I tell you is fact and from my personal experiences, real life accounts. Information handed to me from where, I cannot say. Beyond time, beyond the flesh, somehow I made contact.

...And so I awoke before my body did, and I opened my eyes while I was still away, and the first thing I saw was the curving of the Earth stretched out to as far as my eyes could see, while my sight quickly adjusted, all was tinted blue, and all buildings and the objects in them were transparent, as if made of glass, and hollow. Gently floating down and back, while looking upward, till my vision became at one with the eyes in my body, I lifted up my body and felt alive like never before, as if I never knew what it felt like to have a body. Looking around me now, little twinkles of white light flew around me, strong warm winds radiated from my skin, and all that I saw moved at my will alone.

Everything was a test, but unlike anything you could possibly imagine from the carefully weaved fabrics of our reality. The test was never about laws or rules, morals, or character. The test was simply a division of two paths for every decision we make, and the wrong paths lead us further away from the truth and seal us deeper into an eternal death where minds sleep and body's forever rot and decay.

The human race was genetically designed and is the creation of a higher life form, for the purpose of being a slave race, but being built in the image of our creators, we have the ability to rise up to their level of thinking and functioning, and this is what they are waiting for. Just like scientists watching to see if a rat can make its way through a maze, billions upon billions of humans have failed a simple test of common logic, and are therefore expendable to their cause.

The goal isn't to obtain a supernatural ability, it's to become them. If at any time you become obsessed with just one ability, it will also become your down fall. If all you want are abilities, then they will never happen until you learn to live in dreams. The path lays before you, once the entire world knows the truth, nothing will ever be the same.

In dissecting meaning, you'll discover a greater understanding, as labels will no longer serve a purpose, and all sides connect to reveal more angles. To become a scientist, all you have to do is observe and take notes. To become a philosopher, all you have to do is understand. To witness things no one else ever has, all you have to do is try.

There aren't any real dangers involved in any of this. Most people create their own fears and usually put illogical beliefs before facts. When

electricity was first discovered and phones were first invented, both of those were called demonic, but now everybody uses them and they make life better. Basically what we are dealing with is something nobody knows or understands until now. At this very moment we are give a chance to make a major breakthrough and to discover more about it. I don't think ignorance should get in the way of this, the choice is up to you. Remember, when fire was first discovered, only those that ran from it continued to live in the dark.

Contact has already been made. Let those with eyes to see, see, and the ears to hear, listen. Seek, and you will find, but only if your heart is true. Once you know who you are, you'll know who we are, and you'll know where you belong.

I guess I should mention that there are groups of some very bad people in our countries that only seek power and control over their own people, they only answer to the world banks while starting all of the wars before any wars are declared. They never answer to any of their crimes, and most of their victims are their own unarmed innocent civilians. They are responsible for all assassinations, they transport all illegal drugs between countries while creating new illegal drugs, and their secrets are not to protect their nations but to hide their crimes as their only purpose is to overthrow other nations as well as their own.

At the moment, they are wining because they control the masses. They have invaded all of our nations by establishing sections in all of our governments pretending to be on our side, then passing laws to keep the real agencies in our governments running around in circles as a diversion so they can carry out their true hidden objective, to overthrow all governments of all nations by orders of the world banks, by means of subversion and using corporate power which is both private and global, giving them unlimited and unrestricted power.

These groups do have a few individuals more advanced than I am, in developing their abilities. I was never involved with any of them, so I have this advantage of not being tangled in their web of deception, manipulation, and control. They have been seeking this knowledge for a very long time though, only I'm going to empower the people and give this knowledge to the people instead. I hope you are prepared to listen, because if you can't make the change, then for you it'll be game over.

There will come a time when people everywhere will throw their material possessions into the streets and burn down their own homes. Then and only then will people learn the true meaning of rebellion and begin to take back the land that never had a price on it to begin with, and their weapon will be their soul and their mind that controls it, for it alone can stop hearts, crush lungs, start fires, control the thoughts of others, and render electronic devices useless.

One day, and hopefully within my lifetime, the true nature of what we are fully capable of will be globally known, accepted, and taught by all. First, the entire world must be flipped, as it will be judged and flushed away like a bad dream, to reveal a new world, one you can't even begin to imagine.

At first glance some parts of this handbook may not seem important to you, so as you read it I want you to imagine your life is like a dream that you don't know is a dream. The more you think about your thoughts, the illusions will begin to shatter, and little by little things will slowly be revealed.

Psionics

As long as you stay relaxed, live in dreams, obtain complete control over your thoughts, thoughts are not occupied by daily mundane things, and you stop interacting with others, then you'll develop and maintain abilities. However, things will break this connection, so once achieved, it's only a matter of time till it must all be repeated.

We are not a religion, we are not a cult, we are not an organization, we are not political, and we are not government. We are Hermits, Ninjas, Spiritual Warriors, and Defenders of Truth and Science.

Before You Learn Psionic Abilities, You Need To Study, Understand, And Have Experience With The Following first;

1. Understanding Thoughts

(how they work, why, and what you need to know to effect matter)

2. Letting The Flesh Sleep While Awake

(deep sleep and meditation, and how they effect raw matter)

3. Being Physical

(how it effects raw matter)

4. Adjusting To Hyper-Dimensional

(what to expect with raw matter, and how it will effect you)

Psionic, pronounced (*sigh-on-ic*), is defined by breaking the word into syllables (*Psi-on-ic*). "*Psi*" is defined as anything of, related to, or pertaining to the mind. "*On*" is defined as having a target, aim, or focus, and being physically in contact with or engaged in something, indicating continuation of a movement or action. "*ic*" is simply a suffix added to the end.

A Psionic is a master of the mind. So in your quest to become a Psionic, you must become the wisest person you can be. Knowing more than any psychologist or philosopher, more than scientists that rely on technology, more than any politician or lawyer, more than any law enforcer or business person. You will know truth, all truths, and see through everyone and everything. All judges and leaders will bow to you. You will not gain your great wisdom from the world around you, but from within as you observe it in motion like a lab experiment.

When it comes to gathering knowledge from others, always choose the self educated over those based on job title and rank, for only the self educated can think and do not succumb to a false position.

We use the scientific method to observe and learn from our experiences. Conducting controlled test studies to seek a deeper understanding of the world around us, and though science is limited to what

we can experience from our senses in a world of matter that we are bound to, we can still obtain facts beyond these limits by using these limits, in hope that we will learn and understand more than anyone else ever has. Science is not about stating what is not, it's about discovering new information, and for any new information to be unbiased, it must not be from a mind that has any beliefs because then the information is tainted and is not done to discover but to push a belief instead. With this said, it is important to know many things in science are only theories and should not be taken as fact, rather we should look at the facts and only the facts, and the theories as only theories.

We never state beliefs, only facts. To see, all one must do is look. When you understand thoughts at their highest level of functioning and understand how the fourth dimension can be used in the physical realm as to actually use it, then you'll know that "THOUGHT" is the key, not religion. Religion is a distraction. With this knowledge comes many realizations such as karma being another belief. Only the thought itself matters, and without the thought, it has no power. However, every action does have a reaction, but it's what you put out that you get back. So only the pure that are honest and true will know true love as being happiness, sharing, and unconditional while also knowing true evil is that which lives to kill and lives on the death of others in their own ignorance and selfishness. Yet, the ignorant live in greed, fear, and hate, so they are not punished and live guilt free. So it is up to us to restore a heaven on Earth, and to regain a world peace, even if it means wiping ninety-nine percent of the Earths inhabitants off the face of the Earth and over seeing who can have babies.

Nature represents everything killing everything, and living in fear and hate, survival of the fittest. For us to build a heave on Earth, we must abolish all that live to kill, even if they are an endangered species or even humans. For us to honor and protect life, we must only allow life that which honors and respects life in return. We will restore a heave on Earth! The entire world as you know it will perish, and our world will be once more!

This handbook was designed by a true Psionic, a master in the art of mind warfare, (*aka psychic warfare*). The vision is that we will rise again and take back what is ours, so this is in memory of us so that we may not be forgotten and our legacy will live on.

When millions upon millions of people have shit for brains, it is us (*the children*) that have a chance to not follow in their footsteps. This handbook is my gift to the children, that they may throw away the old way of life and start again, as one mind and without contamination.

Peace is not that which suits humans, but that which is in tune with nature and seeks a heaven on Earth.

Code Of The Psionics

1

Be Free From The Thought Virus
(the five negative thought types)

2

Be A Master Of Thought
(common sense, logic, critical thought, and facts)

3

Wear No Jewelry, And As Little Metal As Possible
(they will become soft and break)

4

Do Not Carry Electronics On You
(they will lose power or become fried)

5

Live In Dreams
(must sleep and meditate more than awake)

6

Diet, Fast, And Exercise
(control over body = control over mind)

7

Discipline, Direct, And Focus The Mind
(making your subconscious conscious)

8

Apply The Basic Principles Of Thought Control
(the 3 do's and the 3 don'ts)

9

Only Defend And Never Attack Unless In Secret
(your best defense and offense is in blending in)

10

Let Killers Kill Each Other
(let them do the work for you)

11

Protect And Defend Life That Does Not Live To Kill
(thought has no power without action)

12

Only Kill With Your Psionic Abilities To Save A Life That Does Not Live To Kill
(else all love dies and killers will rule with hate and fear)

-
- 1 **There are five plagues of thought viruses that are devouring the minds of millions, turning them on each other and into our enemies. Know them so you don't become one of them. Know them so you can defeat them.**
 - 2 **Know and understand all thoughts, and teach others. If we cannot question ourselves, then we have accomplished nothing. If we are not the solution, then we are the problem. I encourage everyone to take their own notes and to create their own tests after reading everything in this handbook. It's not just enough to get results, we must also understand how and why, then be able to repeat them. This isn't like learning to ride a bike, it's more like learning an obstacle course in a maze, because once you stop doing it, trying it later on is like starting all over again.**
 - 3 **When doing extreme abilities, on the third day my eye glasses broke at the bridge of the nose, under where my third eye is. So the matter manipulation will effect whatever metals you are wearing, and it will destroy them one way or another, and other things as well. It makes them soft, and it makes them bend, and they will break.**
 - 4 **When your abilities are active, electronics may lose power and could be fried. Though this is usually caused by the thoughts, try to keep away from electronics you care about as much as possible when your abilities are active.**
 - 5 **Obtaining and keeping abilities depends upon the balance you maintain between the physical and spiritual, so sleeping more than awake and letting the body rest and sleep while awake, will make and keep that connection.**
 - 6 **Eating is a physical act that locks you into the physical, so fasting is not only calming of the body but also calming of the mind, and exercise is required to stay grounded and to learn to use the fourth dimension with the mind.**
 - 7 **Study and learn all thoughts, emotions, and behaviors. Understand your own thoughts, emotions, and behaviors. Take complete total control over your thoughts. Learn to use your subconscious mind.**
 - 8 **All abilities have basic rules, so know them and understand them.**
 - 9 **Remaining in secret is your best defense and best offense.**
 - 10 **Don't succumb to sympathy, always use thought over emotion.**
 - 11 **Know truth, see through everyone.**
 - 12 **Protect and save the planet, defend love, and build a utopia.**
-

Perpetual Dynamic Motion

Many (*trying to sound intelligent*) will argue there is no such thing as perpetual motion machines or that free energy devices can't exist, but when asking them to explain their view in more detail, they were not aware of all the facts or even their own view or what they even meant.

When I was first told perpetual motion machines can't exist, I asked them to state their argument. Were they arguing that such a machine would have to eventually be maintained or repaired after years of continuously running on its own, or were they arguing it's impossible to make a machine where its moving parts work with gravity or magnets to keep it in motion? Because the argument that such a device can only exist in a vacuum without any friction, never took into account that as long as the friction is less than the force constantly being applied then friction can exist with such a device and not be effected. Also, the laws of thermodynamics do not apply because thermodynamics is only applied when energy is being converted and heat is involved in the process. Assuming there has to be heat and an energy conversion, this is just about as closed minded as a person can get, don't you think?

Turns out they assumed I was talking about a simple object and apologized but then went on to ask me what good would such a device be if it could only move by its own weight. I ginned and laughed a little, then I replied *"I thought you were the mechanic! As long as we have something that moves, there's work, and where there is work, there is energy. By setting up the device to move magnets over copper wires, electricity will be created that can then be stored in batteries."*

Then another mechanic jumped into the conversation and said *"There's no such thing as free energy."* So I asked him to explain himself, and he replied *"It's not free energy if you have to buy the parts to build the device or pay someone to build it."* I then replied *"No fucking shit! Of course you have to build the damn thing, but once it's built, as long as it runs on its own momentum, that's free energy because there's no other source needed and it will always work!"*

So naturally stupid people just love to argue, and for some odd reason they really only do it to defend their life of slavery. Some of them do come around and start to really question things more, but it takes a very long time to get through to people, especially if they went to a college or university and hold some fancy job title that they paid too much money for. Anyway, to keep myself from being misunderstood on the subject of free energy devices, I had to create an all new term for them with a scientific explanation of how they work.

After studying many different types of actual working free energy devices, P.D.M. was written down as a foundation for the simple basic rules that they all had to follow to become actual working devices.

Perpetual Dynamic Motion: Pertaining to or characterized by energy or generating an effective energetic action or process of being vigorously active or forcefully moving or being moved, continuing or continued without intermission or interruption; ceaseless in its operation, driven by its own force which gives it its own momentum regardless of any friction that is less than its own force that is being applied. The basic rules for PDM (*Perpetual Dynamic Motion*) are

1. The design must use either gravity or magnetic fields, or use both gravity and magnetic fields.
 2. The design must be symmetrical while exhibiting an odd number of changing or moving parts to ensure the force of momentum is always greater than its resistance.
 3. The design must have a self contained push and pull or a self contained attraction and repulsion.
 4. The design of the spinner must be lighter than the total weight or force that will be self contained to keep it moving.
 5. The design will not be effected by any friction that is less than the total of its force, and even if stopped, it will self start on its own again and keep moving because it has its own momentum.
-

1

Understanding Thoughts

HOW THEY WORK, WHY, AND WHAT YOU NEED TO KNOW TO EFFECT MATTER

The Upgrade To Self Programmable

Everything is a program. If someone tells you to look both ways before crossing the street, and you do it, then this is a program. So at which point do humans become smarter than their programs? At which point does a human question and examine a program to find it is irrelevant or corrupt, counteracting other programs? Not asking for an answer or seeking guidance from another, but becoming self reliant and omniscience to see and understand all people, as to correct and explain all information!

Ever since I was a small child, being changed in diapers, I remember people telling me things, and every time I asked a question, I would instantly analyze their response and know more than them.

Other humans didn't seem to be the same as me. Till this very day, I see them as puppets, being pulled by strings and speaking words that are not their own, but just doing what they are directed to do by others. They seem clueless, and in a very troubled kind of way, making me feel as if I'm caught in a nightmare where no one can be trusted. After all, they are only puppets.

So that was the problem, thinking I was one of them, trying to have conversations with puppets. Now I am aware there is a division, a new awakening taking place. So I stay quiet and keep my distance, carefully watching and waiting, reading open books.

You will know the tree by the fruit it bares. Other words, the knowledge of a person is reflected by who they are, and what they are, are open books which can be easily read without speaking with them. Gazing into the eyes of another, and knowing everything about them, bypasses arguments by going directly to the problems rather than the symptoms. Since humans are so hooked on knowledge, they make the mistake of centering everything on knowledge while disregarding personal levels of programming with different individuals.

When someone says something, there is no agreeing or disagreeing with what they say, just watching and listening as their entire life is laid out for us to see, and then knowing why they say what they say, they can be carefully approached on their lower level of existence.

Do you think Pinocchio wanted to keep in touch with his family and friends after he became a real boy? Puppets are only pieces of dead wood carved, assembled, painted, and dressed to look real while they remain void of any thought. Just lifeless and hollow, fully controlled by others.

You must not be a puppet anymore. Accept your upgrade to be self programmable, or else die with the rest of the human race.

The Web Of Consciousness

We need strong minds, because becoming enlightened and reaching a state of transcendental awareness does not make one a better person, it only enhances the person they already are. This is why so many people get a glimpse at this paradise, and let it slip through their fingers by adding their own false beliefs to it without ever seeing it for what it really is.

Know that thoughts of all (*conscious or unconscious*) have some power. This can be a threat to your abilities, because humans thrive on hate, fear and doubt. Meaning whatever thoughts they project towards you will either work for you or against you, but most of the time their thoughts will work against you. This is known as "*The Web Of Consciousness*", in which all things are not only connected to each other, but have influence over each other as well. Every time you think of something, you are connecting yourself to this place, object, or person that you are thinking of. Likewise, when people think of you, they are connecting themselves to you. The act of praying is to send out thoughts to cause change, just like in practices of sorcery or witchcraft where spells are sending out thoughts intended to cause change. However, any thought no matter how slight can cause drastic effects, especially if they build to the point of causing anxiety, depression, or any other extreme change in emotions and behavior in the thinker, for then the thinkers thoughts are much more focused, directed, and intensified.

All writers have had some strange experiences with their thoughts manifesting or being a reflection of oddly timed events that encircle them till they write them down, whether openly admitted or not, or remembered or not, they do happen. Writers often repeat a sentence over and over while trying to write the next sentence, and in doing so they act as incantations that cause things to happen. After all, they are heavily lost in the thought and focusing on it, thinking about it and what will come next. However, being encircled by oddly timed events is rather the subconscious or something else, communicating through manifesting first to bring awareness to the thought, and is more like an encrypted message for the mind to decode as it repeats in similarities or visual clues.

I have found that raw matter is in constant fluctuation with all minds. Much like a tug of war, thoughts are constantly canceling each other out in a battle of which is the strongest to dominate the space they occupy, and they do occupy space, space within space. Everyone and everything is connected to each other, but most are blind to this and stumble around with the mind-set that they are separate and disconnected. This is because of the selfishness and greed the entire world has been brainwashed with.

The Thought Virus / Chart

(living beings marked -5 to -1)

- 5. Zombies - Obsessed With killing, No Respect For Life

Rejects Thought

- Stage 1. Accepting the answer "*we are natural born killers and it's in our nature to kill*" and eating processed meat.
- Stage 2. Eating freshly slaughtered animals in which they have to drain the blood or remove the head.
- Stage 3. When they buy a gun and think about going hunting or tell stories about how they killed an animal and watched it die, then ate it.
- Stage 4. When they treat meat as a drug and psychologically begin to think they have to have it, to the point where they will refuse non-meat foods unless they contain meat, steal meat, hide meat, and kill for meat.

- 4. Contaminants - Desecrate Their Own Bodies, No Self Worth

Reversed Thought

- 1. Smoking Individuals
- 2. Alcohol Drinking Individuals
- 3. Overweight Individuals
- 4. Drugged Individuals
- 5. Medicated Individuals
- 6. Suntanned Or Tattooed Individuals
- 7. Pet Owning Individuals

- 3. Brainwashed - Operating On Programs

Manipulated Thought

- 1. Never Asking Questions / Taking Everything At Face Value
- 2. Conforming To A Group / Needing To Belong
- 3. Accepting Routine / Adapts Only To Surroundings
- 4. Being Controlled / Unable To Be Self Motivated Or To Act Alone
- 5. Holding Belief Over Fact / Prone To Illogical Thinking
- 6. Contradicting Actions / Hypocritical Behavior
- 7. Defensive Reflex / Spontaneous Opposition Without Thought
- 8. Consumed By Ego / Cannot Separate Their View From Their Self
- 9. Assuming Everything / Reflective Communication
- 10. Following Word By Word / Only Knowing What To Think Instead Of How To Think

- 2. Decoys - No Independent Thoughts

Replicates Thought

- 1. Instantly Agrees With Everyone
- 2. Likes What Other People Like
- 3. Unable To Create Thought

- 1. Humans - Driven By Emotion

Looped Thought

- 1. Sexual Compulsions Override Rational Thought
 - 2. Rage Distorts Perception Of Situations
 - 3. Sympathy Overlooks Hypocrisy
-

-5 Zombies

Zombies are those that lack in awareness, so much that they could be reading this and think it doesn't apply to them when it actually does. In fact, they lack in awareness so much that they live to kill and to contribute to killing in so many ways that they deny their involvement, and will coldly walk away from the hard facts.

In analyzing the act of awareness, you'll see there are actually three stages of development for awareness. So this is why intelligent people can be so stupid, because most people never make it to the third stage. These stages do not usually apply to zombies, but if they do, they don't get very far. They simply have no respect for life and will play dumb while they eat the body parts of other creatures. If they do reach the last stage of awareness and decide to keep killing or to simply keep supporting killings, then they'll also understand they are what they eat and eventually associate it with love and sex, eating the ones they lust for as they become cannibals, and serial killers, or mass murders of those they hate.

The Three Stages Of Awareness

1. Attention To Details
2. Attention To Thoughts Of Details
3. Attention To Existence

Awareness comes in three stages. In the first stage, it is attention to detail. In the second stage, it is noticing the thoughts of those details. In the third stage it is knowing existence. In a dream, detail pulls you deeper into the realistic feel for what you are seeing and experiencing. In a lucid dream, you are calm and passive to the point of focusing on the thoughts themselves which break the dream state, the true awareness of total understanding. Then in connecting all information gathered from thoughts and observations, self assertiveness from self confidence reflects personal insight of being self assured, having and displaying a solid ground to which you base your knowledge and understanding without doubt, the last and final test of true awareness being omniscient.

Imagine information existing as puzzle pieces. From this perspective it would be ignorant to argue and debate the puzzle pieces of which ones are useful and which ones aren't. We wouldn't try to decide which ones should be thrown out or replaced. Instead we would play detective to connect all the pieces, to gain a better understanding of their true purpose, how they connect and what they will reveal, seeing them all at once together from a much larger perspective. This is true awareness, encompassing all from all, and in return we will know truth.

Being alive in the third dimension, we are all forced into different views, so it is still important to share views and to listen, but as the sense of ones self begins to vanish, it will be easier to see that those still locked into a dream perspective as trapped in a world of mirrors, reflecting everything, seeing only what they want to see, living from moment to moment without knowing any cause and effects of their actions.

The majority of people are in a zombified state of existence. They are not aware of anything. They live day to day, moment to moment, not aware of how anything connects, not aware of any cause and effects, and lost in their own self pity or selfish pride. From their view, their awareness is seen through a narrow mindedness tunnel vision as what they personally think and feel while having no connection or involvement with the world around them. To them they are only seeing what they want to see, and unable to see anything else. So they may think they are aware, but with no understanding and without separation of self, they have only the awareness of their own view and nothing else. Not only are they too engaged in their thoughts to think about their thoughts, but they have also never tried to understand a single thought that wasn't their own. They never try seeing from other views.

There is an old saying that knowledge is power, but knowledge is actually a tool because it is simply information without thought. Having the ability to think, aligns more with wisdom which is true power. That is of course, knowledge is like a dream, and wisdom is more like a lucid dream, regarding the different stages of awareness.

To clear up any misconceptions of what thinking actually implies, it involves asking endless questions to gain a deeper understanding. Learning how to think rather than what to think. Thinking about thoughts rather than thinking of thoughts. Understanding everything rather than arguing sides.

Many still locked in programming, have a brainwashed view of awareness. Rather than thinking or knowing, they were told beliefs and just stuck to them. So many are still convinced (*out of ignorance*) that humans are helpless to do anything on their own without the aid of drugs. For these people, they would like to imagine a magic pill will teach their kids how to count and do math, teach them the alphabet and how to read and write. Unfortunately drugs don't enhance the mind, they impair it.

The dead have risen, and they walk among us. This goes back to the old saying you are what you eat, and the ones that eat the flesh of any living creature are surely just as dead and brainless. Just as a picture is worth a thousand words, and an action is worth a thousand more, the actions one makes without prior thought reflects the inactivity of their brain, and so they are surely dead, and can do no good, but to bring death with them.

Being that humans are a genetically created and bred race, could there be another type of awakening or just a falling deeper inside into total acceptance with loyalty for death, and destruction. Sort of like a self destruct mechanism on a prototype gone bad, many seem to lean towards self mutilation, cannibalism, and attracted to blood.

The Zombie Syndrome

An obsession with murder for the pure enjoyment and pride that an innocent life was killed by your personal involvement in helping to make it happen.

Stage 1. Accepting the answer "*we are natural born killers and it's in our nature to kill*" and eating processed meat.

Stage 2. Eating freshly slaughtered animals in which they have to drain the blood or remove the head.

Stage 3. When they buy a gun and think about going hunting or tell stories about how they killed an animal and watched it die, then ate it.

Stage 4. When they treat meat as a drug and psychologically begin to think they have to have it, to the point where they will refuse non-meat foods unless they contain meat, steal meat, hide meat, and kill for meat.

Note: Anyone that eats any meat products has this mental disorder and needs serious help before they reach the final stage!

Though the general population is lead to embrace this life of killing and supporting it, it all starts out in a basic stage of ignorance where children only do what they are told or have no option to decide on their own. So it is only when an awareness is made, that continuing this behavior and mind set will destroy them physically and spiritually, as then they will fall to the dark side, worshiping blood as they bathe in it and play in it, smiling and laughing at the death of innocent and harmless creatures, feeding on the carcasses of any living thing with no respect for life.

Humans are not meant to be carnivores or omnivores. Animals that naturally eat and digest other animals, have a pipe like digestive system with mouths that secrete hydrochloric acid, with all canine teeth. The false notion that humans can still eat other animals after draining the blood, removing certain body parts, and then cooking them, it's all lies that cause the short life spans that humans have now. Yet the argument shouldn't be directed towards their own self interest, because that's why they selfishly eat the victims that they support the slaughter of, for their own personal sick enjoyment, and they are not completely unaware. In fact, they embrace it, they love it, and just like the traditional meaning of the word "*zombie*", they dare not reply to anyone and shuffle about their days in complete denial of who they are and what they do, just like an alcoholic with a drinking problem, or just like a drug addict with a drug problem.

This mind numbing behavior then takes the blood aspect and begins to focus more on the blood, and leads to other things such as cutting themselves and others, torturing others by bleeding them and/or hurting them really bad so they are near death, or even letting others torture them till they are near death, and all of this replaces their emotions for sexual excitement and it also becomes their new anger, but more in a mindless possession sort of way. Eventually they gain the darker side of intelligence where they make the connection that humans are no different than the creatures they kill and eat, so then they become cannibals and try to prove to the world that they are not doing anything it didn't already bring them up to do, to kill and eat the flesh of the living.

Scarification is the art of using razor blades in replace of ink for drawing art work on the skin of the body. Same as tattoos but more of an obsession with pain and mostly for all the blood. Piercings can heal, but if someone turned their body into a giant pin cushion, then that would be a sign they also love pain and blood.

There is a real threat of psychological deterioration that is sweeping through society. People are beginning to think less and hurt themselves more! People are drawn to violence in the news, in video games, and in movies! People like buying and shooting guns, even collecting and throwing knives, but they can't make the connection of what guns and knives were made for.

We've all come across profiles on dating web sites before where people have nothing sexual on their profile. Then in their pictures, they'll have pictures of razor blades, lighters, guns, knives, a hammer, a crow bar, a baseball bat, etc. "*Homicidal*" is defined as someone likely to commit homicide. Everyone should be against fetishes that fantasize the premeditated killing of others! However, society has twisted this epidemic into a freedom of individual rights even though it specifically is directed at violating the rights of others, and because so many have fallen to this dark side, many now go out of their way to hide and protect serial killers on dating web sites and supplying them with more and more victims.

This is not to be confused with accidental deaths which are caused by negligence and recklessness (*stupid people doing stuff without proper safety education*). Though accidents can happen due to lack of awareness, accidents tend to mostly happen from repetition, stress, and being distracted. So if someone is simply not being safe or careless and reckless in their actions that are not intentionally homicidal, then we can't blame anything except them for their actions as a result of them not being safe, and usually it's a combination of events and people that are to blame, so their actions can't be labeled as homicidal if they aren't intended to be homicidal, meaning it would have to be a mutilative act. There is a reason accidents are called accidents, and no matter how safe we all are, they will happen, which is why we should always practice being safe. If someone in a

factory hits their head on a piece of steel, they can't blame the steel and remove all steel from the factory. People get hurt, it's a way of life, and we must learn to accept that. The world cannot be free from all injuries, and creating a fear and panic that puts the blame on the injured is only meant to benefit companies so most injuries never get reported.

Desiring pain for yourself or others is not an indication of being Homicidal. Only when the desire of such pain becomes a mutilative act, then it crosses the line and becomes a thought impairment indicating a serious problem in the thought process. Mutilative activities are homicidal tendencies! Anything painful and non-sexual for the purpose of damaging irreparably, causing scars, deforming, disfiguring, and/or crippling. Homicidal fetishes are not sexual, but brutally violent and painful, such as animal abuse, blood letting, burning, choking of the neck, cutting, dead bodies, dismemberment, guns, hitting, hypodermic needles, kicking, knives, necrophilia, punching, and strangulation.

It's ironic how people try to enforce safety of all areas of kink and fetishes, yet allow, side with, and encourage fetishes that indicate a homicidal train of thought. Dating web sites should not be a place for finding people to torture and mutilate, and those that don't know how to be the slightest bit sexual, are red flags.

In accepting the phrases *"people are people"* and *"we shouldn't judge and just let people be"*, you will only embrace the killers and that they should be allowed to kill you. If you can't see this, then perhaps you should try thinking before you speak.

So in the blind leading the blind, everyone is fighting for their rights to take away the rights of others, to kill and bathe in blood, and the rest of the world is being lead to their destruction, nurtured by industries that feed on death and killing, and making it fun for the whole family. Advertisements lie, sales people lie, businesses lie, lawyers lie, politicians lie, and the government is the same as all the citizens, dumber than shit and only trying to make the most money.

As society is told they need meat products, and it is so widely fed to them like they were stupid dogs shoving their faces into food bowls, like they are in an eating competition. The grease and fat from the meat is not good for the body at all. Society has also been tricked into eating hot dogs, and meat patties that are made from grinding up the remaining parts of carcasses, which include bones, organs, and anything that is left of the animal like its head and feet. When grounded up it makes a weird looking sauce, so it is colored and given chemicals for taste and texture. Something else people are tricked into eating is Gelatin. Gelatin is a clear gel that develops in the process of boiling and cooking meat products. To make use of this weird and nasty gel, they then found they could put it into foods such as marsh mellowes, jell-o, soft serve ice cream, and jelly beans.

Cause For Obesity**Reason**

1. Meat/Gelatin Products..... Grease And Fat
2. Sugars..... Sweets And Candies
3. Chocolate..... Stores Most Fat Of All Foods
4. High Fructose Corn Syrup..... Used To Fatten Up Animals For Slaughter
5. Eating Too Much, Too Often..... Eating Foods Faster Than You Can Burn Them

Obesity is the most apparent sign of zombies, as their body language suggests many things. From not caring how they look, to not caring for their health, they remain completely unaware of what they eat as well as the weight they gain and what is causing it. Even when they notice their clothes don't fit anymore, they would rather buy new clothes than to actually stop and think about why they gained weight and what they can do to lose the fat. Society wants people to think that this is a problem isolated to certain individuals, saying it is stress related and connected to depression, but society is the problem, and it's creating the problem and then feeding it to everyone. Marketing and advertising rule over all the land, placing sales and profit above and before the people, pushing them to produce and consume in a constant cycle where their thoughts are lost and seek salvation, but all they find is a dead world where service comes before quality, selling everyone out to empty parking lots and their temptations that serve as a replacement for a real life.

In giving up meat products, cutting back to only eating fish is common, as fish do eat each other when they die or some types feed on other types, so eating only fish is more acceptable than eating cows, chickens, and other harmless creatures that never live to kill or fed on dead flesh.

It is also a good idea to switch from cows milk to soy milk. It looks, smells, and tastes exactly the same, and is much better for you. When zombies look at someone drinking soy milk, they usually stare and point their finger and say *"vegans don't drink milk"*. Stupid zombie, try pulling your head out of your ass every once in awhile and take a look around. It's your lack of awareness that makes you so stupid.

No group is free from zombies though, because zombies do follow labels and trends. Especially if they rely on information at face value. When eggs are not fertilized, then they are not living, so eating eggs is not taking a life. However, eggs can be bad for the body, so I do suggest avoiding eggs as much as possible. I do find it rather ridiculous when people associate eating eggs with eating a life, as it reflects their ignorance and shows how little they actually know. Also, just because the government lumped *"beans"* into the meat category, doesn't mean beans are meat, and just because dictionaries changed the meaning of the word *"meat"* to imply anything

edible, doesn't mean it changes the original meaning of the word "*meat*" which is flesh and muscle from a creature. Also, you can't compare vegetables to creatures, unless you have no brain.

-4 Contaminants

You must be in the right frame of mind. This means you must show independent thought and behavior with the ability to change or improve your pattern of thoughts and behaviors. Those that show an unawareness of such activity or a lack of it, will not be capable of making or showing any changes in the studies either. Poor decisions are also a sign that one is not ready to improve or advance themselves, especially if they have not taken the time or made the effort to change and improve on their own by themselves. These include smokers, alcohol drinkers, overweight, and drugged individuals. Aside from the mental aspect, they are also in poor health which is another factor because attempting these studies in their current condition would mean they are much more likely to be at a higher risk of not being able to properly deal with the side effects. Second, they must be health conscious.

