Miracle Mastery
By David DeBold

Your step by step guide to Telekinesis, Materialization and other Tangible Psychic Abilities
Welcome!

This is the third of three free sample Chapters from Miracle Mastery, the definitive Step-By-Step Guide for developing extreme psychic abilities so profound that they actually make physical, “miraculous” changes to the material world!

If you are looking for the other two Free chapters or if you would like to purchase the complete course so you can start practicing the *exact* techniques needed to produce incredible psychic abilities like extreme healing, materializations, and even teleportation, just click this link to get started:

http://AllThingsPsychic.com/miracles
# Miracle Mastery

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Chapter 3: The Nature of Reality

The purpose of this chapter is to show you that there might actually be a rational explanation to how “miraculous” abilities can work and that it might be possible for YOU to manifest them.

This chapter is included to help those of you with a logical mind to understand that there are lots of interplays between energy, forces and material things that we completely take for granted.

I’ll shed a little light on a few of the “implementation details” that make up our reality, and with a little luck this will help you understand how and why you can influence that reality in new and exciting ways.

We don’t have to put a name to something to know it’s there and working, but it does help when you want to talk to others about it. When I can, I’ll try to explain things from the scientific point of view, but you won’t actually need to understand all the specific details for how these things work. You just need to understand that all of the pieces come together in a truly remarkable way that makes these tangible psychic abilities possible.

Once that happens we can move on to the specifics for how to get the hard proof your rational mind craves: by actually manifesting an ability yourself! In the mean time, please follow along as best you can, and enjoy the ride.

I know the gory details aren’t for everyone, but at some level or another most people really need to get a least a little taste of the “big picture” to get pointed in the right direction.

Unfortunately, before we can expect to make any serious progress, most of us have a pretty substantial obstacle that we will need to overcome….

The Paradox of Proof
A paradox is basically something that is a logical contradiction.
For example: “This statement is false”, is a paradox.

If the statement were really false, then its claim to falsehood is incorrect. If it’s wrong about being false, that would mean that the statement must be true, but that’s not what it says…

Like the legendary Sphinx and other Guardians of “Sacred Knowledge”, you have before you a riddle that you must solve in order to prove that you are worthy to advance and study what I have to show you.

*The Paradox:*
It is a fact that if you don’t believe miracles are possible, you can not consciously make them happen. So how can you release your doubt long enough to manifest an ability so you can get the proof you need to release your doubt?!

The answer is different for everyone, but it is my hope that this chapter will give you enough information to solve the Paradox of Proof to your own satisfaction, because it is your conscious mind that will hold you back if you don’t.

This is an ancient problem, one that even Jesus’s Apostles wrestled with: In the Bible, Matthew 17:14-20 recounts the story of a man that the apostles couldn’t heal. Jesus promptly healed the man, and the apostles asked Jesus why they had failed. Jesus said to them, “Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove: and nothing shall be impossible to you.”

To understand how and why psychic/miraculous phenomena exist, (and how to bring them about!), you are going to need to look at the world a little differently than you have in the past. Particularly in the beginning, a little faith will go a long way, (at least until you prove things for yourself!) but for now I hope the next section will help you see things in a new way.
Changing your frame of reference

You may have heard of a brilliant gentleman by the name of Albert Einstein who wrote down a remarkable equation back in 1905:

\[ E = MC^2 \]

In English, this equation states that the amount of energy associated with an object is equal to the amount of matter it is made up of (“mass”) times “a really big number” (actually, the speed of light squared).

This is a POWERFUL equation.

So powerful in fact, that it changed the course of World War II. This is the equation that gave birth to the Atom Bomb, and that is a crass, primitive example of its true power.

What this equation means is that energy and matter are directly, intimately connected, and that they can be converted from one form to the other.
In fact, our science has already discovered how matter can turn to energy. It occurs in nature via:

**Radioactive Decay:** the process where a radioactive substance releases large amounts of energy over time and in so doing gives up some of its mass while turning into a lighter element.

**Fission:** The process of splitting the atom into smaller pieces and releasing energy in the process. (This is how an atomic bomb works.)

**Fusion:** Fusing together two or more lighter atoms into a single heavier one, with the remainder being converted into energy (This is the method that powers the sun.)

