

# Unleash Your Telekinetic Ability: Sight Spectrum Theory. V4.2

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## General Terms

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The word, “author” refers to the original writer of this document.

The word, “you” will refer to the reader of this document. The word, “you” can be confusing with the word “I”. As the word, “I” can also refer to the reader. However, the author refers to you instead of “I”. The word, “I” may be confusing to you. The word, “I” can create a fault impression. You may believe that you are the author and not the reader. Regardless if you believe that the word, “you” could be thought of as referring to a third person, the word, “you” will always refer to you, the reader of this document.

When this document refers to someone, instead of saying, “someone”, or “somebody”, the author will simply refer to “someone” or “somebody” by using the word “he”. The author will use the word “he” as a general term throughout the document to refer to a person, both male and female.

The author likes to write the word “he” rather than writing “he/she” every time. The author chooses “he” to refer to a person, where “one” can be confused with the number one. In addition, “he” will not refer to the person reading this document.

Words, such as “people” and “student” will not be used in this document. When the author refers to more than one person, the word “majority” will be used instead.

For simplicity reasons, two words will be used throughout the rest of this document. When referring to the brain, think of matter. Likewise, all references to the mind will instead refer to energy.

## Summary

The word, author will be used to refer to the writer of this document. The word, "you" will refer to the reader of this document. The word "he" will be used in this document as a general word to refer to a person, both male and female. The word, "majority" will be used in this document to refer to more than one person.

The brain and the mind are not defined as the same. All references to the brain will refer to matter, while all references to the mind will instead refer to energy.

## Preface

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### About the author

The author did not learn telekinesis from the reading of a document, nor was the author taught telekinesis. Literally how the author learned telekinesis is not important to discuss. The reason is that you may not be able to learn telekinesis from the same source of practice. Nevertheless, the author learned telekinesis instantly and accidentally.

The author continued to carefully analyze all combinations of his accidentally obtained telekinesis knowledge towards the outcome of object motion. He then searched the Internet at message forums and read small telekinesis documents. Yet, all telekinesis information that he read was not in reference to the information he obtained from this telekinesis practice. Instead, the author found large amount of telekinesis discrepancies.

The author is an analytical thinker. Therefore, he needed to literally understand everything about how the mental plane and physical plane work together and in reference to telekinesis. Only then, could he understand how telekinesis could be possible at his level of comprehension.

He studied the concept of force, magnetic energy and the composition of an atom and found numerous amounts of discrepancies in each of them.

The author was searching in the wrong direction. Instead of searching for more telekinesis information, he searched the characteristics of force itself.

The author then divided telekinesis into three areas of knowledge. The three fundamentals of telekinesis is literally your foundation. Once the three fundamentals are learned and then utilized, you may Unleash Your Telekinetic Ability and at that same second.

The author is the founder of the three fundamentals of telekinesis, the three fundamentals of force, the sight spectrum theory,  $e=mc^2$  at the mental plane, the mental plane laws, and countless telekinesis definitions.

A telekinesis document is rare to find

You may have noticed that a telekinesis document (eg, book, e-book, manual, ect.) is rare to find. Within the time of writing this document, the author searched for telekinesis documents to use for references. Unfortunately, no good reference could be found.

ESP documents tend to have telekinesis information. However, most of those documents only contain few pages of telekinesis information. There was not enough information in those documents to be used as reference. Furthermore, the information inside of those documents is not in reference to learning telekinesis.

About the editions

All of the Unleash Your Telekinetic Ability editions are complete. The word, "complete", in this case, refers to a normal size document. Yet, from the author's prospective, such a topic can never be fully complete.

The first two editions of the Unleash Your Telekinetic Ability can each serve as a standalone document. You only need to read one of the first two editions to learn telekinesis.

The “Mental Plane Laws” (third edition) of the Unleash Your Telekinetic Ability is the author’s laws about how the mental plane function. The third edition can be used as reference material for the first two editions.

In the “Sight Spectrum Theory” edition of the Unleash Your Telekinetic Ability, the author briefly explains many areas of ESP, such as, aura, focus, energy, force, and so on and so forth. That document does not assume that you already have a great amount of knowledge in ESP. The author will not explore any of those areas of ESP in depth, as you just want to learn telekinesis.

In this edition, you will learn telekinesis from the analytical level of thought. You will discover that the result of telekinesis is  $e=mc^2$  at the mental plane. Once you literally understand telekinesis at this level of knowledge, you will be a strong telekinetic.

You may be an analytical thinker. You may want proof to some degree about why telekinesis exists. You may even want to know everything about literally how telekinesis is utilized. Nevertheless, for the analytical thinker, such a topic would need to thoroughly explain the concept of force, the workings of energy, brain, hemispheres, brainwaves, alpha, beta, emotions, thoughts, mental plane, physical plane, atoms, electrons, sight, mind’s eye, aura, chakras, focus, and so on and so forth.

From the author’s prospective, writing telekinesis for the analytical thinker is very important. Yet, such a telekinesis document may take over ten years to write.

The concept of force can be written in its own document. The history of force can also be a large topic. The author needs to

decide how much information is truly relevant for the understanding of telekinesis. Nevertheless, this edition is a complete document and contains a large amount of pictures that illustrate the concept of telekinesis.

One day, the author will make a special edition. All three of his telekinesis documents will be included as one big document, and with lots more telekinesis information.

## About this document

This is a “positive” telekinesis document. Hence, this document is not about teaching negative telekinesis, nor is this document about a physical debate. You will not learn how to stop a frog’s heart, nor will you learn how to bend metal. Instead, you will learn how to influence (move) an object and by mental means alone.

The sight spectrum theory is a telekinesis concept that spans both the physical plane and mental plane by explaining the correlations of energy and matter from a mental plane perspective.

The author re-wrote many definitions to fix telekinesis discrepancies. A definition chapter, called, the glossary, is provided as the last chapter of this document.

# Magnetic Force

---

A table of contents is provided for this chapter.

## [Concept of force](#)

To make a magnet, you need a piece of metal and electricity. The arrow illustrates the direction that electricity has entered the metal.

## [The circular energy](#)

Energy (electrons) exists around an atom and continues to circle around the atom until the atoms energy diminishes.

## [Energy obstruction](#)

When the distance between both magnets is short enough for their electromagnetic field to meet then the natural flow of the electrons are obstructed.

## [The power of force](#)

The natural circular flow of energy inside of "C" cannot resist the force of the circular flow of energy inside of magnet "BA". Magnet "BA" has too much "power".

## Recommendation

Using force must only be attempted when you have a high level of aura and the ability to stay focused. Attempting to use force while in negativity could result in too much tension above the top area of the head, creating a high level of discomfort.

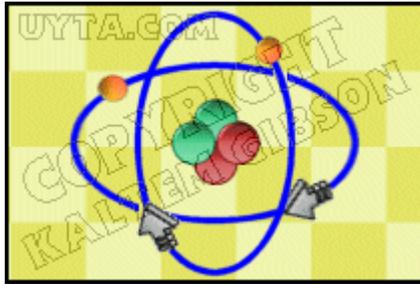
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## Concept of force

Although, force can be explained with a physical plane theory, that physical plane theory can never be applied to telekinesis. In other words, telekinesis cannot be utilized with just a physical plane theory of force. However, before we can address the mental plane, you need to explore force at the physical plane. You need to understand what force is and how force is created in relation to your sight perception.



The checkerboard of yellow voids an area of the sight spectrum that will not be explained at this time. The checkerboard of yellow will not refer to anything, since the current area of discussion will never refer to the area of the checkerboard of yellow. The checkerboard of yellow should be treated as void, not material, without any relevance to this document, as the checkerboard of yellow is merely a background design.



A powerful microscope used to magnify a piece of matter would make an atom, visible. The atom is so minute that it would still look small even at magnifications of nearly 100 million times.

All matter is made up of atoms. An atom has a center called a nucleus. The nucleus is literally the total amount of positive charged particles called protons and neutral particles called neutrons. The nucleus of an atom is surrounded by negative charged particles called electrons.

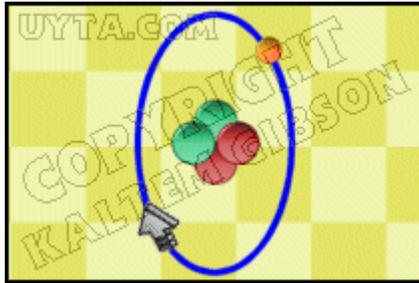
When electrons are "lost" from an atom, the free movement of these electrons constitutes an electric current, better known as electricity.



The four circles represent the nucleus. The nucleus is what the atom is composed of. Without a nucleus, there could not be an atom.

The arrow points to the two green circles. The green circles represent protons. The red circles represent neutrons. Hence, the nucleus is composed of protons and neutrons.

The nucleus does not surround the proton and neutron. The nucleus is literally the proton and neutron. Hence, no matter how many protons and neutrons that compose the nucleus, the nucleus is only the total amount of protons and neutrons in one atom.



In this case, the total amount of protons and neutrons in this atom is only one. For every proton, there is an electron. This electron continually rotates around the outside of the nucleus.

The nucleus is matter and the electron is energy. Notice the distance between energy and matter. To describe the gap in-between energy and matter would be similar to saying with metaphor that the nucleus refers to a planet and the electron refers to the sun. We know that in reality, the earth (matter) rotates around the sun (energy); nevertheless, the opposite is true for the atom.



To make a magnet, you need a piece of metal and electricity. The arrow illustrates the direction that electricity has entered the metal. In addition, the blue energy stripe that runs across

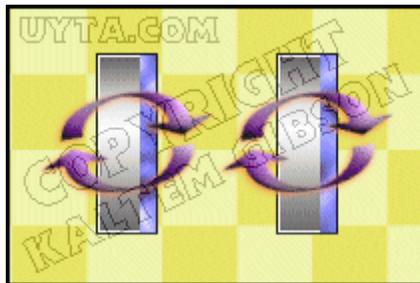
the magnet illustrates that electricity had entered from that side.

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### The circular energy



The diagram above illustrates two magnets standing in an upright position. Both arrows are pointing in the same direction. Hence, the blue energy strip is displayed at the right side of both magnets. The simple reason is that the arrows illustrate the direction in which electricity has entered the magnet, which is further aided by the blue strip, which corresponds to the arrows.



Water is not solid, and by water, the author refers to H<sub>2</sub>O. Mercury and H<sub>2</sub>O are the only substances in the periodic table that can be classified as liquid as the rest of the liquids are classified as aqueous. Nevertheless, the closer the atoms are to each other the more solid the matter will be. Hence, metal is very hard, as the atoms that compose the metal are very close to each other.

Energy (electrons) exists around an atom and continues to circle around the atom until the atoms energy diminishes. The arrows of the diagram above illustrate the circular direction energy travels around each atom.



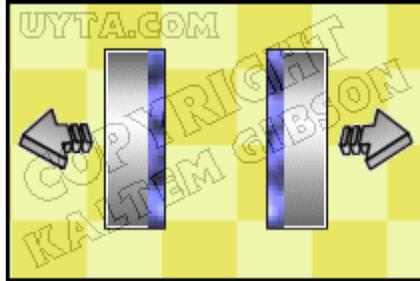
A magnet is a piece of metal that has all its atoms and electrons affiliated in a single direction. The reason is because metal is very solid and the nucleus are not free to move around the metal. Hence, the electrons are aligned accordantly.

Inside the magnet, the nucleuses cannot move around because the nucleuses obstruct each other's path in that dense matter, but the electrons are still free to move around in a circular direction.

Since the energy in both magnets rotate in the same circular direction, when the two magnets are close to each other, they will snap together

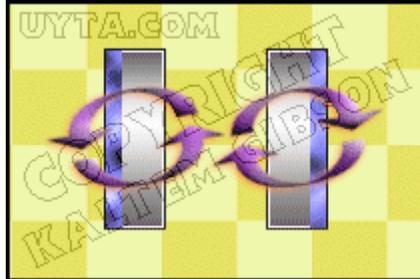
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## Energy obstruction



The magnet on the right in the diagram above is an inverse of the other magnet. Hence, the Arrows are not pointing in the same direction.