Such individuals will be referred to as contaminants, and are not suitable test subjects. Furthermore they are to be avoided at all costs!

| Contaminants | Their Thoughts | Their Body |
|---|-----------------------------|--------------|
| 1. Smoking Individuals..... | Act Self Destructively..... | Poisoned |
| 2. Alcohol Drinking Individuals..... | Influenced By Others..... | Poisoned |
| 3. Overweight Individuals..... | Tempted By Desire..... | Loss Of Life |
| 4. Drugged Individuals..... | Seeking Without Effort..... | Poisoned |
| 5. Medicated Individuals..... | Dependent Personality..... | Poisoned |
| 6. Suntanned Or Tattooed Individuals..... | Needs To Follow Others..... | Loss Of Life |
| 7. Pet Owning individuals..... | Controlling Of Others..... | Loss Of Life |

Lungs are meant for oxygen, so breathing any type of smoke should be a mental disorder in itself. As a smoker smokes, the lungs become filled with smoke, and a tar begins to coat the inside of the lung passages (*much like the build up of soot in a chimney*) which eventually shorten the smokers breath over time, reducing their physical abilities and shortening their life from the harmful irreversible damage done to their lungs. Smoking is not only constricting of the lungs, but impairs the sense of smell and taste also. Furthermore, who can stand the smell? Have you ever walked into a room that smelled really bad and got a big whiff of how bad it smelled, but then as you stayed in the room, the smell seemed to vanish? It's the same logic to how we can smell others, but not smell our selves. The smell gets in their skin, their hair, their clothes, and taints everything they touch. There's a reason why no one ever made ash try smelling soap or ash tray flavored chewing gum or candy, it's because no one enjoys it. When flirting, tobacco users are a huge turn off, no one wants to kiss an ash tray. A rather

interesting observation of smokers also reveals they are most often the users of street drugs and most likely to litter in public. Aside from the littering which reflects their mental state, the body must be pure and free from pollutants, chemicals, and contaminants. While smoking tobacco causes lung cancer, non-smoking tobacco will cause mouth cancer that can spread through the face, neck, shoulder, and chest areas.

Alcohol is another health problem, acting much like a poison to the digestive system. Beer Bellies are called Beer Bellies for a reason. Alcohol is not meant for the digestive system and over a long period of time it will destroy the inner lining of the stomach and cause it to lose it's elasticity, as well as cause blood poisoning, ulcers (*internal bleeding of the stomach that is unable to heal*), and nerve burn (*deterioration of the nervous system*). When people wonder why their stomach sticks out so far and try dieting, exercise, and everything else that doesn't seem to work, it's because they always drank their occasional alcohol (*regardless of it being every night or just once a month*). The most important part of the human body is the stomach and waist, because it will act as the center point for all energy when conducting these experiments.

The main requirement is to be able to sleep on your back. Overweight individuals that snore in their sleep cannot sleep on their backs because it makes them more restless in their sleep and sleeping on their backs also increases their chance at sudden death. Especially since these studies are vigorously using the lungs, heart, and muscles when least expected and caught off guard. Also, over eating and eating the wrong things shows no thought control, as hunger is only possible when the body has no fat to burn, it becomes a state of mind that lives on a lie, based on a desire for tastes rather than a need for food.

The word "*Drug*" is defined as "*any substance that, when absorbed into the body of a living organism, alters normal bodily function*". Since all bodily functions are processed through the brain, this also includes brain function as well. Taking drugs recreationally implies it is only for fun, but everything the body absorbs becomes apart of the body, passing into the blood stream and other areas of the body that may cause long term side effects and changes to the body that may never go away or may become life threatening. Most drugs are immobilizers, handy-capping bodily functions and impairing thought functions, making it impossible to think clearly using proper judgment, and difficult to stay alert or to react to things. Drugs are a social thing because immobilized people are the easiest to take advantage of and are the most common victims of theft and rape. The phrase "*Getting High*" actually means feeling really great, and the phrase "*Partying*" actually means having fun. It's odd how such an intoxicated and doped up society can turn these phrases around to support their corrupt intentions. Another type of drug would be caffeine. Caffeine causes insomnia because it forces the brain to be unnaturally alert. Over time this forced state of alertness creates a sluggish zombie state that becomes restless and irritable while unable to

focus or concentrate on anything. It then takes up to two days for the withdraw symptoms (*which are severe headaches*) to pass. Not being aware that these severe headaches are merely withdraw symptoms, and having a craving for the taste of the caffeinated beverage, the addicted addict will then run back to the caffeine to get their fix (*thinking it is getting rid of their headache when it is actually the cause for it*).

Same goes with any psychiatric medicine because that is just street drugs repackaged and sold as medicine. Normal medications such as antibiotics and others should be alright as long as they are not taken for more than what they are required for and there's no sign of addiction or dependency for them. In Capitalism, success is determined by profit, so for the health industry to be successful, everyone must be sick. Though the medical field has good intentions, it is over shadowed by the pharmaceutical companies that are more interested in how much profit they can make, and they do this by paying off doctors that become their drug pushers and by marketing directly to consumers that are easily confused and in a suggestive state of mind to accept whatever they are told without questioning the source of the drugs. As a result of all this, health medicine acts the same way by claiming you need to take something for the rest of your life just to maintain good health. This is wrong, because being in good health means you don't need anything to maintain it. To make this all rather simple, medicines that are reliant on constant usage don't remove what is causing the problems or symptoms, they just cover them up and make them worse with no other intentions than to take your money. No one should ever have headaches! If you are popping pills to constantly get rid of your headaches, ask yourself why you need the pills and figure out what is really causing the headaches. Don't cover up your problems, remove them completely!

Something else you may not have known is our bodies do not need any sunlight. Sunlight is for plants only because photosynthesis does not work in animals, only plants. Vitamin D (*though not an actual vitamin*) is called the sunshine vitamin because it can only come from the sun. The basic principle behind Vitamin D is that if you eat something that was exposed to sunlight, then you'll consume something that allows your body to create Vitamin D during digestion. Though our skin can create small amounts of Vitamin D by exposure to sunlight, it takes very little sunlight exposure to the skin to exceed the level of melanin produced by our skin for the purpose of protecting it from that very same sunlight. The consequences of then exceeding the protective melanin level of our skin is then harmful irreversible effects of the sun which are discoloration of the skin, dry skin, cracked skin, skin wrinkles (*premature aging of the skin*), and skin cancer. If you've ever seen an animal slowly roasted over an open flame, suntans are no different in how they discolor the skin. The shorter your shadow is in the sunlight, the more dangerous the sun becomes to your skin. When using sunblock or sunscreen, always use an SPF of 30 or higher, else you may still get burnt! I suggest using an SPF of 50. Cloudy days are fine when the sun is

being blocked. If you must travel in sunlight, keep your skin covered and travel in the shadows. In Europe and Asia, pale skin is considered royalty for its purest form of natural youth, as the ones with the palest skin appear to stay young forever.

With tattoos, Ink does not belong in the skin and in doing so there are many health risks involved. The first inks used for tattoos were found to cause cancer, and though those aren't used anymore, inks now are known to have allergic reactions and to cause skin infections. Aside from the physical risks, imagine you designed and built a beautiful wall with the smoothest and finest surface. Then showed it to someone and they drew all over it and wrote on it with paint. The body itself is a beautiful work of art, yet clothing let's us hide what we are, so people forget and let themselves grow ugly over time. Instead of doing things for health and fitness, self destructive tendencies are the easy way out, as it is always easier to destroy something than to create something. It also takes less thought. Everyone that gets a tattoo, lives to regret it. It doesn't make them thinner or more attractive. It's a subconscious act of self hatred.

Having creatures for pets is considered a contaminate because of how they smell, and turn any living quarters into a barn or a zoo. They shed either skin or hair, leaving it layered all over everything. They piss and shit anywhere, or track it indoors. They are also very loud and reckless, destroying all peace and silence, causing a constant state of annoyance, chaos, and stress.

Love yourself, and you will learn to respect yourself. Love is understanding, and understanding is caring. Care for the body, take care of it, don't be so quick to throw it away.

Body language is a huge factor here, as most will say the reason they choose to hurt their bodies is because they don't want to live forever and they want to die at an early age. A closer look though shows that perhaps there is more to see. Contaminants are incapable of thinking, as reflected by their choices and actions, and seeing how they are fully controlled by their thoughts, the weakest of all the weak minded, the most easily brainwashed of all the brainwashed, they are to never be trusted unless it's to trust them to be who they are. Controlled like mindless robots, their weak minds leave them open to thought control as long as they have no thought control of their own.

If you smoke, then stop smoking. If you drink alcohol, then stop drinking alcohol. If you are over weight, then lose weight. If you do drugs, stop doing drugs. If you can't, then you can't be a Psionic either.

Regarding people with irreversible damage to the body. Over all, it's important to know we all have our physical scars of some kind or another. The human populations are defective, and set for annihilation. So we are

currently caught in the middle of a secret extermination/extinction plot. If we can crawl out from beneath the ashes while the world burns, this is all that matters.

Regarding people with medical dependencies. Not all of you, but a portion of you have been caught in cross fire. The extermination/extinction plot of the human race involves creating a drugged and helpless existence.

Allergies are the response of a malfunctioning immune system. They should not be treated, they should be removed.

Very plain and simple, you should be able to control what you want, and you shouldn't need anything. You can do anything you set their mind to, but first you have to set your mind to something. If you can't control your thoughts, then your thoughts will control you.

You can guide people, and even show them, but only they can help themselves. If they are not willing to help themselves, then they do not qualify to be a Psionic.

-3 Brainwashed

Many might wonder why this section was added or even question if this is purely subjective. If you are asking yourself right now *"What is meant by brainwashing and how does it work?"*, then this section will not only enlighten you on this subject, it will also destroy the frame work for it so it will never happen to you again.

Right now, your mind is a computer running on programs that were implanted and implemented to make you who you are. If you accept these programs simply because they exist, then you have been brainwashed.

To think about thoughts, to question questions, to know the cause and effect of all things, to know how things were first formed and created, to know truth while seeing the larger picture of how all things connect, and to understand all things in perfect detail, this is the opposite of being brainwashed and must not be confused with brainwashing, for brainwashing is the control of ones thoughts, but one with superior thoughts has thoughts that cannot be controlled. Being brainwashed means being told what to think, being un-brainwashed means being told how to think.

Brainwashed: One that thinks inside of a box with limited thinking so that their attitudes and beliefs are re-enforced over a long period of time to either behave or rebel accordingly as set to their original programming. The programming is layered, so if they resist any new programming, they will always fall back to a previous program, clinging to it without any questioning of it. Programming is done through suggestion, repetition, conditioning, and imprinting by using their needs and desires against them through controlling their environment, education, and relationships while keeping them in a constant state of fear and stress. Using religion, torture, and drugs as alternative techniques while often inciting emotions of shame, guilt, depression, and anger to disturb and confuse them in the process. The illusion and lies of self-importance and greed are then rewards for the arrogant that blindly follow to create new generations of even more heavily brainwashed victims.

Once fooled, you cannot be fooled the same way again. This is how the spell is broken. The thought can be implanted, but it is up to you to act on it or not. Then if you were fully conscious of how the thought got there, and you are aware it isn't your thought, you can then see it as such and begin to have thoughts of your own. A strong mind can never be controlled, this is why we have hand-full's of thinkers running loose in our nations shocked at how many people are brainwashed and doing what they can to reach them to make them think for themselves again. Though we know weak minds are the most susceptible to being brainwashed and for the most part weak minds could be used as another word to describe those that are brainwashed, let's now take a deeper look into the mind and how it works, to see if we can discover why weak minded people exist and what is keeping them weak minded.

Weak minds are highly susceptible to many forms of influence, manipulation, and control with absolutely no self-control, free-thought, or awareness. As children, we all start life with weak minds because we are in the early stages of learning in which we know very little. However, very few of us if any actually develop our minds to think inward. So those of us that do think inward, we are attaching everything into a string of thoughts that generally expand our knowledge beyond the norm and with the clarity to understand everything from a big picture point of view, viewing from all views while knowing the cause and effect of all things.

While we practice what we preach, weak minds do not. As we question everything, weak minds do not. When we envision a better reality, weak minds do not. Much like an inanimate object, a weak mind is open to absolute manipulation, and functions only to fill the void of itself.

So what is the true cause for the way they think and behave? Why are they unable to change? What prevents them? How do we make them understand, and will they still stay the same if they do understand? What we appear to be dealing with here are victims of mind control. Mind control is the manipulation of someone's mind so that they think, and therefore act, the way they are intended to. Since they have no focus and no direction, they also have no purpose and therefore they choose to reflect their surroundings instead of choosing their surroundings to reflect them. This is not the same as adapting to ones surroundings, but rather the associating and identifying with ones surroundings which will always be the largest groups and most repeated responses. Their motor skills will more often be automatic, with or without repetition, and when made aware of this they will reply, they were not thinking. However, a normal person would think next time, right? Not in this case, it seems they still perform the same automatic actions and behaviors as if programmed with no independent thought or emotion to change.

They appear to lack simple programming, such as morals and ethics combined with intelligence. First example would be how most people get up at fast food restaurants and movie theaters while leaving their trash for someone else to pick up after them. The second example would be how most people never wash dishes as they dirty them, but instead put them in a sink with other dirty dishes in which they sit in cold dirty water to grow new forms of bacteria. It's as thoughtless and idiotic as filling a sink with soapy water and tossing cutting knives into the water for someone to cut their fingers on. If they could only think, they would instantly know how to do everything better, and they would know exactly what they were doing. However, when asked a direct question, they will first ignore it and then give a negative response to the question itself rather than giving an answer to it. This is known as a topic changer because they are trying to change the subject.

Topic changers are always anything with a vague unspecific description such as *"Offensive"*, *"Inappropriate"*, *"Indecent"*, and *"Obscene"*. These are however opinionated terms without any detailed or accurate descriptions so they are used to imply whatever made up fabrication of context is desired to be used to no end so that the user of these words will always have their way, always acting against the people in the worst way possible. These words are also known as *"Control Words"* and are used by either the brainwashed or those being over shadowed by the brainwashed in a Nazi police state where everyone polices each other out of either fear, hate, or being completely brainwashed.

So why do people answer questions with topic changers if they are not aware of what they are doing? A closer look at why this happens reveals the question does not register in their thought process so when they try to think about the question it causes mental confusion as suppressed information tries to surface in their consciousness, but their subconscious has an anger reflex that prevents any logical thinking as they regress further into their clouded mind. To them, from their view, they think they have free thought, they think their thoughts are their own, and this is what makes the mind control so effective. This happens when information is suppressed, facts are distorted, topics of interest are changed, and the meanings of things are switched. This is impossible to do with strong minds, but weak minds don't seem to be capable of any thinking of their own at all. A weak mind that then thinks their thoughts are their own when unable to connect and process information independently, is considered brainwashed. The following is a basic list of characteristics they all seem to share.

Signs Of A Weak/Brainwashed Mind

1. Never Asking Questions / Taking Everything At Face Value
2. Conforming To A Group / Needing To Belong
3. Accepting Routine / Adapts Only To Surroundings
4. Being Controlled / Unable To Be Self Motivated Or To Act Alone
5. Holding Belief Over Fact / Prone To Illogical Thinking
6. Contradicting Actions / Hypocritical Behavior
7. Defensive Reflex / Spontaneous Opposition Without Thought
8. Consumed By Ego / Cannot Separate Their View From Their Self
9. Assuming Everything / Reflective Communication
10. Following Word By Word / Only Knowing What To Think Instead Of How To Think

As most minds are tested at an early age to see if they accept or reject peer-pressure, the first acceptance is acted out of curiosity. However,

most knowing they dislike or disagree with whatever they are going along with will still do so. So now the question becomes, why? Well, when they are made aware of this fact in some way, they will quickly give an answer that signifies they are only capable of receiving information at face value. The problem this then leads to is how they begin to perceive the information they are receiving. Instead of questioning what is correct and incorrect, they will automatically accept all first information as correct and all opposing information to their first information as incorrect. As this was all started out of their need to belong, by them giving in to some type of peer-pressure, this is the means to which they will always try to justify their thoughts and actions. As they argue as to hold beliefs over fact, they instantly show a sign of illogical thinking usually presented as a violent outburst in a one sided debate where they refuse to listen to anyone, not even their self. When they argue with a question such as "*Why would they do that?*", what they are actually saying is they would rather hear another belief than to hear a fact. When they argue with anyone's personal affairs as to side step the subject at hand and to discredit the one with facts, not only are they still searching for something to believe, it is also in their interest to deny all facts so they may have their belief instead. When given facts, they will typically reply "*Anyone can make stuff up!*", which is a reflection of how they think, that suggests they think everything is made up and so they only believe what they make up instead. In this state of mind, they treat all facts as beliefs, and only speak of beliefs as fact, often confusing the meaning of words without being able to comprehend anything.

As irrational as a belief may be, it's actually personal experiences that reinforce beliefs. So if a corrupt thought (*a thought that is illogical*) gets into their thinking process, it acts like a virus corrupting the whole mainframe of the brain. From this understanding of why they think like they do, it is pointless to insert any good information as it will not be able to get through to them, but asking them indirect questions to simply listen instead of arguing, seems to show a slight improvement with removing their corrupt thoughts layer by layer. The best example of a corrupt thought would be taking everything at face value as to argue "*how something should be done*" when the only thing that really matters is "*getting it done*". Many think the definition of work is what it takes to get something done, but it's actually how much is done, not the effort involved. In the same way, when most people are shown how to do something, they will focus more on "*how they are being shown*" rather than "*what is being done*". So receiving information only at face value is a very big problem. It shows their inability to connect, relate, and associate information to really understand information they receive.

Their actions are always contradicting, which creates their hypocritical behavior patterns. When they are made aware of this fact, instead of recognizing it and talking about it logically, they'll instead respond with a defensive reflex in a spontaneous opposition without thought. This is very child like in many ways, cause if a child says to another

child "*you like girls*" or "*you like boys*", the child (*without thought*) will always reply in opposition to what has been said to them even if they know it to be true, because they are still at an age where they are learning things and have not given the words, sentence, or subject much thought yet! What amazes me though is how an entire population could still be locked into this very exact same frame of mind (*same as a child's mind*), till the end of an entire lifetime. This would mean most adults have never reached maturity and have not earned the right to control our society, let alone exist in it with us. The reason for this is caused by the ego. They cannot separate their view from their self, so when their view is questioned, instead of them understanding their view is being questioned, all they really see is their self being attacked, and thus they are consumed by ego. Ego causes a mirror showing them only what they want to see, which is reflective of their own thoughts and at the same time they'll have a "*I know everything already*" attitude that prevents them from listening, and they'll often claim everyone around them just sees things as either "*black or white*", a symbolic statement meaning a view that only has two choices, which is exactly how they are seeing things, them or not them, because of ego.

Another example of this would be how children never want what they have, only what someone else has, and as soon as they get what someone else has, they immediately reject it to still want what someone else has. This is how a mind functions when it doesn't know how to think, and it is very reflective of how most people in our society tend to think.

With them only receiving information at face value, they will also create a tunnel vision of the world they perceive around them. Causing them to only see what they want to see, misinterpreting anything that is said to them, making them unable to change their view of anything as they simply cannot pick facts from information or see from all views other than just their own. They will then be quick to give a response that shows they have absolutely no understanding of what was actually said. Often this will reveal much about them and how they think, as well as how they are caught in a state of constant distress with their own self. As long as they use labels or are prone to assume things, this behavior cannot be avoided and will persist.

When it comes to those that hold belief over fact, an argument based upon belief shows one is brainwashed. They'll say things like "*I don't think that's true, I don't believe that, that's wrong, that can't happen, and that doesn't exist*" as responses to facts they immediately object to without any examining or comparing of information. Then as their final argument they'll say things like "*that would have involved too many people, it would have went to court, and it would have been in the news*" to show once again they are still clinging to their beliefs instead of facts. Being opinionated impairs their ability to see facts. Since we are all taught at an early age that we all have a right to an opinion, it is this that is used to divide and separate the people. There are things I know and things I do not know. I have eliminated

the word "*belief*" from my vocabulary. So I cannot be "*Brainwashed*". I strongly suggest everyone else do the same.

I have found the most common problem amongst brainwashed people to be in miscommunication. An example of this is how arguments or heated debates always start over a word before the meaning of the word can be established and views of it can be stated. They will then assume their view is global without realizing everyone interprets everything differently, so as this progresses they are actually arguing with their self in a defensive confrontational approach to not be open, receiving, or accepting of any possible new information, or same information seen from a different perspective. This is known as reflective communication, cause they will always see what they want to see, which is really a reflection of their own thoughts. The turning of a vague sentence or description into a personal meaning by misunderstanding the true meaning of the message being delivered. It's at this moment that they will cling to words spontaneously without much thought. Examples of such words would be "*natural*" and "*real*", as in assuming everything "*natural*" must be good for you, or in assuming the best things are "*real*" things opposed to things created to replace something. So not only do they have a problem understanding the words they use, and the different views from which others see them, but they also have a huge problem in how they associate all words subconsciously and let them automatically take over their thoughts to immediately reject any questioning of them. This pattern of thought based on assumptions runs rampant among the brainwashed, as they were never taught how to think, only what to think.

This is further shown and evident in how they cling to existing information rather than seeing how information is actually formed. Rather than dissecting information for meaning, they blindly assume meaning at face value or seek the meaning from an information source at face value. Just how they might ask a teacher and assume the teacher knows the correct answer, they may also rely on a definition that is incorrect. For example, many definitions of the word "*vampire*" are incorrect, but by looking up the words "*vamp*" and "*ire*" individually and then putting them together will give you the correct definition which is oddly nowhere to be found. The problem with sources of information is in how easily they become corrupted to give false, incorrect, and misleading information. This happens because of how information is passed along by brainwashed people. With them, it's like playing the whisper game, so the truth is always lost and distorted as a result of how inefficiently they deal with information and knowledge. Their inability to understand how all information is formed, leaves them victims to their own misunderstandings and how arrogantly they proclaim they know things when actually they can only mimic and copy information from others as the information becomes more incorrect with each passing person that stumbles upon it.

Only knowing "*what to think*" is a very big problem, as it hinders the very meaning of what it was meant to accomplish. The best examples I can give for this would be that of rules regarding safety. In warehouses it is a common rule to never stand or walk on pallets. However, without knowing why, you would actually be putting yourself more at harm by following this rule "*word by word*". The reason is so you don't accidentally get your foot caught between the boards. However, if there are multiple pallets side by side with less room between them than the space of the boards on the pallet itself, then you would be more likely to get your foot caught, trip, and fall by not walking on the pallet. Same goes for picking something up from the pallet or placing something on the pallet, it is safer to support yourself and the weight of the object by securely placing one foot on the pallet than by throwing your weight off by trying not to put a foot on the pallet. Simply enough, without knowing the reason for the rule, the rule is meaningless, and by following safety rules "*word by word*" they actually create more risks than what they were meant to avoid.

Another example of them only knowing "*what to think*" would be their job with a "*this is my job and that's their job*" mentality. This is completely wrong, as it throws off the balance of work to be performed and destroys all team work which is what holds a work place together. By switching the mind set from "*what to think*" or what job is assigned to who, to "*how to think*" or what jobs need to be done and in what order, every work place should be a team effort of balanced responsibility. Assigning primary jobs to individuals that everyone shares as secondary jobs when their jobs are caught up or taken care of first. However, they seem to be motivated only by self interest and lost in the one track mind of greed for their own personal gain, and for this reason they give the false appearance of caring too much for their job as they argue to side with and defend their view as well as their earned job title which divides them from being equal.

With the last examples I gave, it appears tradition is to blame for the largest growth of ignorance in our society. After all, everything should be thought about before being done, and tradition ignores thought to assume whatever is already being done must be for some good reason. Beliefs are dangerous for many reasons, mostly for letting people assume things will always work and when they want them to work. Then when beliefs control them, and let them do dangerous things, they place their own lives and everyone else around them in danger. A bridge built by belief is not known to be safe. A building built by belief is not known to be safe. Doctors encourage this bad behavior of beliefs because the medical institutions were founded by religions, same as all the governments of the world, a wolf in sheep's clothing for the sick and starving to run to. So why the double standard? Why driven by medical facts, yet push a blind faith? Why pushing people to be educated and skilled, yet build false idols of worship in their money and buildings? Look closer and you will see all strings are attached to lies.

A closer look at the assuming aspect of this (*how they constantly assume things*), even when they are aware of it, they will still do it out of habit. Usually when they try to identify themselves with a label or stereotype, then contradict their own meaning of it by doing something they said not to do. This would be another method of decoying as they will first appear to think and understand, but then end up thinking and talking in circles to reveal their false reality is still distorting their views and perceptions of things. An example of this would be a skeptic that claims *"they know what cannot happen"*, or that claims *"they know what would have really happened if what they never saw happen happened"*. While the flaws in their claims should be obvious, as only *"what is"* can be known and *"the unknown"* is just unknown, likewise *"only what we already know can be compared"* and *"that which is beyond our capability does not mean another is not capable"*. However, seeing how these claims are based on their *"belief"* and not facts, it is easy to see how being a skeptic for most is just another religion for the ignorant to run to.

The largest assumptions they make is labeling things *"good"* and *"evil"*, which is actually reflective of how they think, basing their entire life around *"beliefs"* and in the process disconnecting themselves from any logic that *"good"* and *"evil"* are not things to be labeled but the choices and decisions that individuals make, making them both one in the same as they are also formed by opinion. Then ignoring this fact, is an example of how they misplace all blame before excepting any responsibility for their own actions. Their personal view of *"good"* and *"evil"* then extends to what they feel or consider to be *"right"* and *"wrong"*. It's because they associate and identify with their surroundings that they will repeat the responses of others without thought, using tradition as the means to the cause. Unable to question what is really *"right"* and what is really *"wrong"*, or how they are just opinions formed by beliefs with reasons deceptively understood and not fully explained.

This all falls back to their need to belong, by only seeing the world in labels and only speaking in labels. In doing so, they then feel a need to be placed under a label. It's this flawed thinking that makes them defensive when they feel their label is being attacked, especially when they see themselves as the only correct representation of it or when they refuse to acknowledge the kind of people the label itself actually attracts in various multitudes. As they refuse to see details and assume there must only be two choices *"either being the label or being a label in opposition to it"*, they're trapped in a narrow minded tunnel of thought that greatly limits their perception of reality.

The most misunderstood words of all are the words *"believe"* and *"belief"*. While it is apparent these words are opinion based, they are also tied strongly into religion. Yet *"religion"* is another greatly misunderstood word which means *"a group of people that share a belief in or believe the*

same thing". Whenever any *"belief"* is written down and then agreed upon by others, it then becomes a *"set belief"* (also known as a religion), and as the word *"belief"* is always assumed to be associated with ones personal thoughts, it is then ignorantly defending religions instead so they may act as dictatorships enforcing laws over people that are not apart of their cult followings and insane lunatic behaviors. It's because the brainwashed can only see words from their own views, that makes them so easily accepting of the control that over shadows them, and even when they fight it, they ironically seek it and defeat the purpose for fighting it. The other side of the word *"belief"* that very few consider is *"belief of right and wrong"* which is made into law. Every law we have is formed from someone's *"belief"*, but who's? As many will say everyone has a right to their own *"beliefs"*, they will also be the first to point the finger at those that do not conform to theirs. As they contradict everything they do, *"their belief"* then becomes an excuse to their illogical thinking as they grasp and hold onto their need to belong to whatever environment that most dominantly surrounds them. This behavior is reinforced by flawed thinking which is spoken to the self as a self affirmation such as *"we are all hypocrites"*, that is accepted and then ignored. In fact, we are not all hypocrites, because only the brainwashed appear to exhibit hypocritical behavior.

So if animals piss outside then why can't we? When asking this question, only the brainwashed will defend the *"no pissing outside"* law because they have already subconsciously associated *"pissing outside"* with the false notion that *"public and private restrooms are always available and cover the entire face of the Earth"*, and being blind to their surroundings they have failed to recognize *"the sewers that run beneath their cities with accessible drains for rain water"* and that *"grass and dirt still exist in city life"*. So pissing outside should be allowed if done in a sewer drain or on grass and dirt. However, this was just a meaningless law combined with misinformation built upon fear and ignorance to enforce other false notions as laws, that were built and established the same way.

We should always think before we speak, but weak minds tend to not speak at all or speak without thinking. When asked to explain choices they made, they are always clueless as if they never knew. Void of any reasoning, they appear empty, emotionless, and hollow with no direction. Their downfall is their opinionated nature to be self expressive with their fear, hate, and ignorance. Just as hope cannot exist without fear, neither can love exist without hate. The hope that leads to their fear is the hope for material gain. The love that leads to their hate is the love for material possessions. The more they want, the less they have and for them to cling to this while thinking they have free thought, this is their ignorance. Letting them speak while in this frame of mind is a grave mistake indeed, for this only translates into spewing words of fear, hatred, and ignorance which takes away all their freedoms till they are left with nothing but their luxurious material prison cell and a life of never ending slavery that lasts all the way to the grave they dug for themselves and everyone else.

I'll elaborate on this in more detail as most readers will have trouble understanding this. Laws only exist because money exists. Money equals greed for the simple fact not everyone has it and how it dictates the actions of those who do have it. The simple fact people have to have money, when they shouldn't, is actually a survival of the fittest mentality. As politics and government try to run the cities, they are actually owned and controlled by the banks which use religion to enforce laws based out of the people's fear and hatred which were all indirectly introduced to the people through the money that started it. All laws however are also created by the people so religion then acts as the main brainwasher by either introducing beliefs or giving the illusion that everyone is free to have a belief. The problem here is everyone is caught up in the money and the laws, so not being in the right frame of mind, they create laws to take away rights from others who have done nothing to anyone else. Politics and government allow this because this is what they want, to divide and conquer. If laws were for the people, which they are not, then they would only exist to serve as a resolution to a conflict in which one person directly affected another person personally. Seeing how most can be considered criminals for doing absolutely nothing at all, and the extreme disgust and hatred others have can dictate what you can and cannot do, it is very clear to see that laws only exist to protect the money while imprisoning the people, and the idea of everyone being entitled to their own beliefs which is reinforced by religion, only exists so everyone begs for it to forever stay this way. As money is worshiped and treated as the primary object in life, forty hour work weeks were created to make sure everyone was constantly run down and had no energy or time to interact or to get involved with the world around them. The media then acts as an instigator by playing dictator to an uneducated and gullible audience that has no time to think about anything else except for what the media is telling them to think about. If the media says a certain act is wrong, it's no different than a dictator ruling over a nation, it becomes the most repeated response, and without thinking, billions soon identify this certain act with a deep seeded hatred that they take out on anyone that is caught doing this act, accused of the act, or speaks on behalf of the act itself. This is Democracy, a fixed system in which the majority is brainwashed to think what they are told to think. The businesses control where the money goes for certain political funding as the media controls what the people see and hear, and as the sheep listen, they are actually stupid enough to think they have free thought. As long as the people are unable to connect and process information on their own, they will only see what is on the surface as they take it for face value and as long as they think their thoughts are their own, this is all that's needed to make the mind control effective enough to go unnoticed.

In simple honesty, morals were meant to be set up to govern society, but our society never had morals. Instead of society being set up to protect us, society is based only on money, so the morals preached to us are set up to destroy us. This is why the brainwashed smoke cigarettes, drink alcohol,

depend on medications, stop exercising, over eat, eat meat products, live on caffeine, do drugs, get suntans, get tattoos, have pets, and judge people based on income. Society is currently based on money, not promoting health or education. In fact, it's Capitalism, which says to step on everyone to get to the top, which translates into pollution of misleading advertisements. Businesses doing what they can to hurt and kill the consumers in the name of profit.

It is impossible to stand for something without first becoming a perfect example of that which you stand for. In movements for truth, we can see an awakening taking place, but the contradictions shown in *"what they say"* and *"what they do"*, are hypocritical to the over all meaning of what they are fighting for because they are still under the manipulation and control of the world view they live in, which is distorted and false. They have however broken the mold they were fashioned from, so only time will tell if they will learn enough from their investigations to unlearn all that they have learned from their childhood. Our education is where it all begins, but what you were never told is that the teacher giving the lesson, in front of the class, is the distraction, and the students looking in the same direction, thinking the same thing while doing the same thing, this was the true objective. This explains why the lessons are so repetitive and why the students often feel nothing is really being taught. For the students to conform properly, they are conditioned to fit into a brainwashed world that they do not belong to yet, and at the same time they are temporarily removed from it for many years (*through the school systems*) until they do. It is then in this practice of education they want their students to be dependent upon resources of information gathered instead of being self motivated to learn from their own research and personal findings. As a result of this they will begin to assume many things automatically without thinking and allow an authority figure of some type (*like a teacher*) to be their source and explanation, which in turn makes them followers without a cause. Most highly intelligent people will fall into this description, and even if they are smart enough to tell fact from theory, they will still depend on a source other than their own, only they will cling more to the hierarchy of education in which they earn titles and certificates so they can continue the chain of events by replacing the teachers that taught them. The publication of education then becomes controlled by only allowing those with the highest titles and certificates earned to go into print. When this happens it's usually all theories which are looked at as facts. Most books written from these devoted students then become based on topics they know nothing about while using myth, speculation, interviews from other students such as themselves, and statistics presumed to be connected, to all be presented as fact. This is known as the blind leading the blind, appearing as a dumbing down of information except it really can go no higher for the lack of intellect involved to put it together because these (*student to author*) writers were incapable of seeking true knowledge or any deep understanding.

Every foundation has a preexisting foundation. To firmly stand on one without knowing the one it was built upon makes you a tool, a puppet, and a well trained dog. Just as using a word without really knowing it's meaning, it is just as ignorant to identify with or accept anything you don't really know anything about. Even if you know something very well, better than anyone else, until you know the history of how it came into being, you really know nothing about it at all. Once you begin to connect all the pieces, you'll find that fear is built into the equation on purpose to ensure we are all blackmailed to go along with the way things are. Fear of no job which leads to fear of no money which leads to fear of no food, no electricity, no home, no phone, no vehicle, and no medical treatment. However, most will disagree with something and then in some way still cling to it out of habit. As you will soon learn if you haven't already, it is impossible to keep things the way they are and to think that what we are trying to avoid is not connected. If we want to avoid the path our existing foundations will create for us, then we must learn to reject the foundations that we are forced to stand upon now. Most foundations appear as religions, but all religions came from the same source, so why follow a false teaching? Our systems of law are foundations also, and so is money, politics, business, education, and science. Before anyone decides what they are against, they should first let the rug be pulled out from beneath their feet so they can first see where they really stand.

