

ATS Guide To Psycho kinetic's

BETA VERSION 0.265

Members (Alphabetical order)

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“Your current safe boundaries were once unknown frontiers.”

Anonymous

“The world is a dangerous place, not because of those who do evil, but because of those who look on and do nothing.”

Albert Einstein

“Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.”

Mark Twain

Warning

Advice for the young at heart

If you're over 21 this is probably a safe book for you. You already know that the world has teeth and almost never goes to the jugular. It likes to take piece by piece, bit by bit and enjoys the fact that most people are willing to cope with a smile in their faces.

Be warned that this is a counter culture work, and it's designed to make rupture and changes. If you don't like things to go some other way and your life is good at the moment this is not the place to start wondering. But if you see parts of you being ripped off every day by the world we encourage you to come along with us for a ride into the unknown.

If you're a minor, it's better to put this away until you are out of school and please try to enjoy a most healthy childhood possible. Be in nature while your shadow is not long and you don't have to worry about survival. The very fact that you're reading something is a good indicative of a healthy mental condition, so enjoy all the Tolkiens, Kings and Rowlings books and grow a good imagination before the world starts biting. Close this book right now and go outside play while you can.

If you're a minor and insist over reading this paper, we have some news for you. There is not (not by any chance, not by a single shred of a remote possibility) fun in this book. In fact, if you insist on reading you are probably doing what we are here to propose that is NOT correct, and that is unquestioned shaping the minds of children without filters and NOT having a mental stability to criticize multiple points of view with the most needed grain of salt you are suppose to be developing as we speak. Boring right? It goes like this, over and over. Don't insist.

If you're a minor and insist over reading this paper, we know how stubborn a young mind is. And the major impact of hope there is. Desiring, wanting the world to respond to the flaming claims of their egos. Accept this: there is no "Jedi". When understand comes, it's like an apple falling from a tree: completely logical, completely ordinary like gravity. Nothing more and nothing that will make you a special person. You only be a different individual, and probably learn tough lessons that will lead you to decide which things and probably friends you are going to lose in the process.

If you're a minor and continue to insist over reading this paper, this is our advice for the young at heart:

Only the children have the power to make things right. We all come naked and innocent to this world and we all hope that our parents keep us safe. But even young minds know what is coming, as they can see the effects the world does on their parents. We urge you to wait a little and enjoy this time of joy and discover, this unique time in your life, to be a good child and NOT despair in the face of future because, right now, when all the summers seems like forever you got the whole wide world in your hands.

"Too many people living in a secret world
While they play mothers and fathers
We play little boys and girls
When we gonna make it work?
I could be happy
I could be quite naive
It's only me and my shadows
Happy in our make believe
Soon...
And with the hounds at bay
I'll call your bluff
Cos it would be okay
To walk on tiptoes everyday
And when I think of you and all the love that's due
I'll make a promise, I'll make a stand
Cos to these big brown eyes, this comes as no surprise
We've got the whole wide world in our hands"

Tears for Fears

Foreword

The purpose of this guide is, if we succeed, to make the world of PK accessible, less scattered, less biased and heavily discussed by everyone. Another focus point of this book is to bring mass evidence in the testimonial area and build a starting place for other great things to come along.

We are doing this to help people interested over this subject in evolving their cognition of the unknown world of mind over matter in less time, bringing more confidence, guidance and hopefully less frustration to this learning. The questions, propositions, testimonials, belief systems presented here were collected for you start thinking outside the box from multiple points of view.

The mind works different ways to all of us and we respect that. No one knows the whole truth, but we can work bits and pieces from everyone to achieve results.

We do not support or embrace the holding to a single unified PK theory.

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Summary

Over Introduction, we lay out our plans for achieving PK and warn you from what is coming and waiting for you in the corners of your mind.

In Belief Systems, we discuss the most common ways of logics and chains of thought that includes PK as a possibility in an altered version of reality. Several theories are presented and all of them will help you spark the needed questioning, confidence and cognition to finally let go of fear, doubt and disbelief.

In Skepticism, we address the common doubt shield of everyone, and when this line of thought gives us strength and when is not healthy, ignoring the variables of the experiments and the logic of non existence by the “scientific” measures of today.