Since, the magnets are solid matter, hence, they are composed of the nucleuses, and the nucleuses are not free to move, when one magnet changes direction, the nucleuses inside rotate accordingly.



The circular arrows around the magnet to the left do not illustrate a clockwise rotation. However, if you were looking at the other side of that magnet then the magnet would look identical to the magnet to the right.

However, the circular rotation of the electrons is established from the forward direction electrify had entered into the metal. Therefore, depending on the direction you are positioned from the magnet, the circular motion of the electron outside of the magnet will be rotating clockwise or counterclockwise.



The diagram above illustrates the rotation of energy you perceive from the physical appearance of the magnets. When the distance between both magnets is short enough for their electromagnetic field to meet then the natural flow of the electrons are obstructed.

Force is then created. The bright white dots of energy in the middle of the two magnets represent force. Force can be created at the same side as energy entered the metal or the other side of the metal where energy did not enter. Since, force can exist at ether side of the metal, energy (electrons) are neither positive nor negative. In fact, energy remains neutral until the circular flow of energy (electron) is obstructed.

---

### The power of force



The diagram above illustrates two magnets without force. The electrons of "A" and "B" now flow in the direction of the arrow.

With reference to energy, positive and negative are two words commonly used to refer to "power". For example, magnet "A" was created by a certain amount of volts of electricity. Let us hypothesize that one-volt is equivalent to one energy strand. When two energy strands flow through a wire, you will have two volts of electricity or power "2".

The higher the volts the more powerful the energy inside of the magnets will be, hence, the more electrons rotating in a circular motion around the nucleus.



As the diagram above illustrates, since "B" and "A" act as one magnet, "B" and "A" can be called "BA". Hence, the electrons of "BA" rotate in harmony. When energy "C" does not rotate in the same direction as energy "BA", regardless of how much energy is composed of "BA", force will be created.

Imagine that each magnet is power "50". Power, in this case, refers to how much electricity was used to create the magnets.

Since "BA" act as one magnet, the power in "BA" is now "100". However, if the magnet of "BA" and the magnet of "C" were in obstruction of each other for too long, magnet "C" would discharge.

The natural circular flow of energy inside of "C" cannot resist the force of the circular flow of energy inside of magnet "BA". Magnet "BA" has too much "power". Magnet "BA" discharges

the "C" energy. "C" is not a magnet anymore. Since the atoms in "C" do not contain energy, the atoms now refer to matter.

# Sight Magnets

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A table of contents is provided for this chapter.

## [An object to perceive](#)

If you are seeing an object with eyesight or with mind's eye, the object being seen is an object seen with your eyes and that object can be maintained by ether mind's eye or eyesight in independence.

## [The beginning of sight](#)

Since energy in this case is both eyesight and mind's eye, the pentagon marks the beginning of sight.

## [Transition layer of eyesight](#)

The gap in-between the two magnets act as a transition layer, where energy from both magnets cannot act as one.

## [Negative/Positive Sight Spectrum](#)

The "Sight Spectrum" consists of both the negative sight spectrum and the positive sight spectrum

## [Deciphering sight colors](#)

The information that you read in this document can be easier to understand when you participate with the sight spectrum.

### [Virtual path of the laser](#)

Your mind is referred to as energy, where as, " your will" is the location of your energy.

### [Flipped eye lens](#)

How the mind processes information from sight is not how it is physically perceived.

### [The pedestal](#)

When you are without the conscious awareness for the room of comfort, you are allowed to step in a backwards direction, closer to the room of discomfort.

### [The laser](#)

The size of the laser beam varies depending on how much of the object you will to see.

### [The eye sockets](#)

The actual area of the alternative positive sight spectrum is determined by how deep your eyes are placed into your eye sockets and your ability to move your eyes to the far left or the far right of the vertical plane grid of eyesight.

### [First person perspective](#)

When the area of discussion is about the positive sight spectrum at a first person perspective, the two-dimensional physical plane grid of green lines will be excluded from this document.

### Sight distance

Regardless of how many objects an object is composed of or how many distinct objects that are available in the surrounding view, the current area the eyes are occupying at the positive sight spectrum shall be termed as the current object in sight.

### Decipher objects

The human mind tends to its analytical thinking, a conclusion based purely on trial and error, from an assumption that the odds of coincidence are always less than its probability.

### The object

Regardless of the size of the object or how many objects you see, this document will refer to just one object.

### The actual percent of reality

The actual percent of reality that can be seen at any given time is now properly illustrated.

---

## An object to perceive

The main goal is to "Unleash Your Telekinetic Ability" at the highest level. Let us begin with the sight spectrum theory to explain and illustrate the concept of telekinesis.



Magnet "B" represents the eyesight. Eyesight refers to the ability to not use imagination to vision, an object to perceive. Magnet "A" represents the mind's eye. Mind's eye refers to the ability to use imagination to vision, an object to perceive.

At magnet "A", while you are awake you have the ability to maintain a deep imagination state of mind. The vision from within the imagination can be so strong that the vision can be fully seen from eyesight. In addition, inside a dream, you can see an object and that object is seen by eyesight.

At magnet "B", you have the ability to maintain eyesight without mind's eye. You can be looking at an object with eyesight and without being in a daydream. That is, you can see an object without using any imagination from the mind's eye. You can also be in a deep dream, looking at an object without the use of imagination.

Although within the mind's eye, imagination can be created at will, the imagination that is created should not refer to the mind's eye as an imaginary state. The imagination of the mind's eye is not the same as the imaginary mind's eye, because the imaginary mind's eye refers to the mind's eye as just an imagination, while the imagination from the mind's eye, refers more to sight seen inside the mind's eye.

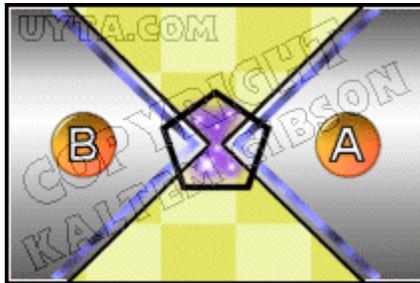
Dreams are only from within the imagination of the mind. Yet, in a dream, the ability to see an object from eyesight is achieved. In the same dream, you could be looking at an object while in an imagination state of mind's eye. Therefore,

the imagination seen within the mind's eye is the same as saying that objects are physically seen within eyesight.

Therefore, regardless if you are at the mind's eye or eyesight, a vision can be seen from sight perception. Hence, regardless if you are seeing an object with eyesight or with mind's eye, the object being seen is an object seen with your eyes and that object can be maintained by either mind's eye or eyesight in independence or dependence of each other.

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### The beginning of sight



The pentagon is displayed on top of force. Force, in this case, is at the border between eyesight and mind's eye. Hence, force is the border between the two energies that obstruct each other's path. Since energy in this case is both eyesight and mind's eye, the pentagon marks the beginning of sight.

The pentagon is part on top of mind's eye and part overtop of eyesight. The pentagon represents, that you can maintain eyesight while seeing a vision from within the mind's eye. You can be looking at an object with eyesight while in a daydream state of mind. In addition, in a dream, you can see an object as you are about to awake from a vision about being in a dream.

You must understand that thought is not need to maintain a daydream or ever a dream. For example, you can be in a

dream, looking at an object while thinking about something other than the object in sight. Therefore, thought is the application of the internal cognitive ability to analyze information from the "Five Senses".

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## Transition layer of eyesight



The human eye tends to only see about 35% of reality at any given time. Hence, the above diagram seems to serve as a suitable way to illustrate the lack of how much the human eye can actually see from a sideways view. However, this diagram does not refer to how the mind perceives sight or how physical sight can be better put into a graph, but rather how the graph can serve to illustrate a sight.



Both magnets are glued together, so that "A" can refer to one magnet. The order of the magnets is not relevant. It does not matter if the mind's eye magnet is displayed over top of the eyesight magnet or visa verse. The pentagon is not displayed because no force exists.

The author states, that both magnets are identical in geometric shape and both were created with the same amount of electricity. However, geometric shape is not relevant for these magnets. In fact, these magnets can both be a physical square. Yet, at this early stage of explaining the sight spectrum theory, this view is needed to illustrate sight, and therefore, the shape of the magnets will reflect that of the view.

All that matters is that both magnets must be in the same basic geometric shape and that the energy strains inside of each magnet must be rotating in the same circular direction. This is necessary for sight cross-reference between the two magnets. Hence, the blue energy stripe is displayed at the left side of both magnets.

Since mind's eye and eyesight are able to function in independence, that is, since mind's eye and eyesight are able to maintain sight without the other, both magnets are identical in geometric shape.

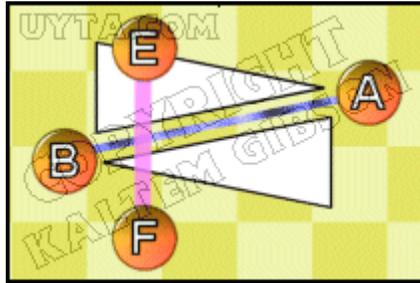
Since mind's eye and eyesight are able to function in dependence, that is, since mind's eye and eyesight are able to maintain sight with each other, two magnets are used.

Nevertheless, when you are looking at an object with eyesight, an area of the magnet "A" is being used by the mind's eye, and regardless if the mind's eye is not being utilized. In other words, while physically looking at the object, at the mind's eye, you could be seeing a vision at the same area the physical object is seen.

A transition layer of distance exists in-between the eyesight and mind's eye magnets. The gap in-between the two magnets act as a transition layer of distance, where energy from both magnets cannot act as one.

You cannot maintain deep sight from mind's eye and eyesight simultaneously. You cannot clearly see a vision and clearly

see a physical object simultaneously. The reason is that energy is the transition layer of distance and will now be illustrated.



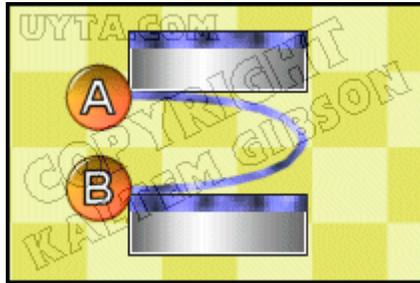
The two rectangular shapes each refer to the eyesight and mind's eye magnets. The line that runs from "A" to "B" and visa versa is called the transition layer of distance. This distance is not the distance that you are from the object in sight, but rather the distance between eyesight and mind's eye.

The line that runs from "E" to "F" and visa versa can determine this distance between eyesight and mind's eye. Notice the part of the "EF" line that is touching the "AB" line. That part of the "EF" line, will always be touching the "AB". The "EF" line can travel from "A" to "B" and visa versa.

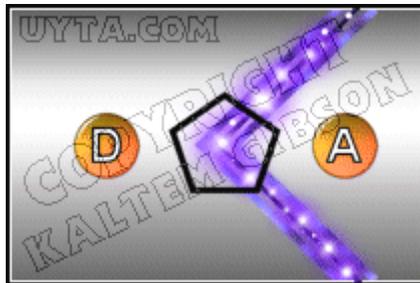
Notice that there is more of the "EF" line displayed on the eyesight magnet than that of the mind's eye magnet. Illustrating that eyesight is the dominating magnet because you are using more eyesight than mind's eye. You are maintaining more of sight from eyesight than that of the mind's eye.

When the "EF" is moved to "A", the "EF" line is now dominating the mind's eye magnet, illustrating that you are in a dream and seeing a clear image from within the mind's eye and while having a slight vision about awaking from the dream

The above diagram illustrates why one magnet of eyesight or mind's eye dominates the other.



The transition layer of distance is this example, is twisted. That is, "A" marks the beginning of eyesight while "B" marks the beginning of mind's eye. Then the eyesight magnet is placed on top of the mind's eye magnet, the transition layer of distance is squished together. At that time, "A" and "B" share that same space, but only in space, that is, the rules of the transition layer of distance still apply.



In the diagram above, "D" refers to no sight. "A" refers to sight (mind's eye and eyesight).

