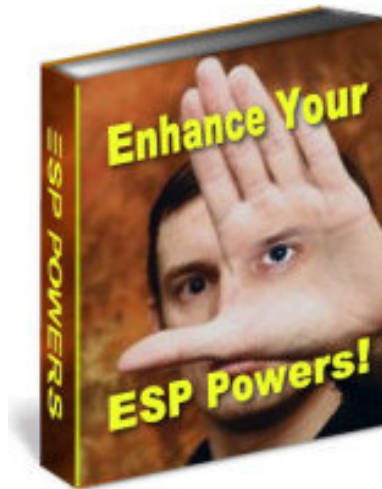


Enhance Your ESP Powers!

Decoding the What's, How's, and Why's of ESP



The battle has begun yet its end has not been met. The dispute was born centuries ago and yet it has been timeless ever since. The query has enveloped the world and has reached far and wide. Many have sworn of its authenticity yet countless have voted against it.

Extra Sensory Perception (ESP). These are the words that have contributed to the unending question that probed the minds of men.

ESP or psychic power is the ability to get some information by paranormal means without the help of our five senses. J. B. Rhine first used the word ESP to signify some psychic capability. He is said to be the "Father of Modern Parapsychology." Dr. Rhine studied the parapsychology at Duke University in Durham, North Carolina along with his wife, Dr. Louisa Rhine. He has also used the word parapsychology to make a distinction from the conventional

psychology. He conducted the study in Duke University and has collaborated with Professor William McDougall.

In the experiment, they used 25 decks of cards called Zener cards. Zener cards are approximately the size of a regular playing cards and each card has recurring symbols. The symbols used were cross, star, three wavy lines, circle, and square. These symbols are simple and must not cause any undue strain physically, mentally, and emotionally. Before they start the session, these cards are being mixed up. Then, the subjects were made to guess the order of the cards in the pack.

The essence here is to see if a person could make a correct guess more than what has been expected to be a probable chance of getting the right answer. The result showed a proof that the subjects scored above the chance level which made Rhine to conclude that ESP was involved. This experiment was the breaking ground for further research of extra sensory perception. There are other experiments conducted such as Ganzfeld experiment and unconscious precognition.

There are numerous speculations why ESP has evolved, where it came from, and how it has immersed with humanity. During earlier times, our physical planet is said to be bound with the astral realms which consist of energy substances indiscernible to our normal physical senses. The astral world is matched with an astral body of a human being. It is said to hold a documentation of every event that has happened or has walked this earth. It is like a documentary film or a reality TV show wherein it is recorded and stored.

The collective unconscious, as what the contemporary psychologists call, is the thought-atmosphere of our planet emanating from the astral world. The elemental energies carried on the astral currents are thoughts, ideas, and emotions. We magnetize ideas and views with which we resound strongly as this astral currents flow in our minds. This may result in psychic outbreak if an idea is so strong and emotionally charged.

Psychic power is basically innate within us yet we are not aware of it. It varies from individual to individual of the type of ESP they have and it also depends on whether they accept the gift or not. It is available to those who recognize and accept it. There are a lot of forms wherein you may manifest your ESP. The four general categories are:

1. Telepathy – the transmission of thoughts or feeling between two individuals
2. Clairvoyance – the acquisition of knowledge about objects or events with out the use of senses nor using telepathy.
3. Precognition – able to see a future incident
4. Psychokinesis – able to move objects by using the mind.

Apart from this four general categories, there are also other areas of manifesting ESP. These are:

1. Clairaudience – sounds, music, and voices are audible to you that cannot be heard by normal human hearing.

2. Clairsentience – the observation of taste, emotions, touch, smell, and other physical sensation.
3. Dowsing – using of dowsing rods to acquire information about the location of water or treasure.
4. Pendulum work – using pendulum to get information
5. Psychometry – the capability to get information from the physical object
6. Remote viewing – the perception of an outlying object.
7. Retrocognition – the opposite of precognition, viewing past events.