Science also knows how to turn energy into matter, but we aren’t very good at it yet... Particle accelerators can convert energy into some of the subatomic particles that are the building blocks of atoms, but we don’t know how to assemble these particles into whole atoms to form any kind of usable matter yet. (Besides, it takes a *huge* amount of energy to create a tiny amount of matter!)

So… why should we care about the relationship between matter and energy?

Simple:

*Matter and Energy are separate sides of the same coin. They are essentially the same thing in different states.*

*This* is one of the fundamental principles of miracle making.

The relationship between matter and energy is very similar to the relationship between Ice and Water: One is simply a different form of the other.
Ice is a crystalline form of water that takes place when the correct conditions arise, which in this case is when the temperature falls below 32 degrees Fahrenheit. Crystallization is nature’s way of organizing small, diffuse elements into a compact regular structure.

In this sense, matter is nothing more than crystalline or “frozen” energy: it is simply tightly packed and well organized “Quanta” (little bits) of energy!

Our current frame of reference is based on matter.

Matter = "Stuff".

It's a car. It's a cat. It's a diamond.

It doesn't matter what the stuff actually is, what matters is that stuff is tangible. It can be touched. It can be seen.

Our current view of reality is based on a model presented to our brains by our senses and those senses were designed by evolution to detect “stuff”. If you can’t find “stuff” to eat, you die. If you can’t avoid stuff that eats you, you die.

Having senses exclusively attuned to “stuff” as opposed to energy made sense in our past, but now that we have for all practical purposes “Conquered” our environment and have risen to the top of the food chain (with a few exceptions like polar bears and mosquitoes!), we finally have the luxury of developing beyond just the things we need for survival.

If you are going to evolve yourself to the next level, you need to start understanding that all the material “stuff” you see around you is really just nicely packaged piles of energy and you need to start training your senses to look for new things and to start working in new ways.

Once you start looking at things in terms of energy, everything changes.
Why should you care about Energy?
Energy is a subtle, fluid force. It can be manipulated directly and indirectly (by psychic and more conventional means), converted from one form to another, and converted to and from matter. It comes in many different flavors, and each one behaves differently and is good for doing different things.

Depending on what you set out to accomplish, different kinds of energy and forces will be brought into play. You will eventually be able to instinctively call on the correct combinations of energy to create the effects you desire.

Here is a very brief overview of the different kinds of energy that we will be working with, and some of the specific psychic abilities associated with each.

**Heat:** is a kind of energy that is directly related to motion and vibration. All atoms are in motion all the time, but when you add heat to a substance, its atoms move around a lot more. More heat = more motion and all that extra motion means a greater likelihood of atoms bumping into each and vibrating. If one were to psychically manipulate the vibrations of objects, you could heat things up (possibly to the point of ignition or explosion, which is called pyrokinesis), cool things down (possibly to the point of freezing, which is called cryokinesis) and indirectly use this force for subtle manipulations including things like helping plants grow and for healing.

**Light:** is an important kind of energy that comes in discreet clumps called photons. Our visual sense has evolved to detect photons, particularly when they reflect off of other objects, which is how we see. Light is particularly special for us because photons are a bridge between matter and energy. (Photons have momentum, but no mass… they are *almost,*
but not quite material!) Psychic forces that manipulate light can cause invisibility as well as the ability to convert matter to energy and vice versa, which is a requirement for teleportation and materialization.

**Sound:** In spite of our earlier definition that an ear is needed for sound to exist, what we perceive as sound is basically a bunch of pressure waves vibrating through a medium like air. If you doubt sound is a form of energy, I would point you to the example of the Opera singer breaking a glass by singing the correct musical note. Sound is important because it is another form of energy that we can directly influence. Sound can be converted directly to electricity via something called the piezoelectric effect and directly into motion by way of resonant oscillation (making things vibrate). It can also be converted into heat in the example of ultrasonic sound vibrating at a resonant frequency of water (kind of like how a microwave oven works) to create steam. Psychically induced vibrations in air can cause sound, including disembodied voices and music and cause things to vibrate, possibly to the point of shattering.

