

Contents:

#1 The *stunning* Mind-Power Jackpot System

#2 Extracts from my book...the Manual of Mind-Power Secrets

The
TEMPLATE OF SUCCESS
MIND POWER
JACKPOT SYSTEM

Copyright Jim Francis 2002

The MIND POWER JACKPOT SYSTEM

This program is divided into 3 separate parts. You can do the first 2 parts in bed in the morning just after you wake up (or at any time during the day) with the third critical part being done in bed at night, before you go to sleep. If you follow this program faithfully there is no way in which it cannot change your circumstances for the better.

Firstly you must be prepared to accept mentally that your subconscious mind has absolute control over you psychokinetic resonance with your environment....that is....your *luck*.

After 7 years of research I have not only proven this conclusively but a number of my original PK LUCK SYSTEM clients have come to the same conclusion. That is there are several dozen people in Australia who have discovered that the above statement is true.

What this program does is change your belief system to accept financial windfalls as your right and heritage and as such triggers amazing bursts of what you commonly know as *luck*.

This program will also generate very pleasant side effects. You might slowly discover that life is becoming more interesting and that your health improves. It is almost certain you will find that other people want to help you....for no apparent reason.

This is because you are becoming fully resonant with the universe instead of being on the fringe of resonance.

One major result is that you develop a confidence in your future success that you have probably never had before.

This is simply because the program transfers your major past success and resultant mindset into your future.

There is no way this program can fail if you follow instructions precisely.

I suggest that in the first instance you read through the entire program so that you gain a picture of what it is all about.

Then you can start on part 1 immediately.

Here is part 1:

The first thing I need you to do is to sit down in a quiet place, or maybe recline on a settee or bed. Focus on your breathing and relax until your muscles stop twitching and you feel calm. Now, read the following statement to yourself 8-10 times. There is no need to speak it out loud....you only need to mentally verbalise it.

My POINT OF POWER

.....“My point of power is right now. I cannot easily affect my past but I can and will affect my present and my future. My ability to affect my lifestyle and success is based on my actions and thoughts right here and now. I shall shortly dwell on a number of successes I have experienced in the past and I will project these into my future by accepting that they are repeatable.....no matter what my current circumstances. I fully acknowledge and accept that my current circumstances are the result of my own previous future projections weeks, months and years ago. I accept full responsibility for this. I also accept that my absolute peak point of resonant power is right here and now. What I think and project now will become my future”.....

It is important that you read the above a number of times.....preferably 8-10 times.....while you are relaxed and in a reflective state. After you start the program you will probably want to read the above just after you wake up in the morning, while you are relaxed.

SUCCESS HISTORY.....

Now I want you to take a piece of paper and write down all the successes you can recall from your past. This might be when you first rode a bicycle without falling off....or when you passed a high school exam.

Or when you bought your first home. Write down as many as you can remember then think back over each event and try to recapture the emotion you felt at the time. Attach the emotion to the successful event.

Pick events that made you “glow” at the time.

Do not under any circumstances dwell on any failure.

Now the idea is to read through this list immediately after you have read the POINT OF POWER exercise above.

That is....you relax and read the POINT of POWER exercise....then you read through your “success” list and dwell briefly on your past successes.

Do this for no more than 10 minutes.

If you find your focus wandering and you think of a negative occurrence then tell your mind.... **“Cancel that thought”!**

So that is Stage 1.

You read the Point of Power exercise and **immediately** follow it with your success remembrances.

Do both of these interconnected exercises together...**do not** separate them.

If you are not clear about the above then please read it all again, before you go on to the next stage, which is Part 2.

PART 2

This is where you do an active visualisation exercise once a day.

This can be done in bed at night (just before you do the stage 3 exercise) or at any other time during the day.

Almost all visualisation methods are passive.

That is, they *request* help from the universal forces.

This particular technique forces the universe to supply that which you require.

It produces vastly superior results.

Here is the stage 2 visualisation exercise that you do once a day:

.....

POWER VISUALISATION

.....Place yourself in a comfortable situation where you will not be disturbed. Close your eyes and focus on your breathing while you feel the tensions wash away. Tell yourself that with each breath you take you will relax more and more. Now project your mind into the universe. You can do this by imagining yourself travelling at breathtaking speed away from planet earth and positioning yourself so that you can “picture” the universe. You can see the galaxies and star systems and one giant scintillating pool of energy. Then picture yourself wrapping your consciousness around this magnificent energy source and becoming part of it. Feel it permeate your very being with its vibrancy. Feel it explode into your consciousness with its pure white brightness. Feel it compressing in your mind so that the entire universe becomes one ball of blue/white energy. Now picture the financial event you require to happen and transfer the scintillating ball of pure energy into that event. Picture the required windfall event actually happening while you are connected to this energy. Picture a jackpot happening in front of you and feel the emotional excitement involved.....