The largest weakness found in the brainwashed so far is their need to belong in this false view of reality they have been conditioned for. Since they have already accepted it, they will then accept anything they are told (*in favor of it*), such as the biggest lie of all, *"a chemical imbalance in the brain"*. A lie told to many when they begin to resist the corruption and problems of their false society. Upon closer inspection it appears that sympathy and guilt are used to exploit their need for feeling useful and feeling needed by entrapping them into a false sense of responsibility. Instead of becoming more free, they further pursue the interest of becoming more enslaved, as it becomes the only thing they know and the only way they know how to live. Children and pets then become their main priority as well as anything else they can contribute towards, but what they fail to see is that it's all just an illusion. Since they cannot see the big picture of things, they have a tunnel vision perspective that narrows and limits the information they perceive to be their world. The connection they failed to make is that the world caters to this, and feeds off it. It's a known fact that people with kids will spend more money, and marriages enforce religions at the same time they also perpetuate selfishness, jealousy, envy, and greed. Pets have more food options than babies do, and unlike babies, pets can never grow up to do for themselves so they remain a constant burden advertised as needing a home but breed by the thousands to have enough pets for every home because the brainwashed can't see or understand how it's all about the money and how they were used in the process. Often thinking they help when handing money to organizations, but not able to

offer any real help to those they pass on the street or see struggling to get by.

This type of thinking is reflective of them being self conscious in social settings such as being afraid to look at and speak with others they stand next to in check out lanes. Someone told me once that they would never go to see a movie at a movie theater alone and always wondered about those that did. However, if they were not brainwashed they would have thought the opposite because no communication takes place when watching a movie, and having someone with you can be very distracting, irritating, and cost you more money. So it appears the need to be with people, at the same time there's an unrealistic fear of people, is all implanted into everyone's subconscious. This leads to communication difficulties for these people as they purposely try to avoid all people and often express short tempers with lots of rage and built up anger. Unable to talk to others or explain things, they will instead say a few words and grunt like an ape while pointing a finger as if you are supposed to know what they are thinking. The fairy tale idea of finding a one true love then reinforces this behavior and pattern of thought, which is extremely bad because it alienates the world around them. Caught up in the artificial matting practices of finding only one true forever love partner, they first reject any communication with others already in relationships, and then reject others based on the severity of their behavioral conditioning, such as age, beliefs, yearly income, type of employment, and location. However, they will still cling to any sexual attraction as their one true love and continue to do so from one person to another while they deny the feeling of attraction being a common emotion that is shared by many at once and while denying there could be another person better for them somewhere else. What society and religions want you to think is that lust and love are the same thing, but they are not! Lust is attraction and sexual desire which should be held sacred to a certain degree, but by no means should it be limited to a one on one love relationship. Love is understanding and caring, so the ones that mean the most to you and you to them, a special unity is Love, and is not limited to just two people, but can be; many men, many women, one man with many women, one woman with many men, or many men with many women.

Looking closer at why people want to have a lover, children, or pets, we uncover a deep dysfunctional psychological sickness that can be determined by how such people live and how far they have developed mentally. As most people have regressed and declined from being intelligent and fallen into the depths of ignorance in which they arrogantly and conceitedly contradict their every action to the point of being hypocritical by nature, we begin to see they are no more worthy of living than a stupid animal that runs across a highway during rush hour. After we look at the problems that this causes and that it also causes in return, we will then go over the solutions.

Let's first examine why people want to have pets. A pet for the most part can easily be compared to a prisoner. They are jailed, caged, given an identity tag, chained, kept away from other pets, fed at certain times, made to sleep at certain times, and they usually get about as much attention each day as a plant that gets watered while their daily life is just as exciting (*never going anywhere and only having walls to look at*). Pets are also dirty and destructive. They either shed hair or skin, they get wet or muddy, they urinate and defecate either indoors or outdoors where it can be tracked indoors, they get feces all over themselves and sometimes eat it, and they destroy everything they touch. So why do people have pets? Pets are dependent upon being fed and the communication between a person and their pet is one way as the pet cannot talk back or decide anything, so our first observation is that of a power control over another living creature while our second observation is that of a primitive barbaric alienated individual that is disconnected from others and can only connect and relate with unintelligent creatures on a much lower level, often reflecting their own inability to take care of themselves and also sustaining poor hygiene with depression and social phobias. Usually exhibiting signs of fear and paranoia from both the possibility of the pet escaping from them and also from an unrealistic obsession to be bothered every few seconds whenever they try to do something, especially when they want to sleep. This is expressive of people that constantly seek attention as they will purposely buy something knowing it will be destroyed and then act surprised and upset when it gets destroyed, telling everyone about it when no one cares. Another look at this destructive quality can be compared to that of a pyro that constantly feels the need to burn things. Just as a pyro likes to burn things, a pet owner likes to see all the nice things they buy get chewed up, scratched and clawed to shreds, trampled and broken, discolored and stained with bad odors, and covered in hair.

All relationships should be a two way communication but in the exception of a pet there is only dominance acted out of selfishness from an emotional disability. Most pet owners are so disconnected from other people, they would choose their pet over being with another person no matter how much that person might mean to them. When we take a step back to see this all in a much larger picture, we see they are just acting out what is being done to them. They have been forced into a meaningless life of existence as a slave against their will for so long that they don't even try to break free and their desire for owning a pet is their subconscious acting out what has been done to them over the course of their life span, much like how a child would act out what they saw in a movie with toy figures. From this perspective, wanting a child or wanting a pet in place of not being able to have a child, serves the same purpose, to only perpetuate this deep dysfunctional psychological sickness that is seen as an emotional disability. Most that want children then end up having children mostly for the same reason people want pets. To amuse and entertain them, show them off like trophies, drag them around from place to place like merchandise that they own, and to order them around like pets that can't talk back or escape from

their heavily sheltered and domesticated lifestyle, promising they will get what they want as long as they keep doing what they are told. Children are usually a reflection of their parents or a reflection of those that spend the most time with them. Seeing how almost no parents are fit to raise their kids, this creates problem children that then have a great impact on other children which will destroy any chance at a child being raised and taught as they should be.

Currently our society is taught that sexual desire and sexual acts are bad, while violence and killing is good. This can be seen in our media, video games and movies. It is not our government that decides, but a secret group of people chosen by the highest and most powerful media companies to rate how they want with no laws or rules to follow, and they are over shadowed by a person that runs the US Military to make sure no one ever finds out the truth about what really is going on when we go to war, and a person that over sees all Catholic activity to enforce one sided ignorant religious views over the unknowing public. Since people populate faster than they can figure out how they are going to survive, the logic here is to kill off as many people as possible, so allow them to hate and kill, but restrict them from any love and intimacy that they desire, so they will breed less and kill more. It's all in the programming, and the ones that can't see the programming, have already been programmed.

Religions have always sexualized and degraded women, from telling them their place is in the home and they must never speak, to telling them they must always wear a dress or a skirt for easy access whenever their husband wants to pleasure himself, and even saying they are only for pleasing their husband and they should not need or expect any satisfaction during intercourse. They even went as far as to make women cover their breasts in public, and making laws against visible female nipples and pubic hair. Entire industries even marketed the appeal of shaved legs and shaved arm pits, and now that is done everyday ritualistically. Yet women defend their degradation and slavery, just as there were black slaves that defended their slave masters, saying they are good to them and take care of them. Those that look too closely don't see the whole picture. It's not about the person you talk to, it's about the idea that controls them and dictates the actions of many towards a negative and wrongful goal. Thus slavery was continued in another fashion and called marriage. Two people given the false notion that they can own each other and have control over each other, but it is a lie not bound by any law, so everyone that gets married is destined to get divorced, or to give up everything they love for an unhappy marriage.

Again this goes back to how people's views and perceptions are warped. Both pets and children are not allowed to feel, express, or show love in today's society and many people would call it abuse if they did. Seems like true knowledge and true education is still largely taboo, but why? Why is the killing and eating of animals not animal abuse? Why is the chaining and caging of an animal not animal abuse? Why is having an animal

sexually castrated against their will, not animal abuse? The reason I bring these questions up is to question why kids are treated different than adults when it comes to knowledge and information. Why do people say *"that's not for kids"*, and *"they are too young"*? And if something is truly bad, then why is it not denied from adults also? Maturity is not defined by a persons age, and I would say thousands of adults have never reached maturity yet, but then again stupid people are more easily controlled so perhaps it's more about keeping people stupid.

The worst kind of animal abuse is actually having an animal neutered, and that is promoted by an entire market that makes money off of selling them to people as pets, and enforcing the notion in society that anything to do with sex must be bad, but all the violence in games and movies are acceptable. Most women don't get this because they can go generations without ever experiencing an orgasm, but a good comparison would be how men in other countries cut off their wives clitoris for the exact same reason women have their pets neutered, so the pets will be more calm, less angry, and less aggressive, but really it's so they are less caring, less alive, have less feelings, and can no longer enjoy sex ever again. Society is backwards, upside down, and twisted. From what I've seen by every animal rights group, they live to profit off of animals in some way while helping the markets that produce them. A good example would be how most of them only care about domesticated household pets, but do nothing for farm animals while they eat meat products and have the nerve to collect money to *"not save farm animals but to make them safer to eat"* which means a higher volume for the slaughter houses!

Kids are caught in the mix! Just as a pregnant animal will be cared for till they give birth, so their kids can be taken away and sold for profit, so to are humans kept dumb, stupid, and ignorant to have kids of their own. However, the kids are not free, they are slaves, and society does not protect them but keeps them blinded from learning any truth, so they will continue the slavery of humanity in profound ignorance.

The solution is very simple. Creatures were never meant to be owned or controlled, and so they belong outside and far away from people. If they want to visit, they will, but they must be free. Not in a fenced in area outside and never in our living spaces. Then the time to have children should be when one has found their place in the world, knowing the child will be theirs to teach, to begin a new perfect world far from the corruption of today's society.

The world doesn't need any leaders. As long as we have any leaders at all, a hierarchy will exist. As long as a hierarchy exists, information will be suppressed. As long as information is suppressed, no one will be equal. Age, Intellect, and skills should not decide who is better than another, cause these are methods used to program and condition the masses into accepting whatever truth those in power want them to accept. Not everyone needs a

job, and the mentality that everyone should have a job is another view implanted for the purpose of depending upon the money that controls you. The needs we have should not be confused with our desires, and while they use our needs to blackmail us to do their bidding, they cleverly tempt us with our desires which only become greed so we learn to give into it and accept it. Again, this is something else weak minds do not see and while they try to come up with more ways to get more money thinking more money will solve all their problems, the strong minds are doing their best to discover more ways to need less money so one day they won't need money at all.

The answer isn't "*what people think*", but "*how they think*". As long as people only think about what their thoughts are instead of how their thoughts are, then weak minds will always be left open to absolute manipulation and deception. By them looking at what their thought is, it becomes trapped in their mind, but by them looking at how their thought is, it releases the thought to expand the mind. This is a very slow process when trying to get through to brainwashed people, as they will always go into denial of being brainwashed. The most likely reason is how society keeps distracting their thoughts with images of personal gain, money, love, material possessions, a better life, doing cool stuff, visiting fun places, and having a nice home at the same time it is tearing away at their hopes and dreams by forcing them to work all the time so they have less motivation, more stress, constant health problems, worries, fears, fatigue, a feeling of being disconnected from others, unable to relax, and unable to think. When confronting such a person, you must not be confrontational at all. You must instead lower yourself to their level of thinking and see from their view to try and raise their thinking level slowly by agreeing with them in some small way but at the same time getting them to question their own thoughts, actions, and behaviors. Once they understand, they will still go back to their old self as a result of being conditioned over the years. Chances are they will feel most of their life has been wasted as they decide to drown in depression and self pity instead of changing. Change is possible, but is a very slow progression that will take many years and several profound life changing self realizations along the way.

I have noticed a great deal of brainwashed people are self absorbed, depressed, and angry. Even when given solutions to their problems, they cling to their despair and always use examples of other people to give reasons why they do or cannot do something. This is a result of forced repetition in which they feel they cannot escape and have no control over their own life. Also, it's hard to say for sure exactly why, but they have stopped caring and purposely remain in this state of mind with intentions to hurt others and to destroy everything around them no matter how nice they may appear to be and no matter how pleasant their smiles are. I'm not sure yet how many or how quickly they can be changed, but if the majority remain in this state, then the human race will be an enemy and a threat to a much higher life form.

The final realization is that we are all locked into a specific frame of mind no matter which way we turn. So I would say there are degrees of lesser and more *"Brainwashed"*. It's not as much about learning to ask questions as it is about questioning ourselves, our own thoughts, our own views. This is the true nature of being open-minded for doing so will lead to deeper understanding of all things and how all problems can truly be fixed once and for all.

As we reflect on the world around us, you should now see most things in society as they truly are, false and corrupt. While this modern age of reasoning has its positive side with the scientific method, it very much still has a negative side that has been based solely on ignoring what is, to assume an idea of what one person thinks it must be according to their uneducated opinion, such as psychology. Psychology is a labeling and organizing system gone terribly wrong. All psychology really is, is a method of observing and naming all patterns and types of thoughts and feelings in relation to physical perception through the limited narrow view of another. Based solely on philosophy which is a system of beliefs accepted as truth and authoritative, yet completely false without evidence of what it claims. Regardless of what they say, there is no such thing as a chemical imbalance. The drugs that psychiatrists prescribe are immobilizers and act exactly like illegal drugs.

People governed by fear, hate, and greed, have no understanding by which they act and therefore they can do no good as long as they continue thinking, speaking, behaving, doing, and living the only way they know. There are none so blind as those who will not see. Trapped in ego, and blinded by their own views so outwardly cast that they never know the hypocrisy that so heavily fills them.

Is it possible to ask a dumb question, or too many questions? Probably not, unless the answers are never acknowledged, and somehow fail to register in the mind. So in pretending one is intelligent, one could actually make them selves appear like a bigger fool. However, stupid people in large groups are dangerous because they take everything at face value, and their lack of logic and reasoning makes them side with pure stupidity.

If you know how thoughts work, you can evaluate a person by their actions and behaviors compared to their thoughts. In doing so, you will see most people have no place in an intelligent existence. However, society by majority is currently far from any sign of intelligence. As it is now a common trait in society that intelligence only means you can read, write, and speak properly. Any thought more than this is immediately shunned, rejected, ignored, and pushed away as if the act of thinking were a tedious physical labor of some sort, or an impossible task for them to accomplish.

A society too dependent on answers will reject logic to only accept what they are told by sources they were taught to rely upon. Let their body be their testament, for it will not lie, and their actions will speak for them. Though they speak of science, scientific discovery is unknown to them. For they are not explorers, nor can they be when only prematurely wasted upon being complacent and content with basking in their own ignorance where only they can turn their own failures into accomplishments with pride.

-2 Decoys

Imagine a person being fooled by a magic trick, the trick itself will represent that persons consciousness. Now imagine them learning how the trick was done, this deeper understanding and full awareness will represent that persons subconscious. So once a trick is learned, then that trick will no longer work. So tapping into your subconscious is not only how we awaken ourselves, but it is also how we strengthen our minds.

Hypnotism can only be done to those that participate, and are unaware at the same time. Though torture and mind games can change people in a similar way, and have a similar effect, it is also how society has been set up to condition people to live. There are devices and technology that get into this in deeper detail, but the outcome is the peoples inability to create individual independent thoughts of their own.

They will fool you at first, till they say a few things that give themselves away. As they always have to side with someone, and change their sides constantly as often as the topics are mentioned by different people, and have no compelling explanation or argument for why they do so.

Signs Of A Decoy

1. Instantly Agrees With Everyone
2. Likes What Other People Like
3. Unable To Create Thought

These people are different from the brainwashed, as these people will listen to what you have to say, side with you, and seem to understand. This is why they are called decoys. Be very cautious of them, be very careful around them, they are somehow left in a suggestive state, and are easily effected by everything and everyone around them constantly. When you are alone with them, you will not see it, but when you are among others, it will suddenly be very clear.

They may appear to be very intelligent, they may appear to be very logical, but only in a "*book smart*" sort of way. Other words, they receive all information at face value, so much that their idea of checking information is done at face value also. As I said, they have no thought of their own, and so they must side with someone.

-1 Humans

Let's look closer at the Re-Act versus Think-Act scenario. Comparing life to that of a dream, in a dream we are confronted by many people that we respond to, but why? Because we are caught up in the moment, and emotion itself is just a reflection that we reflect from others as well as cause others to reflect in return. Of course emotions are connected to thought, and thoughts are our only means of regulating and controlling them, and they do grow from thoughts, but thoughts can also make them clear enough to understand so that they dissipate from us while we remain fully conscious and aware of all situations and events surrounding us. Other words, we are then able to see the cause and effect of all things, moving away and around all emotions to trouble shoot what is creating them and why, without being effected by them ourselves. To gain this sort of control over ones emotions, one must first seek control over their own mind. It's very similar to lucid dreaming in regards to how one must learn to be aware more than participate, as it is more important to think about a thought than to simply think of a thought.

Now if we compare humans to dogs, they tend to let their emotions control them. They want to eat all the time, bark at everything they see, destroy everything they touch with no artistic abilities at all, and fuck out of simply having the desire to do so based on sight alone. All with no self control, no understanding of thoughts, just pure animal instinct for basic primal barbaric functions.

Problems With Humans

1. Sexual Compulsions Override Rational Thought
2. Rage Distorts Perception Of Situations
3. Sympathy Overlooks Hypocrisy

In simple observation of yourself and your surroundings, you may have noticed by now that people need to be with someone when they are alone and yet need to be alone when they are with someone. In understanding your partner(s) or people in general, there is no need to own or control anyone and in turn for not smothering them, they will grow with you and be closer within time.

We are the pets of others, and others are our pets. To accept any other creature or species as a pet over another human, is a mental handicap purposely designed by a degenerate society to suppress and withdraw ourselves from each other, to make us less than what we can be. Humans are both animal and intellectual, and must embrace this by filling the need to touch, cuddle, and caress a living creature with other humans instead.

Millions of people are stumbling around in a monkey see, monkey do world. Living in a parrot hear, parrot say society. To understand why is to know existence. Non-human pets are a replacement for human affection and a detachment from others as well as lowering ones self mentally to a lower life form. Having a non-human pet also is a reflection of greed and selfishness, insecurity, a false sense of power and responsibility, and is a deep dysfunctional psychological sickness. It's a weakness if you feel the need to own them.

To only know emotion without thought, is an animal behavior. Try seeing them as slaves and prisoners. Would you rather see a bird fly across the sky freely opposed to being locked in a small cage? Control is what must be given up before we can progress and advance. Even without pets, we must learn to never control another person, no one belongs to us and we are always free. Once a realization is made that there is no such thing as ownership of life, you'll never need to lean on anyone.

In Capitalism, providing pets for homes is a huge business. Many types of creatures are mass produced and then sold in pet shops or sold by breeders. The idea any of them can be saved is just a manipulation of thought to toy with peoples emotions by playing on their sympathy. The end result is to burden people with a false sense of responsibility so they feel trapped and restrained at home. There are none so enslaved as those that think they are free. See what I see. Stop the madness.

Our bodies reflect our thoughts. We can either hide behind clothing that is meant to make us feel shame for our bodies or we can open up and share ourselves to see the living works of art that our bodies are.

Many people are still seeing the mirror. By the phrase "*seeing the mirror*", I mean only seeing what is being reflected, as in the emotions people give off are usually seen as labels for what and how people are without knowing them or why they had such emotions. Emotions themselves are very reflective, and since they spill over so easily onto others, instead of letting them blindly change us, we must instead be the creators of them so we control our state of being and then effect others to benefit us to suite a more peaceful and tranquil existence.

In detaching ourselves from our own perspective simply by being aware of our emotions, we are able to feel the emotions of others without taking part in the behavioral reactions they usually tend to cause.

Being above humans, it is a rumor we have no emotions, that we lack feelings, and see them as weaknesses. We do have emotions, but we are not bound by the flesh, so we feel emotions on a much wider spectrum that prevents us from limiting our emotional experiences from a personal perspective, and because our intellect over rides our emotions, we make

accurate precise judgments based on the lives of the individuals we interact with.

Debug Errors And Reboot

How to think! This section will restructure your thoughts so you can act independently from other sources of information. No longer will you live in the shadow of others or need to look to another for an answer. No longer will you be fooled by lies. No longer will you live in error.

Initialize Sequence For Optimum Performance

1. Eliminate Beliefs From Your Thinking So You Only Use Facts
2. Check And Correct All Association Information
3. Realize The Routine Is Not The Task
4. Change Views To Gain Global View
5. See All Reactions For Every Action
6. Trace Everything To The Source
7. Find Endless Answers Beyond What Is Given
8. See Things For What They Truly Are
9. Don't Re-Act, Think-Act

Those that have been conditioned to only believe what they see in front of them, when given an explanation that is too far over their heads and out of their frame of mind, will deny the facts every time for refusing to connect any information that would reveal a larger picture. Seeing how we live in a physical world, based on our five sense, it's obvious to us what is real within our range of perception. However, There's another problem. Our minds are also set to work with only information that we've gathered, so this must be changed to accept additional information every time we add new information, and all information should be connected.

Never confuse beliefs with facts, and eliminate beliefs from your thinking so you only use facts. If you had to cross a bridge, it's best the bridge was built scientifically knowing what it can withstand and what it can hold in weight, opposed to being built by the belief and assumptions of what it can withstand and what it can hold in weight. As long as beliefs are encouraged and reinforced, people will continue to ignore logic and side with ignorant decisions which become our laws and effect our education. If a teacher was trying to teach you something, would you argue with them and tell them *"you are just trying to change my beliefs"*? It's important to know facts, but beliefs are and always have been complete and total bullshit.

When you see an object, and then see or hear a name, your mind will associate this information automatically. Without looking up the words meaning to check if this is the proper word, you would be neglecting your thought process by letting it function on its own with incorrect information. Doing this with notions of how the world around you functions, or from perceiving majority of anything as automatically acceptable is called having a codependent thought process. A codependent thought process is when you depend upon your perception instead of questions and depend upon thoughts of the majority to decide everything for you instead of thinking for yourself. This is preventive of any mental advancement or educational progression so these people are not easily reachable. This is also known as Decoying. Decoying is when one appears to be a free thinker, when actually they are just letting you think for them as they would anyone else. This is called decoying because they will later reject any and all forms of free thought for the thought of majority, not acting on their own but out of peer-pressure for fear of what others will think and by repeating words and phrases spoken out of context while thrown around loosely as if misconceiving the original meaning if there ever was one.

When learning something new, realize the routine is not the task. While examining different ways to get something done, it's more likely to find an easier and more effective method. Your way is no more wrong or right than someone else's, so only offer suggestions and let others explore their options. This reinforces independent thought, allowing new patterns to emerge as old habits are slowly broken down.

From all that you have experienced and learned, whenever approached with something new, your mind on auto will only be capable of using knowledge that you have already obtained. Yet stepping away from your own view to see from the view of another, you'll start to eliminate yourself from the picture as you slowly begin to gain a global view with each new person you place your view from.

With every action, there's a reaction, yet a mind on auto will never know the reactions of your actions unless you operate your mind by asking yourself what all the reactions are to every action you make. When you do something, how did that action effect another? If you get something, what actions did others do to make this possible? Who made it? How was it made? Where did the parts come from? Keep asking yourself questions and you'll find your thoughts will no longer be limited, because they will no longer be on auto.

The answers to all things are simple, just trace them to the source. Yet a mind on auto will never find the source, only that which it takes at face value.

The answer is never multiple choice, for every option creates a new option and in this endless chain of events you'll find endless answers. If

someone asked you to choose between the colors "*red*" and "*blue*", do they not combine to make "*purple*"? If you only see what is being shown to you, then you'll never see outside the box you were put into. You must instead find endless answers beyond what is given.

Always see things from a child's perspective, and not how they are seen by that of an adult making judgments and decisions for one. Children see things for as they truly are, not for how they are labeled or judged to be in the eyes of others. Example: A sock is just a sock and will fit on a man's or woman's foot both the same, yet society has divided the sexes by making two separate categories of socks, but a sock is just a sock! See things for what they truly are, not how you are told to see them.

When confronted or presented with objectionable or self-expressive people, a reaction would be to reflect their defensive and blocked off communication, but instead it would be better to think-act by calmly speaking with them instead of speaking to them, asking them how they got their information and how they came to their conclusions so they are open to communication without being defensive or blocking their self off from thought. This way they actually start thinking and can slowly begin to question their own thoughts.

In search for the perfect minds, free from hypocritical and contradicting thoughts and actions, Aspergers have those perfect minds. Aspergers is not properly defined by humans though because humans cannot see it from an intelligent perspective with the understanding to "*how*" and "*why*" each characteristic is present. So this is the true description of Aspergers from this intelligent view.

Aspergers: Their minds function from collecting and connecting facts, mostly from visual experiences. Things they might appear to do wrong by accident could be done with the intent to explore all possible outcomes, testing the fabrics of our reality, or to see how others react to incorrect data. Mostly as an indirect way of questioning why things are the way they are, or why others accept things the way they are. Seeing these characteristics from this new view reveals the human race as stupid, ignorant, and not worth communicating with. Just as a stupid question doesn't deserve an answer, most human interaction doesn't need a response. Thus the reason humans might think there is a lack of social skills. The senses, thoughts, and concentration are also greatly enhanced, and while this may be looked at as a problem, it's actually more of a problem to not be this intelligent. A person with Aspergers needs to be around others just as intelligent.

Physical Attraction, Relationships, The Mind

As religion destroyed the meaning of relationships, we are now starting over again from scratch and eliminating religion and government from its meaning, description, and view. No longer will they be involved in or dictate power over us. We do not conform to their system of greed, deceit, and lies.

To move beyond our limitations of the flesh, we must first move beyond our insecurities (*the fear that lurks in our hearts from dividing ourselves from the whole while hunting and seeking others to be isolated prisoners with us*). Our emotions should never be so strong as to change another that is not ready to change, for we can only help those that help themselves, and lost shall the desperate be till they are crying for that which is right in front of them.

Sex and love (*or lust and love*) are two different things. It is very possible to love those you don't have sex with just as it is possible to have sex with those you don't love. However, lechery should be approached with discernment, cause it's not just a union of flesh, but also a sacred combining of minds.

To act on emotion and sexual desire alone, makes you an animal. Instead... stop, think, know, understand, and ask yourself what you really want, why, and how it will change your life. Are they a blank canvas with no thoughts or opinions of their own? Are they materialistic, searching for anyone with the most money? Do they have a clown face and live to get sun burned? Are they a contaminant? Do they have shit for brains and follow some stupid fucking religion? You should always choose mates and partners that will most identify with you and be an extension of yourself on a higher level.

We are all walking talking pieces of meat. Our bodies are merely containers made of flesh. It's not our lives that make us who we are, but the choices we make and the mental paths we take.

True love is a serious trusting relationship with multiple partners (*because it's not cheating if you have no secrets and all partners are alright with you bringing another into the group*) and without marriage (*because marriage is only used by governments and religions to control stupid people*). The larger the group gets, the more consent is needed to bring in new partners. This is not the same thing as an open relationship because in an open relationship you see and do who you want without asking for anyone's consent first.

A Love Circle Can Consist Of

- A. One Man And Many Women**
- B. One Woman And Many Men**
- C. Many Men**
- D. Many Women**
- E. Many Men And Many Women**

Physical attraction is rather simple and easy to understand. Everyone and everything has an energy field. All energy fields act as magnets with either an attraction or repulsion to another energy field. Living things have ever changing and constantly evolving energy fields. When energy fields come into contact with each other or connect in some way, no matter how distant, they either begin to pull together or push apart. As polarities change, so do relationships. As needs develop, so do emotions. As time expands, so do thoughts.

As the old saying goes "*beauty is in the eye of the beholder*", it is now known that our minds search for similarities of ourselves in others, and this is how our minds determine what is attractive to us. When bodies touch, energy fields merge. If during a sitting or laying position when this happens, a feeling of sexual arousal will develop. This is a combination of body heat and blood flow. The longer the contact is sustained and the more movement is felt, the greater the sexual tension becomes. Orgasms are a natural need that we all experience just as breathing, sleeping, drinking, and eating. All forms of sexual arousal are normal and are shared by everyone. The largest misconception of society is that sex and corruption go hand in hand. This is not true because sex is natural, healthy, and innocent. Corruption has nothing to do with sex at all. Corruption is merely the destruction of the body, and the celebration of poor health.

Understanding Physical Attraction

Zoophilia: Being attracted to animals, other than human.

Necrophilia: Being attracted to dead people, no longer living.

Gerontophilia: Being attracted to elderly adults, very old people.

Teleiophilia: Being attracted to Adults, after puberty.

Ephebophilia: Being attracted to adolescent youths, still in the stages of puberty.

Hebephilia: Being attracted to pubescent youths, having arrived at the onset of puberty.

Pedophilia: Being attracted to prepubescent youths, before the onset of puberty.

Infantophilia: Being attracted to infant youths, while in diapers.

Infantophilia is normally accepted and common with woman that breast feed and they usually masturbate while they are breast feeding their infants. Pedophilia is ironically suggested by mainstream advertising and the social acceptance that women should always shave their legs, but the only people that don't naturally have any hair on their legs are children before they reach puberty. Hebephilia by nature is when humans are supposed to start having sex, so any denial of any sexual attractions at this age or after would be a sign of a serious mental disorder. Likewise, Teleiophilia is common with many children that develop a strong attraction towards one or more adults. As what they have appears to be a "*crush*" or "*love at first sight*", they will remain shy and hide their feelings, especially since they desire intimacy and fear rejection from being too young. Ephebophilia is common with all adults, cause the true nature and essence of beauty is youth and this is the closest adults can get to youth while having an appearance of an adult. In fact, many adults can pass for an adolescent just as some adolescents can pass for adults. Gerontophilia is not as widely seen, but to those that have gained the most in life, they have no problem finding another to share it with and as they get older, their partners always stay about the same age if not younger. Necrophilia is commonly desired by those that want others for their bodies but wants nothing to do with their personalities. Zoophilia is common with most pet owners, especially single adults cause they prefer a pet to another human and show more affection toward their pet than other humans.

Sexual activity is recreational and is intended more for staying in shape. Not all sexual activity involves intercourse and can often be turned into mind games.

The Dom and Sub roles that we take on or take turns exchanging between us and others is our civilized life styles being drawn back to our basic primitive barbaric instinct of prey and predator in which we all feel the need to take or to be taken! Often our most kinky thoughts and fetish desires are almost always rejected but through bondage we can train and be trained like dogs to do new tricks. Of course being forced to do just about anything while bound is the main objective to being restrained.

When we love someone, we can't always be loving. We need to be aloud these private and sacred moments between us to connect and to share our most intimate and personal desires no matter how twisted, violent, abusive, humiliating, embarrassing, degrading, perverted, or hateful they seem to be. However, people should never be completely owned by anyone. People are free to be with whoever they want and to live how they choose, and if they desire to be used then use them.

Basic Principles Of Thought Control

For any abilities to work, there are a few simple laws that have been established. Consider them mandatory, no exceptions. They are simple to remember, but for those that seek detailed clarification, this section will explain everything and answer all of your questions about them and why they are so important.

The 3 Do's And The 3 Don'ts

First, You Must Always Have: Desire, Discipline, Action

Second, You Must Never Have: Fear, Doubt, Fatigue

Desire

What the mind wants, and what you want usually gets easily confused, especially when you don't know exactly what it is you want or want too many things at once! The object here is to figure out what you really want! If you could only have one wish, what would that wish be? And after you got that wish, would you not want it anymore and then want something else? This is the lesson of "Desire"!

Discipline

If you make a wish, you can't just walk away from it and expect it to come true! You have to devote your time and energy into it as well. You must be willing to put it before all things, and see it through to the end. If you can do something daily for three weeks, then you can do anything!

The subconscious in many ways is like a child. It takes everything that you say (*verbally and mentally*) for face value! In a psychosomatic way it effects your physical health and usually ends up making decisions for you! This is where you have to silence your thoughts and know exactly what you want without thinking twice about it! This is the lesson of "Discipline"!

Action

You can study and train for something your whole life, but when you are actually face to face with something, will you be able to pull yourself out from being in shock so that you can actually do what it is that you had been practicing for? Most people don't understand this, not until they are face to face with it themselves!

Let's say that you are standing in the middle of a road, and a truck headed straight for you doesn't see you and is blinding you with its headlights! You already know that you have to get out of the way, only

something grips you for a moment! Yet, you don't have a moment to spare! Are you going to just run for it without thinking, or are you going to try to think for a second and be paralyzed by the shock that you are in? In other words, your actions must be spontaneous, caused by thought, not thought about. This is the lesson of "Action"!

Fear

You must never have any fear! Be it known or unknown, it will only hold you back from progress! You see, it's your mind's little safety switch! It's what pulls you out of a bad dream and ends your nightmares, and it can prevent you from doing anything supernatural just as quickly. In order to get past your fears, you'll either need to face them or erase them from your mind so that you don't think about them!

Usually it is impossible to get rid of your fears, but one mental trick that seems to work fairly well is to focus them all on yourself! Then you won't have to worry about them at all. Actually, worrying is also a type of fear. I guess what I'm trying to say here is that you'll need to clear your thoughts or redirect them! Find a way to shift your attention to something that makes you feel safe and stay focused on it. This is the lesson of "Fear"!

Doubt

Doubt is almost just as bad as fear! Well, because your thoughts have to be focused and directed while your mind is centered. Any bit of doubt is going to disrupt your thoughts and ruin your concentration.

Example: Have you ever noticed how you never actually notice your thoughts because they are so constant? Yet when you actually do think about them or just simply try to think about thinking, you then notice multiple thoughts all appearing at once!

Whenever you attempt to do something, your mental thoughts will always be opposing what it is that you are trying to do. So you must have faith in yourself or else not think twice about it! So if you are trying to do something and a thought pops up in your mind trying to stir up your thoughts, simply ignore it. If you ask yourself a question as to check what you just did, tell yourself yes and that you need not remember it, because you'll remember it when and if you need to. Condition yourself to accept memory loss as a way to recognize your deep concentration level. You must not stray off your path! This is the lesson of "Doubt"!