**Electricity:** Electricity is a force that comes from the flow of electrons. Electrons are one of the smallest “major” parts of the atom and are negatively charged. Psychic influence on electricity can manipulate electronic devices, weather, the nervous system of humans and animals (useful in self-defense, healing, human and animal telepathy) and indirectly, for telekinesis and levitation.
Magnetism: Magnetism is a force we are all familiar with. Depending on the interplay of the positive or negative forces of magnetism, attractive or repulsive forces are generated. Contrary to popular belief, magnetism influences *everything* not just iron, although most other things are influenced so much less dramatically that you can’t tell there is an influence at all. There are certain substances, like water, bismuth and graphite, which are “diamagnetic” – they are repulsed by magnetic fields. (Unfortunately the effects of diamagnetism are generally so weak they are not obvious, but have no fear! Pop out to the internet and search on “Diamagnetism experiments” and you’ll find a number of easy experiments you can try for yourself.) The psychic influence of magnetism can manipulate certain electronic devices, influence animals, and work as a part of the forces responsible for telekinesis and levitation.

Gravity: Our science does not yet understand the specifics of what gravity is or how it works, yet it is a fundamental force in the universe. Our current best scientific guess is that gravity does not exist as a force in its own right. Instead, it is a side effect of big pieces of matter (like our planet) basically “denting” space, and then the dent in space affecting other bits of matter. Fortunately, we don’t need to understand exactly what gravity is to know that the effects that are assigned to it can be indirectly manipulated by the application of psychic powers. If Gravity exists as a force in its own right, its manipulation would come into play for the production of effects like telekinesis and levitation. If Gravity turns out to be just a symptom of the shape of space, then psychic energy can be used to
change the shape of space, much like rising one edge of a piece of paper to make a pencil roll off. If space could be folded, this could account for events like teleportation.

**Thought:** Ok, you might be thinking that I am going out on a limb here, but thought is a kind of energy, and an exceedingly important one at that… When you have a thought, a massive number of cells in your brain called neurons communicate with each other by flashing electrical impulses through the nerves, so at very least, thought has an electrical component. When electricity travels through wires it creates a magnetic field around the wire, and when electrical nerve impulses travel through your brain and body, they too can create fields. Some believe this may be part of what creates the “Aura” that surrounds the body of living things. (We will talk about that a lot more a little later!) “Thought Power” is very subtle, but since we are working with subtle manipulations, it is an extremely important form of energy.

Now that you have a rough idea of some of the basic types of energy and what they are good for you can relax, secure in the knowledge that most of this won’t be “on the test.”

One of the beautiful, magical things about what will soon be your new relationship with reality is that you don’t need to know all the fancy scientific names for the things you are going to be doing and for all the forces you will be working with.

As you begin to exercise your intuition more, you will instinctively know which forces to manipulate and how without thinking about them. If fact, if you are thinking about them, you are using the wrong part of your brain, and you won’t see the results you are looking for!
The names of these forces don’t matter. *Feeling* matters. You will sense the energy moving in and around you and you will develop an intuitive understanding of what you need to do with it. The correct forms and movements of energy will be brought into play automatically!

So, to get back to the point of this topic, why do we care about energy?

Since matter and energy are separate ways of looking at the same thing, by influencing energy, we can influence matter… and there is at LEAST one kind of energy that you can influence directly: *Thought.*

While this might not be a very glamorous example, it is the power of thought that allows you to move your body.

Thought generates electrical impulses in your brain which travel through your nerves to the appropriate muscle group. Electrical energy makes the muscles contract which creates the movement.

Note that *very small* electrical currents trigger very impressive physical movement in the muscles. To think that a tiny nerve impulse can trigger a weight lifter to lift 100’s of pounds is astounding, and this is just one example of a tiny manipulation of energy to cause tremendous physical effects.

There are some exciting technologies that exist right now, where high-voltage electricity is used to move objects directly.

The film “The Hunt for Red October” was about a “magnetohydrodynamic” (the movie called it a “caterpillar”) propulsion system that used electromagnets to make a stealth submarine.

Breaking down the scary scientific word, we have:

Magnet – just like you know already, but really, really powerful
Hydro- meaning “related to water”
Dynamic – in motion

If we put all these parts together, you get a word that means using magnetism to put water in motion, which is how it would move the submarine.

As proof that anything can be influenced by a strong enough magnetic field, if you want to do a search on the internet on “Diamagnetic levitation + Frog” you should be able to find a short video of a very confused frog floating in mid air, suspended only by the powers of a very strong magnet.