The pentagon marks the beginning, a gateway between minds' eye, eyesight, and no sight. Hence, the pentagon marks the area of dependence between the three magnets.



In the diagram above, the green dashed border surrounds both magnets referring to the physical plane.

Since the circular motion of energy inside one magnet is obstructing the other magnet, one magnet could be called negative and the other magnet positive.

Both magnets contain an unlimited amount of energy strains. Therefore, a fine balance of unlimited power exists between the two magnets. As a result, neither magnet can discard the other. Hence, regardless if both magnets are touching each other, force will always exist between them.

The green dashed border surrounds the two magnets that have created force. The magnet of no sight can represent negative energy, as the black color illustrates. Likewise, the right magnet of sight can represent positive energy.

As stated before, force is an irrelevant amount of energy stains that block each other's natural circular rotation. In short, force is literally the beginning of positive or negative energy. Positive and negative in this case is used only to refer to the battles of force.

## Negative/Positive Sight Spectrum



In the diagram above, everything inside the green dashed border represents the positive sight spectrum.

The "Positive Sight Spectrum" is defined as "Sight." All sight that you can see, regardless of what you see with your eyes or even what you see in the imagination of your mind's eye, can only be seen at the positive sight spectrum. In addition, the positive sight spectrum is always desirable for you.



With reference to the green dashed border of the diagram above, the negative sight spectrum refers to an area outside of your sight range.

Negative Sight Spectrum is defined as "No sight." No matter what direction you are looking at, you will not be able to physically or mentally see the area behind your head or any other area that is the area of the negative sight spectrum. Nothing can be seen at the negative sight spectrum. In addition, the negative sight spectrum is not desirable for you.

Only in the imagination of the mind's eye, can you recall the black area of the negative sight spectrum. Hence, The black colored area of the negative sight spectrum refers no sight.



The "Sight Spectrum" consists of both the negative sight spectrum and the positive sight spectrum.

The positive sight spectrum is only positive and nothing negative can ever be at the positive sight spectrum. In fact, the positive sight spectrum and the negative sight spectrum can never overlap each other, nor can one merge with the other.

In any chapter, the background colors of the sight spectrum will represent sight or no sight. Rather, sight is seen through the eyes, or with the mind's eye, the color white will represent sight. The color black will represent the inability of sight.

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## Deciphering sight colors



This diagram is incorrect because the color black cannot represent the positive sight spectrum. When the area of discussion is about "sight" at the positive sight spectrum, the color white will always be used. This diagram has been provided to better your awareness of deciphering sight colors.



The information that you read in this document can be easier to understand when you participate with the sight spectrum. Hence, the eyes in the diagram above are looking to the left and not to the right, unlike the other diagrams that you have seen. In fact, no matter what position your head or eyes are physically positioned at, the positive sight spectrum will always start from the tip of your nose and go beyond to the farthest reaches that your eyes can see.

Any direction you are looking at, even if you are look at the sky, or the stars in the sky, the positive sight spectrum is always in front of your nose, and the negative sight spectrum is behind you. In addition, when you cross your eyes to look at your nose, you are at the beginning of sight. Hence, you cannot see anything before your nose.

No matter if your head is positioned to the north or south, your head will always be in similarity to the skull displayed on the sight spectrum diagram. In other words, when referring to sight seen from your eyes, participate and position your eyes according to the sight spectrum.

The majority can debate that since the brain is displayed on the sight spectrum, the above skull should be referred to as

an x-ray of the human head and therefore the eyes should be displayed for a more detailed representation. Verify, that the author created a beard on the skull as the diagram above illustrates.

---

## Virtual path of the laser



Energy is not limited or trapped in matter and regardless if the matter being referred to is the brain. Your mind is referred to as energy, where as, "your will" is the location of your energy.

The word "will" refers to your ability to move any part of your body or to act upon something. Without a will, you would not be able to move your hand or even focus on an object. Your will is your very soul, your ability to influence an object or move any part of your body.

Your will can be anywhere within the unlimited area of the sight spectrum. Nevertheless, your will can only occupy one area of the sight spectrum at any given time. For example, your eyes can physically see any area of the sight spectrum, and that area would literally be the area your will is occupying. Your will can even occupy any area of the negative sight spectrum, yet the object cannot be seen.

However, in the diagram above, the actual path of your will refers to an imaginary line drawn from "A" to "D." The pink line does not start at the "A," nor does the pink line start at "D."

Instead, the pink line refers to a scale of distance the will of your mind is located at.

The location your eyes are focused at, cannot be placed somewhere on the virtual pink line that runs from "A" to "D." Remember that "A" refers more to sight and "D" refers more to no sight. Your eyes cannot be at "D," but your will can be.

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## Flipped eye lens



In the diagram above, the green arrows show the direction of eyesight starting from the beginning of the positive sight spectrum.

If your eye lens were correctly positioned in your eyes, you would see everything in reality as upside down. The sky would not be at the bottom of your feet and the ground would not be positioned at the location of the sky, but rather, you would always be aware that you could fall from the ground and drop into the sky. The sky would then be an immense void of nothingness. Anywhere you walk, every physical step you make, you would be in constant fear, knowing that you are actually upside down, and knowing that if gravity were not constantly pulling you to earth, you would fall into the endless hole of the sky.



How the mind processes information from sight is not how it is physically perceived. Hence, the eye lens flips reality as the diagram above illustrates. Therefore, reality is not perceived to be in an upside down position. Although logic says that reality must be upside down, we see the sky as positioned above us and not below us.



The green arrow shows the direction of eyesight starting from the beginning of the positive sight spectrum. Although, the laser beam can travel at any direction within the white area, your physical sight in relationship to the skull is in a forward direction as illustrated.

The area of the positive sight spectrum, the orange circle is occupying does not determine the area of the brain in use. For example, a certain area of the brain in mental use will not be determined by the physical location the eyes are occupying in the surrounding view.

In this example, current eyesight is occupying the area of the orange circle, that is, your will is at beginning of the positive

sight spectrum. Hence, at the physical plane, you are close to the border of the positive/ negative sight spectrum.

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## The pedestal

Pretend for a moment that you are standing in a small hallway that separates the room of discomfort from the room of comfort. You are at the beginning of either the positive sight spectrum and the negative sight spectrum. Both rooms, including the hallway are resting on top of a large pedestal.

The black colored area of the negative sight spectrum represents a room of discomfort. The only door to enter the room of discomfort is located two feet behind you. The room is consumed of endless fire.

Also, pretend that the white colored area of the sight spectrum represent a room of comfort. In front of you is a room that has all the facility to accommodate life without any negativity within that environment. You can hear the fire burning behind you, and you can even feel the heat on your back. Yet, no matter what direction you are looking at, the room of comfort can only be seen and no matter how much you try to look for the room of discomfort, the pedestal rotates in the same direction as your head.

Your will to enter the room of fire could be very strong, yet you know that the level of discomfort that you would feel will be overwhelming. You remember a time in your life when you encountered a burning sensation, perhaps from the time when you accidentally scorched your hand on a hot iron. You failed to believe at that time, that steam could bring so much discomfort to you. You also remember the time when you wanted to test how hot fire would be, when you placed your finger over the flame to see how long and how much discomfort that you can endure.

Although, your will is free to explore any area of the positive sight spectrum, you cannot freely explore the negative sight spectrum. Not because of the boundaries of the pedestal or the lack of physically or mentally seeing the negative area of no sight, but because of your will to stay outside of the room of discomfort.

The room of discomfort brings back memories you had when you encountered fire before. The mind remembers the time when discomfort was at its best and your will is your protection to not enter that type of environment again.

The rules of the sight spectrum can never be altered and the same applies to the rooms of discomfort and comfort. For example, when you have conscious awareness for the room of comfort, you are allowed to take one step in a forward direction. That forward direction will always take you closer to the room of comfort because the pedestal rotates in the same direction of your head. However, when you are without the conscious awareness for the room of comfort, you are allowed to step in a backwards direction, closer to the room of discomfort. Ironically, you will never remember exactly how you made your journey into the negative area even if you have conscious awareness for literally where the negative area is located. The reason is that discomfort will only enter when you are without the conscious awareness for the positive sight spectrum.

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## The laser



The beginning of the laser beam is at the eyes and the end of the laser beam is at the object in sight.

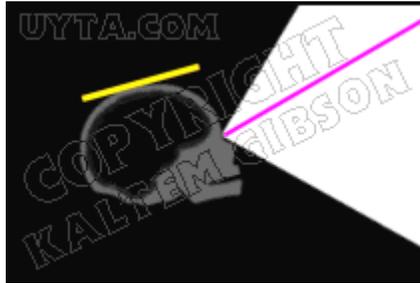
No matter where your laser beam, no matter where your current eyesight is physically looking at, no matter the distance of your current eyesight, your current eyesight will always be placed somewhere within the positive sight spectrum. In addition, the orange circle will refer to the current object you are looking at.

Pretend that you are looking at a car that is located about thirty feet from the tip of your nose. When you look at the entire car, the laser beam that continually flows from your eyes will widen in length to cover the entire car. However, when you look at just one tire of the car, as the diagram above illustrates, the laser beam would cover just that tire, since your current eyesight is at the tire and not the object of the car.



In this diagram, you are looking at part of the car. The letter "A" refers to an object that cannot be seen because another

object obstructs the virtual path of the laser. "B" can be any object that exists at the positive sight spectrum, yet is not in current eyesight.



The laser beam can be at any area of the positive sight spectrum, yet the laser beam will not move in relationship to the positive sight spectrum. Hence, the laser beam is not the positive sight spectrum. While the movement of the eyes changes the position of the laser beam, the movement of head is literally the movement of the positive sight spectrum.

In addition, when you are looking at a star in the sky, the laser from your eyes would be a thin beam, since an object of the star would be small.



When you look at as much sky as you can, the beam would widen to cover all of the sky that you are looking at.

The increase and decrease in size of the laser beam has no relevance to the eye lens of the eyeball that tends to increase and decrease in size depending on how bright the surrounding view is. The virtual laser beam does not vary in

size depending on the brightness of the surrounding view. Rather, the size of the laser beam varies depending on how much of the object you will to see.

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## The eye sockets



This diagram illustrates the full horizontal positive sight spectrum. The angular border between the positive and negative area inside of the green dashed border is only determined by how deep the eyes are in the eye socket. The 51-degree line starts at the top right corner of the green dashed border and ends at the eyes. Part of the positive sight spectrum at that location cannot be seen because the laser beam is obstructed from the eye socket. In either case, negative area of the sight spectrum is the area of no sight.

Verify that the nose is displayed inside of the positive sight spectrum. Hence, you are able to see your nose when you cross your eyes. Even your lips can be seen when you protrude them.



This diagram illustrates you trying to look at your feet, without moving your head. You might be able to see your feet, or you may not. Your ability to see your feet when your head is in position to the skull is determined by how far your eyes are positioned in the eye socket.



This diagram illustrates the "Alternative Sight Spectrum" and might be interpreted as a display discrepancy because the proper percent of reality that cannot or can be seen at any given time is not illustrated, the sight spectrum is not so much of how it looks on paper, but rather how you correlate the theory.

The actual area of the alternative positive sight spectrum is determined by how deep your eyes are placed into your eye sockets and your ability to move your eyes to the far left or the far right of the vertical plane grid of eyesight.



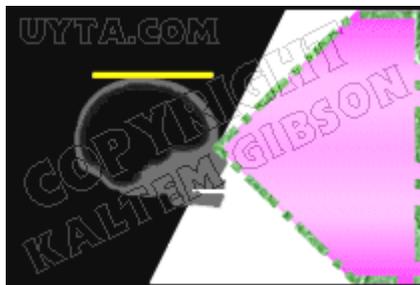
The arrow in this diagram illustrates that the eyes are able to see an object that is out of normal eyesight range.

The slanting of the eyes or even the unnatural crossing of your eyes is not needed for the utilization of telekinesis. There is no need to look at an object from the corners of your eyes.

Nevertheless, since your eyes are able to see an object located somewhere in the opposite direction of normal sight, the area of the positive sight spectrum that the laser is occupying should not be interpreted as the area of the negative sight spectrum.