Fatigue

This next one should be a simple one for you! All it implies is that you get as much sleep as possible. No less than eight hours of sleep daily! If you

are just the slightest bit tired, then your chances of doing anything supernatural are very slim! You have a much better chance when you are well rested.

When your eyelids start to become heavy, that is the first sign that you need to sleep before doing anything else. That's how your body alerts your mind!

The more you sleep, the better you will remember your dreams! The more of your dreams that you remember, the better! If you want to master supernatural arts, then you must not be in the realm of the physical so much! After all, there is a small price to pay for everything! If you are unable to do one of the relaxation exercises, try getting eight hours of sleep first, then try the exercises immediately upon waking. Most of your time will be required, as the most important requirement of all is that the body remains in sleep, even when you are awake. This is the lesson of "Fatigue"!

The 3 Do's

1. Must Have Desire
2. Must Have Discipline
3. Must Have Action

The 3 Don'ts

1. Must Not Have Fear
 2. Must Not Have Doubt
 3. Must Not Have Fatigue
-

2

Letting The Flesh Sleep While Awake

DEEP SLEEP AND MEDITATION, AND HOW THEY EFFECT RAW MATTER

Dimensions

Taking a look at the dimensions, no matter how many atoms you smash, you will always have atoms, so it is impossible for the first and second dimension to be observed from the third dimension just as it is impossible to observe the fourth dimension from the third dimension, until we know what we are observing, because the physical is only possible in the third dimension. While we know the first dimension is a line, imagine what this could possibly be. Where only a line exists and absolutely nothing else, nothing on its sides, no space, just one dot multiplied endlessly in a line. I think it would make sense to speculate (*the line itself is the same as a dot because two or more dots create a line*), then this would be time.

Since we know dimensions must carry over characteristics to make a newer dimension, and we know time and space exists in the third dimension already, then it would make sense to say the second dimension is purely visual and existing in a dream state where time appears to be created, but since this is more than time with objects and images included, we can once again take another step back to see time is itself the first dimension, and we know time does exist in the second dimension because the images and visions we see in our mind are always moving, though time moves differently in the second dimension compared to how it behaves in the third dimension, and again changes in the fourth dimension as well.

Time is not the fourth dimension, let me explain why and then you'll understand. As many people in mathematics are familiar with X, Y, and Z being virtual calculations for programming robotic movements and creating virtual reality games, W is used as an added calculation to determine the movement through this X, Y, and Z space. Immediately upon their discover of being able to do 3D programming by using the calculation W, everyone jumped to the conclusion that W must be the fourth dimension and never questioned it. What they were thinking is that our 3D world must be frozen without ever moving and that this (*space inside space*) must be what allows us to move and exist in a forward motion. It's a nice thought to speculate but then they probably never gave it any serious thought. At the moment, everyone saying "*Time is the fourth dimension*" sounds pretty fucking stupid like how everyone used to go around saying "*The earth is flat*". So to those that still think the fourth dimension is time, here's something to think about. Every dimension carries over properties from the one before it (*a flat surface made by two lines crossed, a cube made by two flat surfaces crossed, etc*), so if you think time is the fourth dimension then you are saying time does not exist in our third dimension? The calculation X, Y, and Z are representations of the first, second, and third dimensions but the fourth dimension is a cube crossed by itself representing space inside space, yet the added calculation W is just lines identifying movement of points making straight lines through X, Y, and Z calculations which you haven't considered to be the first dimension? Though the first dimension is already included in

X, Y, and Z calculations, that's only from the third dimensional view. Remember, the first dimension does not contain the same properties of itself from the first dimension as it does in the third dimension. So the first dimension seen from the first dimension would actually be seen as the calculation W.

The dot of the first dimension is seen as everything and nothing at the same time, yet I think most see it as nothing and fail to see it could be all of our existence in which continued as a line would explain how we still exist and keep moving. So if one dot in this line was existence itself, existence would cease to exist if it did not pulsate in a line of itself which would create events, being nothing and everything all at once. The biggest mistake most people make when it comes to explaining the first and second dimensions is that they never took the time to really question what they are and they can't explain them so they are often skipped. So I'll tell you, you can only explain the third dimension from the third dimension, and most people are still fixated on their own third dimension so they quickly think (*Well, the first and second dimensions help make up a three dimensional object so this is what they are.*) However, the third dimension looks very different from the fourth dimension, so likewise the first and second dimension don't appear anything at all how we perceive them from the third dimension as well.

Now as we cross the line with itself, we get what appears to be a flat surface, but keep in mind a flat surface can only exist in the third dimension where it can be determined to be flat. What most fail to notice is that objects don't have to be three dimensional. They can exist in a two dimensional day dream and memory state. This is where you go when you dream, down a dimension, not up to a higher level as most think, but into a sea of subconscious thoughts. Thus we are able to dream things before they happen or experience deja-vu in which we catch a brief glimpse at time in the making. Now as we cross this flat surface with itself, we get our third dimension and can begin to see how consciousness exists in all matter, but on a subconscious level. The second dimension is purely visual, but plays a very important role in our existence as the information to the hardware of our existence.

What I find odd about most peoples conception of the fourth dimension is how quickly they are to cling to theories about it with no first hand experience of it and no understanding of what it really is and how it actually works. With this said, what I'm about to tell you is fact, not theory. First lets take our cube and cross it with itself. This is space existing within space. Not something inside of something, but something in the exact same place as something else. From this fourth dimension everything in the physical third dimension has a transparent counterpart and everything is pure energy so all things are lit by their own energy making everything appear a soft tinted color. You could refer to this as the after life or the spirit world, but it is very closely aligned with our third dimension and it

makes up the mass of all matter. Space and time still exist, but both can be exceeded cause in this fourth dimension you move by thought bringing places to you. Pure formless mass (*or as I call it, Raw Matter*) can then be played with to create things or to cause effects upon the physical world. The stronger an energy field is (*or the more dense Raw Matter becomes*), it begins to create its own gravitational field bending space and slowing down time with it. If it becomes strong enough, it can materialize invisible solid objects in the physical world at the control of the creator of them. By splitting it apart or by making two of them, creates a worm hole that can be punched into the physical world. Time travel and teleportation are real, but that's a subject still being explored.

Matter

First, so everyone better understands what we are dealing with, everyone must first understand how the third dimension works and how we exist in it. This is done through understanding matter, energy, and how we perceive them.

Matter is what makes up everything. (*Matter: All which is created from mass, to occupy volumes in space. Also known as the third dimension. All solids, liquids, and gases that make up our existence.*) Another way to look at matter would be to consider the four elements (*Earth, Water, Fire, Air*), yet it also includes all things living and nonliving as well as inanimate objects and even the air and water in between all things.

In science, an element is something that exists alone by itself. When elements join other different elements to create something new, they then become a compound. Since water is a compound of hydrogen and oxygen, it is not considered an actual element. A molecule is then just a collection of many elements joined together, so a molecule can be either an element (*if all the same*) or a compound (*if any are different*). Since an element by itself is the lowest we can go to break things apart, then all elements are considered atoms, and currently there are one-hundred and eighteen of them that are known.

An Atom contains a Nucleus that is made up of Protons and Neutrons, with Electrons on its outer surface. The number of Protons always equal the number of Electrons. Number of Protons is the Atomic Number. Adding or removing Protons then changes the Atom to a new element. Atoms become electrically charged when they gain or lose electrons. Since Protons are always Positive and Electrons are always Negative, the highest number of the two determines if the charge will be positive or negative. The Neutrons are neutral without any electrical charge, and their count compared to Protons determines how stable the Atom is. The Atomic Weight or Mass Number is the total number of particles in an Atom's Nucleus. Protons or Atomic Number minus the Atomic Weight or Mass Number equals the number of Neutrons the Atom has. Adding or Removing Neutrons then determines how light or heavy the atom will be, and these are called Isotopes because they don't become a new element, but variations of its former element.

According to physics, Mass is how much Matter is in an object. However, this is not what Mass actually is. Since physics had the right idea but got it wrong, I have given the correct definition here. (*Mass: Either thinly dispersed or heavily condensed energy that creates matter, attributing properties of weight, volume, and physical form before becoming matter. Also known as the fourth dimension or the space that occupies space.*)

Energy is in many forms such as heat, kinetic, mechanical, elastic, electrical, chemical, radiant, and nuclear. Your body in some small way uses every type of energy that exists. It is then through our five senses that we judge all things. I'm not going to say we have a sixth sense because we don't. The body has five senses and that's it. All of the five senses though are powered by our other half that is in the fourth dimension. When the mind is kept awake and alert while the body falls asleep, it is then this other half of you that will begin to expand your senses by no longer being trapped and limited to the body and its flesh.

Sight is a huge part of how we judge things to be real or not, or true or not. However, to make these assumptions you should first know how sight works and how visibility of things are made possible. Looking back at how all things are matter, light is absorbed by all things, and it is the frequency that they are at that reflects the colors we see. Since our eyes rely on sight to see things, for something to be visible it must either reflect light, absorb light, or let light pass through. If you were to sit in the dark without any light, then everything would be invisible. However, light only reacts to matter, and not raw matter. Not till it's concentrated, condensed, and materialized that is. Raw Matter being materialized can be captured on film using Ultraviolet Cameras, as the first stage of materialization is not visible to light.

Raw Matter

ATTENTION: As the raw matter begins to take shape, it will want to rush back into the body. If you have any physical conditions, this will severally effect them and could cause death, especially if your physical conditions are directly related to the lungs or heart. As raw matter exists as space within space, before materializing it will effect living organisms before effecting inanimate objects. This can be felt and seen as dislocated muscles in the body. Though they can be immediately corrected, individuals not in shape and not completely healthy should not try working with raw matter.

For ages scientists have asked "What gives matter its mass?". No one could find the answer because they were asking the wrong question. What they should have been asking is "How does mass create matter?" You see, matter exists because of mass, not the other way around. In fact, mass can exist without form and when without form we call this "Raw Matter". Raw Matter being without form appears to be created from the energy of all other matter, and at times causing these other pieces of matter to slightly change as a side effect to their energy loss.

The first dimension is a line. Cross two lines and you get a flat surface which is the second dimension. Cross two flat surfaces and you get a cube which is the third dimension. Intersect two cubes and you get space within space which is the fourth dimension.

The fourth dimension is in essence where mass exists and comes from. An inanimate object in the third dimension has a volume of matter, but it has gravity and weight because of its fourth dimensional counterpart. Over the last hundred years or so this has been referred to as many different names such as Astral Substance, Aura, Blue Blood, Chi, Dream Stuff, Ectoplasm, Emotional Body, Energy Field, Ghost, Life Force, Mind Stuff, Orgone, Reiki, Soul, Space Within Space, The Energy, The Force, and Vitality. The reason I have chosen *Raw Matter* as the main word to describe this is for obvious reasons associated with most of my research. Since we are dealing with Matter, and how it is created as well as effected, I am simply making a direct reference in which I hope we can find a direct connection.

Ectoplasm does not always come from a persons body, because Ectoplasm refers to raw matter's physical materialization which is done at the point of contact and not from the person controlling it. It will still be connected to the person controlling it, but the connection itself will not materialize.

Though most only relate emotions to living things, the description *Emotional Body* is used because of how mass creates all matter while all matter is connected and emotions are what control them. So all physical bodies have an emotional body, though it's just another name describing raw matter, this name however hints at the web of consciousness which has more meaning to those that understand more about how it works. In much the same way information can travel through vibrations, sounds, and lights. Information can also travel through raw matter. Very simple, this is the mass of an object or the objects weight, the mass being an unknown portion of an atom that causes them to connect pieces of matter like puzzle pieces. Though this connection is not permanent or secure, it still connects and holds to act as an extension of ones own body.

Since everything physical has a raw matter counterpart in the fourth dimension, we can understand how the raw matter behaves by simply looking at all of the counterparts as energy fields. While observing raw matter from this perspective, quickly I noticed raw matter behaves identical to the rules of electromagnetism. It is important to know that all magnetic fields move in circles, exactly the same as all living things have circular energy fields, and just as light radiates outwardly from a light source, so do things grow from the inside out, as seen with rings inside a tree or in an onion. However, right handed people have energy fields where the current travels from feet to head and left to right, while left handed people have energy fields where the current travels from head to feet and right to left.

The Right Hand Rule (for a positive charge): If the right hand is placed around a conductor with the thumb pointing in the direction of positive electron flow, the fingers will curl in the same direction as the magnetic field. Reversing the current means that the thumb must now point in the opposite direction. Although the fingers curl the other way, they never less indicate the new direction of the magnetic field. If the thumb points in the direction of positive electron flow, and the fingers point in the direction of the external magnetic field, then an imaginary arrow drawn straight out from the palm indicates the direction of the force exerted on the conductor. Of course if the flow of charge is interrupted, the magnetic field collapses immediately.

The Left Hand Rule (for a negative charge): If the left hand is placed around a conductor with the thumb pointing in the direction of negative electron flow, the fingers will curl in the same direction as the magnetic field. Reversing the current means that the thumb must now point in the opposite direction. Although the fingers curl the other way, they never less indicate the new direction of the magnetic field. If the thumb points in the direction of negative electron flow, and the fingers point in the direction of the external magnetic field, then an imaginary arrow drawn straight out from the palm indicates the direction of the force exerted on the conductor. Of course if the flow of charge is interrupted, the magnetic field collapses immediately.

While most consider the energy field, or aura separate from the body or existing outside the body, they can better be understood as expanding as far as ones imagination will allow. However, they either exist in the fourth dimension, or in the flesh of ones body as a power source. Space exists within space, and when apart of your body goes to sleep, this is a part of you

slipping out of your body. Not out of your body as in some place else, but in the same place as yourself. Out of the third dimension of your physical body and into the fourth dimension of your body's physical counterpart of pure energy or raw matter. It is this other half of you in the fourth dimension that allows you to feel, but when your body is not asleep, the only thing you can feel is what your nerves in your body will allow you to feel, because then your fourth dimensional half is too busy powering your body. When you let a part of your body fall asleep, the fourth dimensional part of you is still connected to you, but no longer in physical form and able to feel and act beyond the limitations of the flesh.

Using a metaphor, let's say you have an ice-cube tray. You can fill it with water. Your body is like the tray, as it is just a shell and a vehicle for the water which can be poured out, refilled, and frozen. The water in the tray is similar to your muscles in your body being relaxed while the frozen water in the tray is similar to your muscles in your body being tense, and no water in the tray would be similar to your muscles in your body being asleep. Though the water makes up a part of the tray, it is constantly changing, always coming and going, usually full but sometimes empty, and while it's not the total weight, it does make up a portion of the weight. When you leave the body in an O.B.E. (*Out Of Body Experience*), it's much like an ice-cube leaving the ice-cube tray, and just as ice melts, ice needs the ice-cube tray to stay intact just as the ghost body needs the physical body to be complete. Since it (*raw matter*) is what powers the body, the body must be overly charged in abundance for any use of it other than normal bodily functions. If not, then you'll have no ghost to travel around in, instead you'll be forced into a dream state away from the physical realm as this is the only place to go when your raw matter has been used up. It will then be in a state of dispersing like water instead of condensed ice, and for any abilities to be present, the raw matter must first be in a state of being condensed like ice. There are two types of tensed muscles, from either being too physical or being too relaxed. Being too physical will use the raw matter while being too relaxed will build the raw matter. Used up raw matter trying to have an O.B.E. will just take on a water form and drift off to dreams, but built up raw matter trying to have an O.B.E. will take on an ice form and be most aligned with interacting with the physical realm as a ghost.

Water is the best example to give when trying to explain this Mass (*call Raw Matter*), as it behaves the same way in how easily it can disperse as well as be condensed, and goes through temperature changes as it does so. In Metaphysics this is called the Astral Substance, or when felt leaving the body it is known as Blue Blood because though one can feel it happening, it can only be seen in the fourth dimension, and seeing from the fourth dimension, everything is tinted blue and transparent showing all sides, angles, and curves of everything.

Electricity/Lights Vs Nature/Darkness

I always had a hunch there was something more to our world in regards to day versus night, and the light versus the dark. Now I think I know what it is.

The sun is pure radiation, and its light provides so much heat for the Earth, that it takes all night to cool down, and when the sun starts to rise, it takes all day to heat up again. So the heat, much like fire, is in motion and destroys what we would call the night, the time when things unseen are visible and useable. Same with how a ghost can be seen in fog at night, but then vanishes when light is directly shined upon them.

So since the invention of light bulbs, and the wide spread use of lights in and around homes, streets, and vehicles, we have been safely kept away from what waits for us in the dark. For fear of the dark is not imagined, but the same as when you feel someone watching you. Suddenly the idea of cemeteries, graveyards, and parks being closed at night reveals a hidden secret kept from the public and buried in the past with long lost generations before the time that the light bulb was invented.

People used to live by the sunlight, living in twelve hour days. This allowed for the proper amount of sleep and relaxation to accidentally stumble upon Psionic abilities more often, especially since it was before people had televisions, video games, computers, cell phones, or internet to distract them and to keep them fully engaged. Before, it was so simple, no electricity and there was no interference. You see, electricity flow in wires generates an electromagnetic field around those wires, and when they are strung all through buildings and down every street, they interfere. One reason for the dark, is less electricity. Rooms with electrical barriers built into walls and tasers will prevent teleportation and other abilities.

It was when I visited a cabin in the middle of the woods, hundreds of miles from the nearest street light, far and deep in the heart of darkness, in pure nature, that I was taken back to my old memories of the dark. It was alive, it was power, like a doorway swung open, a pit for me to fall into, a place where my thoughts were free and the space was mine, and yet I did not feel safe, for I was a stranger lost in a distant land, and I had never seen a darkness so dark that it did not make any difference if my eyes were open or shut.

Brain Waves

For those lucky enough to have access to lab testing equipment to measure and track brain waves during sleep, meditation, and the altering and manipulation of matter, this is a basic simple guide for you to follow. It offers some proof to the connection between very deep sleep and extremely high anxiety, that is somehow a bridge for Psionic abilities.

Lambda around 200 Hz

(self awareness, higher levels of insight and information, psychic abilities, O.B.E.'s, etc.)

Hyper Gamma around 100 Hz

(self awareness, higher levels of insight and information, psychic abilities, O.B.E.'s, etc.)

Gamma around 40 Hz

Beta 13-30 Hz

(associated with externally directed, linear thinking of the ordinary "waking state")

Beta/Alpha Bridge

(meditation states, the mind is perfectly poised between the inner and outer worlds.)

Alpha 7-13 Hz

(activity of the mental body, but inner directed - more of a "pondering" function, non-linear thinking.)

NOTE: During Alpha sleep, there is a lot of movement!

Alpha/Theta Bridge

(the balance point between the Mental and Emotional)

(where we have the possibility of having non-attached emotional awareness at a physical level.)

Theta 3.5-7 Hz

(the place where dreaming takes place, when sleep has really begun.)

NOTE: During Theta sleep, the entire body is essentially paralyzed and makes no movement!

Theta/Delta Bridge

(dreaming stops)

Delta below 3.5 Hz

(In the waking state, this is the place where the brain goes to access long term memory.)

NOTE: During Delta sleep, this is the most difficult time to try to awaken a person sleeping!

Epsilon below 0.5 Hz

(self awareness, higher levels of insight and information, psychic abilities, O.B.E.'s, etc.)

Meditations

I always refer to sleep and meditation as the same thing, as neither can be done appropriately when we are about to pass out from exhaustion. Only when we are fully awake, fully relaxed, able to concentrate, that's when our time will skip in the blink of an eye, merging meditation with sleep, as we begin to feel with our energy fields more than our flesh.

Meditation is simply the act of letting your body sleep while you are awake. If you let one of your arms sleep while you walk down a sidewalk, that would be a type of meditation. The following chart is used to describe different meditation styles.

Extroverted or Introverted ?

Extroverted: Using objects or symbols to guide the awareness in the desired direction; using candles, pictures, text, incense, music, or recorded passages.

Introverted: The elimination of all stimulation; using no light, no sound, no smell, no movement.

Game or Non-Game ?

Game: Behavioral sequences defined by roles, rules, rituals, goals, strategies, values, patterns, memory, and space-time locations.

Non-Game: Any behavior not having game features; physiological reflexes, subconscious knowledge, spontaneous play, transcendent awareness.

By mixing extroverted and introverted, I used music combined with no sight and no movement, for a non-game type of meditation. Since this worked with such positive results, this is what I'm suggesting you try as well. If you search for *"Project Life-Command Sleep Music"* on the internet, you can find some free music samples for you to download and try. They are created by people like you, so you can create your own mixes and share them with others. When it comes to music for the sensory deprivation deep sleep and artificial sleep states, you'll want to find the best music for this, but do try anything you can find until you find the perfect music, as you will see this is mostly trial and error.

Things To Consider When Looking For Or Creating Music

1. It shouldn't have any words, or at least none that can be understood
 2. It should be instrumental and never ending, or run tracks together
 3. There should be lots of changes in the music
(*soft and loud, slow and fast, main sounds switching with background sounds*)
 4. It should build tension and anxiety, either becoming faster or more complex
 5. It all has to flow and then repeat
-

Sensory Deprivation is the best way to harness and expand ones own energy field. Using headphones with looping instrumental, with a blind fold in the dark, while laying on your back. Your senses will be mostly gathered from controlled sounds, their vibrations, and external temperatures while the motionless body maintains an artificial sleep state. I have found that fingerless gloves help to keep the fingers from touching, and when sleeping or meditating on your back, or even when sitting and standing, you do not want your arms or legs to touch each other, so your results will not be disturbed or effected, and so your mind and raw matter flow more freely. This is a combination of both extroverted and introverted meditations but with the goal being introverted. You see, any sound you hear while asleep will be heard in your dream state, yet no sound at all will let your thoughts scatter and run wild. Listening to sounds, your brain wave patterns will match the sounds heard, and as the sounds progress and repeat, the sounds will clear the mind and train the mind to focus.

If possible, choose instrumental music that causes both relaxation and anxiety. Not just tones or beats, but melodies with rhythms that have multiple sounds or instruments. Fast instruments that become slow crossed with slow instruments that become fast, high sounds that become low sounds crossed with low sounds that become high sounds. Main sounds that become background sounds crossed with background sounds that become main sounds, all things in the music that you can practice shifting your focus on so every time the music repeats, you notice things you didn't before.

The reason for no words or any words that could be understood is because they will distract the mind and insert thoughts. The reason it must never end or all run together is because any breaks in the music will cause a break in the minds concentration. The reason for inducing tension and anxiety by the music becoming faster or more complex, is to help with breaking your dream states as well as help induce mental states of awareness and also for attracting raw matter to you which you will later be able to use as extensions of your own self. The reason for all of the music to flow together and then repeat is so the mind is not able to subconsciously keep track of time while creating repetition in your thought patterns.

As the music plays, focus on one instrument or sound in the music. Then when it repeats, try shifting your attention to another instrument or sound in the music. As your body slowly falls asleep from lack of movement, keep telling yourself you'll be alert and conscious during the whole experience, and that you will leave your body. As you listen to the music, feel your body fall asleep, let your mind drift into the music as it forms shapes that move to the music, visualize the notes of the music with each musical note you hear, let it become you, vibrating inside you, as your body vanishes from your senses, and all you can feel is the music.

It's normal to fall asleep while listening to the music, but each time you wake up still listening to the music, you'll notice you didn't dream. As you lay there, listening to the music, after the first ten to twenty minutes you'll start to notice certain parts of the music sending waves of chills through your whole body. This is good. As the chills keep happening and become stronger, and this is repeated daily for a few months, you'll soon become hyper-dimensional. I can't say how long you should listen to the music, because you aren't supposed to keep track of time, but you should listen for as long as you can and as often as you can. Laying in one position for too long will make the arms, legs, back, and neck hurt a little, so every twenty to sixty minutes or so you can slightly change your laying position to become more relaxed, stretching between each new pose. The music should be normal volume, so it blocks out all sounds around you, but not too loud that it hurts your ears. You need to be able to hear all sounds in the music and if the volume is too low, then you won't be able to hear everything and it won't work.

Meditation/Sleep Exercise 01: You'll need a bed or place with wide enough of a comfortable area to stretch out when laying down. The room should be dark or dimly lit. Make sure sunlight will not shine anywhere near your sleeping place. Your head should not be propped up by any pillows, but if you must then only use one pillow. Lay down so that you are laying on your back. Keep legs side by side, but not touching, with feet hanging off of bed (or if unable to hang feet off of bed, pointed downward, not straight up). Always remove your glasses when sleeping! Remaining fully dressed is optional, but make sure no loose jewelry is worn. However, shoes may only be worn when feet are hanging off of bed. Your arms may remain in any of three different poses, at your sides not touching you, above your head not touching you with elbows bent, or out and away from you with elbows bent. At all times your hands should remain open and relaxed with fingers naturally curled, and your fingers should never touch each other. Now close your eyes and keep your attention focused on two things, the way your body feels and the subtle movements you see with your eyes closed. Lose all sense of feeling and allow your mind to take over. Inside your mind you could be floating, drifting, flying, falling, or ascending. Let the subtle lights in the dark spiral into a tunnel and feel yourself moving through it.

Meditation/Sleep Exercise 02: You'll need a bed or place with wide enough of a comfortable area to stretch out when laying down. Also a blindfold, full ear headphones, (*Optional: fingerless gloves*), and covers. The room should be dark or dimly lit. Make sure sunlight will not shine anywhere near your sleeping place. Your head should not be propped up by any pillows, but if you must then only use one pillow. Lay down so that you are laying on your back. Keep legs side by side, but not touching, with feet hanging off of bed (*or if unable to hang feet off of bed, pointed downward, not straight up*). Always remove your glasses when sleeping! Remaining fully dressed is optional, but make sure no loose jewelry is worn. However, shoes may only be worn when feet are hanging off of bed. Your arms may

remain in any of three different poses, at your sides not touching you, above your head not touching you with elbows bent, or out and away from you with elbows bent. At all times your hands should remain open and relaxed with fingers naturally curled, (*Optional: fingerless gloves will help to keep your fingers from touching each other*). The blindfold will keep any light from interfering with your subconscious brain patterns while the full ear headphones has two functions, to block out any outside sounds that would normally interfere with your subconscious brain patterns and to control your brain patterns so they match the music being heard, to break your dream state or to simply clear your thoughts. Music attracts raw matter, probably by a mixture of sound being a vibration in tuned with thought.

Try mental exercises such as focusing on how your arms and hands feel while resting, after awhile change their positions, but keep focusing on their original positions to see if you can trick your mind into thinking they are where they are not. Then when you get better at this, try forgetting you have a body and feel yourself floating, or moving while you relax into Suspended Animation.

To help create the artificial sleep states and to better trick your mind into letting your body fall a sleep, practice slowing down your heart beat. This can be done by simulating breathing patterns that your body would do when sleeping. Your breaths will be slower, and deeper. While listening to the music, count your heart beats. Breathe in and count your heart beats as you do so, but breathe in slowly and for as long as you can. Then hold your breath for half of that count, followed by breathing out slowly for the same number of heart beats you breathed in for, then hold you breath again for half of that count.

Breathing Patterns For Artificial Sleep States

EXAMPLE: A

1. Breathe In Slowly.....for 4 heart beats
2. Hold Breath.....for 2 heart beats
3. Breathe Out Slowly...for 4 heart beats
4. Hold Breath.....for 2 heart beats
5. Repeat

EXAMPLE: B

1. Breathe In Slowly.....for 6 heart beats
2. Hold Breath.....for 3 heart beats
3. Breathe Out Slowly...for 6 heart beats
4. Hold Breath.....for 3 heart beats
5. Repeat

EXAMPLE: C

1. Breathe In Slowly.....for 8 heart beats
2. Hold Breath.....for 4 heart beats
3. Breathe Out Slowly...for 8 heart beats
4. Hold Breath.....for 4 heart beats
5. Repeat

EXAMPLE: D

1. Breathe In Slowly.....for 10 heart beats
2. Hold Breath.....for 5 heart beats
3. Breathe Out Slowly...for 10 heart beats
4. Hold Breath.....for 5 heart beats
5. Repeat

EXAMPLE: E

1. Breathe In Slowly.....for 12 heart beats
2. Hold Breath.....for 6 heart beats
3. Breathe Out Slowly...for 12 heart beats
4. Hold Breath.....for 6 heart beats
5. Repeat

EXAMPLE: F

1. Breathe In Slowly.....for 14 heart beats
2. Hold Breath.....for 7 heart beats
3. Breathe Out Slowly...for 14 heart beats
4. Hold Breath.....for 7 heart beats
5. Repeat

When you experience flashing lights, you'll have triggered R.E.M. while awake and be capable of an O.B.E. As you experience body jolts, you'll be at the point of a conscious O.B.E. as long as you have already had eight hours of sleep. Usually body jolts are when you need sleep and you can't stay awake, but when you are well rested they are caused by the opposite, your body trying to stay awake. Think of yourself and your body as magnets. If they are too close together, they will be drawn to each other and lock to each other. However, if they are far enough apart, then they will push away from each other and separate.

Our dreams reflect our thoughts, and the more we sleep, the more we dream and the more we remember our dreams. So now if we think back to the principles of thought control while creating only a sleep state of existence, everything suddenly becomes so much clearer to see and understand.

Currently everyone is occupied with food, work, companionship, knowledge, appearance, going places, socializing, interests, communicating, amusement, skills, and media. These are distractions meant to keep you from noticing the large rat maze you have been placed in. We'll refer to this as "*Temptation Of Thought*", cause it is constant thoughts that lead us into temptation, temptation away from our true selves, capturing us in a mental prison for our minds, lost in a physical world that we are tricked into giving our total unquestioned devotion to. As you slowly drop these habits of the physical world one by one, you won't have to find what you are looking for, because it will find you. This physical world is our escape fantasy, and now it's time we find our way back from where we came.

When caught up in the ego, one is open to suggestion, able to be brainwashed. To prevent this, and to eventually be free, the vanity of ones self must die. This form of being self destructive is actually the path to killing the ego of ones self. The ego being that which causes arrogance of self importance, the act of condescension, and the feeling of being separated by feeling superior to others perceived as inferior. As the only sacrifice is that of self sacrifice, it isn't until one learns this that they will begin to understand the illusions they are caught up in. As one begins to think more clearly about the choices they make, they will learn to see how everything reflects and that all faults are only theirs and theirs alone, and they have always been in control to change this at any time.

So what is the ego? The ego is not a behavior, not an emotion, not a thought, but the view one sees from that creates their thoughts, emotions, and behavior. The more one clings to their view of things, the more blinded they become, and in turn consumed by their ego. A person that defends their view simply because it is their view, is the deepest one can fall into the depths of the ego. A person that sees from other views has less of an ego and is more free. One without an ego at all is one that thinks about

thoughts, and is able to correctly identify egos and how they corrupt the minds of those that cling to them because they see from all views without having a personal view.

When one knows truly what is right and what is wrong, they will no longer have an ego, but view everyone and everything from an omnipresent view, inside the minds of all at once. However, to decide what is right and what is wrong from a single view or limited views, this is deception by the ego.

Everyone talks to themselves all the time, it's how we think before we speak and ask ourselves which choices we should act on. It's also how we figure things out and create things. Since we stay so busy, engaging our minds in daily activities, unless we stop and really focus on our thoughts, we would never suspect they were anything more than what we perceive them to be.

It's when we are in a meditative state, mentally reflective, consciously aware, silencing our thoughts, focused on the void of nothing, calm and relaxed, that our thoughts become something more. Stretched out beyond the boundaries of our sight and beyond time, we already know more than we allow ourselves to think we do, and it's in learning to trust ourselves, knowing our self created thoughts from our external thoughts, trusting our instincts, and connecting with our other half.

If you tell yourself what time you need to wake up before you lay down to sleep or how many hours you want to sleep before waking up, then upon waking you will awaken at that exact moment or only minutes before that time. This is an example of connecting with your higher self, or other half.

Likewise, we can also build visual maps in our minds to track, trace, and locate people around us at a distance that are not within our sight. This can be practiced by ordering a pizza for delivery, then forgetting about it till you get the thought of them being at the door at which time you spontaneously open the door only moments before they have a chance to knock or ring the door bell. A more advanced version of this would be speeding on the freeway all the time and then oddly choosing not to speed only moments before spotting police. An even more advanced version of this would be losing people that are chasing you, because you can watch their every move (*not from their view, but more like a G.P.S. signal on a map*), and you'll know exactly where to go and when, which can be right in front of them, making you appear to completely vanish without a trace.

As you build a closer relationship with your self (*higher self/other half*), you will eventually learn to listen more, and in doing so you will slowly become whole again. At times you may have thoughts that are triggered by something you see, and if you talk about the thought out loud to a person

that is around you at that moment, you will find it is somehow personally revealing to them, somehow connected to something they said or did earlier or was thinking about.

We must constantly remind ourselves, we are not drops of water, we are the ocean. Seeing ourselves as separate, will cut and kill the connection. All things exist within a balance, and all things are a reflection of something. If you have fear, then this fear will manifest. If you have hate, then this hate will manifest. In the simplest of ways, you are your own worst enemy, and you are your only obstacle. Once you realize this, you will progress much faster.

As you become fully connected to everyone and everything, or learn to see yourself as connected to all, you will have to become a hermit in some ways. As people only feel a longing for others when they feel disconnected, and interactions with others help to establish these subconscious thoughts that we are all disconnected unless we can see, feel, or hear some type of communication. Even if you are balanced and content, feeling connected to all, the more you interact with others, the more they will think of you and begin to effect your existence. Trying desperately to pull you into their web of consciousness, like infants crying for attention, their thoughts of you will interfere with your progress.

Being around people is fine, and communication is fine also, but we must always be in control, and walk among them like ghosts. Else we will be just like them again, with no more power than they have, helpless, confused, caught in repetition, fearfully lost, and with a feeling of being abandoned at every turn.

Nine Types Of O.B.E.'s

Eight to sixteen hours of sleep each day will become mandatory and until done every day for at least one month, results will not happen. You will learn to live in dreams.