In Basic Training we present simple exercises and practices to begin cognition of something different that exists in and out of the human body. We will show you how to develop conscience and awareness of it (PSI, prana, energy, CHI, etheric body) in order to begin accepting its existence and be prepared to let PK start happening.

Advanced Training invokes the core of PK practice, and comprises the exercises over the famous routines discovered by the pioneers: pendulum, psiwheel, bending, rolling and then finally moving objects without touching them.

Testimonials is the section for conclusions from ATS members after reading a beta version of this collaborative effort and their evolution over PK practice. We selected views that will challenge even more your perception of the experience and we hope that those views could help your internal questioning in search for your own spark, your own personal truth.

Read Section comprises the sites, books, DVDs, videos, discussion threads that were involved in the process of compiling this guide.

Introduction

About the weird

So, if you are reading this line you probably searching for understanding of unusual things. But, as far as any questioning individual you never entirely accept the mechanics and cold ways of the world, probably because you were exposed to mysterious experiences who challenged heavily this perception.

When raising awareness of those experiences, most of the time you can remember just pieces. Often you force yourself to let go of it, but you constantly realize you can't let go; and thus you are here.

Be sure that there is a reason behind this forgetting and we will address that later.

Before we proceed, you need to get something clear: as far as wisdom of the crowd goes, weird things happen all the time and do exists.

Breaking through

As we move more into your subtle inner Self, the memories of those experiences probably are extreme linked with fear and doubt. Rationalizing this last premise, we fear what we don't fully understand. So, in order to manage this fear effectively, we need to raise our ways of relate logically to things.

This premise proposed here to break through goes like the Einstein saying: "You can never solve a problem on the level on which it was created".

On the matter of PK or mind over matter, we need our mental and logic processes to stop succumbing for those irrelevant feelings of doubt and fear. The strategy we present here is counter attack superstition behavior with massive doses of knowledge and cognition from new logics and thoughts, thus building strong and firm overriding beliefs that will resist keep away the old preconditioning.

We can assume that the knowledge of PK to a beginner is somewhat mysterious right now, but it will certainly grow with questioning, practice, observation and acceptance. Even veterans with some new results sometimes feel their hearts racing when moving on to advanced exercises.

The compelling feeling of doubt can and will be out powered with confidence, and that's why the start of this road appears impossible: because of the deep effects from subconscious religious and social traditions you were exposed. Our main "enemy" is this mental barrier you slowly constructed day after day since you were born, conditioning your entire childhood with absolutely no filters.

Do not underestimate this program. Even if you dropped religion a long time ago, or embraced spirituality with an open mind, the things that will spin or slide in front of you with no strings attached will give you the creeps, and not just the first times.

Back to your unusual experiences, it's very possible that your mind is putting those memories over "daydream", or "hallucination" folders (if there's such a thing). This is why you keep on forgetting. You build this haunted house in your head and you got the unquestioned habit of putting the scary and different things there, without much afterthought.

The logical solution, as the main purpose of this book, is to hack this programming and make PK logical and possible for anything we want to do.

The mind battlefield

The probability of forgetting your first sessions of successful PK are to an almost certainty. Without aid or a strong mindset, doubt will soon become an intense part of you again, and progress will be hard to reach.

Okay, now answer this question: if you read and somehow firmly believed that last statement (a valid beginner belief) does your mind eventually will perform that said forgetting action? Does this authority statement is now in control or it's just your mind running the old programming of "this doesn't exist"?

That is a simple example of the mind struggle that will come into play. Better accept it and love the game. At some point you will need to face some parts of an authority figure and build your own workable window of thought to start letting things happen.

This mental battle will be the longest part of the journey, because some beliefs can even block your progress. This can be illustrated by the classic thinking that PSI or CHI is collected from vital force and to do PK you need a lot of rest or be one tough person.

Think about it: is this right or wrong? Feels true or false? Where is the evidence of that? Am I doing things wrong and wasting energy? If I start PK can I get ill? Am I disrupting the natural order in my brain? Those several headaches correspond to my brain mutating to something else? Can this lead to cancer?