If you search the internet for terms like “ion Propulsion” or “Ion Lifter”. There are some interesting videos around that show devices floating around labs perfectly silently, being lifted with no moving parts, just electricity!

(If you really want to blow your mind, look up “T. Townsend Brown”. He discovered that one of the best shapes for converting electricity into motion was a saucer shape, and actually constructed “flying saucers” to prove it! While most “respectable” scientists consider him a crackpot, some of his later work became classified by the U.S. government and he eventually went to work for the military, so you would guess he must have stumbled upon something interesting!)

Influencing one kind of energy can also affect other kinds of energy too. For example, Magnetism converts electricity into sound in a speaker. Gravity bends light in the example of a black hole. Light is converted to electricity in a solar cell. Movement can be converted into electricity in a generator, etc…

So, there you have it.

If we can somehow use the subtle energies associated with thought, (with its associated electrical and magnetic properties), sound, or some other form of energy that we can directly control or influence, we can make subtle changes in other energy fields, in very small pieces of matter or indirectly effect much
larger changes, as in the effect of the electrical impulse triggering a muscle to move.

That’s why we care about energy!

While all this information is nice and hopefully sounds quite plausible, it’s not particularly practical… yet.

Remember, the goal of this chapter is to explain the material world in such a way so that the logical part of your mind can come to terms with the fact that your thoughts can literally change your world.

Quite honestly, I can’t explain how ALL of the abilities that I am going to teach you about work. I’ve had experiences with *lots* of things that I can’t explain with logic, but in spite of that, I know how to manifest them, and how to teach you to do them yourself, once you get out of your own way.

The problem, of course, is convincing your conscious mind that these abilities are real even when I can’t give you the play-by-play for how they work.

Fortunately, I CAN give you an explanation for how one particular ability works.

It is my hope that if I can provide a simple example with a solid explanation, that your conscious mind might back down from its conditioned disbelief of all psychic abilities long enough for you to get your own proof so that you can advance on the path uninhibited.

**Moving Objects with your Mind: The Basics**

I am going to show you how to move something with the power of your mind alone. This ability is called “Telekinesis”.

If we break the word “Telekinesis” into its root components, we have: Tele – meaning Distant
Kinesis – meaning Movement

Telekinesis literally means “distant movement” and is generally interpreted to mean “Moving objects without touching them through the use of mental powers”. Some people may have heard this same ability referred to by the name “Psychokinesis”, which literally means “mind movement”, but regardless of what you call it, we’re talking about the same thing.

There are different ways to accomplish telekinesis, and some are far more dramatic and powerful than others. We are going to start with the method that is easiest to learn, the easiest to understand, and the one that generates the least amount of force, which makes it a perfect place to start… After all, we need to learn how to walk before we can run!

While our example is not particularly glamorous, especially once you understand how it works, it is extremely useful for illustrating how the power of your mind can literally make changes to your external world. It also lays an excellent groundwork for an explanation for how the more dramatic version works, and for how the other tangible psychic abilities work as well.

For starters, I would like to teach you about something that I call “second order telekinesis”.

“Second order” abilities are ones that tend to act very close to the body, but second order does not mean second rate. It is used in one form or another in most tangible psychic abilities including healing, levitation, invisibility, invulnerability and even teleportation.

A “First Order” ability is manifested remotely to a target and can be used at much greater distances. Abilities like telepathy, remote viewing, remote healing, the more powerful form of telekinesis from chapter seven, teleportation, and materialization all are first order abilities. (Note that teleporting is an ability of both the first and second order since it entails an effect both immediately around the body and at the target site.)
Second order telekinesis is an excellent teaching tool that illustrates some great points, and will help you understand how to work with more advanced things a little later. It is a fairly substantial step removed from the epic, extraordinary “First Order” Telekinesis that we have come to know from our fascination with movies, TV, and comic books.

It is generally impractical for anything short of winning bar bets, or illustrating my point simply because it is only useful on very light objects and over extremely short ranges, say from barely touching your skin to about 4 to 6 inches away.

Here’s how it works:
We all know that your thoughts control your body, but most of us tend to think of this mind-body connection in terms of the conscious thoughts directing conscious actions.