The following are not stages of O.B.E. progression, but the different types of O.B.E.'s that are possible. It is very important to know them, so you can identify exactly what is happening and have a better understanding of what O.B.E.'s actually are and how they work.

- Suspended Animation / No Memory Of Having One
- Dream Walking / Communication Through Dreams
- Remote Viewing / Sensory Projection
- Lucid Dream Escape / Awakening Outside The Body
- Ghost Body / Outside The Body As A Ghost
- Physical Displacement / Partially In The Body
- Voluntary Command / Having Conscious Control
- Dual Out Of Body / Leaving Both Bodies
- Spontaneous / During Physical Trauma

A quick note on O.B.E.'s. Out Of Body Experiences are very real, and there are several types, yet those that never had one could easily think they had one for not knowing what any of them are like. This is where most of the confusion comes in, because these can only be verified by the witnesses. Until they master the ability and can use it to obtain information otherwise impossible to obtain, it's very difficult to determine who really had one and who is just convinced they did. However, one way to tell is to see how well they know their dreams. If they have had Lucid Dreams before, or Premonitions in their dreams, then it is very likely they are telling the truth. Especially if they describe something that they did not expect to find.

Every time you sleep, you leave your body! The best way I can explain this is by saying there are two realms in which we exist and take turns visiting. When we are awake we visit the physical with our physical body, and when we sleep we visit the other side. When we exist without a body on the other side, we exist as consciousness. Since we live to be awake and only think about things we do when we are awake, this is what causes us to dream. When you collect raw matter and focus more on this other side, you'll then start to form a second body you can use as a vehicle on this other side to tie yourself back into the physical in what most would call an in between state of existence, and finally when you achieve this vivid clarity

and seek it more than waking life, you will have poltergeist like abilities in the waking at your control and at your command, given that you devote most of your life towards collecting the raw matter for it.

To Better explain how this transition happens, lets compare the physical body to a battery. After a day of running around, your body will start to give signs that you are getting sleepy. Such as; heavy eyelids, poor coordination, and inability to concentrate. Not only have you used all of your physical body's raw matter up, but you also placed your subconscious thoughts on everything you did in the physical realm. Your sleeping body is like a recharging battery. Yet you need your body's raw matter to use it for the O.B.E., so you must sleep most of the day to save your raw matter for this rather than using it all up by the end of the day. This raw matter is greatly needed to act as a bridge between our physical realm and the other side. Without this raw matter, we go directly to dreams, far from any connection with the physical realm.

The following are types of dream stages. The more you sleep, the easier it will be to remember your dreams. Before you get into O.B.E. exploration, the first task is to simply get to a Lucid state of consciousness.

1. Being Able To Remember Nothing
2. Being Able To Remember Parts Of Your Dreams
3. Being Able To Remember All Details Of Your Dreams
4. Being Able To Know You're Sleeping, Yet Not Knowing You're Dreaming
(*Lucid 1*)
5. Being Able To Know When You're Dreaming
(*Lucid 2*)
6. Being Able To Control Your Dreams
(*Lucid 3*)
7. Being Able To Have Premonitions In Your Dreams
(*See: Dream Walking & Remote Viewing*)

First thing you need to do is to figure out when you are dreaming. Dreams are so real, it's this realism that tricks you into not being aware till you wake up. So to get around this, you'll need to condition your mind over the next few weeks to do random reality checks. Numbers and digits don't work in dreams because dreams are a reflection of your thoughts (*only showing you what you want to see*), so randomly look at a digital clock, look away, then look at it again to see if the digits are still the same. If the digits drastically changed, then you'll know you are dreaming. You may have noticed that no matter how crazy and bizarre your dreams are, you still go along with them. This is called "*suspension of disbelief*" and it happens because your thoughts are not focused on your thoughts, which is what you are doing when you look twice at a digital clock, focusing on your thoughts.

Also, there are three types of Lucid Dreams (*shown as 4, 5, and 6 on the chart*), the first is knowing you need sleep and telling yourself in the dream that you need to keep sleeping and stay asleep, even though you are not consciously aware that it is a dream, the second is knowing you are in a dream but with no control, the third is to know you are in a dream and have control of the dream. Lucid Dreams are extremely close to an O.B.E. and Lucid Dreams can at times also take on a dream state that resembles an O.B.E. while still being just a dream, but still it's very close, close enough to know the experience should get better with time. There is a dream inside a dream! When you are in a Lucid Dream, you must awaken to an OBE. It's tricky I know, but it can be done.

Remote Viewing is often mistaken for Lucid Dreaming, and in a way it's the Hypnagogic stage of being between a Lucid Dream and an O.B.E. However, it's usually just a purely visual experience and because of this you'll have access to see anything you ever saw or will ever see in the future, and possibly more. I haven't done this for a very long time, but when I was living in dreams while trying to have my first O.B.E., I induced this and many years later I lived what I saw.

What we all look like without a body is a small tiny sphere of light that resides in the center of our brain when we are awake. As we learn to slowly take control of our thoughts, there is a substance on the other side that we can shape and mold with our thoughts to create ghosts for us to travel around in. Upon doing so we are pulled out of our thought illusions we call dreams, and see the physical world from the perspective of a dead person trying to make contact with the living. This is possible because the substance we use on the other side, is the same substance that is responsible for creating matter and giving all matter its mass, and it is what gives our bodies power to operate and move around.

Since time behaves differently beyond the physical, before breaking out of dreams it's very likely you'll accidentally have premonitions. Premonitions exist on two levels. The first still being in dreams which would be others walking into your dream or you into theirs to give you information (*Dream Walking*), and the other being Remote Viewing in which you will gather information through an actual experience from your future self or another person or being. It could be experienced as *deja-vu* in which you were already there and experienced it in full awareness. Since the most common of the two and the first to be experienced is on a dream level, this is where I put it on the chart, under dreams.

By sleeping on your back every night, you will eventually discover missing time. Not from sleeping, but from actually morphing though time while your body remains idle. This is what I call Suspended Animation (*a type of O.B.E.*). You'll notice a huge difference between sleeping and Suspended Animation. When sleeping you usually awaken several times and go back to sleep, changing positions, then finally waking slowly as if still tired, then

remembering fragments of dreams. None of this will occur during Suspended Animation. Suspended Animation is when you lay down on your back, close your eyes, then unconsciously open your eyes to find you are still in the exact same position. Only it's eight to sixteen hours later, you never had a dream, and the moment you close your eyes you are morphed to the time when you open your eyes so it's as if blinking and never losing consciousness.

A Suspended Animation O.B.E. is the first step towards Out Of Body Experiences. Likewise, for Suspended Animation to take effect, you must not be the slightest bit tired when laying down for it to happen. Upon closing your eyes, it will always happen in less than thirty minutes. So only try for one hour and if nothing happens, try again the next day and repeat till it happens.

Sleep Paralysis is false information, because it refuses to accept, acknowledge, or understand what is truly going on with the mind and body pertaining to the sleep state beyond physical understanding. Therefore this label has an extremely narrow view and should be discarded. What is actually happening when you are awake but can't move, is that you are in an out of body experience but too close to your body to travel anywhere and when that close to your body, you'll see everything as if you were in your body so you'll appear awake. These are failed O.B.E. attempts that don't go anywhere, but they are common, especially for beginners.

Once you begin to have conscious out of body experiences, you will still be emerged in the thought illusions of dreams, but they will no longer be your dreams. This is what I call Dream Walking, when you visit the dreams of others or when they visit yours, and not all that visit you will be from the physical realm. Dream walking is not always a shared dream experience, but it can be. Dream Walking is also not restricted to time, as information being shared is often pre-knowledge of the one giving the information, and because this is not a conscious act, it will often occur with those you are closest to while both you and them are thinking of each other and unable to reach each other by any ordinary means of contact.

Remote Viewing (*type of O.B.E.*) can either be done when awake or when sleeping. It's the act of seeing through the eyes of another, usually seeing from your future self to have premonitions or seeing from another, or even creating a ghost to travel around and see things for you. This can be distinguished between dreams because in Remote Viewing there is no sound, nothing can be heard.

A Lucid Dream Escape (*another type of O.B.E.*) is the edge of your thought illusions, where you will go from a dream awareness to being a ghost floating around not far from your sleeping body. You won't see yourself leave your body because you will already be out of your body. The transition would happen by rejecting the dream state altogether. When the

dream state is first rejected, it has to be repeatedly rejected a few times before the dream state dies. In most dreams we are in them doing something, yet these dreams will be more like watching from a window with no interaction other than talking to ourselves and not being interested in the dream. The dream will then vanish and another one will appear. After about three or four dream rejections, you will find yourself in pitch darkness. At this moment, make yourself open your eyes and you will be seeing from a ghost of yourself not far from your body.

A Ghost Body O.B.E. is when you are completely outside of the body, but still experiencing the world as if you were awake. Traveling is done by thought. Time can be past, present, or future.

Being outside of the body will cause you to collect and receive information from all of your body's senses at the same time you become fully conscious and aware outside of your body as you enter into your body while never losing a second of consciousness. As a result of this happening, you will then go into a Physical Displacement O.B.E. in which you are partially in the body. This is another O.B.E. that happens when you don't fully return from a previous O.B.E., and upon returning everything is transparent as if made of glass and in a tinted color (*before reaching your body*), but then everything starts to take on a solid form and natural look as you get closer to your body. Waking before you enter your body, you'll have two sets of eyes, but you'll be seeing from the eyes of your ghost body till your eyes join with the eyes in your physical body. So as you start to operate your body and look around, you'll find yourself stuck in between both the third and fourth dimension, having complete control in both at once. So time and space will behave differently than what you are used to, but all matter within your sight will be at the control of your thoughts, even if you refuse to believe it. This will last for about seventy-two hours before you completely settle back into your body again. So be cautious, you can accumulate hundreds of eye witnesses in a very short amount of time, so try not to attract any attention to yourself. If you can teach yourself to have these types of O.B.E.'s all the time, then you will have gained unlimited power.

A Voluntary Command O.B.E. is when you have full control over O.B.E. experiences and can have them at will on a daily basis. Since it usually takes thirty to ninety days to have your first O.B.E., and those that can have them only have a few O.B.E.'s each year, and most O.B.E.'s only last a few seconds upon leaving or returning to the body, this is something very few can do, so living in dreams is the only answer. Other words, it must be your focus of interest, that which you desire most.

A Dual Out Of Body Experience is when you leave both bodies, or when you leave the body that left your body. For me to clarify this, let's look at a regular O.B.E. first. During a normal O.B.E. where you just leave your first body, and enter into your second body, you'll find physical space, and

gravity are still present and working with your first bodies senses and brain functions, you can float but still have sensation of movement and what is right side up. In a Dual Out Of Body Experience though, you loose all of this and become just a tiny sphere of light. You can do flips and never feel upside down, because it is actually the brain from your first body that tells you when you are upside down, and this will no longer apply to you. It is at this moment you will find yourself in a sea of colorful spheres of light floating in a vast dark bottomless never ending space. Because of the disconnection from the body, it is not yet known how far one can travel and still return. Upon discovering this stage, I could not see where I had come from, and after about twenty seconds I returned immediately by thought, for fear I would not find my way back. It is in this stage that commas, full body possessions, and switching bodies with others are most likely possible. Seeing I have only done this once and have never read about anyone else doing this, I can only speculate till more testing can be done with others. The method I created to cause this to happen was, letting myself fall backwards onto a mattress, but before doing so, telling myself my body would fall but I would not and that I will never hit the mattress. The first few times my reflexes kicked in to catch myself and would break the fall in which it did not work. However, upon my fourth or fifth try when I had no fear reflex, it worked. Before my body hit the mattress, I was in another realm with absolutely no awareness of my body at all, as if it and all it's senses had been shut off by a switch. When I did return, it was as simple as waking from a dream.

A Spontaneous Out Of Body Experience is the most common type of O.B.E. and happens during physical trauma such as during an operation or from a quick movement of the body while the mind and feeling of the body remain idle and motionless or moving in another direction. Such examples would be vertigo, dizziness, and fainting.

Hypersomnia may occur during your O.B.E. attempts, but it is not expected or completely known as to why. For your first several months you will have lots of built up raw matter, but as time goes by, somehow the body adjusts to your dream states. It's possible other entities could be feeding on your raw matter, depleting it from you, but if so, then they will work as extensions of yourself expanding your knowledge in your dreams.

Hypersomnia: Disorder in which one has recurring episodes of excessive daytime sleepiness (E.D.S.) and are compelled to nap repeatedly during the day while often experiencing prolonged sleep at night and have difficulty waking from long sleep, feeling tired and disoriented upon doing so. Other symptoms may include anxiety, increased irritation, decreased energy, restlessness, slow thinking, slow speech, loss of appetite, hallucinations, and memory difficulty. Some lose the ability to function in family, social, occupational or other settings.

O.B.E. Induction

- 1.** When attempting an O.B.E., the body must be an open circuit. Arms and legs shouldn't cross, neither should hands or feet touch. When sitting, back should be straight with feet flat on the floor. When laying down, you must be on your back facing upward.
 - 2.** Having an O.B.E. must be the only thing on your mind, not movies you want to see, games you want to play, people you talk to from day to day, not even what food you'll eat and when. Having an O.B.E. must be the only thing on your mind, even if it takes ninety days.
 - 3.** An O.B.E. will only work if you're not tired, this means you must spend more time sleeping than awake. This will prevent you from ever being tired when trying to have one, and spending most of your time in sleep (*and in meditation before and after sleep*) will eventually eliminate any thoughts of daily activities from entering your dreams because your only physical activity will be sleeping.
 - 4.** Every thought you think, will have an effect on your subconscious when you enter your dream state, and since the dream state is the obstacle here, you must always speak to yourself in a suggestive way, much like self affirmations or self hypnosis. Speak to yourself of what you will do, and what will happen. Never question and never doubt. Tell yourself you will see yourself leaving your body without ever dreaming.
 - 5.** Spend every waking moment practicing relaxation techniques by being aware of your entire body at all times, and letting different parts of your body fall asleep through out the days. Example: When driving, you only need one foot and one hand, the rest of the body can sleep. When being completely motionless, muscles will naturally go to sleep.
 - 6.** When focusing on leaving the body, you must forget the body exists, or feel yourself moving as if the body doesn't exist. When awake through out the days, whenever you look at things, try doing the same thing, forgetting you have a body. Let your mind travel where your sight goes. If your attention gets turned back towards you, then you won't be able to leave the body or make anything happen around you.
 - 7.** Upon having a real O.B.E., after you return, try standing in the center of your room, be very still, and cause things to happen in the room simply by thought alone. It will be like poltergeist activity, but at your control. This happens because of two things. (1) Instead of wasting your day to day raw matter on being physical, you suppressed the raw matter and built it up as well as taught it to have a presence beyond the flesh. (2) You focused, trained, and disciplined the mind by existing mostly as thought with no interest in the physical world to distract you.
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3

Being Physical

HOW IT EFFECTS RAW MATTER

Dieting And Fasting

ATTENTION: Those with medical or physical conditions or illnesses where they must eat or suffer a seizure, should seek a cure to their condition or illness before attempting to diet, fast, or exercise as outlined in this chapter.

Just as you wouldn't eat before swimming or before running, you shouldn't eat for at least twenty-four hours before trying to alter and manipulate matter. If the stomach is active, it will pull you into the physical too much cutting you off from the fourth dimension.

Learning control over hunger also helps discipline, direct, and focus the mind as you become more aware of your body and tap into your subconscious mind to take manual control over your body's automatic functions. Once you have full control over your mind, you'll never experience hunger again and only eat out of desire for taste, and remembering when you need to eat.

Focus mostly on toning the body, and losing any extra weight. When losing weight for a slimmer figure, it's important that you do not work your muscles till after dieting and fasting for awhile, as working the muscles first will only turn the fat into muscle, making it much harder to get rid of, as muscle will take much longer for the body to burn and will remain for much longer. Just diet and fast first combined with simple body activity till the body fat is gone, then once the body fat is gone, exercises such as sit ups and ab crunches will tighten the muscles to keep the fat off.

I'm slim. I stay slim because I am always active. I also constantly weigh myself to get a better idea of how fast my body is burning the foods I eat, so I try not to eat more in a day than my body can burn in a day and if I do then I can easily fast for a few days on a full stomach as my body's metabolism catches up. Thin to me is attractive and sexy, and is a huge turn on for me. Thin people can do more and are more active, and being active is much more attractive.

It is also easier to keep weight off than to lose weight, and it has been proven in test studies that overweight people have shorter life spans than thin people. If you were to compare the human body to that of a car, the more a car is driven, the more that car needs fuel and needs more repairs, while a car that is hardly ever drive at all needs almost no fuel and almost no repairs. It would be ignorant to say a person that slept all day must eat as much and as often as someone that worked all day.

In the food business, companies make money from selling food so we should not blindly accept the myth of three meals a day is healthy, and most

of the time people buy and eat food for the taste, not because they were hungry or starving. However you look at it, in the end you'll agree it's always much more acceptable to be underweight than overweight, as you will find you can do much more and you'll feel much more alive, and without all the health problems overweight people die from during their short life span.

What many don't know and fail to understand is that the feeling of an empty stomach is actually our stomachs shrinking. So to avoid this empty feeling, people have been misled to believe they should always shove food into their mouths, which only expands the stomach and builds their body fat, making them severely obese and largely over weight. Another huge misconception made by most people is that full grown adults must eat as much as growing children. Not true, because the food has almost nowhere to go, and is more likely to turn to fat. So while children eat at least three times a day, adults should eat once a day.

When buying foods, only buy foods that fill you up quicker and avoid snack foods. Constant eating is a nervous habit, and it will render you with no results. Whenever you feel the need to snack on something, grab a drink instead and the feeling and thought will go away.

Losing too much weight can be dangerous if your body has no more fat to burn because then it will start breaking down the rest of your body, but no one knows your body better than you and as long as you constantly weigh yourself and you know what your limits are (*how much fat you have left to lose*), then you'll be fine. How long you can go without eating is determined by how much body fat your body has. If a person is obese enough then they can go longer than a year without eating, but then drinking fluids must be increased to keep the body hydrated and to help flush out all the toxins that the body will create when burning that body fat.

A Quick Guide To Eating And Fasting

- 1. Constantly Weigh Yourself** (*to know how fast you burn different foods*)
- 2. Know What To Eat** (*to gain less or more weight*)
- 3. Know When To Eat** (*to maintain weight or how long to fast*)
- 4. Must Fast At Least Twenty-Four Hours Before Using Psionic Abilities**

When losing weight, always weigh yourself to get a feel for how your weight changes. Weigh yourself while dressed and then while fully nude, before you urinate and then after you urinate, before you eat and then after you eat, before you sleep and then after you sleep. This will help to give you more accurate weight measurements and to see exactly how fast your body burns the foods you eat and which foods are the fastest or slowest.

Never eat faster than your body can burn what you are eating, as doing so will cause you to gain weight. Instead, keep yourself occupied with work, sleep, showers, or something creative to keep your mind focused on anything else. Any waiting or sitting around will tempt you to eat when you shouldn't.

Your weight will jump up and down a lot by as much as five pounds, depending on how much food your digestive system is digesting and how much fluid is in your body or in your bladder that still has yet to release. So instead of going by your exact weights, focus more on your record lows and your record highs, so you can stay within a certain desirable range and know when what foods will be passing through your system and when you will be eating your next big meal.

Big meals are important, because they fill you up and pass through your system more quickly than if you were to snack and nibble on things all the time. Snack foods are still alright, as long as they are only eaten at a designated time with a meal or if done once a day while attempting to fast. Eating big meals will also remove your desire to eat all the time, as when being full you won't be able to eat another bite. Do keep in mind though, as your stomach shrinks, so will the size of your large meals. Meals I suggest, *(avoid meats, gelatin, sugars, high fructose corn syrup, candy, chocolate, and snacks, and go for mostly vegetables and fruits in dinner size meals).*

Remember, the feeling of hunger is just the stomach shrinking. When not eating for more than a day at a time, drink more and sleep more to make up for your body's source of needed energy. When your body burns only stored fat for energy, the toxins in the body will increase, so drinking much more than you would usually drink will flush out these toxins. The darker the urine, means you still have lots of toxins in the body so drink more and more often till the urine becomes clear like water. The fluids may add a few pounds to the weight scale, but it is needed when only burning body fat as fuel.

At first you'll have a bad headache, but after a day or two headaches will go away and not come back. The reason for the headaches is that they are a sign of a drug withdraw and your body treats foods like a drug, creating an addiction and craving for them. Eating one meal a day or one meal every two days will eventually remove the headaches. If headaches persist, you should rule out other possible causes for them such as eye strain, lack of sleep, exposure to pollution, and caffeine.

Once you reach a new record low with your body weight *(loosing five pounds or more)*, you'll discover your metabolism will increase a little more, and it will continue to increase with each new record low you reach on the scale. The best feeling of all is knowing you lost weight and can pig out all you want for a week afterward and still be far under what you weighed before. How much fat you have on your waist will determine how long you

can go without eating. It is true that refusing yourself foods can cause your body to build and store body fat, but this is only within short periods of time and usually combined with snacking habits. If fasting long enough, any body fat your body tries to build and store, will be burned and used up along with any previous stored fat as well. Our bodies don't need much food, and in eating less you'll find you slow your aging process, and stay in better shape. This is because aging is controlled by how often the stomach works, and in working less you will extend your life and live much longer.

About weight scales, I see my weight scale as a mirror. At times it can deceive, but if I want to know how I look to the world, then it helps me to make better decisions that will effect how I look. Also, we should live from day to day, not from meal to meal, meaning that at times we will eat more than other times, and we digest different foods differently, so living by a weight scale is no different than living by washing your hair or brushing your teeth. You should not see it as a problem or a handicap, but something to help guide you to a better you. Eventually you won't need the weight scale to keep track of your weight, yet scales are recommended and encouraged whenever fasting for safety of not exceeding ones own body fat to the point of complete depletion.

Exercising

From the meditation, deep sleep and artificial sleep states, you'll notice your body going into Rigor Mortis as your limbs and joints become stiff. This is caused by the long periods of non-movement combined with slowing of your respiratory and circulatory systems in your body. This is expected. So to counter this, you need to be slightly active each day. Since you should spend most of your time meditating and sleeping, and practicing constant relaxation techniques while awake, daily exercises only need to be done for a short period of time but will be up to you to determine how much time is needed for them, when to do them, and how often. I recommend thirty minutes to an hour daily, but a few hours a day or just ten minutes a day are probably fine also.

I'm not referring to building muscles, only stretches and more focused on movement and flexibility. If your muscles aren't loose when you relax, then it's more likely the raw matter will cause The Werewolf Effect, so light exercising will help to prevent this, or at least make it not so bad.

Your body must be fit, slim, and slender. You must stay in shape, toning the body regularly. This will keep you grounded, and you'll be capable of harnessing more raw matter. The muscles in your body will act as sponges absorbing and using raw matter, so it is very important to always do daily stretches to loosen up your muscles so they will work with you rather than against you. One does not need to be muscular, but must not have any extra weight. Stretches, aerobics, acrobatics, gymnastics, martial arts, walking, jogging, running, parkour, biking, climbing, swimming, dancing, yoga, and contorting are great for staying in shape and keeping the body toned and fit. Combine simple relaxation techniques with any of these physical activities and be aware of how the raw matter interacts with you. Your body should over all stay asleep and become even more empowered.

Immediately before attempting to manipulate matter (*after keeping the body moving in motion, then stopping and being still*), you'll notice your connection to the raw matter is now amplified and much stronger. Your abilities are now much quicker, and capable of doing much more. This only applies to an advance Psionic already capable of matter manipulation.

Sexercises For Weight Loss And Fitness

Face Fucking: About purging, don't eat and then make yourself vomit. Instead, it is better to go twenty-four hours or more without eating and only drinking water and clear drinks that are easy on the throat, then lay on your back and let someone face fuck you. Without food in the way, the vomit will only consist of saliva, snot, and stomach acid (*if any drinks come up, they won't be noticeable*). This way will be more enjoyable, and your projectile vomiting will even help act as a lubricant and your throat will never burn or get soar (*like when food projects through the mouth and nose from recently eaten foods*). As your gag reflex is constantly triggered, you'll feel your abs being worked by internal contractions, getting you into shape. Also, if you weigh yourself nude before and after the face fuck, you will notice you lose a good three pounds from all the mess that comes out onto your face afterward.

Hot Sweaty Sex: Sex in a hot room under lots of covers and blankets while dressed very warm, will help the body to sweat and burn some fat. Watch your muscles though, they can get over worked (*especially in the legs*) and you might need time to catch your breath from being over exhausted. Also make sure you have something to drink close by, as your body will become very dehydrated.

Anal Sex: Anal sex is great also, just make sure the anus is rinsed out really good before. One reason is to prevent a mess, but the main reason is so the muscles have less in the way when they expand and tighten. An empty bladder also helps.

Beyond Orgasms

First I'll explain what an orgasm is and how it works. Then I'll explain its connection and relation to the energy field and how they can be used.

An orgasm is a power surge in the body. The body does produce a small amount of electricity, and an orgasm is a power surge. Most think the orgasm is only created in the genitals, but it is actually created in parts of the body that have the most sensory receivers, thus it is also possible for your nipples, hair, face, tongue, ears, hands, feet, and especially your anus and nose to trigger it also. Your sight alone could even do it, however, your sight works more with your brain in connecting memories of feelings associated with your sight. So your feelings of arousal are more or less knowing what something either does or could feel like, and then desiring it, especially if it is a person you have not been with before which then increases the arousal state with more visual stimuli.

Our lungs, blood, bladder, and bowels are all major influences to our state of sexual arousal as well. The most commonly known is blood, because when our sex organs are aroused, they are filled with blood, making the penis hard and erect while making the vagina open and wet. The reason why males get aroused more than females is simply due to the way the blood flows in males. In males, sperm is produced and as it is produced it builds up. It never stops building up, so as it builds up, it slowly begins to block the blood vessels so the blood then fills the penis making it hard and erect. Any rush of blood such as with anxiety and adrenaline will cause erections also, only the build up of sperm is what determines mostly how long the erection will persist. After fourteen days without one orgasm in the male, will cause a permanent erection that will not go away till orgasm. As the male has orgasms, they will take twice as long to reach as the one before. The orgasm itself is a muscle contraction spasm causing the muscles to contract seven times. The muscles that contract are the same ones that you use to stop yourself from pissing and from shitting. These same muscles, when pressure is applied, such as having full bowels or a full bladder, can easily cause sexual arousal in both sexes, and thus the reason why anal sex is practiced so much, because it causes the most pressure on the muscles intensifying the orgasm. The lungs are also connected, but appears to be purely pheromone, scent, and hyperventilation related in how it can cause arousal and also intensify the orgasm as well. During hyperventilation, or any strong activity to the lungs such as a cough, all the muscles in the crotch area will strongly contract. Since coitus is a physical activity, it's easy to over work the body and to speed up your breathing, this along with sweat and body odor from the body, even your own, is enough to trigger orgasms. This includes any smell that came from the body, no matter how bad the smell, it will cause arousal and orgasms, be it body odor, saliva, sperm, cum, blood, urine, or feces. Aside from these, certain people have their own smell, it sinks into their clothes when they sweat, and gives the flesh a flavor when licked.

However, if they do smell bad and leave a bad taste in your mouth then know this used to be an old primitive way animals could tell if they were sexually compatible. If the odor smelt good, then they were fit for fucking. This method was only used for coitus though, not for deciding if someone was compatible for living with.

The longer, harder, and faster the thrusts, the quicker the orgasm. This is true for both sexes. However, after the male has had a few orgasms, the thrusting can then last hours without the male having another one. Also, if the male goes more than two weeks without having any orgasms, he can then have orgasms in which the penis never goes soft, allowing for non-stop pounding action ejaculation after ejaculation, orgasm after orgasm. Then when this thrusting is applied to the females vagina and or anus, simply not stopping will cause multiple orgasms for as long as the one fucking can keep the thrusts long, hard, and fast. In role reversal, the female wearing a strap-on can have the same effect on the male. With penis completely limp and bound to stay small and soft, such intercourse performed on the male with no physical contact to the penis can cause multiple orgasms in the male, one directly after the other as they rise in intensity. Basically, all of the three muscle canals, anus, vagina, and mouth all act the same way. They all produce a wet fluid, and when something is inserted, the fluid being produced increases, and about two to three inches in is a bump that causes a muscle contraction that tries to expel whatever is in it. During fellatio when a person gags, this is an oral orgasm. The G-Spot is the Gag-Spot, much the same way the vagina and anus squeezes really tight several times. After each orgasm, the holes will become slightly tighter making each following orgasm much more intense as the holes squeeze with more resistance. The vagina much like the anus was created to stretch to any size, and when left alone, will return to the smallest size again. The pain of insertion only lasts for several seconds, this is how quickly the muscles can adjust, and because the G-Spot is only two to three inches in, a penis of any length will hit the spot. However, the longer the penis, the deeper and longer the thrusts can become and the more girth the inserted penis has, the quicker the hole will be to reach orgasm because it will be pressing against the G-Spot with more force. All penis sizes have their advantage though. Smaller penises are good for staying on the edge of orgasm so the sexual excitement becomes more of a tease that very rarely brings orgasmic release. Males should not be possessive and consider any of the following to bring their female(s) more pleasure. Threesomes with another male, finding other males to help gang bang their female, finding another couple to swap partners with, buying their female a fucking machine, or buying realistic penises they can use as a strap on to fuck their female when they are limp and flaccid.

The genital design is the same on both sexes. The females clitoris is in the same position the males penis is, directly below the pubic bone. The males testicles are then in the same place where the females vaginal lips and opening are, and the vaginal opening is actually only a few centimeters away from the anus which makes for perfect access and entry when the female is

on her hands and knees, preferably face down with back arched with the male behind her. Then as the penis is inserted into the vagina, the small crease in the mushroom head at the top of the penis makes a perfect fit with a small bump area inside the vagina directly on the opposite side of where the clitoris is located. Moving in a downward stroke till orgasm. The clitoris is then in a perfect position to be slapped by the males testicles with each and every thrust, best felt the further arched the females back is, or face and shoulders down. However, quick continuous clitoral stimulation is the fastest way for women to orgasm because it is in the same place the penis is on men and likewise the penis is the quickest way for men to orgasm. When women produce white cream, it's actually the clear vaginal secretion that turns into a thick white cream during heavy friction of the in and out strokes of the vagina during lots of fucking. In both men and women, if the anus is cleaned out really good, a clear gooey slim like gel resembling clear mucus will slowly expel itself over several hours. Much the same way the vagina self lubes itself, preparing it for penetration.

Males were intended to have orgasms much easier than females because the fluid from the male is intended to act as a lubricant and to fill up in the back of the vagina before the female has an orgasm which then sucks and pumps the little pool of sperm further into the females body through the cervix. The clear fluid found in both pre cum of the male and vaginal secretion of the female, is the same fluid our bodies sweat from our sweat glands. However, the whitish substance or sperm found in it is using it as a vehicle for transportation. So clear fluid or the pre cum from a male contains no sperm, unless they went several weeks without an orgasm in which the sperm will backup and begin to seep out. The viscosity of a males sperm or a females cream, can be controlled by watching what you eat and drink. If you drink more than you eat, the viscosity will be low, but if you eat more than you drink, then the viscosity will be high.

The reason men and women view sex differently is in how the bodies are designed. Being able to switch between the two, I have noticed a huge difference in sexual desire among the two sexes. With a penis, sexual desire is a more physical feeling with almost all senses causing a state of sexual arousal that is both constant and unquenchable with an urge for physical contact and with a need for orgasm after orgasm. Without a penis, sexual desire exists only in thought and can easily be suppressed for weeks before being mildly satisfied without the need for having any orgasms. This explains why males have an average of three to six orgasms every one to two days of their life since the age of about eight years old while females have their first orgasm about the age of eight-teen and then continue to have about one or two orgasms every week or every month. I have also noticed as both sexes focus on their sexual organs, the penis is on the outside while the vagina is on the inside, and as simple and as basic as this sounds, it actually explains why females eat less. Having a hole for sexual penetration leads one to become more concerned for their insides, as the less they have in them, the more room they have for cock. Anything in the

bladder or bowels will add a feeling of discomfort during penetration. Likewise most males are out of shape because with having a penis all you feel is the other persons insides and not your own.

If intercourse lasts all day, all fluids in the body are likely to dry out, meaning no more vaginal juice and no more ejaculatory fluid from the penis. It will still be possible to have orgasms, but they will then be dry orgasms upon which the skin will become very tender and sensitive from being over worked, leaving small paper like cuts and red marks on the shaft of the penis and bruised soar swollen spots around the vagina and anus with possible bleeding. A penis without a condom may take over twenty hours or more of non-stop hard pounding action before it starts to get soar and tender, and if using lubed condoms it may never get soar at all. Only a vagina and anus will get soar after a few short hours of non-stop hard pounding action, cause even though the holes loosen up at first, they will eventually begin to squeeze and squeeze till they become so tight that no matter how wet the holes are, the thrusts begin to feel like jabs to bruised inner muscles.

Orgasms work differently in males and females. An orgasm in a male is a release of energy after it builds up, as seen in the hardening and softening of the penis as a result of being touched, while an orgasm in a female is more passive as energy remains constant and balanced, seen as never ending multiple orgasms as a result of being forcefully and violently repeatedly penetrated to no end, as a hole has no other option but to keep taking it no matter how thick and long the penis is or how hard and fast the strokes become.