Are you feeling an intense fear right now? A part of your Self that you have to mature will confront you with these and thousand other questions. Be prepared to face doubt camping in every corner, smacking you in the ear and laughing out of your failures with one big “I told you so”.

Pause. Breathe slowly and focus on superstition walking away.

No one said it was going to be easy. The best advice to confront this situation is not writing things in stones and do not resist changes in beliefs. We present later on the exercises some of this common internal discussions and give you tools for you confront doubt with a superior upper hand.

But for now, here is some honest, effect-free advice before you start:

What you most strongly rationalize and feel, raised by the evolution of thoughts from solving questions claimed by the Self after your everyday practices, is the most sure bet to win the mental battlefield.

Be sure to let it happen, first from the inside and then, eventually, the outside will act accordingly.

In the next chapter, concepts for you to start building your confidence are presented with the sole purpose to keep the irrelevant feelings of fear and doubt out of the way.

“How could you possibly be sure that there is an effect free thought?”

Let the games begin...

Belief Systems

“Logic is a great tool, but we need to use it correctly. We need to be aware that just because something is logical doesn’t mean it’s true. And we must identify the correct source of logic. Reality isn’t logical. Reality is just reality. It’s our minds that try to make reality logical.”

Sean Connely

“Only those who attempt the absurd will achieve the impossible.”

M.C. Escher

“There are no facts, only interpretations.”

Friedrich Nietzsche

“Few people have the imagination for reality.”

Johann Wolfgang von Goethe

“There is an objective reality out there, but we view it through the spectacles of our beliefs, attitudes, and values.”

David G. Myers

“Listening to both sides of a story will convince you that there is more to a story than both sides.”

Frank Tyger

Belief Systems Introduction

Belief Systems Brain, Subconscious, Self Hypnosis

(posted) I find the best results when I am in a daydream state and not focused at all on the desired effect. I only have to decide in my mind what it is that I want to occur (like spin the pinwheel in whichever direction or deflecting/vibrating a hanging strip of aluminium foil in various directions).

I don't really have to daydream about anything in particular, just as long as I loose focus on what is going on around me and I am entirely engrossed in my own thoughts. Soon whatever I decided I wanted to occur will catch my attention and pull me back into reality. Controlling this to a finer degree is something I will have to work on.

I suppose the daydream state is in the low Alpha range, 8-12HZ maybe. Perhaps this is the state of thought radiation which allows for the greatest effect on the matter around us. Alpha is also in the current Schumann Resonance (around 12HZ now?), so maybe that would have some interaction with the Earth's electromagnetic field. Just some ideas...

Belief Systems Psionics

Belief Systems Occult view

Belief Systems

Chakras

Belief Systems

Ultra Science

What really holds an object in place or moves it is the field of attention, which placed into a highly electrical field. Learning to move that field of energy is moving the world around you. What you are doing is displacing the matter field of vibration, you are mentally moving the image around. Displacing an objects field of inertia would be an easy way of moving things around once that attentions reached. You are affecting more then a subatomic motion of the objects matter, you have just convinced the object its always in constant motion. You have displaced its gravity field or should I say you have just affected the charge, between living and unliving things, the two together create movement.

By displacing that images physicality you are re-arranging the molecules in its subspace time. Which is its, size, shape, speed. The brain is not matter its only a thoughtform. Somebody created that thoughtform. In another position of mind. You are changing the properties of how matter arrives in time.

<http://www.abovetopsecret.com/forum/single/4743581.html>

Well, the mind does change and shape matter all the time, but not in the way shown in the video. That's just magic tricks. What the mind does, however, is create a whole domino effect of reactions, starting with quantum fluctuations in the brain, cascading through electrical and chemical interactions, and eventually controlling complex reactions of muscles that interact directly with the universe. That's a fact.

When I imagine a green apple, there's a whole wave of things that happen on an atomic level that allows me to visualize a green apple in my mind. And it came completely out of nowhere. Out of dead, virtual space. When I think of a word, out of nothing, then it manages to make it to my fingers to be typed and sent around the world on this forum, that's a real thing happening that is directly caused by something happening in my mind and brain.

