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Becoming Supernatural: How Ordinary People Make the BESTSELLER UNCOMMONWALL STREET JOURNALThe author of the New York Times bestseller You Are the Placebo, as well as Breaking the Habit of Being Yourself and Evolve Your Brain, draws on research conducted at his advanced workshops since 2012 to explore how ordinary people are doing the unusual to transform themselves and their lives. Becoming Supernatural combines some of the deepest scientific information with ancient wisdom to show how people like you and I can experience a more mystical life. Readers will learn that we are, literally supernatural by nature, if given the appropriate knowledge and instruction, and when we learn to apply this information through various meditations, we should experience a greater expression of our creative abilities; that we have the ability to tune in frequencies beyond our material world and receive more orderly and coherent flows of consciousness and energy; that we can intentionally change our brain chemistry to initiate profoundly mystical transcendental experiences; and how, if we do this enough times, we can develop the ability to create a more efficient, balanced, healthy body, a more unlimited mind, and better access to the realms of spiritual truth. Topics covered include: - Demystifying the body's 7 energy centers and how you can balance them to heal - How to free yourself from the past by reconditioning your body in a new mind - How you can create reality in the generous present by changing your energy - The difference between third-dimensional creation and fifth-dimensional creation - The secret science of the pineal gland and its role in access to the mystical realms Reality - The Distinction Between Space-Time and the Creation of the Fifth Dimension - The Secret Science of the Pineal Gland and its Role in Access to the Mystical Realms of Reality - The Distinction Between Space-Time and Fifth Dimension Creation The secret science of the pineal gland and its role in access to the mystical realms of reality - The distinction between space-time and the creation of the fifth dimension - The secret science of the pineal gland and its role in access to the mystical realms of reality - The distinction between space-time and fifth-dimensional creation. Time-space RealitiesAnd much more... Moving Objects with Your Mind: The Power of Psychokinesis An easy and fun way to influence your life and the world you care for. This practical e-book reveals the exciting possibilities of PK, some of which include prevention or reversal of promoting health and well-being, achieving your personal goals, and even slowing down the aging process. Psychokinesis is psychic empowerment in its most fundamental form. Called PK for short, this incredible practice involves moving or influencing physical objects or situations without any outside help or tool. We all have this ability, and this engaging guide is all you need to get started right away. In a series of clear and easy-to-follow steps, Carl Llewellyn Weschcke and Dr. Joe Slate guide you through the five steps of induced KP. Learn how to apply this ability to reduce stress, avoid accidents, eliminate pain, and more. — Sharpen your skills with simple and enjoyable exercises — Discover the increased effectiveness of group KP — Engage in the author's unique rejuvenation and rejuvenation plans and situations and objects in order to bring out the desired results Indirect programming Your subconscious mind for a huge success and richesGy most of us want to be very rich, and most of us want to be very successful. The two go hand in hand. This book will help you achieve exactly that, that is, to become very rich and successful. However, this book will only work for you if you use it as it was designed to be used. It is best to think of this book as a tool or a weapon in your great struggle to become a very rich person. I use the word combat, because that's exactly what it is. However, the enemy is yourself. You will fight against your models of negative belief, with the aim of destroying the limiting beliefs that currently hold you from achieving great wealth and success, while building new positive belief systems, or programs, in your subconscious. It's not an easy task, but with the help of this book, you'll succeed. Journeys Out of the Body: The Classic Work on Out-of-Body ExperienceThe definitive work on the extraordinary phenomenon of out-of-body experiences, by the founder of the famous Monroe Institute.Robert Monroe, a Virginia businessman, began to have experiences that radically changed his life. Unpredictable, and without her will, Monroe found herself leaving her physical body to travel through a second body in places far removed from the physical and spiritual realities of her life. He lived in a place not bound by time or death. Praise for Journeys Out of the BodyMonroe account of his travels, Journeys out of the body, stuffed with parasitic goblins and dead humans, astral sex, scary journeys into other mind-boggling dimensions, and practical tips on how to get out of your body, all told with ironic humor, quickly became a cult sensation with its publication in 1971, and was through many impressions. Whatever their real explanation, Monroe's travels made for a splendid reading. -Michael Hutchinson, author of Megabrain The experiences of Robert Monroe are probably the most intriguing of any of our time, with the possible exception of Carlos Castaneda. -Joseph Chilton Pierce, author of Magical ChildCe book is by