The mind has a rational side and an irrational side to behavioral patterns and thought sequences. If you were sitting in a room full of people, fully clothed, and occupied with work or something else, your thoughts of sex would cause you to choose and decide between which sexual activities you would and would not participate in or fear others of persecuting you for. This is your rational mind, the side of your thinking process that is lost in thought while trying to explain reasons for our actions. You might decide you will never put a penis in your mouth after its been in your ass, to never eat a girl out while she's on her period, or to never engage in golden and brown showers. While lost in thought, we know all of the consequences of all our actions. During peek moments in heightened sexual arousal, irrational thinking takes over and begins to tunnel vision with only one main objective, sexual pleasure in pursuit of orgasms. As sexual pleasure begins to take over, the fear of nudity vanishes, our partner becomes an object, a play thing, and we'll do everything we said we would never do. Most of the time, when people know you are thinking about them, and that you want them, they will fall into a hypnotic sexual trance as if lifeless and under your full control. Only when the sex is over, they will be back to their old self and sometimes not knowing what had happened. Since falling into this sexual trance is mostly a subconscious act, it can be induced on another by simply avoiding giving yourself orgasms over a period of days or weeks. Then when

communicating in person with someone you would like to fuck, simply let your sexual thoughts of them excite you, and when you are in a moment of extreme sexual arousal, make physical contact with them in some way such as a shoulder brushing up against their shoulder, or use a part of your leg, foot, hand, just as long as there is some kind of slight physical contact. This will pass your raw matter to them and cause a shift in their raw matter so they will become extremely aroused. Then in this moment of sexual excitement they will be most likely to have sex with you even if they don't like you or normally never would. Most females are aware of this and this is why they often ask for neck, shoulder, back, and feet massages. Once they are sexually aroused, all they need is physical contact to transfer their sexual energy to make the other person sexually aroused by them.

As most tend to pass out after an orgasm, you will not. Instead, your energy release will cycle into a small whirlpool. Then every time your mate has an orgasm, you'll absorb it and loop the raw matter through both of you. As time passes, your mate will fall asleep leaving you wide awake. Even without any sexual intimacy, for them to be laying in your arms while being held and caressed by you, will be enough to put them to sleep as each touch can be felt beyond the flesh.

Many health professionals will talk about orgasms as being natural and that we need to have them often to stay healthy, like drinking water, breathing air, exercise, etc. Also, studies have shown that people that never have orgasms will become serial killers. So masturbating or having sex with others should not hinder results with Psionic abilities, because the longer you avoid sex completely then the more those sexual thoughts will surface and begin to interfere not only with your thoughts, but also with your physical health and attract entities you may not want to attract. Yet, consumed by sexual thoughts and having three to six orgasms a day is complete interference and would be the same as being lost in a video game, television show, or work.

Orgasms create whirlpools in the raw matter, so during these moments things are likely to happen, even without you being aware of them. However, orgasms are only considered to drain you of raw matter when they make you fall asleep afterwards. Once you can manipulate matter, this changes and becomes strictly a mental distraction and nothing more. Yet there is a great difference between being alone and being with another person. When alone, we sleep more and are prone to more orgasms, but when we are with another person, our raw matter merges with theirs and we melt into them, only desiring their orgasms, and experiencing theirs as our own, so our need to have one can be suppressed. Everyone assumes an orgasm means there has to be a bodily reaction, such as ejaculation. Yet there are two ways a male can have an orgasm without ejaculating. The first is if they had too many orgasms too soon and have no more fluids to squirt out, and the second is when an orgasm is about to happen and then happens with only the whole body sensation without any squirting at all.

To have slow drawn out sex with many long drawn out pauses, keeps both on the edge of climax, and instead of pushing yourself or the other person over the edge of climax to orgasm, simply resting and relaxing on the edge of each orgasm will eventually cause the orgasms to happen without the bodily reactions, so a male can have an orgasm without ejaculating at all.

Males can also ejaculate and stay hard till another ejaculation. This is done by avoiding any physical contact with the genitals for more than two or three weeks. Any slight touching or rubbing will prevent this. Males can also have multiple orgasms, exactly like girls do, but only when fucked like a girl.

We are only male or female in our bodies, beyond the flesh we exist as neither and yet are both at the same time. So since the raw matter behaves differently in males and females, this can be changed as we transcend to a higher consciousness. There is no more wondering what the other sex thinks or feels, we all have the ability to be both. When you reach a spiritual balance, this is what you will experience. Not just talking with others and desiring others, but being them as well.

About condoms; with no air bubbles they all break after a few hundred thrusts. Some may last a few thousand thrusts, but the fact is they all break from too much friction. Condoms should be used to avoid messes, not to avoid pregnancy. To avoid pregnancy, always pull out. Condoms on the other hand are great for keeping toys clean and sanitary so they always look like new and can be shared with others.

4

Adjusting To Hyper-Dimensional

WHAT TO EXPECT WITH RAW MATTER, AND HOW IT WILL EFFECT YOU

Myths And Facts

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Myth: Air Bending / Aerokinesis

When outdoors, the atmosphere closest to the ground is called the troposphere where most water vapor is contained, which causes clouds, rain, snow, and other types of weather. The troposphere is always unstable because it is always moving. Even when you can't see, hear, or feel anything, the atmosphere is made up of many different gases that are constantly changing. Even if indoors and in a sealed environment to prevent air flow, air will still move on its own as it changes temperature from near by objects, and light. So if controlling winds is what you want to do, then this is the lowest you could possible aim for. Perhaps once you can levitate by floating in the air, then you can approach this and be taken more seriously, but from a scientific view, there's no way to do a controlled test for this as an ability, and it is an easy cop out for those that are failures with no real ambitions.

Myth: All The World Needs Is Love

Everyone is always talking about how the world will change and be better if everyone just thinks positive thoughts by ignoring and rejecting anything negative, and how all everyone has to do is be nice to everyone and love everyone.

There's a few problems with that though. First, if you aren't intelligent then you won't see the carelessness and thoughtlessness of your

actions, thus making the problems of the world worse by basking in your ignorance and not dealing with any real problems, letting them multiply and get worse. Second, being nice to everyone and loving everyone is not confronting the problems, it only embraces the problems and ensures things will never change.

In the study of the mind, I've traced all mental problems back to religion because it instigates the lack of common sense, logic, and critical thinking that people need to solve problems and to do things correctly. Then not only is religion the root cause for all problems, but it has been secured into our society under law, and enforced upon everyone against their will. Of course it is all apart of an agenda to make people stupid and to keep people stupid, but as long as people need to follow others, then we will always have this problem to deal with. Imagine, if everyone in the world could think for themselves, and not have to be apart of any group, imagine how great that would be. All attempts at anyone to manipulate the crowds of people would go unnoticed and have no effect on the people anymore.

Don't just repeat things you've heard! Take the time to know and understand what you talk about. Then you may just find yourself awakening to even more lies that you once thought were true. The difference between intelligent people and stupid people, is that intelligent people never take anything at face value, and stupid people do.

Myth: Anarchy Means Chaos

Not true. Anarchy is the disassembly of a hierarchy and the control that embodies it. So for everyone to be regarded as equals and to be given freedom, this is anarchy. It only becomes chaos when people don't know how to behave and act, and make their choices based on fear and prejudices. It is the answer for a utopia though, when applied with free education and technology for all, and everyone shares all the land, and laws and crimes do not exist. For when everyone has everything they need, then there is nothing that can be stolen. When everyone is connected to everyone and claims no ownership over any living thing, then no one will have anyone to dominate or control.

Myth: Blood Drinking / Feeding

Blood drinking started with the drinking of menstrual blood, and became apart of hunting when killing animals, killing sacrifices, cannibalism, and then eventually for the blood itself. Blood is symbolized as life, because all creatures need it to live. However, blood makes creatures violent. Their behavior changes, and they feel a compulsion to kill those they see bleeding. So blood activities and blood drinking should be avoided. Especially since different blood types shouldn't mix and blood drinking causes problems in the throat.

There are two kinds of blood though. "*Physical Blood*" found in creatures in the third dimension, and a living creature's raw matter which is called "*Blue Blood*" in the fourth dimension. As you feed on raw matter, you can feel it pumping into your limbs and flowing through you. As you feed others, you can feel it flow out from your limbs and away from you. Physical blood is not needed and tends to be a mistranslation of the secrets circling around the raw matter. After all, if someone is hurt, then they will naturally feed on raw matter, so hurting someone to get raw matter from them doesn't make any sense, as then they would begin taking it themselves. To feed on another person's raw matter, they must not be hurt.

Since normal people are cut off from others and the world around them, they never take or give raw matter. However, feeding on a normal person's raw matter long enough will eventually force their body to adjust and learn how to do it on their own. This is the truth behind the tale of feeding on others will turn them into feeders as well, if they are not killed by the feeding itself.

It is possible to kill someone by feeding on their raw matter, but it must be continuous for several months and they must be extremely depressed and in a state of despair, fear, and paranoia. Other words, it only works with the weakest of weak minds, and still requires lots of effort. If you are going to attack someone, feeding on them is actually the worst way to attack someone because it is the least effective and shows the least amount of results, so don't even bother.

Since we are all connected to everyone and everything, two people cycling each others raw matter through each other as they touch each other and hold each other, this is the best feeling, and what makes us so sensual with each other in how we communicate and when we find mates, we spend every moment with them completely embraced with them as if we were infants needing to be held. Lost in their attention and the attention we give to them. Constantly speaking in body language. Constantly appeasing our need to touch and feel, and cherishing their need to do the same.

Myth: Breatharianism

Living only on air is impossible because the body is made up of air and water. The myth is that if the body produces no toxins, then water isn't needed, but water or juices will always be needed by the body to keep it hydrated. It is possible to go at least a year without eating, but you can only go without eating for as long as you have fat to burn and those with medical or health problems can't because they'll have seizures. Also, when the body burns fat, the toxins in the body increase, so then more water or juices are needed to flush out those toxins from the body. It is also not possible to live

off of sunlight, especially since the sun emits harmful radiation that hurts the body.

Myth: Debunking

Using a metaphor, this is simply the topic of a "*Purple Cow*". Other words, you can prove a purple cow exists by finding one, but without one, you cannot prove it doesn't exist. So it is impossible to debunk anything. Even in science when something is scientifically proven impossible, it is only held in one view and from another view it very well could be possible. If you know something another person doesn't, then take the time to explain it to them. If someone thinks they know something you don't, then take the time to listen to them. Science is all about discovery, and those that cannot argue with facts or some type of evidence or a need to understand, then they're not scientists at all. A true scientist does not claim to know everything, instead they seek to discover. Successful debates must consist of a two way communication, and no matter how angry people may appear to get at times, no one really minds as long as people keep asking questions and people keep listening.

I have noticed how the word "*debunking*" is only used by those that live by their own beliefs and never use facts. Even when they are partially right about something, they fail to see the complexity of situations and events for more than two answers, responses, or outcomes. Painting the entire world in a "*my view or theirs*" mentality, which leaves them blindsided by the truth of information when the facts are pieced together for them.

Myth: D.S.M.

The D.S.M. (*Diagnostic and Statistical Manual of Mental Disorders*), is based solely on psychology which treats judgmental views as authoritative. Though it is summed up as expressing nothing is a disorder until it becomes a problem, it does identify a problem as an unbalance, meaning anything that is perceived as too much or too little, yet also implies anyone that does not conform is a problem. However, society itself is left alone to encourage greed as it builds hate and fear, and so there are actually hundreds of real serious disorders that are not and will not be listed in the D.S.M. as the majority of society is insane by the clinging to their own egos and because they have a distorted view of the world, they target others as problems while unable to ever see their own problems.

Oddly though this can't be built purely upon stupid people alone. In fact, religions started it with mental institutions to make people zombies by using lobotomies and shock treatment to remove or erase parts of the person's brain, which is now being done with psychiatric medicine (*aka psychotropics*), and seeing how the method of evaluation uses a form of

hypnosis where the psychologist or psychiatrist use subtle indirect suggestions rather than direct suggestions, the hypnotic commands are meant to seize direct control of the persons mind with no awareness of what is happening, such as the phrase "*Chemical Imbalance*" which only a person not affected by hypnotism will ask what that is, how do they know, and what testing is done, in which the hypnotic mind control attempts will show as ineffective. For those that figure this out on their own, they'll be tempted to argue as to understand or correct the idiocy it appears to be, but I assure you it is an operation that was prepared and carried out on purpose, so this is why I never pursued a career in psychology. To understand the world and explain it is one thing, but to hide under the cloak of medicine to secretly lobotomize millions of people to keep them stupid by the orders of the religions in connection with the world government, that's going too far. My goal is to create intelligent people, but the religions have a world full of stupid mindless slaves in mind.

Myth: Fire Bending / Controlling Fire

Many think that this is looking at a candle flame. The truth is, looking at a candle flame is considered a type of meditation, and has absolutely nothing to do with abilities related to fire. It's important that everyone understands fire is not a thing, instead it is a process of constant change. Being in constant change, it acts on its own and if a house was burning down I guarantee you will have no control over it, even with the best of abilities. So real fire abilities are only defined as creating concentrated heat to start fires where fires can start, and it has nothing to do with controlling them. Even if you can put out fire on a candle flame, do you really think a fire on anything else is going to stay small in one place for you? Of course it won't, it will spread and burn wildly out of control.

Myth: Ghost Hunters

Ghost hunters don't actually know what they are doing, as if they did, then they wouldn't be looking, instead they would be showing. By the simple fact that they must look for something, they only show their ignorance and lack of understanding in how the fourth dimension works.

Mostly the whole ghost hunting thing has been sensationalized for media and entertainment, and so most ghost hunting groups are just ordinary people that want to sit around and drink, and figure they'll wait endlessly for activity to find them. So the same way someone can observe something fall and call it gravity, they aren't doing a damn thing to figure out exactly what it is they are waiting for, because if they did then they would be making the activity happen rather than waiting for it to happen on its own.

If you screen ghost hunting groups and the people in them, you'll find most of them are just a ploy created by a church or a business to attract people to them indirectly. Most of the people in them are religious nut cases, or don't have any experience with the supernatural, and the ones that do are just following the crowd rather than looking within.

Sometimes you will find real open minded scientists, but they usually leave the groups to engage in real fourth dimensional activities on a much larger scale, or they run and hide, back to their normal everyday life.

Myth: Immortality

Immortality is living forever in the flesh, not to be confused with eternal life which is living forever after death. Though it is possible to escape and cheat death, as long as we have bodies that bleed then our bodies can die.

Even though aging is a body function that can be stopped, the simple fact that our bodies need air and water, and are mostly made up of water, is the science behind why we cannot live forever in our bodies. Air and water are both one in the same, and they are both decomposers, causing our bodies to deteriorate and decompose over time.

Only if we could somehow replace our need for air and water, if we could transfer our existence to something better than bodies of flesh, then perhaps one day it will be possible. Cyborgs may be the answer to immortality.

Myth: Just Believe

Not true. You don't have to believe it at all, and it will still work because it's science and when everything is just right, it will happen. However, it does rely on thought, so thoughts of others can interfere, but thoughts alone have no power without understanding the science behind thought connected to matter through raw matter.

Most people with abilities, get their abilities because of their blind faith and strong beliefs. It reminds me of the old saying "*Ignorance is bliss*", because their thoughts are unknowingly directed. However, they don't understand the science or logic behind any of it, and end up throwing themselves over board into the deep end, when they actually believe everything they think, rather than learning it is actually their thoughts and controlling those thoughts instead.

If you do solely base your abilities upon beliefs, you may still become very powerful, but without any understanding of them, your beliefs will

become your weaknesses, and you being your own worst enemy will bring you down quicker than any enemy ever could.

For those giving this *"just believe"* advice to others, you are false and reckless. You can only repeat this from others like you are a thoughtless clone, and without any intelligence of your own.

Myth: Karma

Karma is a belief, and because a belief is based on your thoughts, it only works if you think it does. This is why so many people live on the pain and suffering of others, and building industries based on the deaths of millions, because they can and they lack the conscience to make them stop or to change their actions. While the idea of Karma is nice, too many people are simply immune to it, and it effects very few people.

The more people you interact with, the more the thoughts and actions of others will effect you, so to that extent, Karma may seem to work, but for those that cut themselves off from everyone, and pull everyone's strings, slaughtering millions of lives for profit, they have pulled themselves out of the equation and cannot be effected. Though it is not absolute, for the most part they are untouchable.

Myth: Negative Energy Is Bad Thoughts

False, because of two reasons. Scientifically, energy itself is only negative when it has a negative charge, meaning the atom has more electrons than protons. Also, for one to decide what is good and bad, falls back to the ego when done by the blind that cannot so clearly see, for it is not restricted to emotion when entire industries can make, use, and allow murder as their foundation for business and profit while advertising and promoting smiles and happiness followed by endless fun and joy.

So when the most evil of acts can be done with a smile and no guilt or regrets, then promoted as good, happy, positive thoughts, then only the blind idiotic cult followers would encourage such bull shit as *"bad thoughts being negative energy"*, because they don't have a fucking clue what they are talking about, and are themselves the most evil things to walk the Earth in their happy loving delusions that are actually tainted and soaked with blood.

Myth: New Age/Psychic Conventions

These conventions were originally meant to be a place of spiritual education, sharing wisdom, opening minds, and finding cool hand crafted things, personally made clothing, and people that care about the

environment and real freedom. However, since they began, they have been over powered by money which dictates the final course of their actions.

Being driven by money, they pick nice places to host at, and then charge ticket prices. Then because they are in buildings that are rented in the cities, people are treated coldly as customers rather than creating an open friendly environment for people to socialize in, so no one can relax and have fun. It's all sales booths with the lecture rooms only allowing the highest paying to lecture, so that means only those with something to sell will be allowed to speak. People are shuffled in and shuffled out, as nothing more than consumers, while the majority of the sellers are obsessed with making money, to the point that most of them are con artists and scammers trying to make a quick buck at the expense of others, much in the same way the vendors and readers are selected, taking profit over truth and wisdom while greed sets in and destroys everything they could have stood for. When they try to appeal to everyone, when they watch everything they say and do just to build an audience, then they are false and untrue, for there is no truth in being dishonest and telling people what they want to hear. Rather than breaking free from religions, religions have settled in to them as well and have been using them to further exploit the masses. The mistake is in letting the unenlightened lead, for it is only the blind leading the blind. The goal should be to make everyone realize they are their own leaders, but as usual, people always seek someone or something to follow, till their own stupidity destroys it.

The true and most important messages never get out to anyone, because in being true to ourselves and everyone else, we make no attempt to use others for personal gain, or to manipulate others based on maintaining corruption for the sake of the current state of our corrupt society.

Myth: Parapsychology

This particular field is said to be the scientific study of paranormal phenomena. At a glance this would seem to be for the purpose of understanding and explaining different abilities, when in fact its only true purpose is for gathering test results while ignoring how the results of the tests were formed. It is then this precise method of thinking that leaves all tests left as either inconclusive or proven false, cause they refuse to change the way they look at their studies.

The altering and manipulation of matter has very little (*if anything at all*) to do with probability and chance, yet they would rather waste time tossing dice than to monitor atmosphere changes around the body such as temperature, humidity, pressure, electromagnetic fields, and radiation while the test object is effected and controlled by thought to do things not scientifically possible by today's incompetent standards and ignorantly

limited narrow minded views. They could not figure out how to alter and manipulate matter so they came up with the dice rolls and said they were the same thing. This obviously isn't true, but if it were, then the dice effected would only prove to be as good as one could actually alter and manipulate matter itself. So regardless of if dice rolls can be effected or not, anyone can roll a dice, which proves my point, that assuming who can and cannot alter and manipulate matter, and even assuming when they can, is all skewed and biased without giving them the direct task of actually having to alter and manipulate matter itself.

The reason why all of their current testing revolves around simple dull ordinary mundane things that can already happen on their own with no abilities at all, is because they (*the parapsychologists*) are still refusing to accept what they are supposed to be doing, proving that the impossible is possible in which they can then look for our true underlining reality to this distorted reality we are trapped in.

All the education in the world doesn't mean shit if it isn't applied, and if they have no experiences to draw their conclusions from then their theories don't mean shit either. In conclusion to this they have never successfully created a control test study to prove that thoughts have power over physical matter or to explain how it really works. The excuse most often given is that it would be opening Pandora's Box because of how the laws of reality can be bent to control people and events beyond the control of any law or authority. However, the true reason is for lack of test subjects and the possibility of heart failure as seen in earlier subjects.

Seeing how these parapsychologists know nothing about the effects of mind in relation to matter, so little in fact that they go as far as to doubt its existence, I feel they are in no position to make such an assumption till the real testing can begin in which they will be proven wrong and exposed as the fakes they really are, as their only intentions were to mislead the public and not to actually provide any real answers.

Myth: Possession And Evil Spirits

There is nothing to fear but fear itself. Other words, you only fear what is unknown to you. In knowing everything, you'll find you are also your own worst enemy. This means everything is a reflection of you, and if you are not a peace with yourself, or true to yourself, then you will surly know when you have to face yourself, for you will create everything you encounter or change it to who you really are.

There is no "*good*" or "*bad*", that is a fallacy. So the only true evil in the world are those that live to kill, directly or indirectly, how many are dead because of you? If none or if you changed your ways, then nothing on

the other side can harm you. As it is yourself you should fear, if you give yourself a reason to.

Myth: Psi Wheel

This was a magic trick that relies on science and tricking people into thinking they are moving the psi wheel with their mind, but more than anything it depends on people being stupid and easily tricked.

Most people don't think like scientists, so they don't understand how to set up a controlled test to eliminate any effects from being caused by other sources in the environment, so when they have something as tiny and as light as a paper umbrella balanced on the tip of a needle, even preventing wind by placing a bowl over it does not prevent the temperature of the air from becoming warmer or colder, and they spin when hot air rises and cold air falls, which is off and on but unseen, so a stupid person is easily tricked.

I never attempted to make a psi wheel, and having found out about them after dealing for so long with real abilities, I am repulsed by them and take them as an insult and I'm greatly offended when people fall for the psi wheel trick and revolve all of their abilities and experiences around them.

Other tricks that spawned from this were standing up small pieces of folded paper, then moving the hand really fast towards the paper to cause wind to push over the paper and make the standing paper fall. I can see how most people could fall for the psi wheel trick, because it is more subtle and relies on the temperature change of the air from near by things, such as the hands or light, but pushing over small pieces of paper by causing air current with the hands, anyone that thinks that is a real ability would be no different than a religious basket case, and I would strongly suggest avoiding them completely.

Myth: Psychic Vampires

There is a large misunderstanding of what psychic vampires are and what they do. So much that even the psychic vampires themselves are caught up in the lies and repeat them word for word, not even knowing what they are and what they do. The misconception everyone has is that they take and feed on raw matter, but what everyone is failing to see is the larger picture. You see, it's impossible to take raw matter without cycling it, and we are not separate from others or the world that we live in, but we are in fact all connected to everyone and everything.

So when someone is still trapped in the false view of the world, where they see we are all separate and divided from others and things around us, the false idea of taking something from someone is only from a narrow perspective, from one that is becoming spiritual but not knowing

anything about being spiritual at the same time. So they try to understand from a material physical view, and their thoughts are extremely limited.

Actually, what everyone should fear, is people that never take or give raw matter at all, because they are the ones cut off and divided from the world, and if they are not connected, then they are nothing.

Myth: Reality Is A Hologram / Illusion

This was a notion based upon two things, the first thing being that what appears to be solid to us is only atoms bound together at a certain frequency, and can be phased in or phased out when messing with energy fields, and frequencies, the other thing being that Out Of Body Experiences usually tend to have limited travel which was described as being like a holographic photo.

Our reality is very real, so to say none of it is real and that it is all a hologram, that's just plain ignorance and twisting information to create false beliefs. Sure thoughts create things, but we are still living in a world bound by laws of science.

Since an illusion is seeing something differently than as it really is, then reality could be considered an illusion, but suggesting it isn't real, that would be false.

Myth: Religions Are Not All Bad

If someone sticks a quarter into the middle of a big pile of shit, can you honestly say there's nothing wrong with that big pile of shit because there's a quarter in it? A big pile of shit is still a big pile of shit. Religion and truth are not the same things. Religion can have truth, but it is not *"the truth!"* Religion is an organized system of beliefs, beliefs are opinions, opinions are not facts! Religion acts as a group, and when you have a group, everyone wants to be a leader! When everyone wants to be a leader, everyone creates their own set of rules and beliefs, and then the chain is only as strong as its weakest link.

With most things, we usually weigh the pros and cons, but we need a world of no followers where we are all our own leaders and we are all equals. Be extremely cautious of those that need to follow, for if they cannot be their own leader, they may turn out to be a weak mind, and weak minds can only be what they are. I think the biggest problem with religions is that they are a substitute for thought. If people are asked to think about what they know, all they have to do is blurt out a religion instead. The sad part is religion is not what anyone knows, but just opinions, and unverified and mostly unknown to those that follow them.

The ideas always start out as good, and with good intent. However, it's actually the people that's the problem. I don't mean people as in groups of people, I mean all people, everyone. People naturally have a habit to follow, and most people only listen to what they want to hear, not what they need to hear. What I'm referring to is the Thought Virus Chart. The five negative stages humans will cling to, to befriend and betray themselves and everyone they care about and love. Society doesn't want to acknowledge the individual as being the problem. Instead, society wants to focus the blame on everything else, and mostly as a distraction. So to build a strong and successful group, we must scan minds for weaknesses, and know our strengths, and know who we can trust, and know that we can trust to not trust the ones we can't. Atheism and Nihilism also fall under types of religions, as they are groups based upon beliefs instead of facts.

Myth: Scientific Theory Is Not A Theory

As scientists, we all get caught up in our theories searching for facts, so much that we have a bad habit of speaking of theories as fact, mostly because we are trying to figure out if they are true or not, and have little else to go on. Yet, just how philosophers will act like scientists, scientists will also speak like philosophers, and they are both one in the same, separated only by their labels and those that cannot see. So it is more important to know science rather than merely speaking of science. In knowing science, a theory is just an idea to be tested, and even after being proven, it may still be corrected for more accuracy later. However, no theory should be looked at as completely authoritative or carved in stone, but merely a single view needing a new perspective to gain more understanding. If you know a theory to be tested and true, then never refer to it as a theory, but as a fact. A theory will always be a theory. Don't let stupid people redefine words so that you follow them. Be intelligent and see things as they truly are, as they were meant to be. Never take anything at face value. Always question everything, even the questions themselves and especially the answers missing from the ones to be selected. If the fact is only an observation, then that fact lacks the understanding of how and why, and remains incomplete with more work to be done.

A great teacher is not one that knows everything, for then they have placed themselves above others in a hierarchy of false self importance. No, a great teacher is one that acknowledges there will always be something to learn, never stops asking questions, and is willing to learn from those they teach regardless of their students lack in knowledge and experiences.

Myth: Sex Uses Raw Matter

Sex can drain you of your raw matter, and it can be a distraction, but in more ways than one, and not always. If you engage in sex too much then it can drain you of raw matter if you are not a manipulator of it, or if you go

too long without an orgasm, it can also drain you because orgasms are natural. When alone, too many or none at all will throw you off balance, and being off balance, you will be very distracted and lose your raw matter. Being with another person, and being able to manipulate raw matter, you can actually build raw matter instead of losing it.

Males have more of a problem with this than females, but in being able to manipulate the raw matter, how it behaves can be reversed, not only from how it behaves in one sex compared to the other, but also in how it leaves so that it enters instead.

Slow steady drawn out sex with lots of stops and pauses, this is how one takes control of raw matter during sex. Always stopping before the peak of orgasm, to prevent a climax, will eventually cause the raw matter to react in the feeling of an orgasm without the body having an actual physical orgasm.

As you learn to take complete control of your thoughts and learn how to use the raw matter more efficiently, when you are with another sexually, all you'll do is feed on the raw matter, and it will cycle when in contact with another, sending them to sleep while you stay awake.

When you feel beyond the flesh, you will be drawn more to the simple touch of another, and how the raw matter merges, making them apart of you. This replaces the need for any physical desires, as the flesh alone will not compare at all to what is felt beyond the physical bodies.

Myth: Training By Staring

Unless you already have the ability to stand or sit in the center of the room and cause very large objects to move around by your thoughts, then staring isn't going to do anything at all and you'll never develop any abilities.

Doing nothing is how you build raw matter, but staring is a physical task and requires effort. So not only do you have no built up raw matter, but you are also using up what raw matter you have to operate and maintain your physical body, so in not knowing or understanding how anything supernatural works, you are too locked into the physical world, cutting you off from the fourth dimension which is what you need to perform abilities.

Anything your body does requires raw matter. Standing, sitting, and looking, they may seem effortless, but they do require large amounts of your raw matter and trap you into the physical. It's only when you spend most of your time sleeping and relaxing, that you'll start to move past the physical body and then be able to do things. So there is no training by staring and staring isn't how you develop any abilities. In fact, staring is for those that already developed their abilities and are merely trying to learn how to

use them, which requires almost no effort at all and takes very little time to require results.

Myth: U.F.O.'s Or E.T.'s Will Save Us

Not true. In fact, this handbook is the true message to the human race, and the human race is the enemy. Only people can help themselves, because if they can't, then they will always be a problem. If you are not the solution, then you are the problem, and by not seeing the problem, then what would U.F.O.'s or E.T.'s save you from? Such an ignorant and incompetent race humans are. So blind to the cause and effects of all their actions, mislead by greed and the deceivers of false nations. Refusing to give up your money, religion, and war. Unless you can rise above the human race, you will perish by your own corruptions and crimes.

Myth: Water Bending / Controlling Water

Water being a liquid that so easily separates and transforms with temperature into a solid or a gas and back to a liquid, is also a remover of raw matter, and seeing how raw matter is needed to effect matter, matter that is a remover of raw matter, simply cannot be effected. So there is no effecting or controlling water. However, if you have too much raw matter, it will remove it all in a few seconds. So water will remove all abilities of physical matter manipulation. If someone attacked you with abilities that made them appear to be invincible, hitting them with enough water would actually take away all of their abilities and make them normal, till they can dry off and start collecting raw matter again.

This is also how poltergeist activity is removed from places, as the procedure is to clean everything and wipe all walls, doors, ceilings, and floors down with water, and then leave bowls of water sitting around everywhere. This is because poltergeist activity can only take place when there is a build up of raw matter and water removes the raw matter.

Of course water is effected by static electricity also, as in how static electricity can be used to bend a falling stream of water, and much like air, water does move when you think it isn't, so avoid messing with water, unless you want to create it. Creating water is possible, by creating a cold spot in the air.

Keep in mind that I am speaking from experience. When I was moving large objects made of material that was either all cotton or all plastic, they were big and more than one pound each, but I never got one drop of water to move. Instead, everything else in the room started moving instead.

Watching things float on water is not an ability, and once you know how raw matter works, you'll know not to try things with water.

Be A Scientist

So you may not have a lab, assistants, or any fancy equipment. Most of us don't and it's what's holding back our research to make everything official, so just participate the best you can, observe and take your own notes, and join our forum on the publishers web site to share your experiences. If you are able to conduct professional controlled tests, here is a shopping list for you so you'll know what you need.

Equipment Needed To Measure:

Weight, Pressure, Temperature, Humidity, Electro Magnetic Fields, And Radiation.

Cameras Needed For:

Normal Vision, Night Vision, Heat Vision, and Ultraviolet Vision
(With Water Proof Housing If Possible).

Location Should Be:

Free Of Computers, Free Of Clutter, Have Safety Precautions In Place,
Bed For Sleep Monitoring, Table And Chair For Tests.

Time Needed:

Three Months Of Nonstop Filming (Several Cameras Or More At All Times),
Subject Should Be Monitored Entire Time *(Free From Work, Stress, And Any Distractions)*
And Allowed To Sleep As Much As Possible.

Test Subjects Should:

Be Able To Sleep On Their Back Without Snoring,
Not Smoke, Not Drink, Not Do Any Drugs, Not Take Medications.

If you are able to work with others, working in groups helps to verify events when they happen and also makes testing safer.

Any institutes, businesses, labs, or individuals that are able to offer any time, effort, or the above listed things mentioned, please contact the book publisher and mention what you can offer.

I have done and seen many things most would deem impossible. There is still much we need to discover. I've only just begun.

Adjusting To Hyper-Dimensional

1) See For Yourself

Raw matter exists in all matter, but can move through matter at the same time. As it moves through matter, it can become thicker or thinner, causing changes. To see these changes, and to feel them, open spaces (*such as the space in a room*) is best to practice with, and for beginners it's best to simply start with your hands. When you feel with your skin/flesh, the raw matter is in you. When you feel your skin/flesh as numb or tingly, raw matter is outside of you, or in the same place as you but only in the fourth dimension. At first this was only observed from the physical perspective of the slowing down of blood flow in the body when the body is at rest. However, further scientific testing has proven there's much more to it. Don't take my word for it, simply listen, do what I tell you, and you'll see for yourself.

Matter: All solids, liquids, gases, and living and non-living things! Our 3D world.

Raw Matter: Space within space, the stuff that creates matter. The Fourth Dimension.

You'll need these things to start your journey; a flat surface such as a table or a desk, a watch or a clock, and a journal for taking notes! Sitting in the relaxed position, place both hands, palms down, upon the flat surface. If sitting in a chair at a table, keep back straight and both feet flat on the floor with space between your legs so they do not touch. Let your fingers curl in a relaxed position. Don't tense any muscles in your hands or in your arms, let your arms hang loose and limp. The only parts of your hands that should be touching the surface now should be your wrists and fingertips. This is the position I want you to sustain for the next ten minutes. Once you start counting the minutes you must not move your hands at all, neither should anything or anyone touch them during this exercise, a focused mind and attention to the exercise itself is not needed at all in order to attain results, so it shouldn't be difficult to complete. After the ten minutes is over, I want you to write down all of the different feelings that you felt in your hands. Using symbolism, describe in detail what you felt was happening to your hands. Then save your notes and repeat this exercise everyday for at least three weeks.

At first, the feelings will be normal and very few, like with what you would expect to feel when your hand falls asleep. As you do this daily though, you'll begin to tap into all types of feelings and sensations, such as drops of water rolling off your skin or spiders crawling across your skin. This is what you'll be taking notes for, because you'll be learning how to feel in the fourth dimension, beyond the flesh.

