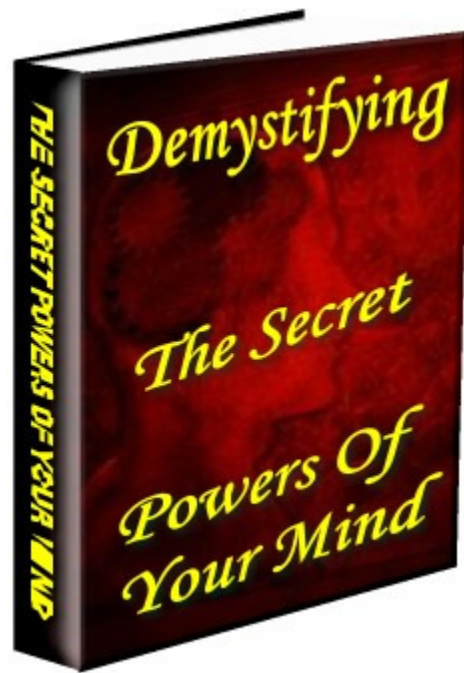


# Demystifying The Secret Powers Of Your Mind



## ESP Demystified

The capacity to foretell the future, know of events that will happen or that have happened several years back, the ability to communicate with others far away have always intrigued man for thousands of years.

There was even a time when having such gifts could get a person in trouble as most people tend to explain the unexplainable in terms of witchcraft, devil worship and the supernatural.

Through experience, people learned that education and knowledge is the result of the interaction of various stimuli and information received by the human brain through the five senses – touch, smell, hearing, taste and sight singly and/or cumulatively. This is the most common learning method through which mankind's vast reservoir of knowledge from the past to the present is amassed.

However, the same physical laws of learning do not automatically apply when it comes to explaining and understanding the phenomenon of extra sensory perception (ESP). And instead of making the topic easier to understand, advances in the science of psychology further makes the issue more difficult to comprehend as they have proven beyond doubt that consciousness (the mind) is totally different and a separate entity from the human brain! Additionally, quantum physics research indicates the existence of a non-material universe that coexists with the physical universe that we are familiar with!

Using the logical yardstick of learning and experience, ESP is therefore far removed from the five ordinary senses. It is independent of variables and controlling factors such as location, time, intellect, maturity, or education.

In the early 19th century, ESP was accorded several names such as cryptesthesia then relesthesia until it evolved into what is commonly known today as clairvoyance. Due to its various multi-faceted feature, researcher Lousia Rhine coined and proposed the use of the term general extrasensory perception to include both mental telepathy and clairvoyance.

Rhine's theory about ESP is that ESP experience originates in the human unconscious, a vast repository of memories, hopes and uncertainties of which the individual is totally unaware until such time when the information is brought to the conscious level by an external stimuli. This theory is validated by psychiatrist Carl G. Jung who theorized that an individual's

conscious mind possesses subliminal and instinctive access to the unconscious, a vast warehouse of collective insights and experiences.

There are other theories which have been put forward over the past one hundred years. Such theories and speculations range from the conjecture that people have ESP organs such as lymph nodes and bone marrows which are connected to the nerve endings which are responsible for the transmission of thoughts below the perceptive level.

Others postulate the existence of two subconscious entities – one for the physical universe and another one for the metaphysical and that an extrasensory experience happens when the two entities become one, which very seldom occurs as a continuous fusing of the two entities would result in sensory overload which the human mind cannot cope with.

Researchers also discovered that the natural ESP in some individuals can be influenced and made indistinct by that person's previous experiences, belief, and training. Similarly, the inaccuracy of ESP messages may be attributed to the unconscious alteration and obstruction of an individual's conscious mind.

Opinions regarding individuals who have more pronounced ESP capabilities than others are that the ability is inherited, that the gift is an elemental sense which weakened due to modern technological advances and that it may be some sort of a super sense which develops in conjunction with a person's nervous system.