.....

You may have difficulty with this visualisation to start with but if you keep at it you will find it becomes quite easy. (It took me 3 weeks to get this to work so I could feel the energy).

So far you have learnt the first 2 parts that prepare you for the final Stage 3 exercise that you do just before you go to sleep at night.

Incidentally, in case you are wondering, the above techniques are the most powerful visualisation methods known.

You are doing them at your absolute Point of Power....your present.

They will not only affect your future but they will change your belief about your past. You are setting up a “successful” past for yourself and projecting it actively into the future.

By utilising these methods there is *no way your life cannot change for the better*.

If you follow the 3 stages in this program once a day...without fail.....you will find, as others have, that your world may change radically.

This may happen in the first week....or it may take several months....but it *will* happen.

The results will depend on how much mental effort and sincerity you put into it.

If you take this program seriously it can not help but produce spectacular results.

Part 3

The final stage.

This is the critical stage. The previous 2 stages create the correct mind-set for this final nightly procedure.

Important: Do not do this final procedure unless you have completed the other two earlier in the day.

All three procedures are required each day.

It is best to do stage one and two earlier in the day, perhaps when you first wake up.

But you can do the first two stages any time that is convenient.

The final stage must be done just before you go to sleep.

The idea here is that the first stages set up your mind for the most important Part 3 message.

Here is the final Part 3 procedure:

Do this sitting up in bed with the light on....so you don't drop off to sleep half way through.
Here is what you dwell on prior to sleep:

MAKING IT HAPPEN!

Relax and focus on your breathing. Feel your tensions wash away.

Now start picturing yourself walking into your favourite club or casino.

See yourself walking toward your favourite bank of machines. Mentally walk along the bank of machines and put coins into the ones that "feel right" in your imagination.

See yourself doing this until you find a machine that is "friendly".

Picture yourself putting more coins in this machine.

See it progressively paying out more and more.

See it suddenly pay a jackpot.

Feel the emotion of the moment.

See other players rush up and congratulate you.

Then see yourself walking out of the club with a satisfied smile on your face.

Picture yourself the next day using the jackpot money for goals that you have already predetermined. You might, for example, see yourself walking into a car dealer and paying cash for the vehicle you want. Or you might see yourself paying off all your debts with a smile and a tremendous sense of personal satisfaction.

FEEL the emotion of these events.

Attach emotion to the way you use these windfalls.

Picture yourself celebrating and people congratulating you.

Attach emotion, a sense of satisfaction and an "absolute knowing" that you can repeat these windfalls. The universal forces react strongly to emotion and without this emotional component things will not work properly.

After you have spent 5-10 minutes doing the above exercise turn out the lights and drop off to sleep. Do not think any further about your wins. Leave it alone.

(You have now completed your exercises for the day)

SUMMARY

- 1 - Sit in a quiet place where you will not be disturbed. Read your POINT OF POWER exercise 8-10 times. Follow this by dwelling on your past "Success List" for 5-10 minutes.
- 2 - Do your POWER VISUALISATION exercise. This can be done immediately after the part 1 procedure above, or later in the day if more convenient.
- 3 - Do your final part 3 MAKING IT HAPPEN procedure in bed at night. But make sure you are sitting up and not too comfortable and with the light on. This will prevent annoyance should you inadvertently drop off to sleep.

Do these complete procedures daily. Do them each once only per day as instructed because your mind needs to recondition itself at its own speed.

If you do miss a day don't panic but it is best to keep going on a regular daily basis if possible.

It will not be long before you "feel" a difference within yourself. Other people may notice this and comment but DO NOT tell them what you are doing.

Keep at it and you will achieve personal miracles!

**BELOW IS THE FIRST CHAPTER OF MY BOOK
INCLUDED
IN MY JIM'S FRIENDS MIND-POWER PACKAGE**

INTRODUCTION

The mind does strange things at times.

Have you noticed that occasionally when you are desperate to drive to a destination in the quickest possible time that most of the traffic lights turn green to help you? Or when you're driving down town and mentally focussing on a parking spot....one just seems to materialise for you.

Or you may be thinking intently of a friend and at that very moment they telephone you. Similarly you might be in a casino environment and you've put a whole bucket of coins through a particular slot machine, which has paid you virtually nothing. In absolute disgust you give it one more spin as you start to walk away.....and it promptly gives you a substantial win.