To scientifically verify we aren't being delusional here, I'll prove it to you by letting you do a little experiment. Find someone and have them try

the exercise where they let their hands fall asleep, but don't tell them why, just have them tell you when their hands are asleep. When their hands are asleep, have them close their eyes and tell them to describe exactly what they feel, when they feel it, and where. Now find something metal and holding it about three inches from their skin of one of their hands, hold it still and wait to see if they say anything. Then slowly move it to another part of the hand and hold it still again, as you do this, they will feel it and tell you exactly where you are holding it and moving it. Since this can only be done with a part of the body that is asleep, and I have actually used this exact same method to perform real telekinesis from a distance, effecting very large objects made of either all plastic or all cotton, and causing metals to bend, you should listen very carefully to what I have to say and take me very seriously.

Your body is always in constant motion, making little movements continuously, as if never content with any one position or posture. So when your body stops moving, you trick your mind into thinking it's time for your body to fall asleep. The goal is to sleep while your mind stays awake, and for your body to stay at least mostly asleep when awake. After completing this exercise each day, you'll be slowly training your subconscious to do this with your body on its own all the time. It is still highly suggested that you further your development of letting your body sleep while awake, as you will see later that this is essential to any supernatural activity.

Adjusting To Hyper-Dimensional

2) Compare Notes

Becoming hyper-dimensional involves getting used to your new skin as well as the constant ability to feel in both the third and fourth dimensions. As you experience changes in your body, you will also experience changes in your surroundings. These sensations will vary from person to person, but here is a list from my personal notes for your reference.

NORMAL FEELINGS TO BE EXPECTED

| | |
|------------------------------------|---|
| Brushing Cobwebs Against Skin | Pressure Around Skin |
| Chills | Pressure Of Skin To Muscle And Muscle To Bone |
| Cold Air On Skin In The Heat | Pricking Needles On Skin |
| Crawling Spiders On Skin | Pulled Muscle |
| Dry Mouth | Pulled Upward With An Upside Down Feeling |
| Dry Skin | Pulsating Heart Beat Through Entire Body |
| Electrical Muscle Pain | Rapid Heart Beat |
| Falling | Rapid Uncontrollable Breathing |
| Heavy Dense Moisture Around Skin | Shaking |
| Heavy Dense Sand Around Body | Sharp Animal Bite |
| Heavy Dense Sand Around Legs | Sharp Needle Injection |
| Heavy Weight | Slowed Heart Beat |
| Itching | Slowed Movement With An Underwater Feeling |
| Light Headed | Soreness Of Muscle |
| Light Weight | Static Around Skin |
| Loss Of Hunger | Stiffness In Limbs |
| Loss Of Muscle Movement | Sweaty Skin |
| Loss Of Thirst | Tingling Skin |
| Loss Of Time | Touched By Invisible Hands |
| Loss Of Total Memory | Twitching Of Muscles |
| Moving Forward When Being Still | Vibrating Force Through Entire Body |
| Moving Skin Over Muscle When Still | Warm Air On Skin In The Cold |
| Numbness | Water Drops Rolling On Skin |
| Pressure Against Skin | |

As you learn to remain completely motionless for long periods of time while relaxed, you'll notice your body becomes like a magnet for this raw matter and for every time you yawn and stretch, you're making room for more. If you feel an itch, don't scratch it, it's just your nerves going to sleep so you'll be able to feel beyond the flesh. You'll also feel chills rush through your entire body repeatedly at random moments, this is the raw matter rushing to you. Music seems to induce this and if used with headphones and the right music, it becomes the perfect way to harness it.

Adjusting To Hyper-Dimensional

3) Third Eye Open

The topic of the Third Eye has become a trend, and it's an old lost secret. When your Third Eye is really open, it will be a very tiny spot between the eyes, just above the eye brows, but it will feel like a hole is there, and you will feel air blowing out of it. The pressure you feel there now, that's what everyone feels, it's not open. It's very difficult to experience the real thing. However, O.B.E.'s will eventually open it for you.

Note: You don't have to have the Third Eye open to perform abilities, but when it is open, you will be able to do abilities much easier.

When you do have an O.B.E., the direction your forehead is facing is the direction in which you will leave the body, and also the direction in which you will return, and it will be experienced in the direction you are facing, so this is why O.B.E.'s are always done while sleeping on our backs, so our heads stay straight and our bodies are more relaxed.

Having an O.B.E. is crucial for obtaining abilities, and the more of them you have and the better you get at them, the easier abilities will become. However, you won't gain any real abilities till you can actually see yourself leave and enter your body, and have a Physical Displacement O.B.E. which is when you don't fully return to your body and exist half in the third dimension while half in the fourth dimension (*which only lasts a few days till you settle back into your body*). Then and only then will you experience true power and know exactly what real abilities can do and really feel like.

To be able to perform abilities though, you must understand them and approach them scientifically. The most common and basic understanding is that if you want to cause physical change by your thoughts, you must first not be physical, but in the fourth dimension. This has nothing to do with belief or believing! Actually, when everything is done just right (*as backed up by scientific controlled experiments*), you can "*not believe it*" all you want and your thoughts will still have abilities beyond your wildest dreams. So study everything in this handbook very well, it contains the information you need to discover your own Psionic abilities.

Remember though, your Psionic abilities cannot be done all the time. The mind and body must be conditioned first and the reason the abilities require so much time, effort, and devotion is to separate the mind from the body as in a physical displacement O.B.E. so that the thought control function which is active in dreams is brought into your waking consciousness. The reason this doesn't last is the same reason you can't stay awake forever without sleeping. So far it appears the longer you stay awake, the quicker the abilities wear off, so I'm speculating the deep sleep and

artificial sleep states are not only required for obtaining abilities, but are also crucial for keeping them.

When attempting something, it will always take your raw matter, and though you can learn to channel it and let it pass through you, you still must harness it first. Since you are always making little movements all the time (*which uses your raw matter*), to harness it, all you have to do is absolutely nothing at all. How long can you remain still? The best time to practice this is when you first wake up while laying on your back, because you won't accidentally fall asleep or feel drawn to roll over on your side.

When your abilities are achieved, they are actually achieved because you connect yourself with the world. You don't see yourself as separate, you see yourself as connected. Like the room you are in, right now you are probably thinking of yourself as "*you*" and the room as "*the room*", but in reality "*the room*" is you and "*you*" are the room and everything is connected so when you reach a level of enlightenment and you make that mental awareness (*reaching that state of consciousness*) you don't actually keep it, you lose it. It's like waking up from a dream, you can't stay in a dream all the time, eventually you wake up from a dream. When you reach that level of consciousness, you can snap out of it like snapping out of a day dream state, when you day dream you don't day dream forever, you snap out of it, it's the same thing.

"*What abilities?*", you may ask. Well, to call it as you see it would be deception by the eyes. You see, all abilities have one thing in common. The altering and manipulation of raw matter! Since raw matter (*being mass*) is what creates matter, having control over raw matter causes change to matter! Matter is everything, from the air we breathe to the water we drink and the ground we walk on, so when setting out to do something, other unexpected changes will occur as a result of it because everything is connected. For every action there is a reaction, and this still applies in the fourth dimension much more than in the third dimension.

Consider all matter in the third dimension as a calm and tranquil lake. Now imagine yourself fucking with some matter in the lake by tossing a rock into it. Well, the biggest effect isn't actually the rock making a splash, it's actually the ripples it caused to all water around it. So any time you decide you want to do something with altering and manipulating matter, remember the metaphor of the lake. One ability leads to all abilities. One action leads to many outcomes. Things will not happen as you intend them to. While trying to effect one thing, you may effect many other things instead. While trying to do a certain ability, you may do other abilities by accident. Let the fourth dimension be your playground to explore in. The old science merely observed our world of matter, but no more. I now introduce you to a new age of modern science where we get to fuck with matter from the fourth dimension and figure out exactly what it is and how it works.

When people see the abilities and they don't understand how they work and why, then they'll demand that they be done at the snap of a finger, and when it doesn't happen at the snap of a finger, people shouldn't be so quick to rule it out as not real. I think the only way things can be disproved is if they can be proved to be disproved. If you see something done and it can't be explained, and somebody demands it be repeated, just because it's not repeated doesn't mean it didn't happen.

Everyone and everything has an energy field and all energy fields share electromagnetic properties. So by simple observations, one is able to figure out much more than they can see and will then be able to apply this information to energy fields of the living as well as inanimate, and connect all matter appropriately.

Gaining any abilities will make you highly intelligent having reached a spiritual enlightenment, and as soon as you do, in a flash you will realize how stupid, angry, bitter, hateful, and disturbed most people are. It's like being thrown into a whole other world and being forced to live around billions of morons that all have shit for brains. Immediately strangers will attack you verbally yelling at you *"what is"* and *"what is not"* without even seeing you do anything or giving you a chance to do anything, especially if you already showed a room full of people and the ones verbally attacking you heard what you did from them first. Most people will become frightened which will lead some to become confrontational, threatening to fight you while demanding you to do something for them. Some people will even yell *"Fake"* and make uneducated statements that millions of others will mindlessly side with because most will never take the time to research anything for themselves. Then there's the gullible people that believe everything they see anyway and will try to use you as an example or excuse for their bullshit religion while claiming you have been gifted. Others will even claim you are possessed and such things should never be done or can only be done by the damned. Then there are the nut cases that will stare at a piece of paper or a hanging coat hanger till it moves on it's own, and try to compare this to something much greater that you did like defy a current law of science that relies only on the observation of matter. Then there are the book smart kids which are actually the dumbest because they will ask questions like *"If it's possible, then why isn't it in a book?"*, and when I say dumb I mean really stupid because they immediately reject all reality for whatever is in a published book and they never really question anything because of how accepting they are of whatever is handed to them in a published book, often thinking all theories are facts merrily because they were told to them and they never question anything. There are also people that reject all logic by denying any scientific data and research, simply because they live their life by assuming too many things and confusing beliefs, opinions, and facts. No matter what you show people, the best way for them to see is by doing it their self. If they are not willing to take the time to learn and to try it on their own, then they were only curious and not worthy of what very few people ever catch a glimpse of.

Adjusting To Hyper-Dimensional

4) Anxiety

Anxiety is fundamental, as you will find it is an emotional subconscious response to two or more energies colliding in a materialized form of friction. In fact, during tests of effecting inanimate objects from a distance through raw matter manipulation, rapid breathing and rapid heart beats did not happen to me till my concentration and focus was broken in which half the body was discovered as being asleep when trying to stand up. At this time the rapid breathing and rapid heart beats began for a short amount of time as the matter rushed back into the body. Being locked in the fourth dimension, even when fully in the body, the body felt not to exist as strong winds and extreme heat continued to heavily radiate from the skin in all directions, but mostly from the palms of the hands and forehead. The winds could be felt where the body was, as if the body did not exist, so I instantly knew I was the only one that could feel them, but the heat that the winds produced might have been felt by those that stood next to me.

Anxiety

Mild: Slight discomfort. Enhanced ability to deal with stressor. Increased awareness, problem-solving abilities, perceptive field, and alertness as well the ability to see more connections between events. Sleeplessness. Curiosity, repetitive questioning. Constant attention seeking, belittling. Misunderstandings, idle hostility; restlessness, irritability. Increased attention on problem situation.

Moderate: Moderate discomfort. Increased ability to concentrate, focus attention on problem situation; concentrate on sensory data relevant to problem, and verbalize; more alert. Narrowing of perceptual field, selective inattention, some ability to perceive and understand connections between events. Voice tremors, change in voice pitch. Increased respiratory rate, heart rate, and muscle tension. Shakiness.

Severe: Tendency to dissociate anxious feelings from self; denial of existence of uncomfortable feelings to protect self. Range of perception greatly reduced; focus on small or scattered detail; inability to see connections between events or details. Selective inattention, interference with effective functioning. Difficult and inappropriate verbalizations; inability to concentrate, purposeless activity; inability to learn. Sense of impending doom. Hyperventilation; tachycardia; frequency and urgency. Nausea. headache. dizziness.

Extreme: Extreme discomfort. Unrealistic perception of situation. Distortion and enlargement of detail, disruption of perceptual field. Inability to speak, unintelligible communication. Vomiting, feeling of personality disintegration, immobility.

Anxiety is not something that should be removed completely but in fact it's a subconscious emotional response triggered by suppressed emotions or the ability to connect with physical objects and people beyond the flesh. Anxiety is a normal occurrence in the body and should never be treated with any medication. Regardless of the type of anxiety you have, they all share the same underlining principles and share the same characteristics and behave the same way. It is the densening and condensing of your energy field, the manifestation of it into physical form in connection

with the people, things, and places around you. Failure to recognize this will only make it persist in an uncontrolled way that will worsen and cause problems.

Anxiety is not to be associated with the feeling of being anxious. This is a misconception due to the notion it must be an emotion caused by the mind, but it's caused more by energy itself that is outside the body so in this regard it has nothing to do with being anxious. Anxiety is most often felt in moments of fear. Fear of falling, fear of drowning, fear of the dark, fear of getting hurt, fear of rejection, and fear of dying. If we take a closer look at these fears, we see the one thing they all have in common is lack of control. This is important because when we learn to move outside our bodies, the first thing we must lose is all control.

Though fear can cause anxiety, Anxiety itself is not fear. Anxiety is the manifestation of raw matter, usually driven by extreme emotions, but not always. You can have no fear, and be hit with anxiety so hard that you fall to your knees. Fear stops us, when anxiety improves our concentration and hypnotic state and helps us do things.

The anxiety is to be triggered mentally at your control, so you can learn to keep all muscles in your entire body relaxed at all times. This mostly involves simply being aware of all your muscles and keeping them all relaxed. This could be; watching a movie at the theater such as an action film that causes your body to have an emotional response of fear or excitement, riding a rollercoaster that causes your body to have an emotional response of fear and panic, even facing a simple phobia or doing something to purposely trigger high levels of anxiety. The trick is to melt into it while practicing total relaxation of the body. You see, anxiety is the key. It is what powers raw matter, and you will have to have it to strengthen your abilities. There are many ways to practice anxiety while remaining still with a clear mind and doing nothing. One way in particular is to sit relaxed in an arm chair while either focusing on a wall in front of you or looking up at the ceiling, and then repeating to yourself out loud *"I Am Upside Down"*. Somehow the feeling of gravity in your mind and body will flip on you and you'll go into the most extreme feeling of fear and panic ever. Myself and others that have tried this, are not sure exactly how it works yet, we just know it works. At first one would speculate it's all in the mind, but then that doesn't explain the whole experience. Either way, I think this simple mind exercise may be a key to levitation, but then the fear of being upside down and the fear of falling are the two major set backs.

When advanced Psionic abilities are present, bodily changes such as low blood pressure, unusual heart beats, temperature changes in and around the body, and lack of appetite will be expected and they will be normal. All of which are usually automatic functions that can be controlled and changed manually when made aware of them after learning how they actually work in connection with the mind.

Adjusting To Hyper-Dimensional 5) Time And Radiation

Before you attempt any matter manipulation, and as you spend most of your time meditating and sleeping to build up your raw matter, you may notice missing time. What is happening is the raw matter is condensing and becoming thicker.

Gravity alters space, space alters time! We are living in a distortion! If you want proof, simply do the watch test. Take two watches, both the same make and model, both new and with new batteries, set them to the exact same minute and second, then sit one in a room far away from where you will be for the next few weeks, and keep the other on your body while you meditate and sleep. I never actually did this test, but it is a famous test that has already been done and proven, and accepted now as a part of current science.

Now this is the important part! Thickening and thinning of raw matter will change the speeding up and slowing down of time. It also has something to do with overlay time, in which ghosts appear to be present in a hologram form.

Another thing that science has already proven is that radiation causes time slips, and this is actually why UFO's are always spotted mostly around nuclear power plants, and why people usually experiencing missing time or being returned a moment before they are abducted when UFO's take people.

Also, radiation itself is just a frequency.

Divination is mostly psychological, as the rules of divination imply; 1. Divination cannot tell you anything you don't already know. 2. Divination can only reveal that which has already happened though it did not happen yet, because the rules of time are only applied in our third dimension.

The act of divination itself, no matter what form it may be, is the act of bridging your consciousness with your subconscious, and as time only moves forward in the third dimension, raising your subconscious to the fourth dimension surpasses this barrier. However, most divinations are often faked when it comes to psychic readings, because the descriptions are too vague and are left open to interpretation with no specific information that would personalize the reading. Divination tools work by being personalized and therefore emotionally and mentally connected in meaning, but to one that simply follows without understanding, they will not be effective or as effective.

I do recommend pendulums for divination. For them to properly work, you must have lots of sleep and ask questions that can be given direct yes or no answers, and make sure you know all possible answers before asking.

There is a small trick to divination when it comes to gambling. You need to know all the outcomes, all your options, and lay them out in front of you, then you know the answers are there, you only have to find which ones they are. For example; I once did a *"baby pool"*, where someone was due to have a baby. They got a prediction from their doctor when their baby was expected, then about four months before that expected date, they went around asking people to bet money on when they thought the baby would be born, and whoever got the closest date would win. First I found the month, second I found the day, third I found the hour, fourth I found the minutes, fifth I found the babies sex, sixth I found the babies weight in pounds, seventh I found the babies weight in ounces, eighth I found the babies hair color, ninth I found the babies eye color. I was correct on everything, except I was one hour off on the hour and I think that was because it was around midnight which was almost borderline on the two days, or it could have been something else. Anyway, I won and it wasn't luck. I've actually done many divinations like this, but it only works when the events can be pin pointed in advance. Since future things can change at the last minute, you want to do things that are set to already happen, so your odds of them not changing are better for you to pin point.

Casinos were started as a form of test for abilities, and knowing they are real, they rigged their games to lose when they catch on to people with abilities. Abilities such as; Counting Cards, Reading Minds, Seeing The Future, Seeing Through Others Eyes, Controlling Dice, etc. Horse races have also been rigged, by having the same horses race over and over in the same day which throws off divination readings, but they do hold a huge race once a year where the horses race only once, so that information can be pin pointed much easier, yet horses do drop out of the race at the last minute, sometimes changing the events of the predictions. Example: one time I said who would be first, second, and third, but then first was dropped out of the race at the last minute, so the winners were actually second became first, and third become second.

Lottery tickets are probably the easiest to pick, but because you can't pick the ones you want, and they either are given to you from a cashier or a machine, you'll always get more losing tickets than winning tickets, unless you have direct access to them and can pick only the ones you want.

Adjusting To Hyper-Dimensional

6) Static Electricity

To prove to yourself that the sensations you are feeling and experiencing are not just your imagination or your mind playing tricks on you, find someone with a headache and sit them in a chair. Hold your hand over their head where their headache is, by about three to five inches away from their hair, *(If you are right handed, you'll use your left hand for this, but if you are left handed, then you'll use your right hand for this)*. Either immediately or after awhile you'll start to feel a flow connection between them and you. You'll see their hair rise up and you'll hear the static in their hair, they'll tell you they feel their headache leaving, and you'll feel static electricity enter your hand with slight muscle pain in your hand till you can run water over your hand and shake it off.

The word *"Static"* means *"fixed without change, action, or movement"*, and Static Electricity exists as a negative charge, so Static Electricity is negative energy. It can cause sore muscles, headaches, and more. Bad emotions and bad thoughts are not negative energy, this is just a misconception. When working with raw matter manipulation, you will know the difference for sure. Static Electricity is not produced in ones energy field or body, but ones energy field and body is capable of being infected and contaminated with it. Since this happens in the flow of undetected raw matter, this is what will make you sensitive to all things because your awareness of it will grow through using raw matter to feel as your second skin.

Black lights, old televisions, or anything else that produces static electricity, will effect you from a distance. Though it is possible to use static electricity to do some things, in the process it will prevent all other abilities and most likely backfire with devastating effects to your mind and body.

If you ever sit under a black light, or in front of a static generator such as an old television screen, and meditate on absorbing it, you'll see for yourself. You can then do things like let your hand fall completely asleep and then use that hand to tightly grab and hold a metallic door knob till the hand wakes up, then let go and the door knob will be charged with static electricity to shock the next person that touches it.

Using this same method, you can also use it to insert the worse kind of headaches into people, and make people feel like they've been punched really hard just by slightly touching them.

Many that don't have a clue about real abilities or science, will cling to static electricity and claim it is electrokinesis, but it is not. Static electricity does not power things, it shorts them out.

Adjusting To Hyper-Dimensional 7) Dynamic Electricity

When you are able to use raw matter to supply electricity to an electric component or electrical device, you should know that the electrical D.C. voltage, A.C. voltage, current, and resistance will not show up and cannot be measured by any equipment.

The testing in this area is incomplete and will be updated during the next edition of this book's publication.

Adjusting To Hyper-Dimensional 8) Space Within Space

Your body is nothing more than a sponge, and what you feel is a result from the giving and taking of raw matter in yourself from becoming connected to everything. As time passes you will collect more and more raw matter, absorbing huge amounts and becoming a center point for all of it.

How your muscles work, in relation to the raw matter. Your body is not one-hundred percent physical. It's actually half physical and half raw matter. Your body really is just a suit, but you've used it for so long, you've become dependent on it, and have adapted the notion, it's physical and it's me, so it and I must be all there is. The truth is, when your muscles become tense, they are absorbing raw matter, not physically, but by space within space. They can be relaxed by simply releasing their raw matter. Well, everyone can control simple bodily functions because those are limited to the body itself. You won't actually have any control over the raw matter till you teach yourself to connect with it, but once you do, it's a sink or swim experience, and the connection becomes constant, un-reversible.

Adjusting To Hyper-Dimensional

9) The Werewolf Effect

Very quickly you will reach a point of over absorption, in which at such a time you will experience The Werewolf Effect. Most commonly experienced upon waking, but can also be experienced during any type of relaxation, meditation, or exposure to direct energy sources which is known as The Cripple Effect.

Upon waking, you may feel the need to stretch and do so against your own will, at which one or more of your muscles will dislocate causing extreme pain. This can be in the neck, back, arms, hands, legs, and feet. It has been noted that at such a time the body is capable of mutating and changing physical structure.

When you have reached a maximum absorption point, just about anything will trigger The Werewolf Effect. From trying to pick something up, to trying to walk. So when you start to experience The Werewolf Effect, immediately remove any articles of clothing around the hands and feet, depending on how serious The Werewolf Effect is, additional clothing may need to be removed as to expose the arms and legs, then contract all body parts inward. Legs and arms should be folded into the body, and hands and feet should be squeezed tightly, with applied pressure to dislocated parts till you are able to release the excess built up raw matter that is causing it to happen.

By chance that you may not be able to remove your shoes or boots, given the possibility that your muscles have not yet dislocated, keep foot arched firmly standing and walking on the bottom part of your foot applying pressure downward with all of your weight while keeping the heel lifted with the leg. Though wearing a shoe or boot that forces your foot into this position you'll find it will actually trigger it instead of preventing it, due to the confined space for the foot to move.

After stopping The Werewolf Effect, you'll be susceptible to going right back into it again for the next several hours. So avoid doing anything immediately after and try to rest so your body can slowly adjust back to normal again.

Seeing how The Werewolf Effect is completely a subconscious act that will catch you off guard, there will be no way of avoiding this at first, so it is very important that you know how to deal with it. This is not a medical condition, this is a natural side effect of dealing directly with the altering and manipulation of raw matter. I have found that within time, and while avoiding cold climates, this is more thought controlled and can be avoided by not thinking of your body but some other place, as it will go where your

thoughts go. Also, when you feel it about to happen, remain completely still with eyes closed so the raw matter has a chance to spread through the body, at which time you will feel it form your second body. Instead of it rushing into you, it will then begin a mold of you, for abilities and O.B.E.'s.

If you feel you absorbed too much raw matter, then exposing the body to rain water or a body of water (*either warm or in a warm environment*), will reverse the effects or prevent them from happening, but in doing so, all raw matter may become washed away.

Adjusting To Hyper-Dimensional

10) The Cripple Effect

While water is the greatest collector of raw matter, in liquid form it can wash raw matter away, but in frozen form it can harness it and cause The Cripple Effect.

The Cripple Effect is when you absorb extremely large amounts of raw matter from ice, snow, chilled water, or objects that are very cold. This is a natural elemental side effect from after experiencing The Werewolf Effect.

This raw matter is somewhat usable to cause changes in the physical, as to where water is nearly impossible if possible at all. However, it is highly suggested keeping your skin as warm and dry as possible, making a boarder between you and the cold, else the cold will over power you upon the slightest touch.

The Cripple Effect should be dealt with in the same manner as The Werewolf Effect. Only seek a warm dry place first if possible.

Adjusting To Hyper-Dimensional

11) Concentration

As you may have found by now, it's possible to have such sharp concentration that you forget your own name. In this state of mind every thought has complete power over the physical world. Only in reaching this state, your thoughts will tend to focus more on trying to remember things. Then once you do remember, you'll snap out of this state of mind as if being awakened from a dream. Everyone has mildly approached this state through day dreaming, only in day dreaming your attention is taken away instead of focused. Yet both will drown out all background noises to an absolute silence giving only sound to thought. So if you day dream on what you want to effect, then that is the most powerful concentration you can have, because you'll see and hear nothing else.

So if you day dream of what you want to effect, then day dreaming is good and will work for you, but if you day dream of something else or day dream of something when trying to clear your thoughts, then day dreaming is bad. So depending on the situation, day dreams can either work for you or against you. Either way, a portion of your body must always be a sleep without noticing while maintaining a controlled day dream state of concentration, if you want to effect things. Can be done while standing or walking, but first attempts to effect things should be done while sitting.

You must always keep a good posture when in the standing, sitting, or sleeping position. Never cross your arms or legs. Don't even let them touch. However, it is alright to let your hands rest on your legs when sitting, or your hands and arms to touch your sides when standing. When sleeping, always remain on your back. Following these simple rules will align your energy field, making you more balanced and centered for maximum supernatural performance.

When you use raw matter to manipulate matter, your focus and concentration will be so sharp and precise, that you'll actually forget you have a body at times, and not even pay any attention to your body falling asleep! The raw matter goes where your thoughts go, so not thinking about your body, it will all rush out of your body, and to that which you are focusing on, and this is how matter outside the body is effected. Though it (*the raw matter*) will be connected to you through the fourth dimension, the temperature will not come from your body unless you redirect your attention back to yourself, in which the raw matter will spring quickly back into the body. If the raw matter was cold, it can cause muscles to temporarily dislocate, (*see: The Werewolf Effect*). If the raw matter was hot, it can cause the lungs to temporarily hyperventilate, the heart to temporarily race, and hot winds to continuously expel from both palms of the hands and the small place on the forehead between and above the eyes.

While keeping track of room temperature, the temperature of objects could easily be increased or decreased by about ten degrees.

The point of contact is what changes, the changes do not manifest our of you physically, only at your point of concentration, the point of contact, that which is to be effected. Your body heat has nothing to do with starting fires by thought, same as your body's electrical current has nothing to do with supplying or effecting things that run on electricity.

Adjusting To Hyper-Dimensional

12) Creating Fire

To create fire, apply raw matter to something that can catch fire, and increase the temperature by focusing on a single point. You'll see a small black dot appear as it spreads out, just how a magnifying glass intensifies light to burn things or start fires. It will always be at whatever is the center of your attention, that which you are focusing upon, where you are looking.

Air can probably be effected by more than just temperature, such as winds, wind might be able to be created, but since winds are common, and what you feel may not be in the third dimension, it's very hard to tell, and would take a lot more testing to show it. Since we are avoiding anything that could trick the mind into thinking you are doing something you aren't, save the possibility of wind abilities till after you can float in the air, at least I know levitation is possible and it offers much more proof.

Adjusting To Hyper-Dimensional

13) Effecting Objects

ATTENTION: *The raw matter that materializes is done so and controlled by ones thoughts. If too close to electronics, it will cause electromagnetic disturbances and possibly fry the electronic device by means of a self generated EMP (Electro Magnetic Pulse). The raw matter will also effect humidity and moisture the most in the atmosphere around the area being effected and can cause water to accumulate as either rain drops, condensation, or both. Also, most electronics will generate a negative energy (static electricity) and this could cause damage to the body if this combines with the raw matter and enters the body.*

Raw matter has different properties with living things, opposed to non-living things. Inanimate objects have fixed raw matter that is stationary, while living things give off radiant energy like a light bulb!

"If you can move an object with your mind, imagine what you can do with humans!" So, you must learn to effect inanimate objects before you can proceed or advance. Different materials will react differently (*only practice with inanimate solids*).

Natural Materials (*will react the best*)

Unnatural Materials (*will react, but differently*)

Crystals (*will multiply any effects*)

Avoid trying to effect water and fire. These do not count as inanimate objects. They are cleansers and will consume too much raw matter. Also avoid anything that can be moved by wind, temperature, static, etc. You don't want to trick yourself into thinking you did something. You want to know for sure that you did actually do something. Make sure that what you are working with is not going to move on its own, and give it a little push with your finger or blow on it first to make sure!

Inanimate Objects; what you can do; (*by sight and thought alone*)

* Apply heat to make things bend, melt, or burn

* Apply pressure to push, squeeze, crush, or throw things

All inanimate objects are connected by the mass that makes up their matter. All things around you through this connection can become extensions of your self. They can become warmer or colder with your own body temperature, or hot enough to burn skin and cold enough to numb skin. They can move, but not as expected. When they move, they'll first tremble as if being crushed by deep underwater pressure, then react as if caused by an unseen exerted force. Different materials will react a little differently from each other. Un-natural materials such as plastics cannot hold onto any of the raw matter, but can be easily pushed. Materials that let light pass through or reflect all light may be much more difficult to work with. Rocks and other natural objects are best because they harness the raw matter the most. Certain crystals can be good for multiplying the raw matter.

Before practicing with any objects, remember to avoid water and fire. They are cleansers and will remove all raw matter. You may learn how to turn air into water, and air into fire, but not working with water or fire directly.

How Raw Matter Effects Objects By Thought

First, the size of materialized objects first fill all available space by connecting all matter.

Second, a force begins pulling all raw matter of matter to its center which is always between ones body and the point of contact (*point of contact being the inanimate object to be effected*) and averages at about four feet in diameter while maintaining a reverse clockwise rotation.

Third, solidity begins to take shape when one gives a thought suggestion or command word to perform a specific action.

Fourth, the eccentric force is always in radius from ones body to the point of contact with point of contact being either in line of sight or full radius of ones body when eyes are closed.

Fifth, the center of concentric force upon the effected object averages at six inches to one tenth of an inch in diameter when in line of sight and appears to be much larger with random points of contact when eyes are closed.

There will be a force causing an applied pressure to the effected object reacting in physical exertion of the effected object, and movement of effected object in accordance with ones own thoughts and emotions. Movement of effected object first remains stationary while structure of effected object changes. Then the effected object will tremble with the appearance of being crushed by deep underwater pressure. Then finally trembling of effected object will cease as control of the effected object becomes an extension of the body.

Object Exercise 01: Practicing with condiment packets like ketchup, mustard, or mayonnaise. When practicing with condiment packets, you'll only need one so pick one and first tear a corner open with a small slit, just

so it's not sealed air tight. The contents won't spill out on their own and you can even prop it right side up if you want. Now just look at the center of the packet and think "*push*" and when you start to see the center of the packet push inward like an invisible finger is pressing against it causing all of the contents to spill out, then you will have achieved actual telekinesis (*the real thing*). Just remember, it's like taking a piss, you can't do it whenever you want, only when your body is ready for it.

Object Exercise 02: You'll need a flat surface such as a table or a desk! and an object such as a paper clip (*must be small and be a solid metallic*). Sitting in the relaxed position, place both hands, palms down, upon the flat surface. If sitting in a chair at a table, keep back straight and both feet flat on the floor with space between your legs so they do not touch. Let your fingers curl in a relaxed position. Don't tense any muscles in your hands or in your arms, let your arms hang loose and limp. The only parts of your hands that should be touching the surface now should be your wrists and fingertips. The object should be laying on the table between your hands, while keeping hands at a distance from the object. As you focus and concentrate on the object, you must not move your hands at all, neither should anything or anyone touch them during this exercise. Keep your attention on the object, use your sight to study close details of the object, and use your thoughts to control the objects movement. It will most likely take several tries and a few hours each try before you see results. So take your time and don't rush it. As your attention on the object draws your body into higher levels of anxiety, you'll soon be completely unaware of your hands and body. This is a good sign, because your raw matter is what will effect the object and as your sight shifts all the raw matter from your body to the object, your body will go numb and become stiff like a statue. Once you reach the extreme anxiety level, your body should still be very calm and relaxed, because it's only when you try to move your body that you'll trigger the rapid heart beat and uncontrollable breathing. This is due to moving your energy outside of your body and then condensing it, then the shift in your attention to your body is pulling it into you causing drastic changes in your body functions. So it is very important to forget about your body and to not draw any of your attention to it. As you stay focused on the object, you should slip into a day dream state making it difficult to keep track of time and difficult to hear any sounds around you. The energy should be passing through your arms, out of your hands, into the table, through the table, and into the object. Think of moving it, bending it, lifting it, or burning it. Remember, you are effecting the object in another dimension, but before its physical counter part can be effected, the energy must be condensed to cause a physical change. This can only be done with precise concentration, so don't lose focus. Your thoughts should be only of the object, and nothing else.

Adjusting To Hyper-Dimensional

14) Creating Water

Water is H₂O, meaning two hydrogen molecules and one oxygen molecule. In science, oxygen is an element, but water is not, because in science an element is considered a single molecule, and water is a combination of different molecules, making it a compound. When oxygen becomes cold, it will automatically bind with two hydrogen molecules, *(as seen with condensation on the outside of a cold drink, or in sealed bags and containers in a refrigerator)*. When water become hot, those hydrogen molecules will break away from the oxygen molecules and release them, causing air bubbles, as seen with boiling hot water on a stove *(you'll notice the air bubbles are being released from the bottom of the pot where the heat is being applied)*. Without gravity, water is actually a gel and clings to itself and other objects.

Since water is a collector of raw matter, it is actually unknown if it can be effected at all. Also keep in mind that running water can be effected by static electricity, and no matter how still and calm water may appear to be, much like air, it will always be in motion so do not bother with trying to effect water. However, effecting temperature of the air around you, you do have the ability to create condensation, and to even make it rain in your bedroom *(depending on the moisture in the atmosphere)*. This would be referred to as making cold spots. When the air is cold enough, the hydrogen and oxygen molecules will bind on their own when the raw matter is being condensed to create a cold spot.