In the diagram above, the alternative sight spectrum has been rotated in a 26-degree angle to illustrate that the black colored area shares the same amount of space as the white colored area. However, the actual percent of reality that can be seen at any given time is not properly illustrated.



With reference to the green dashed border, in the diagram above, the positive sight spectrum overlaps the Alternative sight spectrum and illustrates the actual percent of reality that can be seen at any given time.

The laser is looking at the object of the positive sight spectrum, while the eyes are focused on the surrounding view.

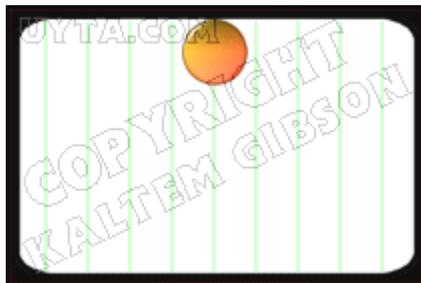
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## First person perspective



This is the first person perspective of the positive sight spectrum. In the diagram above, the black border around the positive sight spectrum refers to the negative sight spectrum, that is, the area outside of physical or mental sight.

The surrounding view refers to everything you see from within the positive sight spectrum. The view can be the sky or anything you see from the corner of your eyes or even within the mind's eye.



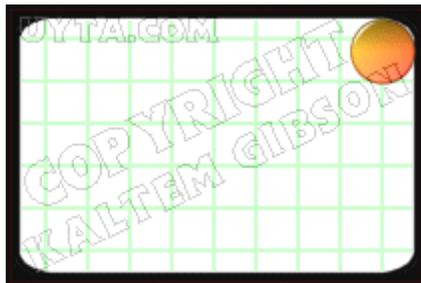
In this diagram, the positive sight spectrum has horizontal green lines to illustrate horizontal sight.

Without moving your head, while your sight is at the middle area of the positive sight spectrum, when you move your eyes up similar to the location of the eyes when in prayer, your sight is at the horizontal area of the positive sight spectrum as this diagram illustrates.



In this diagram, the positive sight spectrum has vertical green lines to illustrate vertical sight.

Likewise, without moving your head, while your sight is at the middle area of the positive sight spectrum, when you move your eyes to the far right, your physical sight is at the vertical area of the positive sight spectrum.



This diagram refers to both the horizontal and vertical plane that makes the two-dimensional plane grid of the positive sight spectrum. That is, the positive sight spectrum represents both the horizontal and the vertical positions of sight.

When the area of discussion is about the positive sight spectrum at a first person perspective, the two-dimensional physical plane grid of green lines will be excluded from this

document. Instead, use your imagination to see the two-dimensional physical plane grid of green lines.

The horizontal and vertical green lines seen in previous diagrams were displayed for sight comprehension in relationship to the positive sight spectrum. The horizontal and vertical green lines should not be thought of as important for the understanding of telekinesis.

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## Sight distance



This diagram illustrates your looking through the binoculars. The orange circle represents the current object that you are looking at. The green dashed border separates the positive sight spectrum from the negative sight spectrum. Hence, everything inside of the green dashed border is your surrounding view.

Ever though you can look through the binoculars to enhance sight, the black colored, unmagnified area of the binoculars is an object colored with black, but an object that you can also see in your surrounding view. Regardless of the color of an object, the surrounding view of the positive sight spectrum will always be available.

As usual, the majority can debit, that since part the binocular is displayed in a black color, then part of the binocular would then refer to the negative area because the above text defined

the color black as the negative sight spectrum. However, any object can be any color. Sometimes a color that refers to part of the sight spectrum will be displayed as an object.

The size of the orange circle is determined by how much space the mind perceives the object to occupy. Hence, the sun in the sky is massive in size, yet the mind perceives the sun to be small, since the sun occupies a small area of your surrounding view. A penny is small. Yet, when a penny is close to your eyes, a large area of the positive sight spectrum would be occupied.

However, an object does not determine the area the laser occupies at the positive sight spectrum, but rather how much of an area the mind wills to see. Since the eyes are able to focus on more than one object simultaneously, regardless of how many objects an object is composed of or how many distinct objects that are available in the surrounding view, the current area the eyes are occupying at the positive sight spectrum shall be termed as the current object in sight. Therefore, the distance from the beginning of the positive sight spectrum and the object in sight is not relevant and the reason why a three-dimensional plane grid of eyesight will not refer to any area of the sight spectrum.

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## Decipher objects



The horizontal black line in the middle of this diagram separates this diagram into two sections.

However, the human mind assumes that the above background picture from section "1" and section "2" cannot be a coincidence because the two pictures form a complete picture to display circles inside of circles. Section "2" can be an inverse of section "1".

The dots that compose the background picture in section "1" can be called an object or the background in section "2" can be called an object, too. In addition, the background in section "1" and section "2" forms an object again. The background can be your surrounding view.

The background picture in section "1" can be seen as an object, or if you like, the background picture from the diagram above can be seen as another object.

Even though there is a border that separates section "1" and section "2," even though the background picture of section "1" and section "2" do not look the same, the mind processes the two picture to be complete because of a pattern that can be seen. The circles inside of other circles cannot be a coincidence, so the conclusion is that the background picture of section "1" merges into section "2" to form a complete picture. However, an object is only what you perceive it to be. Since the background picture in section "1" is different than section "2," the fact that the two pictures are inversed, makes the pictures different.

You could debate that regardless if the picture is inversed or not, the picture is still identical. However, you would be assuming because there is a high probability that one dot in one of the background pictures could be of a different color or of shape. Alternately, you could debate that the two pictures might be different in a small detail, however that does not dispute the fact that the two background pictures form a picture. Just because one of the pictures is perceived to be an

inverse of the other picture, does not mean that the two pictures were identical.

Nevertheless, the human mind notices a pattern that cannot be a coincidence. That is, the human mind tends to its analytical thinking, a conclusion based purely on trial and error, from an assumption that the odds of coincidence are always less than its probability.

Since the human mind tends to distinguish the differences from one object to another based only on perception of color, if all objects would be of the color black, every object you see in the positive sight spectrum would be a single object. The blackness you would then see, would not be interpreted as any object, other than the object of black that you would see.

If all objects that compose the universe are made of a solid color of black, then regardless if one object would be traveling at a fast speed while another object would be at rest, one object would only be seen and that object would be the color black. Therefore, out of all the senses, such as, sound and smell, sight plays the most important role in how the mind processes information.

If every object were a single color, the ability to decipher objects from one another would be impossible.

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## The object



Just because your "eyelids" are closed does not mean that your "eyes" are closed. Your eyes never close. Only the lids of your eyes close.

Close your eyelids then place your hands over them. You will not see pitch black. Instead, you will see countless tiny black and white dots.

When the room in your place is very dark, and your eyelids are open, the same grid of black and white colored dots can be seen.

The negative sight spectrum does not contain the white colored dots that exists inside of darkness, nor does it contain any color other than the color black. The countless tiny black and white dots that you see when your eyes are opened or closed should not be referred to as the blackness of the negative sight spectrum.

Regardless of the size of the object or how many objects you see, this document will refer to just one object. Looking at the sky can be called an object. Looking at a particular area of the sky can be called an object too. Whether your eyelids are open while looking at the object, or closed while looking at the object, no matter now how big that area you are looking at, that area being referred to is just an object.

Only when the physical object does not occupy an area of the positive sight spectrum as the diagram above illustrates, can an object exist outside of the physical plane grid of eyesight, existing at the negative area of no sight.

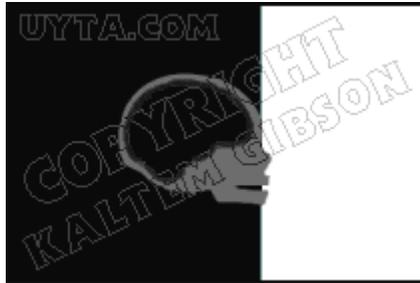


When you are looking at an object at the location of the orange circle of the diagram above, the area of the positive sight spectrum is being used regardless if you are not at eyesight. Hence, while physically looking at the star within eyesight, you could be in an imagination state of mind, recalling a vision at the area of the orange circle.

You can see an image in the minds eye, however, that image will not refer to mental use. Instead, the image seen within the minds eye will refer to the physical location of the positive sight spectrum.

When you remain focused on an object while you enter the minds eye, the imagination that is seen will not be as strong as when you completely enter the minds eye without physically focusing on an object. There are various explanations about why the imagination seen at the minds eye can only be strong in vision when the will of the mind is no longer focused at the physical positive sight spectrum and those various explanations will be addressed later in the document.

## The actual percent of reality



The actual percent of reality that can be seen at any given time is now properly illustrated. As the diagram above illustrates, the human eye tends to see reality as a physical square, that is, a sideways prospective of the two dimensional plain grid of eyesight.



Since the mental plane of the mind is not displayed, a suitable representation of the physical plain is now illustrated. The page curl displayed at the bottom right corner of this diagram will always refer to the physical plane. Hence, this template will serve to illustrate the concept of telekinesis at the physical plain. When the page curl is not displayed on any diagram, reference to a plane will be noted.

The black area, of the negative sight spectrum, refers to the rough percent of reality that cannot be seen at any given time. Likewise, the white area of the positive sight spectrum, although, represents everything seen thought the eyes, is smaller in size than the black area since the eyes only see about 35% of reality at any given time.

At the physical plain, "B" refers to the beginning of sight and no sight. "B" originates at your eyes. An invisible line can be drawn from "B" to "D". The line would start at "B" and continue into the far reaches your eyes can never see. The line never ends, nor does the distance of nothingness matter.

An imaginary line can also be drawn from "B" to "A". That line can be drawn in the direction opposite of "D". That line continues into the far reaches your eyes can see.

"A" refers to the far reaches your eyes can see. Likewise, the letter "D" refers to the far reaches your eyes cannot see. Therefore, "D" is at an undetermined distance from your eyes. "D" cannot originate two inches from the back of your head. Furthermore, "D" cannot originate anywhere. "D" is the far reaches of nothingness.

"E" and "F" marks the beginning of both the positive sight spectrum and the negative sight spectrum. "E" can refer to the far left side of the vertical plain, that is, everything you can physically see to the left, without moving your head, refers to "E". Likewise, "F" can refer to the right side of your positive sight spectrum, that is, everything that is seen at the right side of the binoculars, rather sight is seen within the minds eye or with eyesight. "E" and "F" can also refer to the left or right side of no sight.

# Brain Magnets

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**A table of contents is provided for this chapter.**

## [The brainwaves](#)

Beta, alpha, theta, and delta are the frequencies of brainwave patterns. Our mind operates at different brainwave frequencies depending on how fast a thought or emotion is produced.

## [Physical plain magnets](#)

The mental plane is neither positive nor negative.

## [Mental plain overlapping](#)

At the mental plane, the alpha and theta magnet overlaps the negative sight spectrum

## [Chronic depression](#)

Headaches, ringing in the ears, backaches, cramps, nightmares, migraines, hearing voices, and many conditions that are more physical are all side effects from an "unfocused" state of mind.

## [The mind's battle](#)

The mind's battle literally is the medication working against the current state of fast thought

### [Energy location discrepancy](#)

Your will does not determine if you are at the negative area or positive area of the sight spectrum

### [The law of karma](#)

Attempting to use telekinesis against another person, in a negative way will result in producing the beta brainwaves.

### [The lie detector test](#)

The conductor determines that you have lied because you were in fast thought and without conscious awareness for the surrounding view.

## The brainwaves

Brainwaves are literally PSI energy in the form of thought and emotion. Brainwaves are measured in micro-voltage and hertz (Hz).

Frequency is the speed of the brainwave (quality of PSI energy), measured in Hz (cycles per second).