Have you noticed how young children these days appear to be developing a higher intelligence at a young age? When you really analyse this situation, it is not the intelligence that is improving...it is their conscious awareness. It is almost as if these young people were suddenly evolving to have a 360 degree "mental surround" vision as opposed to us adults who are stuck with the equivalent of a 180 degree mental vision....and this fades in and out at times!

Every adult individual can probably relate to the above from personal experience but until recently nobody had ever sat down and started a serious research project to find out how and why this happens.....and how to replicate these mind-effects at will.

Around 7 years ago a low key privately funded research project was instigated to search for answers. The discoveries literally stunned the small group of investigators.

If you were told that you could use your mind to influence a slot machine or dice fall....would you find this beyond belief? If you were told that you could use your mind in a telepathic manner to influence the thinking pattern of another individual or group of people.....would you believe it?

Would you find it somewhat amazing if you learnt that while in the alpha/theta state you can communicate quite easily with dolphins?

And if you were further told that you could instruct your subconscious mind to produce a specific dream to help you solve a problem.....and use an unusual intuitional mechanism to decode this dream.....would you find this a helpful ability?

But what if you were told that you could determine your luck cycle in advance so that you could use it for dollar windfall situations.....would this give you a sense of personal satisfaction?

But even better still, what if you were informed that you could use an easy-to-learn mental trigger that will tell you which slot machine to play, which scratch-it ticket to buy, which colour to bet on at roulette and which likely numbers to enter in the lotto....with a possible 70-80% chance of being correct? Then would you find all this "beyond belief?"

Well, you may be somewhat stunned to learn that all of this is now possible.....plus more!!

A handful of individuals in Australia and New Zealand are using combinations of the above mind-power techniques to improve their personal lifestyle dramatically.

But you won't hear these people talk about it, because it is an in-house secret.

The book you are about to read explains in detail how these extraordinary mental manipulations are achieved. The methods can be used by any open-minded individual of average intelligence.

All that is required is the ability and willingness to look at personal mind-power in a different way

and the dedication to practice these procedures, some of which can be learned in one night.

This manuscript is not a theoretical "mumbo-jumbo" document designed to merely titillate your interest, then leave you with no practical formula to follow. It is a hands-on instruction manual which has been developed by a group of serious businessmen in a dedicated research laboratory. It is designed to take you through the various mind-power disciplines step by step so that you can understand, learn and use them.

This might well turn out to be the most practical book on personal mind-power ever written.

WARNING: If for any reason you are nervous about exploring the full capabilities of your mind potential, then put this book down and walk away....it is not for you.

CHAPTER 1

The Hidden Secrets of Mind Power Technology

My name is Jim Francis.

I am about to explain the results of a research program that you might find astounding....or ridiculous....depending upon your own personal belief system.

What I would like to point out right at the start is that this project cost many hundreds of thousands of dollars and was funded by intelligent, serious business individuals. The only reason they kept the funds rolling for so many years was because the project was producing results.

Admittedly several of these people dropped out....they simply could not handle the implications of an individual being able to identify and change their own natural luck....and worse still.....intentionally influencing people and events to produce extraordinary windfall situations.

Another developed religious conflicts about our developing a fully working 6th sense intuition process, which could be learned by any average individual. He felt that the 6th sense should remain "mysterious" and should not be able to be evoked at will.

But the majority of the investors remained involved with us and in the final analysis were very glad they did.

Let me start at the beginning so you can understand how this research effort evolved.

As a child I slowly became aware that I had strange mental abilities which other children didn't appear to have. For a start, I was always finding money on the ground. The strange thing was dozens of people might have walked over this ground before me yet I was the only one to actually see the money. It was usually always coins, not paper money. I regularly found florins and half-crowns which, in those days, were the largest denomination coins in New Zealand in those days. A half-crown was 2 shillings and 6 pence and there were 20 shillings in a pound. I recall my father used to earn 7 pounds a week in those times so a half crown was a goodly sum of money for a youngster.

I used to go and stay with a couple of old spinster aunties during school holidays and this constant discovery of coins used to amaze them.

At one point I remember one of them commenting that I must be creating the money out of thin air.

This comment had quite a profound effect on me and I have remembered it all my adult life. It would explain a number of very unusual events that have happened over the past few years, whereby in a moment of quiet desperation material objects just seemed to have appeared....out of thin air. I will cover these later.