Our minds are very complex and also control other aspects of our bodies even when we are not actively thinking about it.

For example, the heart is a muscle and just like any muscle, it uses electrical signals from the brain to tell it what to do. You don’t need to consciously think about making your heart beat because it’s taken care of for you automatically.

With practice, it is possible to start exerting some control over many of the functions that your body normally controls automatically, like your heart beat. While we will learn techniques for that and many other things a little later, for now we are going to focus on a different process that goes on automatically in your body: the way your body constricts or relaxes blood vessels in its effort to regulate your blood pressure.

“BioFeedback” is a technique where you are connected to some device that gives you real time information about some aspect of your body that you want to learn how to control. You try different things and the machine gives you “feedback” that tells you if what you tried is getting you closer to or further from what you are attempting to accomplish.
Eventually, people learn what to think or do in order to make the desired change happen in their body. Once they know what they need to do, they no longer need the machine.

Biofeedback is usually used for medical reasons and the devices usually come in a few standard flavors: Some can detect changes in muscle tension, which is useful for learning stress relief techniques and for muscle rehabilitation after a serious injury. Some devices are capable of monitoring brain waves, which in some cases have been used by epileptic patients to help control their seizures (and would be particularly useful later on in our studies!), and some of the devices will monitor temperature, which is often helpful for controlling circulation problems.

I understand that most people won’t have access to Biofeedback machines but I’m bringing this up just to illustrate how things work in a more scientific context. We’ll be getting into lots more detail in later chapters but for now I just want to help you think about things a little differently and understand that it is possible to use your body in ways you might not have considered to accomplish feats you might not have thought possible.

For the purposes of this discussion, we are going to focus on your hands.

If the blood vessels in your hands constricted for some reason, for all practical purposes you would have smaller “pipes” delivering blood to your hands. With less blood flowing to your hands, you get less heat delivered from the trunk of your body, where most of it is generated. So, constricted blood vessels mean cold hands… this is a classic symptom of poor circulation.

Now the opposite is also true. If the blood vessels relax and open wider, more blood flows from your trunk, more heat gets through and your hands get warmer.

By the use of special relaxation and visualization exercises learned from Biofeedback sessions (that I will teach you in the next chapter), ordinary
people can learn to alter the temperature in their hands by 10 degrees or more, and they can even go in opposite directions with both hands at the same time.

If you can make your left hand 10 degrees colder and your right hand 10 degrees warmer, you have a fairly substantial temperature difference between them... substantial enough in fact, to actually create small changes in the air pressure around each of them, which will set small air currents in motion.

Heated air tends to be less dense, and so tends to rise. Cooled air tends to contract and sink.

Now if you were to balance a light object on a sharp point so it can spin and rotate freely, and then place your hands on either side of it (or above and below, depending on how you are attempting to move it) those tiny air currents that you are effectively controlling with nothing more than your thoughts will actually move that object.

Some folks are so good at this and can change the temperature in their hands so quickly, that literally without moving a muscle, they can make their balanced “spinner” move, change direction, or stop at will.

If you get really good at this, you could have some fun with this by making an arrow shaped balanced spinner, and then marking a direction for “Yes” and a direction for “No”, and having the “magic spinner” answer questions that people put to you.

This technique was actually fairly common back in the early 1900’s, when some unscrupulous Spiritualists used tricks like this to convince paying clients that the spirits of the deceased were communicating through them.

When you get more skilled, you can try a harder variation, like moving a ping-pong ball across a glass table top.
So how does “real” Telekinesis work?
Ok, so far we have learned a pretty interesting trick based on established principles from biology and physics.

We learned of a mental technique that can change the temperature of our hands to induce micro-air currents which literally blow on a small object to make it move.

Some of you are probably disappointed because the results and technique aren’t all that exciting, but the results prove exactly what they need to: that your thoughts can influence your environment.

We just saw how the power of your mind can directly influence your body in ways that you might not have been aware of. As it turns out, your body has another component that can be influenced by thought, and most people are not even aware exists.

There is an energy field surrounding all living things which psychic practitioners call “The Aura”. It directly and subtly interacts with the world, and because of some of the extraordinary properties that it has, it has the potential to do astounding things.

Practitioners of the Martial Arts have probably even seen some demonstrations that showcase the use of this energy, which they call “Ki” or “Chi”, depending on the country that originated the art they are studying.