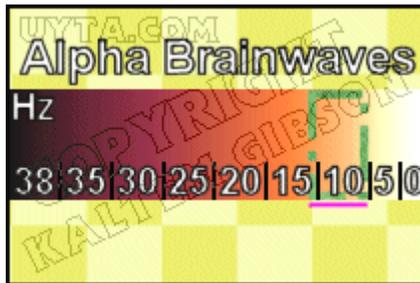
The quality of energy literally is the quality of your thought and emotion. The quality of energy is best at "0" Hz and worst at

"38" Hz. Hence, when you are in calm thought, the quality of energy improves and Hz decreases.



Beta, alpha, theta, and delta are the frequencies of brainwave patterns. Our mind operates at different brainwave frequencies depending on how fast a thought or emotion is produced.

With reference to the green dashed border of the diagram above, the Beta brainwave pattern is fast to normal though process, alertness, no sight, and consciousness. Stress and anxiety are also experienced in this state of mind. Beta brainwaves range from "38" Hz to "14" Hz.



With reference to the green dashed border of the diagram above, the Alpha brainwave pattern represents awareness, sight and imagination, the state of super learning, positive thought, and consciousness. Alpha is the mental bridge between the conscious and subconscious mind, where ESP abilities can be unutilized through focus and meditation exercises. Alpha brainwaves range from "13" Hz to "8" Hz.



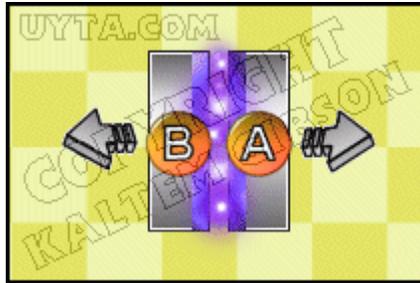
With reference to the green dashed border of the diagram above, The Theta brainwave pattern represents sight and imagination, deep relaxation or state of light sleep, improved memory, increased focus, consciousness, and subconsciousness. Theta is the state of the mind in where ESP abilities are most active. Theta brainwaves range from "7" Hz to "4" Hz.



With reference to the green dashed border of the diagram above, The Delta brainwave pattern is the state of deep sleep, increased immune functions, subconsciousness, and unconsciousness. Lucid dreaming is also experienced in this state of mind. Delta brainwaves range from "3" Hz to "0.5" Hz.

Delta can only illustrate that the brain is still active when the mind is not conscious. Furthermore, there is no need for additional information about the delta brainwave because you cannot be conscious while producing that brainwave. Therefore, Delta will not remain on the brainwave scale.

## Physical plain magnets



In the diagram above, at the physical plane, the magnet "A" refers to the positive sight spectrum and magnet "B" refers to the negative sight spectrum.

With reference to force, the left side of "A" refers to a high concentration of positive energy, while the right side of "B" refers to a high concentration of negative energy.



Is all things really perceived to be external of the human mind, when the mind incases its internal processing's?

In the diagram above, at the mental plane, magnet "A" is flipped. Energy now flows in the direction of the arrow. "A" now refers to "Alpha" and "Theta" and "B" refers to "Beta". Since energy flows in the same direction, the mental plane is neither positive nor negative. In addition, the blue strip on both magnets is the location of where energy enters.

## Mental plain overlapping



In the diagram above, at the physical plane, the two mental plane magnets overlap the negative sight spectrum, since the mental plane cannot be physically seen. In addition, the mental plane is displayed at the bottom of physical plane to avoid physical obstruction of the virtual path of your will.

Although the mental plane is illustrated ovetop of the physical plane, the mental plane is a physical representation of the scale of PSI energy. Hence, the mental plane exists outside of the physical plane as thought and emotion.

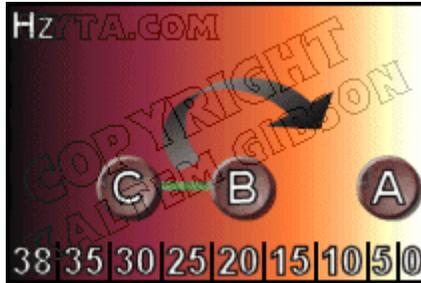
At the mental plane, the alpha and theta magnet overlaps the negative sight spectrum, regardless if the alpha and theta magnet is the state of sight and imagination. Since the magnet of alpha and theta has been flipped, the direction that energy entered is not the same as the direction that energy had entered the positive area of the physical plane. Therefore, alpha and theta cannot be represented at the positive sight spectrum.

Even though the two mental plane magnets overlap the negative area of the sight spectrum, we cannot say that beta is negative and alpha and theta is positive. In fact, the mental plane will remain neutral, while maintaining reference for the physical plane. Hence, at the mental plane, since energy of beta flows in the same direction as alpha and theta, the two virtual magnets act as one. In fact, the two virtual magnets are referred to the mental plane because they can act as one.

Nevertheless, remember, alpha and theta at the mental plane represent the positive area of the physical plane.

---

## Chronic depression



Headaches, ringing in the ears, backaches, cramps, nightmares, migraines, hearing voices, and many conditions that are more physical are all side effects from an "unfocused" state of mind. All negative mental side effects are a form of depression.

Depression can be defined as thinking for too long without giving the mind a rest. Chronic depression can lead to death in extreme physical pain.

The reason for depression is simple. The will of the mind to leave a fast thinking state is not strong, so medication helps to relax the mind to the theta brainwave.

Medication is a fast alternative to control levels of discomfort and serves as a quick escape from depression.

Most medication is designed to calm the mind. When the mind is calm and remains in a focus state, positive energy could be produced. When you produce positive energy, you are in healing mode. Headaches are lessened and you begin to breath better and sleep better.

In the diagram above, "B" and "C" refers to the accustomed state of fast thought. "A" refers to medication. The medication forces the mind into a calm state. Now because the medication is beginning to dissolve, the mind slowly returns to the normal fast thinking pattern of "B" and "C".

---

## The mind's battle



The battle of the mind to remain in a fast state of thought is transpiring. The mind's battle literally is the medication working against the current state of fast thought as the arrow illustrates. That is, the mind is still being forced to the theta state. This battle, which is nothing more than a chemical imbalance, is very dangerous to the mind.

Jolting awake, dizziness and many other side effects are the result of the minds battle to remain in the accustomed area of thought.

For example, the second before you enter sleep is the same second you are in thoughtlessness. Not because you will to be in the theta state, but because the medication forces you there. Now, the mind's battle transpires and you jolt awake.

A higher dosage of the medication is required to rid of the side effects of the minds battle. The mind, clouded from discomfort, will not be in the area needed for telekinesis.

With reference to the diagram above, you must learn to condition your mind without medication, so you can fix the condition and not to delay the condition with medication. You are ready to apply telekinesis, only when you have mastered focus to some degree, enabling you to stay in the positive sight spectrum.

---

## Energy location discrepancy



The orange circle always represents the current location of your will. As the diagram above illustrates, part of the orange circle remains inside of the positive sight spectrum and part of the orange circle also occupies the negative sight spectrum. Nevertheless, the area the orange circle occupies at the virtual path of your will does not determine if you are at the negative area or positive area of the sight spectrum.

With reference to the mental plane, the brown circle will always refer to your current quality of energy. The brown circle is displayed at theta, the beginning of the quality of energy.

If the physical plane and mental plane magnets were in the same location, at the mental plane would be force and the brown circle would be at the border of alpha and beta. Nevertheless, notice that the orange circle is located at force, yet the brown circle is located at the beginning of the mental plane. Hence, when you at theta, your eyesight will be close

up and not far away. The reason is that the alpha and theta magnet is not in the same direction as the positive sight spectrum magnet. Energy at the mental plane is not in the same location.

With reference to the mental plane of the diagram above, at the physical plane, force is the border between negative and positive energy. Hence, force at the physical plane is the area where energy can be influenced. Only the quality of energy that you currently feel, determines the size of the laser, or how much the laser occupies at either the positive or negative area of the sight spectrum. Your will, based on the quality of energy that you currently feel, determines the area the orange circle occupies at the virtual path of the laser.

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## The law of karma



Attempting to use telekinesis against another person, in a negative way will result in producing the beta brainwaves. You will no longer be in the alpha state. Remember the law of karma! What goes around comes around.

Let us say, for example, that you are talking to your friend and he is very relaxed "A". After about five minutes of discussion, he begins to disagree and enters "B". Hence, he enters into negativity and feels an undesired emotion. The feeling amplifies the loudness of his voice in his head as he enters to "C". At "C", his thoughts begin to calm as he already felt the

emotion at "B". As his thoughts calm, he enters "B" to voice his rejection based on the undesired emotion he previously felt.

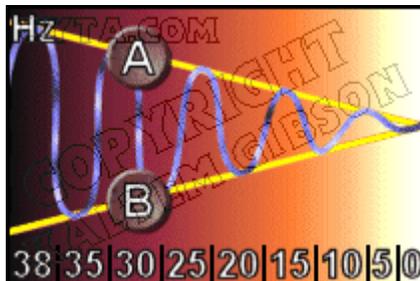
Nevertheless, he is still in the negative area of the sight spectrum. The undesired emotion will intensify until he leaves this unfocused state of mind. The feeling of the undesired emotion is the unconscious fight to re-enter consciousness. In fact, at that time, the positive sight spectrum will now be seen. However, the surrounding view distorted and unclear is the indication of the battle to re-enter the positive area.

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### The lie detector test



The diagram above, illustrates the size of the brainwave at the scale of Hz. Energy does not travel in a straight line. Instead, energy travels similar to waves in an ocean. The more powerful the wave in the ocean, the greater the size of the wave will be. As the wave peaks in size, the wave crashes into the ocean only to return. At theta, the brainwave is small.



The person that conducts a lie detector test will clap his hands; make facial expressions or anything else that is necessary to increase your nervous level. As you begin to lose your ability to focus on the surrounding view or somewhere in the surrounding view, the laser beam is moving back. Depending on what brainwave you are producing the emotion will be either negative or positive.

The pen moves back and forth across a page. The bigger the line the pen draws on a page, the greater the negativity that was produced. In this case, the lie detector reads your emotion at the "30" Hz. The pen of the lie detector machine moves according to the level of energy that was produce. The pen draws a line at the distance from "A" to "B". Since the line on the paper is big, the conductor determines that you have lied because you were in fast thought and without conscious awareness for the surrounding view.

# Thought Magnets

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The green dashed border surrounds the overhead view of the brain. That is, the two black boxes that are inside of the green dashed border refers each to the brain hemispheres.

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This topic explains that you can still feel negative energy at the border of Alpha and Beta

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Negative energy will be produced at the location of your will

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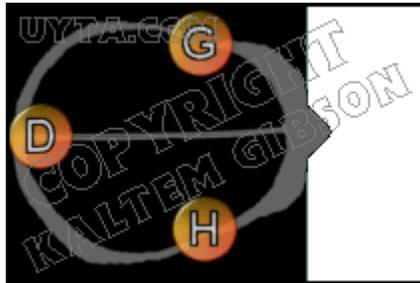
Information about every mental plane is linked to the spiritual plane. We are able to feel each others emotions.

### Seven Hems

The seven Hems are energy points of the brain.

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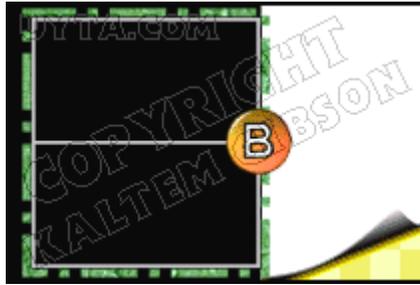
The scale of thought



In this diagram, a page curl is not displayed. However, discussion is at the physical plane.

This is an overhead view of the brain. Where "D" is the back of the brain, "G" refers to the left temple and "H" refers to the right temple. The nose is displayed in the positive sight spectrum, since eyesight is able to see the nose.

This picture makes a suitable representation of an overhead view of the sight spectrum. However, this picture cannot illustrate everything that is needed to understand the sight spectrum theory. Hence, another picture will be used to illustrate the overhead view of the brain.



Notice the page curl in this diagram. Reference will be at the physical plane.

The green dashed border surrounds the overhead view of the brain. That is, the two black boxes that are inside of the green dashed border refers each to the brain hemispheres. "B" marks the area of the brow Chakras, that is, the top area of the nose, right in-between the eyes.