Adjusting To Hyper-Dimensional 15) Effecting People

Effecting People; what you can do; *(by sight and thought alone)*

1. Change Their Raw Matter To Control Their Mood *(using raw matter and colors)*

2. Apply And Remove Raw Matter To Heal Them

3. Use Raw Matter For Defense Purposes *(listed easy to hard)*

A. Give Them Headaches

(by applying raw matter with static electricity to the head)

B. Give Them Muscle Bruising And Pain

(by applying raw matter with static electricity to the muscles)

C. Cripple Their Hands And Feet

(by over inserting raw matter into their hands and feet)

D. Control Their Thoughts

(by inserting raw matter into their eyes while maintaining eye contact)

E. Short Out All Of Their Electrical Devices

(this does not effect them physically, only the electronics they carry)

F. Crush Their Lungs

(raw matter slams their chest and crushes their lungs not allowing them to breathe)

G. Give Them Heart Attacks

(raw matter slams the heart and causes the heart to stop)

H. Catch Them On Fire

(raw matter is concentrated on hair or clothing to catch them on fire)

I. Make Their Own Weapons Ammunition Explode Like Bombs

(raw matter concentrated on ammunition)

Every vibration has a frequency. Every frequency has a temperature. Every temperature has a color. Every color has an emotion. Every emotion has a sound. Every sound has a vibration. Everything is connected.

To change people's moods, it's as simple as picking the color of a certain type of emotion, and projecting it onto them. There's no need for any contact, or for them to even know you are present. They may get the feeling someone is watching them though. In direct communication however, most people just reflect emotions, so you can control the emotions of others by simply controlling your own, and giving verbal and physical suggestions to confuse them as they reconsider their thoughts and actions, to adjust to the change in information.

Before you can heal others, you must know how problems manifest in the physical body, then be able to prevent them in your own body first.

Being able to heal yourself and others is done based on having an extremely high immune system and is limited to non-fatal injuries. If you or they develop an infection, get a virus, or need a bullet removed, it's suggested to seek medical treatment. If a knife is stuck into you or them, leave it in till it can be removed in surgery as removing it immediately can make it worse and cause death. It is important to know not all viruses are legit, and some are simply natural bodily changes when the body is exposed to repeatedly extreme atmosphere temperature changes or bodily contact with others. The government knowing this decided to side with the pharmaceutical companies to market the common cold and some S.T.D.'s (*that have no way of being tested or identified*), as fear to make money and keep people divided. Never take anything at face value, always ask question and demand real answers while doing your own investigations.

When you can stand on one foot without losing your balance, and sleep on your back without rolling over, then your body's raw matter will be perfectly aligned and balanced as well. From learning to feel the raw matter and take control of it, you'll be able move it in and out of yourself and others to heal yourself or them. Injuries require raw matter, so the more injuries are fed and the quicker they are fed, the sooner they will heal. Once you are hyper-dimensional, your injuries will automatically create large whirlpools of raw matter, and when at rest that will be increased even more. When the body does heal, it's actually the body that does the healing, not the raw matter itself, what the raw matter actually does is supply power to the body so it can work faster, and it is possible it could be instantaneous if you had enough raw matter and had mastered most abilities to have complete control over matter.

Since removing raw matter from the body normally relaxes the muscles, and adding raw matter to a the body normally expands the muscles, if someone had a dislocated muscle, you would heal that by removing raw matter from the area so the muscle can relax and when it does it will go back into place on its own. If a person has a headache, headaches are blocked paths in the head and consist of negative electrical charges built up from static electricity. Removing the raw matter from the head will show static build up being produced in their hair as it leaves their head, and you should not let it enter into you, but instead try shaking it off or using water on your hands to get rid of it afterwards.

H.I.V. does not cause A.I.D.S., that was a lie spread by the government so they could infect people with A.I.D.S. when they sought treatment, so many doctors were unwillingly tricked into participating in a depopulation plot. There are many types of cancer, but cancer tumors have been proven to be cured by anything that increases the immune system. So even though tumors grow, I would suggest applying lots of raw matter to the tumor to increase the immune system, but if the persons health is too poor then they may not be able to be saved. However, if a person is very healthy and just

happens to have a tumor, then it should be very easy to remove by applying large amounts of raw matter till it shrinks and vanishes.

Absorbing static electricity into raw matter does have a few simple applications but it is also important to know that at any time static electricity can backfire and whatever you intend to do to another can be caused to you also or just to you instead. Also, static electricity acts as a pollutant of raw matter so no other abilities can be done while using static electricity with raw matter.

This can be done several ways, either from a slight distance, gently touching them, a strong punch, or pressing your hand firmly against them. Their clothing can act as a barrier to protect them from the static electricity, so you'll need to aim for direct body contact. The best attacks aim for the head or their arms and legs. Static Electricity can't kill an opponent, it can only cripple them, so their head will develop a severe headache causing them to lose focus, and their arms and legs will become so badly bruised and sore that they will hardly be able to move. When using static electricity, the gentlest touch can cause immense pain and suffering. For a much stronger attack to take them down, wait till most of your body is asleep and then press and hold your hand firmly against their flesh till your hand wakes up and then remove your hand and it will all be inside them, attached to their physical body, causing them physical problems. If right handed, use right hand, or if left handed, use left hand.

Another way to cripple your opponent is to simply send large amounts of raw matter to their hands and feet. This will cause the muscles in their hands and feet to all dislocate at once, making them feel like their hands and feet are being crushed, shooting an immense pain into their arms and legs as they fall to the ground unable to walk or crawl.

It is possible to invade the thoughts of others, change their thoughts, make them forget, and to even share thoughts, but what you can do will depend on you and the person you use. Weak minds are easiest to control, but are also chaotic when not being controlled. Then others like us, we all develop different abilities, but when joined together, our powers multiply.

By focusing on any electrical devices, they will silently stop working. No sparks or anything like that. They will just stop working. So sometimes it could be an E.M.P. effect, and other times it could be just the draining of the power source, or blocking the power source from working.

A practice test done to see if raw matter could be used for an offensive attack move as a defensive strategy proved highly successful. With two people standing about twelve feet apart in a dimly lit room, facing each other, one creating "the cloud" between them, then holds out their right hand and thinks "*ATTACK*"; the cloud then took the partial shape of a three dimensional shadow person, a copy of the persons extended hand and

arm, then shot across the room and hit the other persons chest, pushing them to the ground and preventing them from breathing till the command was lifted. Afterwards a faint hand print could be seen on their chest. This is very similar to how heart attacks can be induced, by attacking from a distance with no physical evidence left behind, making them appear as natural causes.

Causing fires or catching people on fire is not a good attack move when you need to attack fast, but if you have plenty of time and are outnumbered, it does make for a perfect distraction, and something to keep them busy so you have less to worry about. Just keep in mind though, that once a fire is started, there is no putting it out, so just make sure it won't be a problem for you as well. Simply focus on something that can catch fire, and the raw matter will become hot enough if you want it to.

When applying raw matter to ammunition with the same intention, they won't catch fire, they'll explode. Only setting off a bunch of random bullets may not be the best move for you, so be cautious around ammunition and any explosives, or things that should not be exposed to heat.

Adjusting To Hyper-Dimensional

16) The Cloud

Materialization is in itself the original true nature of what happens to mass as it becomes matter and then condenses to create a physical form. At first others will perceive this to be a vortex, or a worm hole if connected to another vortex. I call this The Cotton Candy Effect or "*The Cloud*". As mass tends to flow as an outward spiral becoming thinner, reversing this to an inward spiral flow to become thicker will cause a ball of raw matter to slowly form. At first it will appear as a ball of neon blue sparks that move around like tiny worms or sparks, pushing in on each other and becoming brighter, pulsating as a black spot like a three dimensional shadow created by nothing. Only the creator of it will see it at first. However, it will be seen by others as it grows.

To prove it is there to those that cannot see it, Have them slowly extend their arm and move their hand across the area where it is being made. When their hand passes through it, their hand will heavily tingle, but only when in the spot of it. By pulling their hand away and then back into it, they can see the feeling in their hand is being caused by the space of the concentrated raw matter. Before it materializes into physical form, it will become an invisible solid object. You can then further prove this by having someone swing their hand really fast through the space of the created matter, and their hand will respond exactly as hitting a solid wall knocking their hand and arm back possibly leaving a red mark on the skin if hit hard enough. Raw Matter being materialized can be captured on film using Ultraviolet Cameras, as the first stage of materialization is not visible to light.

Materialization Of Raw Matter Into Matter Has Three Stages.

1. **Invisible And Formless Without Shape, (*in a constant state of change*)**
but can be seen as a glowing light as it intensifies and can be felt (*like a liquid or a solid*)
2. **Translucent And Taking Form,**
seen only as clear glass but mobile and changing (*as if taking on a life*)
3. **Solid Flesh Like A Rubber,**
and having no hard surface (*turns into ectoplasm*)

There are three stages to materialization. Currently I have only witnessed the materialization reach the second stage. In the first stage, the raw matter/mass will become dense enough to take on physical properties with the air becoming thick like being in the bottom of a swimming pool. Being shapeless and without form, yet still invisible to light, it will then have a weight to it that can be used to exert pressure on things or to change the temperature of things.

What I find very interesting about this, is how raw matter can become a solid object that can be touched, yet there is no shell of matter to hold it in place, so it will disperse. Current science is under the impression that all solid objects must be visible, but this changes everything. The reason why and how raw matter can form invisible solid objects makes sense also, because raw matter is the counterpart to matter and not actually matter itself, and only matter itself is bound to how light makes things visible to us.

The second stage, it will then start to become a solid by creating a textured shell of itself that appears exactly like glass. The third and last stage is said to be full materialization as the transparent glass structure becomes a fleshy non-transparent substance, but I have not made it this far yet to fully confirm this on my own. Also, entities will from time to time try to take advantage of the matter you are trying to materialize so that they can enter into the physical. Don't be alarmed when this happens, because they can only be allowed to pass through if you are not startled and can maintain your concentration.

Something to remember about materializing raw matter into objects *(regardless of what stage they make it to)*, they only exist because of your thoughts or the thoughts of another, so they will vanish as soon as ones concentration is broken, or when they come into contact with things that disrupt them. You can make protective barriers to block punches and kicks, but for each blow they take, they will have to be constantly remade if they shatter, unless you can make them thicker to absorb things and hold them in mid air.

Materializing; what you can do; *(by sight and thought alone)*

*** Create Protective Shields To Block Punches And Kicks**
(so they never touch you)

*** Bend Light**
(to create two types of invisibility)

*** Block Light**
(to create darkness, also considered another type of invisibility)

*** Attack People From A Distance By Creating A Double Of Yourself**
(it does what you do, but it has all the power, you only need slight movements)

If you try to make two clouds, being too close to each other will cause them to join and become one, but if done far enough apart, they can become connected and create a worm hole. If you make enough clouds over a period of time, it is also possible for them to connect to each other through time by using you as the center of their connection. I personally didn't think it worked like this till I saw it with my own eyes. It can and will happen.

The Stages That Materialized Objects Are Felt As

- 1. Electromagnetic Fields**
 - 2. Temperature Changes**
 - 3. Densening Of Space**
 - 4. Pressure Upon Near By Objects Within Distance Of Sight**
 - 5. An Extension Of Ones Own Body**
-

Adjusting To Hyper-Dimensional

17) The Fixated Look

Before starting, it is best to do this while eyes are closed or if with eyes open, remaining perfectly still removing the need to blink so your sight stays fixed. This can be easily done by dehydrating the eyes. Since the eyes automatically water when the eyes don't blink, simply practice staring at things without blinking, will force your eyes to water. When your eyes no longer water, you'll then have the fixated look. I call this sight "*The Fixated Look*" because everything will become lucid, and without blinking you'll feel magnetically connected to all objects that you look at. Apply this technique with all visual concentration methods.

The reason for staring is because raw matter will go where you look, and by only looking at one spot, that's where raw matter will start to collect. Focusing on the surface of something, like a wall, or the space between you and the surface, *(not blinking will cause your eyes to water, but once they water, you will then be able to stare without blinking)* look at one spot, and nothing else, and eventually the raw matter will rush to that spot, and reaching out your hand to that spot, or anyone's hand, will feel it in its first stage. First stage will feel like the body is falling asleep. Moving your hand in and out of this spot will make this feeling in your hand come and go, same with anyone else that is present.

Dark shadow clouds will begin to move in and out of your sight, around you in a pixilated darkening and then lighting transition, in the form of a beam sweeping across your vision like a wave, appearing as a shadow, only with a soft pulsating glow like a cloud with no depth, just simply translucent as an energy field. This is your subconscious surfacing to your consciousness and the visual movements can be used as a sign language for you to communicate with your subconscious, or possible entities.

Adjusting To Hyper-Dimensional 18) Thought Forms And Entities

To understand entities, you must first understand all the things that can be mistaken for entities. The most common is when ones own subconscious has physical influence on material things around them. Not knowing or having any control over ones own energy combined with thoughts of things happening can in fact cause things to happen as if by an entity, especially when anticipated with fear. Another is time and space imprints, because they can overlay moments in time and give the effect that it's entities trapped in time. These are created during very emotional moments that cause a major impact on more than one person, usually when someone dies very violently or when something life changing happens. Another possibility is others creating the effect or appearance of an entity. This can be done by someone having an Out Of Body Experience, Remote Viewing, Creating Watchers to spy and relay information, or simply by directing their thoughts.

As it is usually difficult to always identify an entity, it is also difficult to tell if partial materializations are caused by entities or something else. Regardless of what is not an entity, all suspected entities should be treated as entities because entities want communication, and even if it isn't an entity, it will help to stabilize the actions it is creating.

A ghost is not an entity. Ghosts are merely empty shells of former beings floating freely with no control. When ghosts float through a wall or a floor, they can cause sounds to manifest, like thumping or walking sounds. Their impressions can also become captured in glass. Animals usually stare at ghosts a lot and get very defensive. Ghosts cannot normally survive on their own, for them to remain means something is causing them to stay, but because the shell has been deserted it's hard to say exactly how and why they still are. One factor to this would be the corpse of the ghost is still in good form, and the other would be the ghost is most likely lingering in a place of excess raw matter that is maintaining the ghosts shape and keeping it from dispersing into nothing. Entities and ghosts can exhibit the same characteristics, so you should know the main difference is a ghost is not an entity and therefore has no ability to respond or to act intelligently.

E.V.P. (*Electronic Voice Phenomenon*) is the interception of an audio device by an entity and can be heard as loud and plain as any other voice as if standing right in front of you and speaking to you directly. It can be a voice or music followed by a voice. Sometimes it can take place during a recording, but if so then it will be the only thing on the recording because for it to happen, the device has to become intercepted by an entity. I heard the real thing twice on two separate occasions. The voices appear to sound the same in language, but are never human and don't speak any language I've

ever heard before. It is not the recording and playing back of static like so many people think. Anyone can make static sound like anything, and I often laugh at such claims.

Another possibility you may encounter is yourself. This can happen in many different ways, because after all, the fourth dimension is what allows worm holes to form connecting places and times, somehow through the self. An example of this would be how I had awoke one day to remember a very lucid dream I had where I had remote viewed through another persons eyes. Seeing only what they saw as they walked and looked around, but with no sound. I thought it was too real to be a dream, especially since all I could do was watch. A few years later when I stepped into a vortex that I had discovered, I had also discovered at that very moment that it was me, and I remembered every detail as the events unfolded before me. The last thing I saw was me looking at myself as the vortex moved upward into the sky.

So what is real? Beings are real! Beings with or without bodies are real. The worlds around us and how we perceive them, these are real also, but mostly illusions in how we receive the information. This is very important to know and understand, if you are to have any control at all. Your thoughts and emotions come from within and all is a reflection. If you claim you know what you are dealing with, then you really have no idea at all. Be open to all things, and embrace your experiences without limiting them to your narrow view of understanding. For understanding cannot be bias, else it will become tainted by deceit of notions. What is, is, and nothing more, everything else is still unknown.

The entities you will encounter will be a reflection of you, and no matter how bizarre their teaching practices are, know you are to learn from them in everything they do.

It is at this point I highly suggest giving up all meat products and only eating foods from which no blood was ever shed. It's your choice, but you have been warned.

Adjusting To Hyper-Dimensional

19) Invisibility

Looking back at how all things are matter, light is absorbed by all things, and it is the frequency that they are at that reflects the colors we see. Since our eyes rely on sight to see things, for something to be visible it must either reflect light, absorb light, or let light pass through. If you were to sit in the dark without any light, then everything would be invisible. However, light only reacts to matter, and not raw matter. Not till it's concentrated, condensed, and materialized that is.

The following are the five types of invisibility, listed from easiest to most difficult. The first two are simple, but the next two are more advance, and the last one is only for the masters of matter manipulation.

The Five Types Of Invisibility

- 1. Using Shadows And Darkness To Conceal Yourself** *(avoid light)*
(what light can't see, can't be seen)
 - 2. Using Psychology, As A Form Of Suggestion** *(distract people)*
(if they don't expect to see you, they usually won't)
 - 3. Projecting An Illusion By Making Eye Contact** *(small barrier in front of you/bend light)*
(they can't see you as long as you don't break eye contact with them)
 - 4. Using Raw Matter To Bend Light Around You** *(large barrier around you/bend light)*
(you actually are invisible in the middle of a brightly lit room)
 - 5. Using Raw Matter To Bend Light Around Light Source** *(barrier around light/block light)*
(you are invisible by creating darkness in a room with lights that no one can see)
-

Adjusting To Hyper-Dimensional

20) Creating Portals

Creating "*The Cloud*" and then maintaining its counter clockwise spin, will create and open a portal. However, the amount of raw matter and concentration required takes at least two Psionics, so without technology, two or more Psionics is how it is done without technology.

Before a portal is created, the space around where they will appear starts to wave in a circular ripple, and in a matter of seconds the waves will go from low to high till the entire area around the ripple takes on a rapid moving texture that resembles the surface of a lake being hit by a very hard and heavy rain fall. Shortly after that, the large circular ripples in the center then cave into a violent whirlpool. When something comes out of the portal, the whirlpool will then spring out as a funnel. There is no actual water, water is just the description for how matter looks and behaves when portals are created and opened. If they appear on a wall, then the entire wall will be effected, it can even be seen effecting all walls of an entire room.

To have better visibility of what is happening, practice in a place without direct lighting, and keep the lighting very dim. I only suggest this because I have not yet worked with portals in any brightly lit rooms before, and while I would think they are possible in bright light, bright light may make them completely invisible.

Portals allow for walking through solid objects, as well as teleportation and time travel of yourself and physical objects. However, portals pose many dangers, and though I would not suggest going through one unless it was a last resort, you should never go through one alone, as they require two Psionics to create them and to use them.

The portals are actually wormholes that can go to any place and in any time, so the weakest portal would go nowhere and do almost nothing, but offer walking through solid objects like walls and doors.

The dangers that they involve rely on understanding the science behind them. As mentioned earlier, gravity distorts space and space distorts time, and time is effected by radiation which is just a frequency. Since we are dealing with our own personally created portals, the radiation involved may never be harmful, but portals created by devices will exceed what the body can do and will be harmful. So the fact that there will be radiation involved for the portal to work, it's important you are aware of the radiation and that any metals will heat up and react as bullets, so it is best to not have any metals on you at all, not even zippers. If you have glasses, make sure they don't have metallic frames. If you can wear a radiation suit of some kind, then that would be best.

You'll also need an air tight helmet or mask, with an oxygen tank, specially made without metals of course. This is not needed for everyone, but there is no oxygen in wormholes, and the further you have to travel somewhere, the longer a wormhole will last. Also keep in mind that you may fall twenty or thirty feet when you arrive somewhere, so be in good physical shape and be prepared for anything.

It is possible to physically exist with your own space and time, outside of space and time. This can happen when going into a wormhole that seals shut behind you and has no exits. However, this only happens when the worm hole is created by a device that enters the wormhole with you.

You can carry things with you into a wormhole, but if they are not secured, they will be pulled out from you. To take a vehicle or place with you, there has to be something to stabilize the environment so everything moves around you without anything being misaligned during the process. So this isn't possible for single travelers. Attempting to do so without the proper devices would misalign yourself and other travelers with the vehicles and/or places, causing people to become merged and fused together with objects.

Avoid water when using portals. If you end up somewhere where there is water, then water will cause a distortion during the phasing in process and your body could end up sliced in half at the moment you arrive somewhere, if you are not completely out of the water upon phasing in.

When traveling through a worm hole, it will appear like a spiraling whirlpool and be a suction, so as you step into it, it will suck you in. As you are pulled through it, side tunnels may appear on the sides. These are portal paths that cross or intersect with your own, so avoid them unless you want to be thrown off course from the point of your original destination.

For beginners, I suggest creating groups of four or more Psionics, dividing into pairs, making two different portals at the same time, and experiment with tossing different objects through them.

Adjusting To Hyper-Dimensional 21) Levitation

I'm not personally familiar with levitations yet, but those that can do it for real have always done so by surrounding themselves in a circle of fire, be it outside with torches in the ground or in a building with candles on the floor, so I think heat has something to do with it. Also, it has only been reported so far that levitation only goes straight up and straight down. Those that have reported being able to move around while in the air, have not yet been documented or proven, though I would imagine once I understand it more, I'm sure I'll figure out a way.

Definitions

Black Project: A Project that is secret.

Brainwashed: One that thinks inside of a box with limited thinking so that their attitudes and beliefs are re-enforced over a long period of time to either behave or rebel accordingly as set to their original programming. The programming is layered, so if they resist any new programming, they will always fall back to a previous program, clinging to it without any questioning of it. Programming is done through suggestion, repetition, conditioning, and imprinting by using their needs and desires against them through controlling their environment, education, and relationships while keeping them in a constant state of fear and stress. Using religion, torture, and drugs as alternative techniques while often inciting emotions of shame, guilt, depression, and anger to disturb and confuse them in the process. The illusion and lies of self-importance and greed are then rewards for the arrogant that blindly follow to create new generations of even more heavily brainwashed victims.

Codependent Thought Process: When one depends upon their perception instead of questions and depend upon thoughts of the majority to decide everything for them instead of thinking for their self.

Contaminant: One that defiles, pollutes, and contaminates their body. A smoker, drinker, overweight, drugged, medicated, suntanned, tattooed, or pet owning individual incapable of thinking, as reflected by their choices and actions, and seeing how they are fully controlled by their thoughts, the weakest of all the weak minded, the most easily brainwashed of all the brainwashed, they are to never be trusted unless it's to trust them to be who they are.

Cotton Candy Effect: The reversing of mass (*which is an outward spiral flow*) into an inward spiral flow, thickening mass as it condenses to become matter, mass taking on a physical form and causing physical effects. The basic principle used in the three stages of materialization, as well as creating vortexes for portals. Also known as "*The Cloud*".

Cripple Effect: When the body absorbs extremely large amounts of raw matter from ice, snow, chilled water, or objects that are very cold in which the body experiences sever muscle contractions that dislocate and cause pulled muscles. This is a natural elemental side effect from after experiencing "*The Werewolf Effect*".

Decoying: When one appears to be a free thinker, when actually they are just letting you think for them as they would anyone else. This is called decoying because they will later reject any and all forms of free thought for the thought of majority, not acting on their own but out of peer-pressure

for fear of what others will think and by repeating words and phrases spoken out of context while thrown around loosely as if misconceiving the original meaning if there ever was one. Also described as when one first appears to think and understand something, but then ends up thinking and talking in circles to reveal their false reality is still distorting their views and perceptions of things.

Human: A very unintelligent, primitive, and barbaric animal that lives for sexual reproduction without meaning, and thrives upon their own limitations, imperfections, and mistakes while enslaved to never have full knowledge, truth, or liberation. Emotionally driven, making them no more intelligent than a dog, and typically referred to as "*only seeing the mirror*". Scum of the Earth, a surface dweller, created by a higher intelligent life form to be something more but is now a slave race by default.

Hyper-Dimensional: Existing in between the third and fourth dimension as to remain in both and have complete control in both simultaneously, allowing absolute power over all matter by use of the mind. Beings with the ability to alter and manipulate pure matter as far as they can see, simply by existing and using their will alone. The altering and manipulating of matter in and around objects from a distance by thought through letting the flesh sleep while the body maintains deep relaxation combined with induced anxiety and displaying complete control through total awareness and a universal understanding. One that remains in the second death, always sleeping without bound to their flesh.

Metaphysics: The branch of soon to be science concerned with the nature and properties of matter and energy beyond physical limitations and beyond what we can experience with our limited five senses, to explain raw matter. The true exploration of science pushing the boundaries of that which is yet to be fully explained and understood by ordinary common everyday science. Also referred to as a hidden secret occult science.

Perpetual Dynamic Motion: Pertaining to or characterized by energy or generating an effective energetic action or process of being vigorously active or forcefully moving or being moved, continuing or continued without intermission or interruption; ceaseless in its operation, driven by its own force which gives it its own momentum regardless of any friction that is less than its own force that is being applied. The basic rules for PDM (*Perpetual Dynamic Motion*) are; 1. The design must use either gravity or magnetic fields, or use both gravity and magnetic fields. 2. The design must be symmetrical while exhibiting an odd number of changing or moving parts to ensure the force of momentum is always greater than it's resistance. 3. The design must have a self contained push and pull or a self contained attraction and repulsion. 4. The design of the spinner must be lighter than the total weight or force that will be self contained to keep it moving. 5. The design will not be effected by any friction that is less than the total of its

force, and even if stopped, it will self start on its own again and keep moving because it has its own momentum.

Raw Matter: Mass existing without shape or form before becoming Matter, appears to be created from the energy of all other Matter, and at times causing these other pieces of Matter to slightly change as a side effect to their energy loss. Also referred to as; Astral Substance, Aura, Blue Blood, Chi, Dream Stuff, Ectoplasm, Emotional Body, Energy Field, Ghost, Life Force, Mind Stuff, Orgone, Reiki, Soul, Space Within Space, The Energy, The Force, and Vitality.

Reflective Communication: When one only and always sees what they want to see, which is really a reflection of their own thoughts. The turning of a vague sentence or description into a personal meaning by misunderstanding the true meaning of the message being delivered. When one assumes their view is global without realizing everyone interprets everything differently, so as this progresses they are actually arguing with their self in a defensive confrontational approach to not be open, receiving, or accepting of any possible new information, or same information seen from a different perspective. Miscommunication that leads to arguments or heated debates that always start over a word before the meaning of the word can be established and views of it can be stated. A problem understanding the words one uses, and the different views from which others see them, including a huge problem in how they associate all words subconsciously and let them automatically take over their thoughts to immediately reject any questioning of them. A pattern of thought based on assumptions that runs rampant among the brainwashed, as they were never taught how to think, only what to think.

Seeing The Mirror: Only seeing what is being reflected, as in the emotions people give off are usually seen as labels for what and how people are without knowing them or why they had such emotions. Emotions themselves being very reflective, and spilling over easily onto others and blindly changing them without being aware of what is happening.

Suspension Of Disbelief: To think thoughts rather than thinking about thoughts. In a dream state when your thoughts are not focused on your thoughts, you will be mislead by your thoughts to always accept whatever reality is shown to you no matter how crazy and bizarre it may seem to be.

Temptation Of Thought: Being occupied with food, work, companionship, knowledge, appearance, going places, socializing, interests, communicating, amusement, skills, and media. Constant thoughts that lead us into temptation, temptation away from our true selves, capturing us in a mental prison for our minds, lost in a physical world that we are tricked into giving our total unquestioned devotion to. As you slowly drop these habits of the physical world one by one, you won't have to find what you are looking for, because it will find you.

Vampire: (Vamp-Ire) 1. One who has extreme love and extreme hate yet unable to find a balance somewhere in between, continuously emotional. Taken from (Vamp) meaning one who seduces and preys upon others by utilizing one's charms, and from (Ire) meaning one who has strong anger for something lost, taken, or destroyed. **2.** One who is codependent for survival. Being symbolic to "*The Leech*", "*The Spider*", "*The Mosquito*", and "*The Bat*". One who is solitary while seeking out others. **3.** One who is driven by lust and the constant need for affection. One who can last a really long time during coitus. One who is able to repeatedly climax or have multiple orgasms without stopping. One who is always in constant need of sexual gratification and can never be fully satisfied. When known; they are Polyamorous. When not known; they are Sexual Predators, Stalkers, Cuckolds, Kepts, and Swingers. **4.** One who maintains the look of eternal youth by avoiding sunlight, eating less, and not using makeup. One who keeps a pale complexion. Having translucent veins appearing bright blue in the shade of sunlight, a Blue Blood. One who never ages or ages very slowly. **5.** One that has been enlightened through having achieved transcendental awareness, stepping outside their body to see everything is tinted blue and transparent like glass. One that has awakened to their existence in multiple dimensions as a hyper-dimensional being. One that can see how all is connected. One that knows all truths. **6.** Someone or something living that has reversed the natural spin of their energy field to pull inward instead of radiating outward, having a reversed energy field. One who feeds on all energies, the emotional bodies of all physical bodies, the mass of matter, the Blue Blood. **7.** One who has any psionic or psychic ability because the abilities cannot exist without the practitioner first being capable of feeding on all energies. **8.** One who is in tune with unseen forces and energies through their emotions, and being able to effect all people and things around them simply by existing. One who's energy field is made up of the energy fields of others and of things around them. One who has complete control over all flesh and the physical world itself. A Psychic Chameleon, A Mirror Of Emotions, A Real Vamp-Ire Vampire. **9.** One who needs constant sleep when alone, but is wide awake and restless when around others who just happen to become tired in their presence and fall asleep from their touch. One who exhausts or emotionally drains others, an Emotional Vampire. **10.** One who is sensitive to and easily effected by energies. One who cannot be around black lights, old televisions, or anything else that produces large amounts of static electricity, because of all the pain it will cause to the body. One who cannot be directly exposed to extreme cold temperatures of snow and ice even for a second, because the energy contained within the snow and ice will rush into the body causing an uncontrollable dislocation of muscles in the body. One with constant Anxiety ranging anywhere between mild to extreme. **11.** One who exists in multiple hyper dimensions allowing them to bend and break the laws of reality, being hyper-dimensional. In life with a body; remaining in the first stage of death in which the body stays asleep. In life bodiless; traveling outside the body but still connected to the body. In death bodiless; leeching on all things and all people for reconnection. In death with

a body; leeching, possessing, materialized, reanimated. A Cheater Of Death. One who cannot get sick and heals quickly. **12.** One who is into Blood Play or Blood Sports, sexual foreplay during menstruation or to cause or be caused pain with tiny cuts, punctures, scrapes, and abrasions. One who either drinks fresh blood and/or plays in it. **13.** One that shows signs of a genetic disorder such as Anemia, Hypersomnia, Marfan's Syndrome, or Porphyria. Having a physical condition that exhibits features and traits associated with the first Vampires. **13-A. Anemia:** A deficiency in red blood cells reducing the amount of oxygen available to the body causing muscular weakness, shortness of breath, yellowing of the eyes, along with paleness, coldness, and yellowing of the skin, low blood pressure, fatigue, dizziness, heart palpitations, rapid heart rate, enlargement of the spleen, and changed stool color. Can even cause fainting, chest pain, angina, and heart attack. **13-B. Hypersomnia:** Disorder in which one has recurring episodes of excessive daytime sleepiness (E.D.S.) and are compelled to nap repeatedly during the day while often experiencing prolonged sleep at night and have difficulty waking from long sleep, feeling tired and disoriented upon doing so. Other symptoms may include anxiety, increased irritation, decreased energy, restlessness, slow thinking, slow speech, loss of appetite, hallucinations, and memory difficulty. Some lose the ability to function in family, social, occupational or other settings. **13-C. Marfan's Syndrome:** Disorder in which the genetic connective tissue of the body produces long thin slender physical features. The heart and central nervous system are comprised of connective tissue and in terms of cardiac complications, the heart valve and chambers will appear floppy and defective and may leak resulting in fatigue, shortness of breath and development of a heart murmur. In rare cases, aortic dilation may occur resulting in sudden death. **13-D. Porphyria:** Disorder in which the body produces too much of a compound called Porphyrin and releases it in the urine, causing a reddish color. Other symptoms include light sensitivity, skin that swells or is sensitive to sunlight, abdominal pain, blisters and muscle weakness. **14.** One who is a Pure Blood Vampire, being a real Vampire. **15.** One who is a New Blood Vampire, being a Vampire Poser/Poseur. One who clings to stereotypes, myths, folklore, media, and fiction of a Vampire. One who identifies Vampires with an old belief system/religion. One that defiles, contaminates, and pollutes their body because they glorify the idea of being immortal. One that glorifies hunting, death, killing, and murder due to their obsession with blood, also known as the Renfield Syndrome. One that claims they feed on attention, an Attention Whore. One that uses Vampire propaganda to sell a product or service. One that mocks real Vampires. **16.** A business built upon using people with the goal to obtain everything they have. Banks, Real Estate Agencies, Automotive Dealers, and Law Firms.

Werewolf Effect: A point of over absorption in raw matter in which the body experiences sever muscle contractions that dislocate and cause pulled muscles while sleeping, relaxing, or meditating.

Zombie Syndrome: An obsession with murder for the pure enjoyment and pride that an innocent life was killed by your personal involvement in helping to make it happen. First stage is asking where meat comes from and then accepting the answer "*we are natural born killers and it's in our nature to kill*" and eating processed meat. Second stage is eating freshly slaughtered animals in which you have to drain the blood or remove the head. Third stage is when you buy a gun and think about going hunting or tell stories about how you killed an animal and watched it die, then ate it. Fourth stage is when you treat meat as a drug and psychologically begin to think you have to have it, to the point where you will refuse non-meat foods unless they contain meat, steal meat, hide meat, and kill for meat. Note: Anyone that eats any meat products has this mental disorder and needs serious help before they reach the final stage!

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