See, the mind's interaction with the universe is on a continuum. Some interactions are more direct than others, and it's hard to tell where some of the interactions lie along that continuum. Yes, there is fake magic. But there is also something real going on that has to do with the structure of reality and the place of the mind in it.

Skepticism

“The hardest thing to explain is the glaringly evident which everybody had decided not to see.”

Ayn Rand

“I believe that the extraordinary should be pursued. But extraordinary claims require extraordinary evidence.”

Carl Sagan

“To ignore the evidence, and hope that it cannot be true, is more an evidence of mental illness”

William Blasé

Skepticism

The safety of a doubt shield

<why the hell you want to change the world? (Ignorance is bliss... Too harsh?) >

Believe or not

<the perspective difference when doing PK (who is doing and who is watching)>
<magic, illusions and fake PK>

One million reasons not to believe

<the james randi scandal>

Basic Training

Warning

Do not engage more than one hour a day in trying the techniques. Any sign of headaches, tiredness you must STOP immediately. The best way to avoid stress is to do micro sessions (15 minutes and rest, close your eyes for 2 minutes).

This is not a physical ability. Don't try things with that line of thought or you're prone to injuries like dangerous heart rate, anxiety and probably depression.

Remember: PK is mind over matter.

Basic Training

Introduction (inside your aura, etheric body, psiballs)

<How doubt works when studying your body (muscles). >

Basic Training

Meditation, Feeling, Focus, Confidence

<How important meditate is to PK>

(1) Hey, I am fairly new but extremely interested in this type of practice. Can any of you guys suggest a firm form of meditation to ease my conscience. I feel as though I have to get past the certain stage of self righteousness. I feel too anxious to see results and I feel that is my main and critical problem. I feel too eager and anxious that it often clutters and overwhelms me. Any type of beginner, step one tips would be greatly appreciated.

Basic Training

Constructs, Extensions of aura, etheric body

<The exercises of feeling PSI. The issuing of commands to psi (collect, transfer, expand, dense to force down, cloud to raise) over parts of your body (graphics?). The muscles doubt again. The feelings and sensations. >

Advanced Training

Warning

Do not engage more than one hour a day in trying the techniques. Any sign of headaches, tiredness you must STOP immediately. The best way to avoid stress is to do micro sessions (15 minutes and rest, close your eyes for 2 minutes).

This is not a physical ability. Don't try things with that line of thought or you're prone to injuries like dangerous heart rate, anxiety and probably depression.

Remember: PK is mind over matter.

Advanced Training

Introduction

The value of really understand new things should not be underestimated. There is no point of going back to mysticism. This value, achieved by belief systems and logics, is the foundation to start letting things happen. Observation, joined with questioning, is an excellent tool for the subconscious build up of the never ending battle to overcome fear and doubt.

With observations we can reach logical conclusions, and raise new questions that will challenge and evolve the current belief systems. Do not resist change. Change is the fuel to reach out to new experiences and new grounds. If any given system cannot change, it cannot evolve.

The pattern here is always to break the system.

The logics of any experiment

Here we present something for you question and break. The point here is show observations of PK experiments and relate logically to them, with some things intentionally left in abstract form.

To begin, let us define some points. The interrogation symbol "?" marks something abstract. It's there but it is a belief system on its own terms. It is defined by the observer, not the presenter of formula. It's not a mathematical symbol either; it just functions like a modifying vacuum that encapsulates different entities.

This first part of the proposal goes along this line.

SUCCESS = INSIDE ? OUTSIDE.

This is the logical thinking that what goes inside influence the outside. Mind over matter, simple as that. Let's define the first part:

INSIDE = (A ? B ? C ? YOU).

A = What is the experiment;

B = What action is needed in the experiment.

C = Your experience over this experiment.

YOU = What happens inside you.

Lets propose what macro happens inside you into four main parameters:

YOU = (BELIEF ? DOUBT) ? (LOGICS ? FEAR).

If you could not understand this premise, the textual explanation of this metaphysical equation goes like this: The agent of transformation (YOU) is the duality of two groups defined by belief and doubt (left), fear and logics (right).

So, by this definition, the prerogatives to achieve success involve knowing what it is to do (the experiment, the action over the experiment) and know your Self. There is a purpose and a goal (of any given experiment) and there's you and all that goes on your mind: belief, doubt, fear, logics.