a person who is clearly a sensible man and who tries to say it as he is. No ego trips. Just a solid citizen who has been out a thousand times now and wants to pass on his experiences to others. -The Last Whole Earth Catalog Showing 1-10 Start your review of Superhuman Training: A Guide to Unleashing Your Supernatural Powers Raheb rated it as amazing February 26, 2020 Jairo Lucena rated it liked June 04, 2019 Blair noted that he did not like August 23, 2015 Rishab Poddar noted that it was incredible February 13, 2020 Christian noted that it was amazing November 19, 2016 Najeeb rated that he really liked November 07, 2017 Mohsin Khan noted that it was amazing June June June 2018 Mahesh Sai noted it was amazing February 22, 2017 Universe. ABOUT THE AUTHOR From an early age, I had been intrigued by mental power and human potential. As a teenager, I studied Buddhism and practiced meditation regularly, which allowed me to develop a sensitivity to nature and the ability to see the world objectively. Over the next few years, as an adult, I continued to devour all the books on which I could put my hands, with regard to the subject of the power of the mind. At the age of 30, disappointed by modern life in the UK, I made the decision to move abroad, traveling to the other side of the planet with only a few naked essentials, where I started my new life in the beautiful tropical kingdom of Thailand. This life-changing decision to move abroad proved to be very fortuitous. Settled in my new life in Southeast Asia, I was able to devote a much greater part of my time to the study of the subjects that interested me the most, namely Oriental languages, writing, artistic creation and, of course, psychokinesis. I also practice qigong, meditation, and I continue to deepen my knowledge on topics such as Buddhism, Taoism, Zen, Quantum Theory and other related topics that will help improve my understanding of the fascinating universe in which we all live. Welcome... We are what we think. Everything we are is born of our thoughts. With our thoughts, we make the Buddha of the world welcome to a different reality. A reality you may not have read before. You are about to embark on a journey, a path, without end. You see, there are no limits when it comes to telekinesis, so this could well be a trip of a lifetime for you. You may be a new student, joining the ranks of thousands of psions around the world. All members of our community have a common goal, which is to master the ancient ability of the mind over matter. A psion (pronounced zion) is the one dedicated to the path of mastery of supernatural abilities. Controlling physical matter with one's mind would be the ultimate skill for millions, perhaps even billions of humans on planet Earth. But the truth is that very few people take up this impressive challenge. Very few people have the faith, courage, strength and belief in themselves to do so. You are one of the few brave. Just by the fact that you read these words, shows that you have the strength of the mind and the potential to become a skilled psion. First, ask yourself why you want to learn psychokinesis (PK). Do you want to prove something to others, or even to yourself? Is it for the sense of power that such abilities could give you? Do you want to acquire such abilities to help you in spiritual development? Most likely, it's a mixture of the above. Whatever your reason, it should be a strong one, that this journey will test you to your limits, and you will need great great and the persistence of continuing along the way, where others have given up. It is my job in this book to share the knowledge and wisdom I have acquired over the years, through the dedicated daily practice of this ancient art, which today we generally call psychokinesis. The mind (not the brain) is just as mysterious as it was a thousand years ago. Our understanding of the mind has not changed much at all. In fact, because of the emergence and popularity of quantum science and quantum theory, perhaps we have even less understanding of the mind than before. However, there is a small group of us here on this planet, who are dedicated to studying a particular aspect of the mind, and we have a fierce determination to uncover the ancient secrets of the mind about matter, which were lost, so many years ago. The vast majority of humanity today has accepted a lower version of a human being, a lower version of themselves. Deep within themselves, inside their hearts perhaps, they can feel, and are aware of the great potential power that lies dormant, sleeping in them. Yet, consciously or unconsciously, they choose to ignore this power, and to continue their existence in denial of their superhuman potential. These people cannot be entirely blamed for their ignorance, for they are unconsciously running an inferiority program, installed by the dark ones that currently reign on our planet. That's us. We're singing them. We who understand and reject the mental programming of the dark. We who have the strength to think for ourselves, and not blindly follow the rules dictated by governments, and the scientific laws decreed by the so-called expert scientists. It is we who are destined to positively change the reality of billions of human beings and create a better world. A world where peace, respect and love are the dominant forces. A world where everyone is free to express themselves fully and encouraged to reach their full potential. You are reading this book, because it is your destiny to read this book, just as it was my destiny to write this