

Understanding Telekinesis

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❖ Introduction

I am Godspeed. I have practiced the art of Telekinesis, Mind over Matter for more than 10 years. Some of the feats I have achieved include spoon bending, compass interference, moving objects, so on and so forth.

My purpose of communicating this to the public is of pure honesty and simple. I do not ask for any benefits or returns. I have experienced this as the truth and I like to share this with all those who hold the same belief as me. I think with the practice of Telekinesis, our mind can be purify to its most nature state, leading us to better understand ourselves, the nature of existence, and breakthrough into the untapped capabilities of our mind that can be use for betterment of both community and self.

This manual consists of my entire researches in this area, supported by both scientific and philosophical studies. With my accumulated knowledge and countless trial after many years, I have develop this technique which has worked for me and is something I feel as a breakthrough as compared to conventional knowledge and techniques. I have put this down in this manual as detailed as possible but for certain points, it is essential for the practitioner to experience, feel and reason to himself.

I like to advise the reader to understand and study in details of all the concepts and diligently practice them without any doubt in his faith, as believing is always the most important factor in any accomplishment in Telekinesis. Keep in mind that failure is bound to be met and success is only a matter of time that awaits those who kept their faith diligently. Every a small improvement counts and without a doubt, will be a great leap to wonders in time to come.

“ The purpose of Existence, is to understand Existence itself.”

❖ The Mind Itself

No greater mystery surpasses the complexity of the mind. Even the science today cannot fully explain the structure and the working of the mind. For human, only 10% of the mind have been utilized while 90% have remains an unsolved puzzle. The 90%, known as the “Forbidden Thoughts”, holds some of the greatest untapped capabilities that all man possess but is not aware of it. However, many people have been inborn with the ability to utilize the “Forbidden thoughts”, while others have develop it at a later stage after certain understanding of themselves. These people have displayed incredible psychic feats that are unexplainable by science due to the lack of understanding in this field. It is glad that after years of experiment and testing, this part of science has been upgraded in the later years and slowly gaining it recognition over time. I wish all to study this area with an open mind and may there be a breakthrough in the near future.

❖ Energy within Matter

If you will observe carefully, all objects and matters in this world that you see is of material from the nature. Be it the cup that you drink, the clothes that you wear, the glasses that you put on, the pen that you write with or anything else. If we break them down into their initial materials, they are all of the tree, metal, clay, and plastic that are derived from the natural resource of this earth. As natural resources that have been around since the beginning of this earth, they possess the essence of the cosmic universe and have develop energy field within themselves after absorbing million years of rain, sunshine and moonlight.

The great scientist Albert Einstein is one of the first who discover this. If you have studied his theories, he concluded that energy are trap in all matters and they are converted to the mass/ weight of the object in his equation $E = MC^2$. He later confirmed this when he

experimented on atoms splitting that converts mass into high energy in which the study is later used in the making of nuclear bomb.

❖ Sensing Matter Energy

The energy field exist in matter can be sense after long hour of meditation. The feeling is similar to sensing someone close behind you even when you didn't see or hear her. It is knowing something is there without even using our five senses of touching, seeing, hearing, smelling or tasting it.

The mediation technique as I have create is as follows:

1. Siting in a comfort position, close both eyes and relax.
2. Let go of your mind and achieve complete blankness and peace within you.
3. Imagine you are nature, like a tree, stillness and calm but knowing that there is a life and energy flow within your body.
4. Focus and concentrate on the energy flow and sense it.

The mediation technique I have developed prepares one to clear his mind and simulate himself as an object of the nature. After many practices, one should then begin to change his technique and try to focus and sense the energy field within an object placing in front of him with his eyes close. He will know he have succeeded when he feels the energy flow of the object occupying that space dimension even without using of his 5 senses.

❖ Philosophy of Telekinesis

My technique of Telekinesis, Mind over Matter, is different from the conventional knowledge of others that have displayed the ability. This involved of not only using the mind of concentration and focus, but also Qi (Chi) and Body electrostatic force. Although many people have been able to achieve influencing objects with only mind of concentration alone, this is only of a small-scale effect and they will discover that they can never improve beyond that limits. To maximize the effect of Telekinesis and one's potential, the harness of Qi (Chi), body electrostatic and mind of concentration into one is required. Practitioner of this technique will find their telekinesis ability being greatly improved once succeeded.