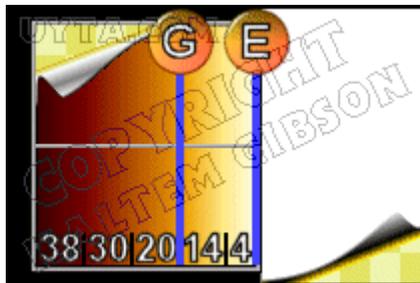
Everything inside of the green dashed border is an overview of the brain. However, because there is a page curl at the top right corner of the brain, reference will now be at the mental plain. That is, the white area of the positive sight spectrum is displayed at the right of the diagram, but only displayed as reference to the sight spectrum. In fact, the checkerboard of yellow can replace the white area, since the discussion is at the mental plain.

Notice the brainwave HZ is displayed at the bottom of the mental plain. Also, notice that the brainwaves completely fill the mental plain as this diagram illustrates. Nevertheless, the importance of this diagram is only the page curl.



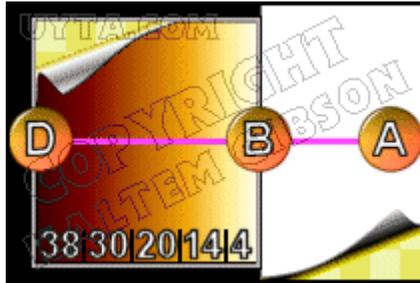
In this diagram, there is a page curl at the overhead of the brain, referring to the mental plane. A page curl at the bottom right side of the diagram refers to the physical plain. Since there is two page curls in this diagram, there will be a cross-reference discussion about both the physical plane and the mental plane.

At the mental plain, a line separates the brain hemispheres, even though the brainwave HZ is displayed. Hence, that line is displayed since this is a cross-reference discussion about the mental and physical planes. That is, the mental plain is merged with the physical plain to show the relationship of the brain and the mind. From this diagram, you can see how the mental plain overlaps the physical plain by the line that separates the brain hemispheres.



In this diagram, "G" marks the left area of the temple, while the border of beta and alpha can mark the area of the right temple. That is, the blue line that runs from "G" to 20/14 can also refer to an imaginary line that runs from temple to temple.

"E" refers to the left side of the forehead, and the blue line at the right side of "4" can also refer to the right side of the forehead. That blue line also runs through the hemispheres, that location refers to the brow Chakras.



The line that runs from "A" to "D" and visa versa is the virtual path of your will. "A" refers to the farthest distance your eyes can see. "D" refers to the back of the head. "B" refers to the brow Chakras. The line that runs from "B" to "D" and visa versa can also refer to border of the brain hemispheres. In fact, that line can also refer to the scale of HZ.

Once again, "B" can refer to the calmness of thoughts, since "B" marks the area of "0" HZ. "D" refers to very un-calm thought state, since "D" marks the area of higher beta. The line that runs from "B" to "D" and visa versa can be said to refer to thought power. That is, the amount of energy of the loudness of thought is in reference to HZ. Therefore, at the mental plain, that line refers more to the power of HZ or the loudness of thought, where as, at the physical plain, that line refers to the border of the brain hemispheres and part of the virtual path of the laser.

We can say that the virtual path of the laser is in reference to the loudness of thought, and we would be correct, because the loudness of thought will increase with power, when the virtual path of the laser goes deeper into the negative area of no sight.

In reference to telekinesis, "B" and "D" can refer to the motion of energy. "B" refers to no speed and therefore the object is calmed or slowed in speed, and "D" refers to speed, where an object would increase in speed. For simplicity reason, we can say that the HZ refers to speed, where HZ 3 would be speed three, and HZ 38 would be speed 38. Hence, HZ 0 would refer to no speed at all.

---

## Mental focus control



You are able to analyze the top area of your head for energy activity while at theta. Hence, even though the object is located in the negative area of no sight, you are still able to use your imagination to feel the energy at that location. In addition, you are able to influence energy at any location of the physical plane if you are at theta. In addition, energy can be influenced at the physical plane when you are at the location of energy at the mental plane.

To be able to influence an object, your eyes need to be locked on target and not wobbling around the surrounding view. Focus is the first fundamental and used to influence energy. When you are in focus, you are at "theta" and the high quality of energy enters. Hence, when you are entering focus, the quality of energy increases. Furthermore, without mental focus control, the ability to look at an object while entering or staying at force cannot be achieved.

Remember, as long as your eyes are looking at the object, you are in the "Positive Sight Spectrum".

---

## Border between Alpha and Beta



Your quality of thoughts is near the border between alpha and beta. Your thoughts are not calm and relaxed, nor are your thoughts extremely fast. Nevertheless, at the mental plane, the brown circle overlaps the area where energy enters.

The laser illustrates that the positive sight spectrum is physically seen, even though the orange circle occupies part of the physical area of your head.

Perhaps your will is at that area to monitor discomfort. Nevertheless, the quality of energy that you are near is beta. Hence, at any time, energy can be created at the location of your will and negative energy will be felt.

---

## Physical area of no sight



In the diagram above, the brown circle is displayed over top of beta. Your thoughts are fast and you are not aware of the surrounding.

When you are at the physical area of no sight, the orange circle can still be at the same location as that of your will when you were at lower alpha. However, because the quality of energy is bad, negative energy will be produced at the location of your will, that is, at the location of the orange circle.

---

## Mind's emotional interlinking



In this diagram, the alternative sight spectrum is displayed. The laser is within the positive area. The orange circle represents the area of the positive sight spectrum you are looking at. You are calm and relaxed. You are at the alpha

brainwave frequency, as the brown circle at the mental plain indicates.



Everything within the green dashed border of the diagram above represents your friend's perception of reality. Of course his positive sight spectrum extends beyond the area of the green dashed border. His perception of reality would be that your negative sight spectrum does not exist. Hence, he is able to see the physical area behind you. Yet, currently, he is not looking at you, because he is in the negative sight spectrum, as his laser indicates. His brown circle is at the energy location of the beta brainwave frequency.

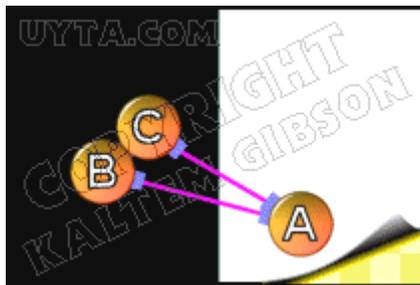
The orange circle of his reality indicates the physical area of negativity he is at. The negative energy he feels at the top of his head is the result of that negative area he is in. The negative energy he feels is the source of that mental energy. That negativity felt is in the form of physical tension.

Outside the area of the green dashed border is your alternative sight spectrum. Your laser is occupying an area within the positive sight spectrum. Of course your positive sight spectrum exists within and beyond the green dashed border. You are able to see beyond the area of your friend's head. Yet, in this example, your orange circle is occupying an area of your friend's head. Since you are in the positive area, and your friend is in the negative area, the battle of force will now transpire.

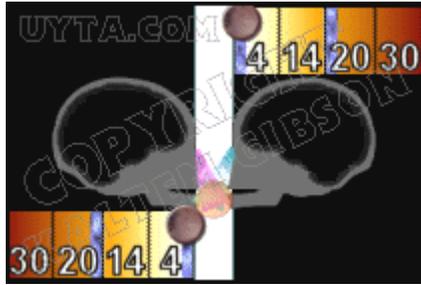


The diagram above represents a sideways view of the forceful battle of mental energy in-between two peoples perception of reality. The green dashed border surrounds the orange circle your friend is occupying at the negative sight spectrum. The other circle in this diagram is yours. Your circle is sharing the same space as your friend's circle. Yet, your circle exists within the positive area of the sight spectrum.

Positive verses negative energy can only be so in force. Force is a protector and serves to keep your energy somewhat safe when this mind's battle transpires. The obstruction of energy in-between the two magnets are taken place. You feel this negativity against your energy. Hence, your feel your friends aura.



Depending about how we perceive reality, the minds emotional interlinking can benefit mankind or be the destruction for mankind. In the diagram above, mental energy "B" and "C" are together at the negative area. Mental energy "A", cannot maintain the forceful battle of "B" and "C". At this time, your orange circle will pull closer to you, and enter the negative area of no sight.



The blue line that is beside the “4hz” of your mate’s mental plane refers to the location of where energy can enter. Your mate is at the theta brainwave frequency. That quality of energy is located at your lips. You feel that energy as a tingly sensation.

You are also at the area of where energy can enter. Your energy is located at your mate’s lips. Your mate feels the tingly sensation of your higher quality of energy.

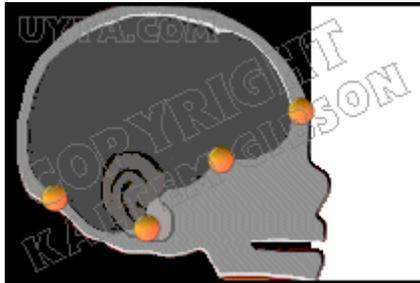
In this example, you and your mate are kissing each other. Your orange circle is sharing the same space as your friend’s circle. The circles are both occupying the positive sight spectrum. No force exists because your magnet and your mate’s magnets are both of the same type. The obstruction of energy cannot take place. Therefore, your energy and your mate’s energy touch each other.

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## Seven Hens

Place your right finger at the back of the neck and right in the middle area. Move your finger about 1 inch in an upward direction. Use your finger and apply a bit of pressure to that area of your neck. If you press your finger firmly at that area, you may feel a bit of discomfort. That area, your finger is at, is the gap in-between both hemispheres of the brain. Do not worry if you cannot feel a bit of discomfort at that location.

The skull does not protect that area. That lack of protection is known as a pressure point. Therefore, do not apply too much pressure to any given pressure point. Notice the size of the gap in-between the hemispheres. You can rest a good part of your fingernail inside of that gap. At the right and left side of that gap, you are able to feel bones. Like the gap, the bones are of an average size. Remember how the bones feel at that location.



Look at the diagram and notice the orange circle located at the lobe of the right ear. There is a pressure point located just under the lobe and behind the right ear. Move your right finger around in that area. You should feel a gap in-between something that feels like two bones. The skull does not protect the brain at that area. At that location, apply a bit of pressure with your finger. If you apply firm pressure to that area, you may feel lots of discomfort. Notice that the pressure point of the lobe is more sensitive to pressure than the pressure point located at the back of the neck. Notice that the gap is larger and the bones are smaller and closer to each other. You are not able to rest a good part of your fingernail within the gap.

The next pressure point is known as the right temple. This area is not easy to find. In the diagram, the orange circle just at the right side of the right ear is the location your finger should be at. Move your finger around that area while applying very little pressure to the head. You should feel a fair amount of discomfort when you find the location of the right temple. The right temple is the most sensitive pressure point so far. With your finger, be very careful and rub the right

temple to feel the bones. The bones are smaller to feel. Apply too much pressure at that area, and you may be in lots of discomfort. If you are able to find the bones, in-between the bones are a very small and steep in gap.

With your right hand, use your finger and thumb and measure the distance in-between the pressure point of the neck and the pressure point of the right ear. This distance you measure, will be the same distance in-between the pressure point of the right ear and the pressure point of the right temple. There are also pressure points at the left ear and left temple. Verify that the distance in-between the five defined pressure points are the same.

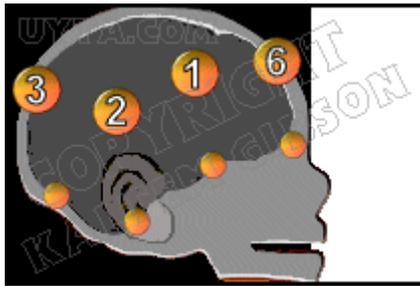
The area of the head you measured is about  $\frac{3}{4}$  of the circumference of the head. The only area of the head that has not been measured is the forehead area.

The distance in-between left/right temple to center area of forehead will be the same as the distance in-between the pressure points. Yet, no pressure point can be detected at the location of the middle area of the forehead.