Psychical research reinforces the premise that all individuals are born with ESP capability however there are people who possess more of it than others. Investigations in the occurrences of ESP phenomena also reveal that most people have experienced at least one ESP experience in their lives.

People's misconception of the sixth sense, as what extra sensory perception is commonly referred to, changed in the early 20th century when more and more scholars and people from the medical and academe began to investigate the phenomenon.

Together with the research, a systematic compilation of sixth sense experience of various individuals from all over the world reveals that at one time or another, every person normally undergoes some kind of psychic experience occasionally but these have been ordinarily attributed to by most as simply coincidence or a twist of fate.

Most of us have certainly experienced some hunch about something that will happen, sometimes in the form of dreams that became true or a tingling

sensation that another person was either thinking or looking at you. These types of experiences are very often happens unexpectedly, without warning or any arrangements.

There are some individuals who are by nature more psychic than others and psychic experiences are common-day incidents with them. Yet there are also those who are so engrossed by the subject that they pursue it more deeply, doing all they can to read, learn and develop their sixth powers in order to be able to control and use it at will.

Another often-used term for sixth sense is psychic powers or ESP – extrasensory perception.

The academic and psychological communities who are engaged in the investigation and study of the sixth sense assert that there are several kinds of psychic powers that people possess, whether singly, in combination with one or two, but very rarely does a single individual all of the identified and acknowledged psychic powers.

Clear Vision (clairvoyance) – the ability to see far away scenes and places or hidden things, without the use of the eyes instead a clairvoyant uses the mind's eye to become aware of scenes and other images.

Clear Hearing (clairaudience) – is the discernment and/or perception of sounds or words from a distance. A person possessing clairaudience is able to hear sounds and words not ordinarily perceived by our physical ears.

Clear Emotion (clairempathy) – an individual's ability to sense the thoughts or feelings of another person.

Psychometry – the ability to identify and pick out information about a person, place or an object by holding another person's personal belonging or an object that belongs to the place.

Psychokinesis – the ability to make an object move using the powers of the mind or mental telepathy.

Intuition – commonly known as gut feeling, this is a person's ability to distinguish a thought, awareness or information directly. It is a person's uncanny feeling about an event, an occasion or something that will happen.

Telepathy – is the ability to communicate with other people through thoughts (mental telepathy).

Mental Influence – considered as a highly developed form of mental telepathy wherein one can manipulate the thinking and decisions of other persons.

Psychic Healing – is the ability to cure sicknesses and/or illnesses by the transference of some kind of healing energy through touch.

Auric Sight – the ability to see other people's or objects aura colors and discriminate their frame of mind, feeling, thoughts or physical condition.

Although all these psychic powers are naturally present in any individual and are more strongly evident in others, these abilities can be developed and put to use. In doing so however, special training may be required and necessary for people who are not naturally psychic.

There are a number of risks associated in using and developing psychic abilities which should be taken into consideration should an individual pursue the desire to developing them.

1. Engaging in psychic training may possibly prevent a person from self improvement and even away from spiritual growth due to a relentless pursuit of psychic discernment.
2. There are psychic powers and abilities which requires a person to be mentally and psychologically submissive in order to be able to tune in to other people's minds to allow external influences into his own which might have a damaging or depressing effect.
3. Some people may very well use the knowledge for selfish intentions.
4. An individual who lacks self discipline and self control might find difficulties in stopping psychic impressions and may not be able to live a normal life.
5. Since the psychic interpretation of an experience could be erroneous, the psychic may unintentionally delude, commit a mistake or cause harm to others.

If an individual desires to develop his psychic powers, the best course of action is first to build up his concentration and awareness abilities, learn how to control the mind, build of his strength of will, practice restraint and mental and emotional objectivity in order to be certain that one is able to open and close mental doors at will to avoid being manipulated by their psychic perceptions.