I also noticed as a youngster that I could influence the behaviour of adults to a degree that other children could not manage. It was almost as if I was using a mild form of hypnosis to influence older people. I eventually became fascinated with the subject of hypnosis and learnt to hypnotise my classmates when I was 13 years old. This almost got me expelled from the school. At the age of 18 I was an amateur stage hypnotist and was putting on shows all over the county in which I lived.

The usual procedure was to have 5-6 hypnotised subjects sitting on chairs on the stage. I would then give them either individual instructions or occasionally give them a mass instruction....such as "everyone stand up". Very occasionally the subjects would suddenly

stand up as I formed the instruction in my mind.....but just before I uttered it out loud. This happened often enough for me to realise that I was projecting my thoughts at these people....and they were receiving and reacting to it. The implications of this dawned on me slowly. It wasn't until I got into serious mind-power research that I recalled these incidents and started to work on the concept of remote influencing.

In 1985 I started a business which marketed the Australasian Lateral Thinking newsletter which produced creative concepts and taught its subscribers the protocol required to produce intuitive lateral concepts. I had personally been instructed in these by the creator of lateral thinking Dr.Edward DeBono.

Around about 1993 one of my staff members drew my attention to the research on psychokinetics and remote viewing that was being done by the PEAR laboratory at Princeton University. For some reason this struck a resonant chord with me and I decided to start a small research project to see if the applications of specific mind power techniques could be used by my newsletter subscribers.

The direction that this research took rather astounded us. We became involved not only in the investigation of PK (psychokinetics) and remote viewing, but also in remote influencing, altered consciousness and brain frequency states.

One thing more or less led to another.

At that point I decided to take a Silva Mind course then followed that by a trip to the Gateway program at the Monroe Institute in Virginia, U.S.A.

Both of these experiences combined to produce an awareness of what a human mind might be capable of.

But it wasn't until I flew from Australia to Las Vegas to do a basic remote viewing course with the well known remote viewer Angela Thompson Smith, that the penny dropped.

The human mind was capable of vastly more than even I ever suspected.

Then the results of the U.S.Government military remote viewing program became public knowledge. What this team of dedicated people at Ft. Meade had discovered was nothing short of incredible.

Basically after 20 odd years of experimentation they uncovered an extraordinary human potential ability which can be summed up as follows:

When a trained individual relaxes into a meditative state, then focuses his or her thoughts on a specific geographically distant target, they tend to mentally lock on to it, as if they were being reliably connected by a universal telephone exchange.

They can then "sense" information about this target with an accuracy that sometimes takes the breath away.

But that is nothing compared to what they subsequently discovered.

They found that they could also access the same target in the past or in the future. There is no time zone at all when retrieving psychic information.

But even more startling is the fact that they did not have to know what the target was. They had only to work off a random group of numbers that had been "mentally attached"

to that specific target by the tasker who had organised that particular remote viewing session.

That is, in the tasker's mind a specific group of numbers related only to the target in question.

The whole process was based on "Intent"

The remote viewer was then given that group of numbers....nothing else.....and usually managed to access the correct target. The "universal coordinates" provided as a group of mentally attached numbers was sufficient to tag that particular target, sometimes with unnerving accuracy.

The implications of this mental process are enormous.

Further, the remote viewer sometimes connected with the target so well that he or she felt they were actually at the scene. That is, they could feel the wind, detect the smells, sense the emotions, etc. This became known as "bilocation" whereby the remote viewer appeared to have most of his or her senses located at the actual site.

As this formerly secret military knowledge slowly became public, various groups of fascinated individuals started Internet newsgroups and around late 1997 several experienced individuals started giving remote viewing training.

My research group became involved with this field in late 1994 when there was no instructional material available. We carried out all sorts of experiments and concluded that it definitely worked, but was not consistent.

It was also during this time that we discovered that luck cycles appeared to be a personal psychokinetic events and we were able to develop methods not only to track these luck cycles, but under certain circumstances to enhance them.

Later chapters explain precisely how this is done.

This was all new knowledge. There appeared to be no one anywhere researching this field.

As our research efforts evolved we presented our findings in the form of written reports which were sold to our subscriber base. We found that our members had a very high interest level in our discoveries and we were able to sell enough reports over the years to partially finance our mental exploration program. Investor funds from various business people kept our working capital topped up.

We ascertained that there appeared to be a direct subconscious mental connection at all times between individuals and this explained why a friend might call on the telephone just as you were thinking of them.

Research at one overseas laboratory found that if you happen to start thinking intently about a distant individual, then under certain circumstances that individual's blood pressure will change measurably. This can only occur if a mental connection exists between the two parties.