Qi (Chi)

Qi (Chi) is a Chinese word meaning "Energy flow" within our body. This was discovered by the Chinese thousand of years ago and is documented throughout history, science and healing books. This traditional martial art is practice largely today mainly for regulating and balancing one's health. A few masters of Qi Gong after years of practices have proven to be able to generating heat from their body under complete control, breaking tough materials and sustain to conventional weaponry pierce without injury.

There are many variety and sect of Qi Gong practice by many today and practitioner can choose the one that suits him best, as long as its orthodox. If I am to recommend, I will prefer "Fa Lun Gong" as I have attained good results from it with only after a short period of practice.

Body Electrostatic Force

Body Electrostatic exist in every one of us, difference only in its strength and weakness. To further explain, it is the electricity that runs in our bodies. An example will be rubbing a

balloon over one's head and his hair will stand and stick to the balloon. Electrostatics involves the buildup of charge on the surface of objects due to contact with other surfaces.

Body Electrostatic cannot be strengthened in any methods as its strength is completely inborn. This will be a natural inborn 'gift' that determines the potential capability of one's Telekinesis ability.

Mind of Concentration

The most conventional way of Telekinesis is through the mind's focus and concentration. The way to attain great concentration is actually as simple as observing and self-questioning. To practice this, one may like to focus on an object and observation of its shape, size, color, and other physical characteristics. He then begins to question himself and imagine how the object will look like if any of its physical characteristics is change. Continue going through the process for 15 minutes and move on to another object during the next practice.

This technique will induce one into the state of deep thoughtfulness and hence boosts up the ability of concentration and focusing of the mind.

❖ Telekinesis Harnessing Practice

When one have sufficient practice and master a certain level of Qi Gong and Mind Concentration, and also attain the ability to sense the energy field within an object, he can then move on to combine all the skills together for telekinesis practice.

The concept of my technique should be understood as follows:

1. One should begin first by sensing the energy field of the object.
2. Upon sensing the energy, he then regulate his Qi (Chi) to his prefer hand, moving closer to the object and attempt to connect with the energy field of the object.
3. The mind will need to work and split into 2 ways, a) continue to sense the energy field of the object, b) concentrating on the linkage between the Qi (Chi) and the energy field of the object.
4. Regulate your Qi (Chi) to the direction you want the object to move with both body and mind control.

The key point to take note is that the object is move by the energy contain within itself and not by the practitioner's Qi or Mind. The practitioner's effort only serves as a medium to guide the energy within the object. This must be reason and think by oneself carefully.

I have many people telling me of the amazing results that they have achieved and also a fare share of failures. And when I ask of the failures, I have manage to find out that the root cause is normally due to incompleteness in mastery of the pre-requisite of Qi Gong, Mind Concentration, Mediation of the energy field in the object, or all.

One should prepare to diligently practice on the pre-requisite first before seeing any results. And when the mastery is in completeness, only then will he be astonish by the amazing ability that he have gain. And he should continue to practice, as the ability will diminish by itself when it is not in use, just like exercising and maintaining the stamina of his physical body.

❖ On Cultivation

Before one starts to learn Telekinesis, he should question himself why he wants to learn and practice it. Is it for performing? Is it for showing off? Is it for amusing? Many people think that attaining the ability is the result and hence, its end.

I have always emphasis to people who are keen on my technique that achieving the ability is actually a mean to the end. If one will examine my technique, he will realize that it is actually design for one's cultivation purpose. The practice of telekinesis itself is a process by which one must undergo to achieve a greater end or purpose.

1. In Meditation of the energy field of object, one is actually clearing his thoughts and coming closer to the nature and understanding existence.
2. In Qi Gong, one is regulating the nature energy flow within him and coming closer to understand his nature body-like form.
3. In Mind Concentration, one is actually tapping into the unused 90% of his brain or the "forbidden thoughts".

When all are harness into one for practicing of the actual influencing of an object, it is a process of cultivating oneself that one must continue to do for improvements of life within himself, and also the community around him. This should be the ultimate goal of him learning and practicing Telekinesis.

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