Physical and mental preparation prior to engaging in the pursuit and development of psychical abilities is very important as there are numerous accounts of psychic mediums that experience poor health including nervous and mental sicknesses. Medical research verifies this because they say that a psychic's sensitivity, openness and receptiveness to external psychical stimulus and impressions is indicative of a weakened physical and mental health rather than an indication of highly developed spiritual and psychical ability.

Do not be misled into thinking that psychic mediums and psychic adepts are one and the same. Psychic mediums are passive channels and their abilities are involuntary, unpredictable and erratic whereas psychic adepts have total and full control over their abilities and have surpassed the lure and misconceptions of both the material and non-material worlds; they are so strong and so much in control that malevolent forces could not even influence their thoughts or bear to approach them.

Psychical development is not about being in the hunt for metaphysical phenomena but more about having the right thinking and doing the right thing at the right time; it necessitate the complete and absolute purging of all traces of self-centeredness while at the same time refining the virtues of selflessness and empathy, arriving at inner balance and harmony, and living for the benefit of others.

Usually, people find it very difficult to control and harness their psychic powers because they are held back by their own egotistic personalities and worldly temptations.

It is important to understand that psychic astral power is a type of divination. Since almost each one of us has experienced some sort of psychic powers at some points in our lives, learning how to develop and use them can be done almost with no difficulties.

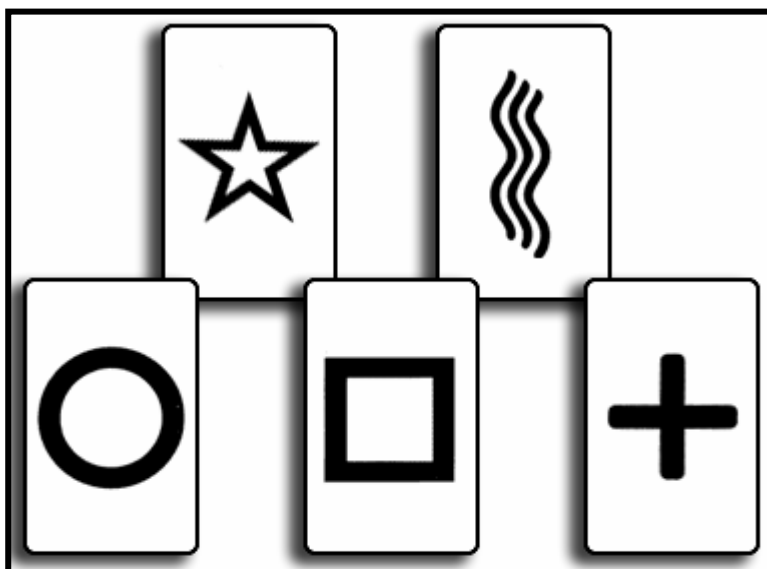
Psychics use their abilities to communicate with spirits and they can hear the voices which elude the hearing abilities of ordinary people. They can see through the physical walls or even relive the past regardless of location and time. These abilities vary extensively in terms of quality and strength and are totally dependent on the individual practitioner.

Being kindhearted, having the capability to understand the feelings of others and possessing deep spirituality enables a psychic to develop more extensively and help more people.

As mentioned earlier, developing one's psychic ability and intuition requires continuous training, sharing of psychic experiences, and going through mediumship.

There are several manifestations of psychic powers, the most common of which are the following:

- *Telekinesis*: the ability to use the power of the mind to move an object or cause an object to move without applying physical force.
- *Materializations*: the ability to call the departed spirit and take over a human body (almost always in the psychic's own body). The physical resemblance is very remarkable that it is as if the dead person is alive!
- *Will Power*: is a mystifying ability to control thoughts and ideas that others can be persuaded to change their minds and follow the psychic's train of thought.
- *Clairvoyance and Clairaudience*: these two often work together and are almost indistinguishable except that the psychic does not use any of the physical senses associated with sight and hearing.
- *Telepathy*: is the ability to transfer thoughts and ideas to the mind of another person regardless of distance or physical barriers. This is one of the most common experiences of almost everybody.
- *Crystal Ball Gazing*: may also be called astral visioning wherein the psychic gazes into a crystal ball and is able to discern future events. The crystal ball is not necessarily the source of the vision but may only be the channel through which the psychic can focus for concentration.
- *Psychic Dowsing*: most people of early cultures use this method to locate metal deposits and sources of water or any other matter or physical being using unexplained intuitive powers.