Moving on, let's check the latter part of the equation:

SUCCESS = INSIDE ? OUTSIDE.

OUTSIDE = Proximity ? Visual ? Interferences ? Physics.

The outside can be tricky as well, because of the “science” factor of trying to explain things from a mechanic view that leaves out PK and put effort on the interferences that can be influencing the whole thing. This is complete logics, and are secondary parameters to the inside, or YOU.

Lastly, there is some basic math involved.

SUCCESS = INSIDE ? OUTSIDE.

SUCCESS = 10 We completely achieved the purpose of said experiment.

SUCCESS = 5 We see results that indicates some achievement.

SUCCESS = 1 We see micro naked eye changes to initial status of experiment.

Ok, but le me add this: there's a binary outside observance that just states: it affects (1) and don't affect (0). But we know that between ZERO and ONE there are infinitesimal changes that the naked eye can't see.

One person could almost reach the point of (1) and don't know how far of ‘the edge’ is at. There is a jump here or a ‘leap of faith’ if you like the term. Along within the line (0,0000 and 0,9999) there is no output visual credibility that you can stomp your feet in the ground and say “Its working!”

SUCCESS = 01,00 We see micro naked eye changes to initial status of experiment.

SUCCESS = 00,99 Nothing happens.

SUCCESS = 00,02 Nothing happens.

SUCCESS = 00,01 Nothing happens.

Before the minimum success of any experiment, there is this place of not happening, which is evidently shown by a PAUSE, or “activation time” of said experiment.

PAUSE = The eminency of the first micro and naked eye results.

To finish the proposed equation:

SUCCESS = PAUSE ? (INSIDE ? OUTSIDE).

This is the system for you to brake. If you feel you are not advancing PK, you are at the pause and the calibration of YOU parameters that changes inside and outside. The key here is to explore changes and search for the truth, until your jump is complete.

Letting it Happen

<Be careful when saying things are hard and be your own authority figure. Say it's different!>

<Using hands or not. The value of changing variables and be curious. The value of emotions during exercise. Talk to the experiment. Asking the Self during the experiment. The good effect of repeating your progress, and claiming the doubt defeats during the evolution of experiments.>

Watch what you feel (meditation can help if you have trouble quieting your mind to be able to pay attention only to what you really want), emotional feelings, physical feelings, both on your body and your head, watch out for pressures and weird feelings. Try to relate what sensations are present when PK works and when it doesn't. That will help you to know that in certain states it isn't going to work at all so you can stop wasting energy and go do something else, come back to it later. Have the right feeling AND the energy at hands helps tremendously.

<http://www.ppsociety.com/index.php?c=5c&pid=23793#23793>

[this] reminded of the state of mind you want to be in while doing TK. Think back to a time when you were eating food and found yourself staring blankly at the wall etc while chewing. This is how you want to be.

<Tricking the subconscious.>

If you don't get it to move after 1/2 to 1 hour then do this trick:

While doing the above reach out with your finger and carefully give it a nudge. Get really excited and say to yourself "I DID IT!! I DID IT WOOOOT!!!" (You get the idea). Now try moving it again. This may sound very stupid to your conscious mind, but it is your subconscious mind that does the TK. This will help to make it believe that it can. Don't knock it, it works.

Advanced Training

Pendulum (first outside effects on matter, still connected)

<Snapshots of materials and disposition>

<How to conduct and change the experiment. What is tangible and what is too much different that has no results yet.>

Advanced Training

Psiwheel (first outside effects on matter, no connection)

<Snapshots of materials and disposition>

<How to conduct and change the experiment. Pen, needle. Clockwise and the other. Hands and no hands. Proximity issues. Getting a controlled environment (jar, glass).>

Advanced Training

Bending (changing the object by touch)

<Snapshots of materials and disposition>

Advanced Training

Rolling spheres (different motion, no connection)

<Snapshots of materials and disposition>

Advanced Training

Moving objects (handling any type of motion)

<Snapshots of materials and disposition>

Testimonials

ATS Members conclusions and experiences.

Maximum of 700 words and youtube video of sealed environment.

Read Section