book. The person who says it cannot be done should not interrupt the person who does it Introduction Chinese proverb My friend, you are about to embark on a fascinating and practical journey into the mysterious world of psychokinesis, or PK, as it is commonly called. In this book, I will share with you valuable information that will help you in your quest in your quest in the rediscovery of the ancient psychokinesis ability that lies dormant in you. This is not a book for PK skeptics or non-believers. I'm not going to debate the question of whether PK exists or not. In this book, it is a given that psychokinesis exists in this world as a reality. This book is for those who already know in their minds and hearts that psychokinesis is real. The main topic of this book is about the ability move and manipulate the energy of objects remotely. I'm going to say it again. Whenever I mention the term psychokinesis throughout this book, I am usually (but not always) referring to the ability to move objects and influence matter with the mind. I would also like to mention that the terms psychokinesis and telekinesis are more or less interchangeable, and in today's world they essentially mean the same thing, although it is understood that psychokinesis can and covers a wide range of psychic abilities, and telekinesis is associated only with objects moving with the mind. Personally, I prefer to use the term psychokinesis, because it more accurately describes this ancient ability; movement of the mind, while telekinesis has the meaning of movement of distance. Psychokinesis is the term I will use mainly throughout this book, but I will sometimes replace it with telekinesis. I can sometimes contradict myself, but it's not intentional, it's just my style of thinking. Why did I write this book? I wrote this book to give people hope that a better world is possible than the one we live in today. I try to shed light on a subject that is currently shrouded in shadow and darkness, and which is being looked down upon in our society, as if it were a form of witchcraft, although opinions are beginning to change in recent years. In the years to come, there will be a great awakening in our world. The world will see things that previously would have seemed completely absurd and impossible. There are a few people today, myself included, who are at the forefront of this power of the mind movement. We, these people, are absolutely dedicated to pushing the boundaries of the human experience, so that others can benefit in the future. It must be said that psychokinesis is a very natural ability, a natural state to be so to speak, once you have remembered how to do it. There is nothing paranormal about being able to use the mind to influence objects. These abilities have been practiced for thousands of years, but mostly by people of power, who have kept the mysteries of psychokinesis in secret, and have not shared their knowledge with the masses. But the time has come, and I think it is a very fortuitous moment, for there must be a great awakening among the human population on planet Earth. This book was written for beginners and also seasoned practitioners of psychokinesis. In writing this book, I do my best to express a new individual perspective on the subject, instead of regurgitating the dry information freely available on so many sites, related through the Internet these days. The information on these websites is rudimentary at best, and it is very clear that those who published the information had little or no experience of real-world psychokinesis. Some of the people who run these types of websites claim to be although they are not able to simply move a pencil or an empty glass on a table. So much for being a master. I myself do not claim to have mastered any kind of psychic ability at the moment. I am simply a student on the way, who has gained knowledge and wisdom through many years of real-world training and experience in psychokinesis. One thing I do know is that I don't know anything. Chapter 1. MY HISTORY Imagination is more important than knowledge Albert Einstein Let me ask a little of my story. I developed the belief, from an early age, that humans possessed the ability to go well beyond the limits of normal human capacity. I remember when I was about 5 or 6 years old. I would stand on the edge of my bed with a large sheet wrapped around my shoulders, and I would jump, with the full expectation of floating in the air and not landing on the ground. I wasn't just playing games. I was absolutely serious, and I would continue to try, even if I never managed to float, levitate or fly during that time. I always held the firm conviction and conviction that it was possible, only that I must have done something wrong, or not in the right frame of mind. I would jump, land on the ground, pull back on the bed, get in the right frame of mind, and then jump again. Even then, even though my attempts at flight failed, I never let into my mind negative thoughts about the ability of humans to fly using mental power alone, without help through cumbersome machines. Looking back now, I can see that I was training to learn to fly at this young age. I understand that most young children have the desire to fly, but I don't think the majority of them try as hard as I do to achieve human flight. Of course, over the years, and I became a teenager, just like all the other children, I was pushed by society to act more adult. Also, when you become a teenager, your mind tends to be busy

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