Originally, most people thought that these extraordinary powers are the private domain of psychics and mystics who are thought to be naturally born with these abilities or have acquired them

through some miraculous event.

However, this was proved not to be the case and instead it became evident that psychic powers are common to almost everyone. What is lacking is the natural ability of individuals to detect their psychic abilities and develop them.

Luckily, you do not need to attend special schools in order to develop your psychical powers as there are exercises you can do on your own and even learning aids that you can construct to help you build up and harness your hidden or dormant psychic powers. One of the most common tools that people use are Zener cards – each card with each own unique symbol. The use of Zener cards was pioneered by Duke University's parapsychology laboratory specifically for telepathic experiments. It's quite simple as all it involves is guessing which symbol is printed on your chosen card.

Other tools are a pendulum, random field device or an Ouija board which are used to develop a person's ability to tap into your subconscious by being aware of minute changes in muscle tension as a result of a direct reaction to subconscious stimuli.

There is also the Energy Wheel which can be a good D-I-Y project. There are claims that you can cause the energy wheel's rotor to spin and stop mentally from a distance. However, if you do not succeed, at least you have a toy that you can tinker with for quite a while! There are also web-based tools that you can use to harness your extrasensory powers.

However, the ultimate method to get your intuitive juices flowing is to practice using it. Just like the muscles in our body, if they are left unused and neglected for long periods of time, they become wither and can even die.

Keep in mind however that even if parapsychology has acquired lots of credibility that even the US military and police use them in their line of work, there is still a very strong group of doubting Thomases who see ESP as some sort of misguided and worthless pseudoscience.

Their number one argument is that it doesn't make any sense at all! Albeit they are correct in their observation since ESP phenomenon is opposed to the physical laws that we are all familiar with. They claim that ESP, extraordinary as it is also requires the same type of evidence in order to be acceptable.



Regardless of the fact of numerous but sketchy evidences of ESP, they say it is not that unexpected in context of the bigger picture. With more than 7 billion people on the planet who are continuously thinking and going through various experiences, it is statistically possible that on any given day some of these events that people hope to happen will happen according to how they hope it would!

The skeptics however concede that what some people perceive to be psychic powers may in reality be just a finely tuned perception of events that have happen and may happen based on factors and variables that bombard an individual's five primary senses which are incessantly picking up information 24/7 and which the brain is processes constantly on both the conscious and unconscious levels. A case in point is that an individual who is exceptionally proficient at analyzing and interpreting apparently disjointed information can put them together and come up with an accurate and educated guess of the outcome.

Given the situation, even parapsychologists appreciate the importance of the skeptical point of view as they readily admit its constructive value to the better comprehension and understanding of ESP phenomena.

Proponents and believers of ESP however find fault with the suggestion that there is a logical explanation to psychic phenomenon and exposing bogus psychics invalidates the existence of ESP. Although some of the exhibitions of psychic power are admittedly fraudulent and that some of the ESP experiments are conducted in a faulty manner there are no solid proof either that ESP is untrue and useless.

Despite advancements in science, physics and learning, there is still no definitive judgment whether ESP exists or not. The fact that it is not governed by the physical laws of the universe is not enough reason to claim that it is just a figment of the imagination. Mankind's history is replete with instances when accepted beliefs have been changed radically in view of new evidence. Also, science is not about deciding what can or cannot be rather it is all about what is and how – a perfect model for the scientific investigation of ESP.