The aforementioned abilities are natural within us and it is up to us to accept it and develop it. There are some exercises to start priming your psychic ability. But before practicing these exercises, you should make yourself protected first. Protecting yourself is very important because having a fully developed psychic power is a new period of your life. The world consists of good and bad and the same goes with the energy it carries. That is why we must shield ourselves first before plunging to the depths of unknown. Saving ourselves from harm is a must because we will never know if we could carry the power we will be having. Here are some steps on how to protect your self:

1. Try to visualize a gigantic, gleaming, rotating mirror ball utterly circling you. Every time an off-putting thought or idea comes your way, they are driven back by the bright light that they are faced with.
2. Call for the guidance and protection of Archangel Michael. He will always defend you and will not in any way cause harm.

3. Make sure now that you are clear and sturdy to face your power. Here are the exercises for each special ability you have:

1. Clairaudience - You should calm your thoughts first by focusing on objects (e.g. candle) or a phrase because our mind is always bombarded with trains of thoughts. Then get a book that contains with pictures of the past, ancient structure, or some ruins. Focus on the picture and notice some perceptions you may be having. Then listen to the music of the long-ago.
2. Clairsentience - Gather some plants which do not have strong odors. Have someone bring it to you and do not put it on your nose for you should focus on the spiritual smell of the plant. Let that person take note of any impression or idea you have on the plant. Do it again on other days and see if you could identify the plants using their spiritual smell.
3. Clairvoyance - With the use of playing cards, try to guess the card while looking at its back. Try not to focus on getting the right answer but on the pattern of your correct guesses such as the correct number or color of the card because you may not always guess the specific card. Do this repeatedly and see if you have increased your correct choices.
4. Dowsing - You will need some dowsing device here like a stone at the end of a chain. Ask help from a friend to prepare 2 glasses which is not see-through. Then ask him or her to fill one glass with water and leave one glass empty. Cover the top of the

glasses. Using your dowsing device, try to locate which glass is filled with water.

5. Pendulum work – You need a pendulum like a crystal attached to a chain. There are five motions that a pendulum does: clockwise and counter clockwise circular motion; side-to-side swinging motion; up and down; and no movement at all. You should program your pendulum should be programmed according to these motions. Choose one motion that will answer yes or no. Then try to answer questions that you already know the answer to your pendulum. Once you have established it, try to ask questions that you do not know the answer like something about the weather. Write it down and take note of the correct response of you have.
6. Precognition – Roll out some dice and predict the number that will appear or try to guess who is the person calling when the phone rings. Check if you have any progress in guessing the right answer.
7. Psychokinesis – Take out some dice and throw it. Try to manipulate the number that will come out. Also, you may try to stop and move the pendulum using your mind.
8. Psychometry – This is the ability to have knowledge of certain objects when touching it. You may request a friend to bring something owned by his or her relative. Touch it and tell your friend of what you have perceived about his or her relative and verify it if it is true.

9. Telepathy – Somebody must accompany you when practicing this because it is engaged with two people. You may have your friend focus on an image and try sending it to you. Record the results.

Unleash the power within you by accepting the fact that you have it. Constant and correct practice will lead you the way to achieving greater heights of success in your psychic capability. The universal energy exists in every person. In every practice, you must focus very well so that you will start to be in harmony with the force. Try to focus on what is going on around you so that you will get a feel of the underlying force of the event. You should also have a proper mind set of adopting the kind of power you have so that the process of developing it would be uncomplicated. Building up your psychic power should start with drills and exercises that is why you should condition your mind before hand. Meditating is also a big help. With this, you could relax your self and your mind and you could focus more. Your development will be faster if you practice meditation.

In this fast-paced world wherein computers, cellphones, and other gadgets govern the world, it may seem impossible to hush our minds with the continuous flooding of thoughts, feelings, and sounds that may disturb our mental concentration. This poses a greater challenge on how to focus and meditate on developing our psychic capability. Also, there are a lot of skeptics nowadays that will always try to convince you that ESP is non-existent. Some may even think that you are losing your mind. Nevertheless, these should not put you down or distract you from developing your power to its full potential.

Not everything in this world could be explained nor it is necessary to do so. There are some things that does not need any explanations and just live with it...things beyond what our feeble mind could comprehend or decipher. Our psychic ability may help us in one way or another; steering clear with people that we felt will do us no good or simply avoid accidents that may take our life. Yet, we should be very careful in dealing with this power. Let us remember one simple thought, with great power comes great responsibility.