As an example of an “offensive” use of the energy, there is an art form called “Ki-breaking”, which sends an explosion of energy through a strike to the top of a stack of bricks, but only the specific brick in the stack will break.

For an example of a “defensive” use of the energy, there is a type of Kung-Fu called “Iron Shirt” which teaches how to focus the internal energies very close to the skin, to make a shell of “Spirit Armor” that makes the fighters incredibly hard to hurt. A typical demonstration would compose of a practitioner being suspended in the air with their entire weight suspended on the tips of 4 spears without getting pierced.
Regardless of what name you call it, the application of the potential energy of the Aura is the real key to all of the hard core psychic abilities that this book is about. Learning how to control and manipulate your Aura is a lot trickier than learning how to regulate the blood flow and temperature of your hands, but it’s also lot more rewarding.

The “real” telekinesis that can move larger solid objects at greater distances is done by using your thoughts to change the shape and properties of your Aura so that you can influence material objects directly.

The Aura is the psychic tool that we are going to use to do our proverbial (and literal!) “heavy lifting”.

**About the Aura**

The Aura is a sort of multi-layered shell of energy that surrounds your physical body. Without direction, it is constantly changing in size, shape, colors and intensity based in part on the physical health of your body, on your emotional and mental state, your current thoughts, actions and even based on your intentions!

In most people, the main portion of the Aura extends from inside the body to a distance of maybe two to three feet away, about a foot above the head and a few inches below the feet. Its shape is generally an oval with the long axis running head to toe.

By practicing some very special exercises that I will teach you in chapter 6, we can actually increase the size and intensity of the Aura dramatically, to the point where its natural state is a nearly perfect sphere centered near your solar plexus and radiating out for a distance of 12 to 14 feet or more.

Later on, I’ll actually teach you how you can view your own Aura and those of other people, animals, and even plants so that you can see some of its amazing properties for yourself. For now, just understand that the Aura is a part of you, and just like controlling the circulation of blood to your hands,
the Aura can be altered and manipulated by thoughts, physical and mental exercises and sheer force of will.

The energy of the Aura is very interesting. Left to its own devices, it’s got properties a lot like electricity, but it’s not exactly electrical. It has properties similar to magnetism but it’s not exactly magnetic. It’s got colors and even some quasi-optical properties but it’s not exactly light.

It’s like a field of raw potential that hovers around us, waiting for us to tune it to whatever task we wish to accomplish.

_The Aura is essentially our psychic Swiss-army knife._

With practice, we can change the properties of the Aura so that instead of existing in its natural “sort of like nothing and sort of like everything” state we can make it act like a real, usable force.

Remember before when I said that _everything_ can be influenced by magnetism?

Guess what? You can learn how to induce magnetic properties to your Aura and use them to move much heavier objects over much greater distances. Before you get to that level, you may find it easier to tune into some of the electrical properties of the Aura to create electrostatic effects to move smaller objects but from much greater distances.

Want to blow out a candle from 10 feet away? Extend your Aura around it and then focus it down smaller and tighter around the wick. With practice the aura will manifest itself dense enough to keep oxygen from getting to the wick, and the candle goes out!

Want to _light_ the candle with the power of your thoughts? It’s the same idea (but much, MUCH harder!) Extend the aura into and around the wick, and “feel the burn”. Induce such a kinetic frenzy in the aura that the atoms in the wick start dancing too. All those vibrations and collisions of the atoms in the wick make friction, which makes heat, and ultimately… Fire!
Nearly every extraordinary ability that you can think of can be created by various direct and indirect interactions between your Aura and your environment: Invisibility. Levitation. Invulnerability. Telekinesis. Healing. Materializations… You name it!

For any given ability, if the Aura isn’t making the change happen directly, you can bet it’s playing a pretty instrumental part in some other way (usually by gathering and shaping the paths that the energy is flowing in.)

For us to get from where we are to where we would like to be, there are only two feats that we need to master; strengthening the Aura, and controlling it.

Once we have mastery over our Aura, we can use its energy to interact with and manipulate the subtle energies that make up our “physical” world.

**To sum it up:**

The material world that we know is essentially a “workable illusion” engineered by your senses. It is an *approximation* of the true beauty and grandeur of a universe that is painted from an exquisite palette of pure and subtle shades of energy.