We know that the bones are large at the back of the head, as the gap is not steep but width. We also know that as we move towards the front of the head, the bones get smaller and the gap its steeper. We feel more discomfort. The temple was very difficult to detect. Yet, the distance in-between the pressure points suggests that there must be a pressure point at the location of the middle area of the forehead. If this were true, the area would be too small to detect with the finger. We know that the forehead pressure point must have extremely small bones and a very steep and small gap. It is not recommended that you use a small object and try to apply slight pressure to that area. We know that the pressure point exists. It has been defined as the third eye, the brow chakras.

There is one more pressure point. Yet, not everyone can detect it. The area of the pressure point is right in the middle

area of the very top part of your head. That area is where the brain is divided into two hemispheres. Babies are born with the gap at that location, but as the baby develops, the bones at that location close the gap. Some people still have a small gap at that location. The presser point is still at that location. Yet, the bones may or may not obstruct that gap. The distance in-between the pressure point at the top of the head to any other pressure point that circumferences the head is about two times the distance as the distances in-between the pressure points.



The seven Herns are main energy points of the brain. Headaches, migraine headaches, brain meltdowns, stabbing pain, and other levels of discomfort will always be at the location of the Herns. The author is the founder of the Herns. The Seven Herns is copyrighted and remains in a stamped and sealed envelope. The Herns was discovered, Friday, April 02, 2004. That discovery was made what the author was analyzing mental energy towards the physical location of the main pressure points of the hand.

Place your finger at the back of your neck and locate the pressure point at that area. Do not take your finger off of your neck. Your finger must always be touching your body. Slowly slide your finger in an upward direction. You should now be feeling an area of the back of your head. Your finger should move about the distance of 3.5 inches in an upward direction. As your finger is moving in an upward direction, you should feel a rig or a bump at that area of the head. When your finger is above the bump, you should feel a gap in-between two

bones. The gap is not as steep as the gap of the back of the neck. In the diagram above, the “3” refers to the area your finger should be located at. Your finger is located at the third Hern. Remember the location of the third Hern.

Place your finger on the pressure point of your right ear. Slowly slide your finger behind your ear in an upward direction. When your finger is 3.5 inches above the right ears pressure point, you should feel a bump or a ridge at that location. Move your finger around that bump until you feel a small gap. That is the physical location of the second Hern. Number “2” in the diagram above marks that physical location. Remember the location of the second Hern.

Place your finger at the right temple, and once again, move your finger in an upward direction. Stop move your finger in an upward direction when you feel a ridge in the head. Your finger should have moved a distance of about 3.5 inches. The gap at this location is difficult to detect. Applying pressure with your finger at this location of your head will not bring discomfort. Slowly move your finger around the ridge of the head, while pressing firmly down onto the head with your finger. You should feel a very small gap. This is the physical location of the first Hern. The “number 1” in the diagram above, makes that physical area.

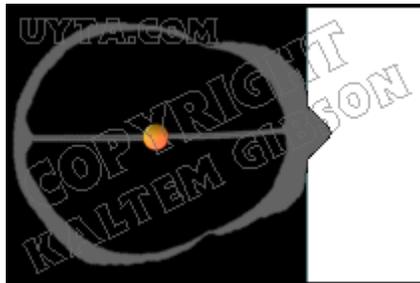
We know that each defined Hern is about four inches away from their pressure point. We also know that each gap size of those pressure points is in common to the gap size of the defined Herns. Since all the defined Herns tend to have a ridge, a ridge should be near the forehead area. Nevertheless, the exact physical location of the forehead pressure point cannot be determined. The gap and bones at that location cannot be felt. Perhaps the pressure point at that location exists in side the far reaches of the nose.

Put your finger, in-between your eyes and right at the top of your nose. Move your finger in an upward direction and search for a very small ridge at that location. Since the

pressure point of the forehead cannot be determined, changes are that the ridge cannot be determined either. In fact, the ridge does not exist where it should be. Nevertheless, mark that location of where the ridge should be as the sixth Hern. Also mark the area above your left ear as the fourth Hern. The fifth Hern is located above your left temple.

Hern one to six is each above the pressure points of their locations. Just like the main pressure points, the Herns are also a set distance away from each other. Moving from the back of the head to the forehead, the gaps of the pressure points get steeper as the bones get smaller. Moving from the back of the head to the forehead, the ridge of the Herns gets smaller.

Each defined Hern is a set distance above its pressure point. Yet there is still one more Hern to be defined.

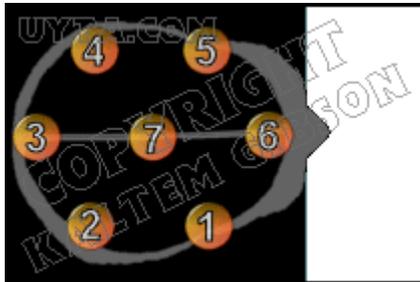


The last main pressure point is right in the middle area of the top part of the head. Nevertheless, when man reaches the age of 4 or 5, the gap closes.

We can still mark that area as a possible pressure point. The pressure point still exists at that area, just that the bones of the head closed the gap. Since all the Defined Herns exist about 3 inches above their pressure points, there should be a Hern existing 3 inches above the head. This may explain the static energy felt at the top area of the head. Nevertheless, we are searching for a ridge to claim the last Hern.

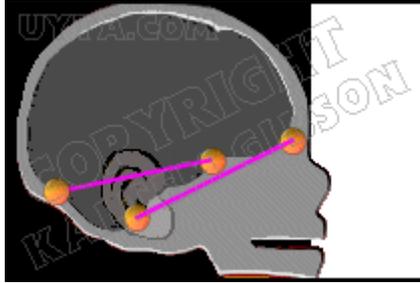
If you feel the top of your head, you will feel a very large ridge. That ridge was making when the gap closed. We now have the last Hern. Mark that area as the seventh Hern. It is ironic that the seventh Hern is about 3.5 inches from the other HERNs. This is no coincidence. The seventh Hern must be at that location. Now we have a way to determine the precise area of the forehead pressure point, and by doing so, we can determine the precise area of the sixth Hern.

Open your right hand and place the tip of your finger on the seventh Hern while place your thumb on the neck pressure point. Remember the distance in-between that area. Determine the area in-between the ear pressure point and the seventh Hern. That distance is the same as the distance in-between the neck pressure point and the seventh Hern. You will discover that all the pressure points are seven inches from the seventh Hern. All the HERNs are now defined. Each Hern is 3.5 inches from each other.



We know that the forehead pressure point is somewhere in-between the top of the nose to the top of the forehead. We determined that the pressure point must be in the middle area somewhere, because temple to middle area of forehead is about 3.5 inches. We know the distance in-between the seventh Hern to any pressure point is 7 inches. Therefore, place your thumb on the ridge of the seventh Hern, while straightening your finger out to touch an area of the middle area of your forehead. Mark that area as the precise location of the foreheads pressure point. The third eye and brow chakras are not in discrepancy.

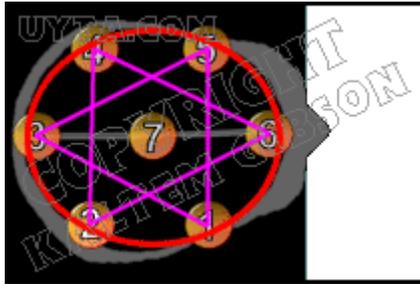
Now that we have the location of the forehead pressure point, we can search for the sixth Hern. Since all the other HERNs are about 3.5 inches away from their pressure points, the ridge must be 3.5 inches away from the forehead area. Remember, since the forehead bones and gap are not detected, the ridge may not be detected either.



Ridge to nearest ridge is 3.5 inches in distance. Pressure point to nearest pressure point is 3.5 inches from each other. Pressure point to nearest ridge is also 3.5 inches away.

The seventh Hern is 3.5 inches from the others HERNs, but it is not 3.5 inches from its nearest pressure point. Its ridge had closed the pressure point gap of the seventh Hern. Yet, we know that the gap does not exist at that location anymore, because the bones merged together as one. Therefore, the area of the seventh Hern can still be termed the area of the pressure point and ridge. All the other HERNs exist outside of its ridge. In this case, the pressure point of the seventh Hern is 7 inches from any other defined pressure point.

If you measure every second pressure point that circumference the head, you will discover that they are 7 inches from each other. How we have something in common with the pressure points and including the seventh Hern. They are all 7 inches from each other. Before the discovery of the HERNs, perhaps the measurements of the pressure point should have been 7 inches and not 3.5 inches.



When we measure the Hems at 7 inches from each other, and draw an invisible line from Hem to Hem, the lines form a hexagram. The hexagram is a known symbol that refers to the sign of the beast, Star of David, Solomon's Seal, ect. In just about all areas of knowledge, the hexagram tends to be one of the later discoveries. Perhaps that symbol refers to the fabric of life.



The third Hem located at the back of the head is the physical location of critical tension in the form of a migraine headache. The sixth Hem is located at the forehead area and is the physical location of a possible headache. In strong cases of depression or extreme tiredness, the areas near the temples are in discomfort. Those areas are in reference to the fourth and first Hem.

The yellow color in "diagram 2" refers to light to below critical tension of head, while the red colored areas refers to critical head tension. Stabbing pain is felt at every Hem but one. You will not feel sharp pain at the seventh Hem. You will only feel tension at that area. Perhaps that closed Hem is your protection.



# Glossary

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[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)

## A

### **Alpha**

The alpha brainwave pattern represents awareness, sight and imagination, the state of super learning, positive thought, and consciousness. Alpha is the mental bridge between the conscious and subconscious mind, where ESP abilities can be unutilized through focus and meditation exercises. Alpha brainwaves range from "13" Hz to "8" Hz.

See also: [Beta](#), [Brainwave](#), [Consciousness](#), [Delta](#), [ESP](#), [Focus](#), [Frequency](#), [Healing](#), [Imagination](#), [Mind](#), [Positive](#), [Sight](#), [Sub-consciousness](#), [Theta](#) and [Thought](#).

### **Atoms**

Atoms are the basic component of matter.

See also: [Energy](#), [Mass](#), and [Matter](#).

### **Aura**

Aura is literally an energy field that permeates and individually surrounds all organic and inorganic matter. The aura that is physically seen around the outside of the human body varies in color and size from PSI energy.

See also: [Aura](#), [Chakras](#), [Emotion](#), [Energy](#), [Matter](#), and [The Three Fundamentals Of Telekinesis](#).

## B

### Beta

The beta brainwave pattern represents the fast to normal though process, alertness, no sight, and consciousness. Stress and anxiety are also experienced in this state of mind. Beta brainwaves range from "38" Hz to "14" Hz.

See also: [Alpha](#), [Brainwave](#), [Consciousness](#), [Delta](#), [Frequency](#), [Mind](#), [Theta](#), and [Thought](#).

### Brain

The brain is enclosed within the skull and attached to the spinal cord.

See also: [Brainwave](#), [Hemispheres](#), and [Mind](#).

### Brainwave

The word "brainwave" refers to the mental energy activity of the brain. "Beta", "alpha", "theta", and "delta" are the frequencies of brainwave patterns.

See also: [Alpha](#), [Beta](#), [Brain](#), [Delta](#), [Energy](#), [Frequency](#), [Theta](#), and [Mind](#).

## C

### Chakras

Emotions are converted into energy by the chakras. Chakras literally connect the emotions to the aura. The chakras also aids in transmitting energy from the aura and out to the spiritual plane of universal energy.

See also: [Aura](#), [Emotion](#), [Energy](#), [Spiritual Plane](#), and [Universal Energy](#).

## **Comfort**

Comfort is defined as a desired emotion.

See also: [Discomfort](#), [Emotion](#), and [Positive](#).

## **Consciousness**

Consciousness is the ability to comprehend reality. Without consciousness, awareness of reality is not possible.

See also: [Hemispheres](#), [Mind](#), [Reality](#), [Sub-consciousness](#), and [Unconsciousness](#).

## **D**

### **Delta**

The delta brainwave pattern represents the state of deep sleep, increased immune functions, sub-consciousness, and unconsciousness. Lucid dreaming is also experienced in this state of mind. Delta brainwaves range from "3" Hz to "0.5" Hz.