The sad truth is that our senses are a filter whose job is to dull the magnificence of reality down to a level that our brains can comprehend.

To illustrate the point, did you ever wonder why snow is white? If you’ve ever looked closely at a single snowflake, you know that it is actually *clear*, so why don’t you see the color of whatever is under the snow? The “white” light that illuminates the snow is actually composed of a spectrum of colors all mixed together, which is how a prism in a sunbeam can cast a spectrum of colors. This is also the same principle that creates a rainbow when the conditions are right.

When this white light hits a snowflake, (or a whole lot of them!), it is broken into its spectrum of colors exactly the way a prism does.
Those snowflakes are actually sending a dazzling assortment of colors to your eye, but your eye doesn’t have enough resolution to make out each dot of color individually, and if it did you would be utterly dazzled by an explosion of color that would leave you essentially mesmerized.

So, rather than being frozen in sensory overload every time it snows (which I’m sure was bred out of our ancestors early on, since it’s an evolutionary dead end!) , we simply perceive snow as white and go about shoveling it off our sidewalks, completely oblivious to the wonder it contains.

That’s the filter of our senses doing its job.

*Everything* is energy. It’s dazzling, and overwhelming, so we perceive it as “matter” to simplify it so that we can interact with it easier… but just because something is easier doesn’t mean it’s right.

Once you learn to see things the right way a world of possibilities opens up to you.

Just as learning a foreign language requires you to train your ear to hear distinctions in sounds you might not have noticed or needed in your native language, we can train our perceptions to look past the material and start to perceive the world around us in *its* native language: Energy.

So… to recap how it is possible for tangible psychic powers to work, here are the key points of this chapter:

1) *Everything* is energy… even our bodies. While the majority of our body is composed of the densely packed energy we call matter, that “meat shell” is actually infused and surrounded by another multi-layered shell of energy called the *Aura*.

2) The Aura and your body are directly and intimately connected.
Just as thought can induce changes in your physical body (like changing the temperature in your hands), thought can also induce changes to the properties of the Aura that surrounds you.

3) One kind of energy can influence another.
   Since the material world is actually made up of standing waves of energy, and the Aura is a field of energy that we can influence with our thoughts, it stands to reason that we can use the form of energy that we can control to influence and manipulate the energy we call matter.

4) You can increase the strength of your Aura with the correct workout.
   Just as physical exercise can increase the “muscle mass” of our physical bodies, there are special exercises that we can do to increase the amount of energy available in the Aura. With more potential energy available to us, we can accomplish more dramatic feats.

Now What??
These first three chapters have set the stage for us so that we are in the proper frame of mind to begin the real task of learning and developing our skills.

Now that you have your shiny new understanding of how reality works, and know that the tool you need to change that reality is literally already a part of you, you are probably itching to try it out.

You have already come a long way in your journey, but you still have a long path ahead of you, and it is going to take a lot of work.

   In Fact, nothing less than the “Holy-Trinity” will do it:
      - Mastery of Body
      - Mastery of Mind
      - Mastery of Spirit (Aura)

That’s a tall order, but you are absolutely going to get your money’s worth from this course, I promise!
The next three chapters are what I call the “Boot Camp” section of this course, and they contain the seeds of an extraordinary transformation.

Be sure to read through each chapter completely before trying the exercises. It is to your advantage to understand how and why the exercises work. It also gives you an idea of the “trail markers”, associated with doing the exercises: both the warning signs if you are doing something wrong, and the signs to look for when you are doing everything correctly.

You need to master the information in all three chapters in order to succeed in deliberately manifesting any extraordinary “physically psychic” phenomena, and all of the information is presented in the order that you need it.

I didn’t put any extra stuff in here just to build a sense of anticipation.

Actually, it is to your advantage to read through all three chapters of the Boot Camp material before you start the exercises from any of those chapters. This will help you understand why a mastery of the Deep Relaxation Training (DRT) presented in the next chapter is essential for your success with the exercises presented in chapter 5, on “Mastering the Mind”. You will also understand how and why you must master both the Body and Mind training before you can excel at the Aura or “Spirit” training.

Once you understand how the exercises build off one another and that each one is a crucial stepping stone to your destination, you will be a lot less inclined to sabotage your own efforts by glossing over the exercises that are harder and put more time into the ones that you enjoy or are good at.

Right now, before you even read the boot camp material, is the time when you should choose if you are a casual reader and just want to know how it all works, or if you are a serious student and are determined to experience the extraordinary with your own eyes and through the power of your own will.
If you are serious, make yourself a *promise* *right now* to succeed. Anyone who is capable of doing the exercises can ultimately succeed if they just stay with it. Success is a simple matter of discipline, desire and time.

**You 2.0**

To say that you have a lot of work ahead of you is something of an understatement, but fortunately there are some pretty rich rewards sprinkled along the path as added incentives to keep you moving forward.

On top of all that, I don’t even have the words to describe the elation you will feel when you first perform something truly miraculous.

You are going to learn things about yourself that will completely shatter your current understanding of your so-called “limits”. Some of the side-effects of your studies are enough to change your life forever:

Imagine what you could accomplish if you literally had more hours in the day. In the next chapter I am going to teach you how to optimize your sleep patterns so that you can actually get a deeper rest, usually in less time and you will even learn an exercise that is actually *more restful than sleep*!

Are you perpetually sick? Do you have high blood pressure? Fatigue? Headaches? Are you constantly stressed out? Cold? Suffer from poor circulation?

Stress is directly and indirectly related to at least 70% of the illnesses that we suffer and many of the base issues stress causes lead to a domino effect of secondary symptoms.

Check out this article from the world renowned Mayo Clinic in Minnesota for a detailed break-down of some of the devastating effects of stress on each system in your body: [http://www.mayoclinic.com/health/stress/SR00001](http://www.mayoclinic.com/health/stress/SR00001).

The Deep Relaxation Training that you will learn in the next chapter not only feels incredible, but will obliterate stress in your body, calm your mind, and
help equalize chemical and energy imbalances. Quite often, this will allow your body to finally heal the root cause of long standing health problems and their secondary symptoms

Not only will you feel better than if you spent the day at a spa, but at the same time you are rejuvenating your body and supercharging your immune system. You’ll feel like you just got a brand new body!

The physical changes in your body and health you should begin to notice within just a few weeks of starting the exercises, but they pale in comparison to the mental changes that await you.

How would your life change if you had a “photographic” memory? Imagine attending classes or meetings and never needing to take notes or write things down. Say goodbye to cramming for exams or panicked preparation for meetings, and think of all that extra stress-free time you will have to enjoy!

Did you know that mental exercises can greatly improve your athletic performance? These days, professional athletes routinely use visualization techniques as part of their training but I’ll show you a technique that is a lot more powerful than what the pros are using. You’ll see for yourself as you work through Chapter 5, and I’ll explain exactly how it works and why.

Your practice from Chapters 4 and 5 alone will be enough to turn you into a new person, but Chapter 6 is where things start getting really interesting…

It’s almost impossible to identify the “secondary” benefits you will experience once you start practicing those exercises… they are tremendously varied and are different for everyone.

People you know may start to notice “something different” about you.

I’ve found that babies often tend to start giggling and laughing for no apparent reason when I enter a room. (I personally believe that’s because very young children can naturally see the aura much better than even trained
adults, and they are entertained by the bright colors and dynamically shifting patterns and shapes.)

You’ll start to develop an uncanny intuition about all kinds of things... You might decide to work a little late at the office one night, and discover on your way home that a bad accident happened right where you would have been had you left at your usual time.

You might cross the threshold into your house and instantly know exactly who is home and in what room they are in or experience other examples, like traffic lights changing uncannily in your favor.

Whatever forms it takes, you’ll know... actually, you’ll feel a strange, positive “potential” floating around you.

Of course, generating this potential and knowing how to use it are two completely different things. That is why the final chapters will teach you *exactly* what to do with all this magnificent potential so that you can shape it into something truly amazing. Invisibility. Teleportation. Bi-Location. Creating objects out of thin air. Healing. With enough practice, these abilities and many, many more are all within your reach.

Now that you have a rough idea of what to expect, let’s get started!

(End of Free Material)
Are you ready to learn the actual techniques for making a literal miracle for yourself?

Just click this link to get started:

http://AllThingsPsychic.com/miracles