See also: [Alpha](#), [Beta](#), [Brainwave](#), [Frequency](#), [Mind](#), [Theta](#), and [Unconsciousness](#).

### **Discomfort**

Discomfort is defined as a undesired emotion.

See also: [Comfort](#), [Emotion](#), and [Negative](#).

## **E**

### **Element**

Air, water, fire, and earth are the components that compose the physical plane.

See also: [Physical Plane](#), and [Wind](#).

## **Emotion**

Emotion is the second fundamental of force. The quality of mental energy created by the discrepancy between perceived reality and the internal processes of mind.

See also: [Comfort](#), [Discomfort](#), [Empathy](#), [Mind](#), [Negative](#), [Positive](#), [Sight Spectrum](#), [Sight](#), [Tension](#), [The Three Fundamentals Of Force](#) and [Thought](#).

## **Empathy**

Empathy is defined as the ability to feel emotions from matter.

See also: [Aura](#), [Emotion](#), [Energy](#), [ESP](#), [Matter](#), and [Telepathy](#).

## **Energy**

Energy is the second fundamental of telekinesis. Energy is defined as literally matter in the pure form. Energy is the mental location of the crown chakra.

See also: [Aura](#), [Chakras](#), [Focus](#), [Force](#), [Healing](#), [Matter](#), [Negative](#), [Stabbing Pain](#), [Positive](#), [PSI Energy](#), [The Three Fundamentals Of Telekinesis](#) and [Universal Energy](#).

## **Extrasensory perception (ESP)**

ESP is the cognitive or intuitive knowledge manifested through means other than the five physical senses.

See also: [Five Physical Senses](#), [Mind](#), [Telekinesis](#), [Telekinetic](#), and [Zener Cards](#).

## Eyesight

Eyesight refers to the ability to not use imagination to vision, an object to perceive.

See also: [Mind's Eye](#), [Sight](#), and [Sight Spectrum](#).

## F

### Five Physical Senses

Sight, hearing, smell, taste, and touch are the "Five Physical Senses".

See also: [Physical Plane](#), and [Thought](#).

### Focus

Focus is the first fundamental of telekinesis. Focus is defined as no thought loudness. Focus is the mental location of the brow chakra.

See also: [Alpha](#), [Consciousness](#), [Energy](#), [Force](#), [Meditation](#), [Mind](#), [The Three Fundamentals Of Telekinesis](#), [Thought](#), and [Unfocused](#).

### Force

Force is the third fundamental of telekinesis. Force is defined as the physical location of the crown chakra.

See also: [Tension](#), [The Three Fundamentals Of Force](#), and [The Three Fundamentals Of Telekinesis](#).

### Frequency

The number of complete oscillations per second, referring to energy in the form of waves.

See also: [Brain](#), [Brainwave](#), [Energy](#), and [Mind](#).

## G, H

### Healing

Healing refers to non-conventional conscious application of energy by an individual to bring about a positive physical reaction in another living organism.

See also: [Energy](#), [Focus](#), and [Meditation](#).

### Hemispheres

The brain is divided into two main (left and right) sections called "Hemispheres".

See also: [Brain](#).

## I, J

### Imagination

Imagination refers to the mental processing ability to perceive an object that is not currently available in the positive sight spectrum.

See also: [The Three Fundamentals Of Force](#), [Sight](#), and [Mind's Eye](#).

## K

### Kinetic Energy

Refers to physical manifestation of energy, which is generally associated with motion.

See also: [Brainwave](#), [Energy](#), [PSI](#), [PSI Energy](#), [Telekinesis](#), [Universal Energy](#), and [Wind](#).

## L, M

### Mass

Mass is formed by a collection of atomic particles which compose an object.

See also: [Atoms](#), [Energy](#), and [Matter](#).

### Matter

Matter is the substance of a physical object.

See also: [Atoms](#), [Energy](#), [Mass](#), and [Space](#).

### Meditation

Meditation is a relaxation practice that bonds the mind, body and soul together to achieve a desired state of consciousness. Meditation is a technique to maintain or achieve "focus" and to gain awareness of the relationship between the conscious and subconscious mind.

See also: [Alpha](#), [Consciousness](#), [Focus](#), [Mind](#), [Spiritual Plane](#), and [Sub-consciousness](#).

### Mental Plane

The "mental plane" refers to the inner function of the mind or how the mind processes its internal information.

See also: [Mind](#), [Physical Plane](#), and [Spiritual Plane](#).

### Metaphysics

Metaphysics refers to a branch of philosophy, which seeks to explain the nature of being and reality, the structure and origin of the universe, well as the study of the nature of human knowledge.

See also: [ESP](#) and [Science](#).

## **Mind**

The mind processes information from sight, thought, emotion and the five physical senses. The mind is comprised of the conscious, unconscious, and subconscious mental state.

See also: [Brain](#), [Consciousness](#), [Emotion](#), [ESP](#), [Five Physical Senses](#), [Mental Plane](#), [Sight](#), [Sub-consciousness](#), [Thought](#), and [Unconsciousness](#).

## **Mind's Eye**

Mind's eye refers to the ability to use imagination to vision, an object to perceive.

See also: [Eyesight](#), [Imagination](#), [Positive Sight Spectrum](#), [Sight](#), and [Sight Spectrum](#).

## **N**

### **Negative**

Negative is a term used to describe an undesired result. Negative is doubtful, unfavorable, unhelpful, unsure and harmful.

See also: [Emotion](#), [Negative Sight Spectrum](#), and [Positive](#).

### **Negative Sight Spectrum**

Negative Sight Spectrum is defined as "no sight". No matter what direction you are looking at, you will not be able to physical or mentally see the area behind your head or any other area that is the area of the negative sight spectrum.

See also: [Eyesight](#), [Mind's eye](#), [Sight](#), and [Sight Spectrum](#).

## O, P

### Physical Plane

External of the mind, the "physical plane" refers to all physical substance in the universe.

See also: [Mental Plane](#), [Matter](#), [Mind](#), and [Spiritual Plane](#).

### Positive

Positive is a term used to describe a desired result. Positive is without doubt, favorable, helpful, confident, sure and encouraging.

See also: [Emotion](#), [Negative](#), and [Positive Sight Spectrum](#).

### Positive Sight Spectrum

The "Positive Sight Spectrum" is defined as "Sight". All sight that you can see, regardless of what you see with your eyes or even what you see in the imagination of your mind's eye, can only be seen at the positive sight spectrum.

See also: [Eyesight](#), [Mind's eye](#), [Sight](#), and [Sight Spectrum](#).

### PSI

PSI is a conventional abbreviation for psychic phenomena.

See also: [ESP](#), and [PSI Energy](#).

### PSI Energy

Mental Energy.

See also: [Chakras](#), [Energy](#), [Emotion](#), [Mind](#), [PSI](#), and [Telekinesis](#).

## Q, R

### Reality

Reality is defined as literally everything that exists.

See also: [Brain](#), [Consciousness](#), and [Mind](#).

## S

### Science

Refers to systematic and empirical study of natural or physical phenomena; any branch of study concerned with observed material facts.

See also: [ESP](#) and [Metaphysics](#).

### Sight

Sight is the first fundamental of force. Sight is defined as "Eyesight" and "Mind's Eye".

See also: [Emotion](#), [Eyesight](#), [Imagination](#), [Mind](#), [Mind's Eye](#), [Positive Sight Spectrum](#), [Sight Spectrum](#), [Tension](#), and [The Three Fundamentals Of Force](#).

### Sight Spectrum

The "Sight Spectrum" theory is a telekinesis concept that spans both the physical plane and mental plane by explaining the correlations of energy and matter from a mental plane perspective. The "Sight Spectrum" consists of both the "Negative Sight Spectrum" and the "Positive Sight Spectrum."

See also: [Negative Sight Spectrum](#), [Mental Plane](#), [Positive Sight Spectrum](#), [Physical Plane](#), and [Sight](#).

### Space

Space is a word to describe an area devoid of conventional mass and matter. Space is nothingness, emptiness, void, and non-substance.

See also: [Matter](#).

### **Spiritual Plane**

The "Spiritual Plane" refers to all life in pure energy form, with or without conscious awareness and living inside or outside the universe.

See also, [Consciousness](#), [Energy](#), [Mental Plane](#), and [Physical Plane](#).

### **Stabbing Pain**

A penetrating bodily sensation characterized by physical discomfort such as a pricking, throbbing, or aching.

See also: [Emotion](#), [Energy](#), [Negative](#) and [Negative Sight Spectrum](#).

### **Sub-consciousness**

Sub-consciousness is defined as referring to the portions of mental processes occurring without conscious perception.

See also: [Consciousness](#), [Mind](#), and [Unconsciousness](#).

## **T**

### **Telekinesis**

From Greek: Tele, at a distance; kinesis, motion. The word "telekinesis" refers to the ability to influence (move) an object mentally.

See also: [ESP](#), [Mind](#), [Telekinesis](#), [Telekinetic](#), [The Three Fundamentals Of Force](#), [The Three Fundamentals Of Telekinesis](#) and [TK](#).

## **Telekinetic**

Telekinetic is a term used to refer to a life form capable of utilizing telekinesis.

See also: [ESP](#), [Mind](#), [Telekinesis](#), [The Three Fundamentals Of Force](#), and [The Three Fundamentals Of Telekinesis](#).

## **Telepathy**

Telepathy is defined as the ability to communicate from one mind to another by mental thought.

See also: [Empathy](#), [Emotion](#), [ESP](#), [Mind's Eye](#), and [Thought](#).

## **Tension**

Tension is the third fundamental of force. Tension is the scale of the quality of energy that is felt at the crown chakra.

See also: [Emotion](#), [Energy](#), [Force](#), [Negative Sight Spectrum](#), [Positive Sight Spectrum](#), [Sight](#), [Sight Spectrum](#), and [The Three Fundamentals Of Force](#).

## **TK**

TK is an abbreviation of telekinesis.

See also: [Telekinesis](#).

## **The Three Fundamentals Of Force**

“Sight”, “Emotion”, and “Tension” are the three fundamentals of force. To “Unleash Your Telekinetic Ability”, you must simultaneously apply the three fundamentals of force.

See also: [Emotion](#), [Sight](#), [Tension](#), and [Telekinesis](#).

### **The Three Fundamentals Of Telekinesis**

"Focus", "Energy" and "Force" make "The Three Fundamentals of Telekinesis". The three fundamentals of telekinesis must be practiced in their proper fundamental order.

See also: [Energy](#), [Focus](#), [Force](#), and [Telekinesis](#).

### **Theta**

The theta brainwave pattern represents sight and imagination, deep relaxation or state of light sleep, improved memory, increased focus, consciousness, and sub-consciousness. Theta is the state of the mind in where ESP abilities are most active. Theta brainwaves range from "7" Hz to "4" Hz.

See also: [Alpha](#), [Beta](#), [Brainwave](#), [Delta](#), [Focus](#), [Frequency](#), [Mind](#), and [Sub-consciousness](#).

### **Thought**

Thought is the application of the internal cognitive ability to analyze information from the "Five Physical Senses".

See also: [Emotion](#), [Five Physical Senses](#), and [Mind](#).

## **U**

### **Unconsciousness**

Describes a mental state where there exists a lack of normal awareness for reality.

See also: [Consciousness](#), [Mind](#), [Physical Plane](#), and [Sub-consciousness](#).

## **Unfocused**

Unfocused is an undesired mental state, where thought process is difficult to mentally control.

See also: [Focus](#) and [Thought](#).

## **Universal Energy**

Universal energy refers to all energies in the universe.

See also: [Energy](#).

## **V, W**

### **Wind**

Wind refers more to the movement of the air, rather than referring to wind as air. Wind is energy/matter in motion.

See also: [Element](#), [Energy](#), [Matter](#), and [Telekinesis](#).

## **X, Y, Z**

### **Zener Cards**

Standardized set of symbolic cards used in research tests of ESP and Telepathic ability.