Further, the military remote viewers found that if they had two or three remote viewers "working" the same target simultaneously then a "telepathic overlay" could occur,

whereby one of the remote viewers would erroneously described a target....and the other remote viewers would immediately described the exact same target...which happened to be the wrong target anyway.

We struck this problem in our own remote viewing experiments when we had several people working the same target at the same time. It was genuine proof that a telepathic connection can exist between individuals.

What I am saying here is that there is enough scattered evidence like this to indicate that not only are individuals in subconscious mental contact, but also under some circumstances they can establish conscious mental contact.

Any mother who has had a sudden strong intuitional hunch that her child is in danger will understand exactly what I am talking about. There is a direct mental connection between the sibling and its' mother. Under times of stress and dire necessity this mental connection "kicks in".

What the remote viewers have found is that there is no need for a "dire necessity" situation to be present. This natural mental ability can be evoked at will after suitable training.

There are rare individuals for whom this is a natural talent, but because it appears to be an inherent latent ability built into all of us then it is considered that the vast majority of people on this planet could learn this procedure.....providing they had the interest and the belief system.

Under normal circumstances when a remote viewer locks on to a target the input "signal" from the target is buried in mental background "noise". The procedures that have been developed tend to raise the strength of the signal above the noise level so it can be mentally processed and decoded.

Under situations of dire need the signal appears to automatically break through this noise threshold so that it appears as a strong "knowing" in the persons conscious mind.

Because of this inherent human ability to set up a conscious mental connection with another person...or group of people. Knowing this it becomes easy to see how, under the right circumstances, an individual can project a strong focussed thought which impinges upon the other person's subconscious mind and can be easily designed to influence their behaviour in a mild manner.

This is called Subjective Communication and is covered in a later chapter.

This process is probably the easiest of all mind-power techniques to learn and has been used by rank beginners with sometimes stunning success.

One of our lady subscribers had been trying to sell her house for two years with absolutely no luck. After the Subjective Communication process was explained to her she was totally stunned to find that it worked so well that she had her house under contract of sale within 5 days, at a higher price than she expected!

I have heard this literally dozens of times from people who had absolutely no knowledge of mind power, but who were open-minded enough to give it a try.

As our research progressed, I became fascinated with the potential ability of the mind to either influence, or share information with, both micro and macro systems.

The term "micro PK" refers to the apparent influence of the mind over atomic structures too small for the naked eye to detect. Macro PK refers to apparent psychokinetic events that can be observed visually.

The majority of recent experiments in this field have utilised an electronic device known as a random number generator or RNG. This device has also been referred to as a random event generator. This mechanism produces a series of rapid yes/no, or on/off pulses and can be likened to rapidly spinning a coin in the air, several thousand times a second, and seeing whether it comes down heads or tails. The random number generator can therefore be considered as a high speed electronic coin flipping mechanism.

A fair percentage of PK experiments are based on influencing the pulse output of this random number device in an attempt to produce either a higher than average number of "heads"...or alternatively a higher number of "tails".

I originally set out to build one of these devices but found problems in finding simple circuitry that produced truly random results.

Then during a trip to Las Vegas I picked up a book describing the inner workings of slot machines and realised that all slot machines have such circuitry all ready built in. In fact, the random on/off pulses are the very basis of the slot machine operation.

With this knowledge I decided to do a series of experiments using slot machines to see if PK could affect the outcome. I reasoned that if it could then the results would be immediately apparent in the form of winnings.

To say this was a success would be a gross understatement. Over the past 5 years I have personally won more than 130 individual jackpots on slot machines. Most of these were small but there were several larger ones that created a profound impact on my rather skeptical belief system. Details as to how this was achieved are covered in later chapters.

On one particular occasion I was sitting in a casino with a lady client. She had just undergone some remote viewing training and had a fairly open frame of mind, due to her remote viewing successes.

She asked if I could demonstrate how this PK influencing worked. Well, this was some challenge. Here I was sitting in front of a slot machine which had a \$310 jackpot available (it was a small 5 cent machine) and I was being asked to "put my money where my mouth was".

I did a really deep PK focus and mentally blasted a burst of energy at the machine. I put in a coin and stabbed the spin button. To her total surprise (but not entirely to mine) the five winning symbols appeared in one of the paylines and the jackpot light flashed on the machine. I had won this small jackpot. To say that this client was impressed was a minor understatement.

I concluded that my success in this case was due to the mental energy burst and also the necessity for a PK event to happen.

There were a couple of occasions when extraordinary PK events appeared to manifest themselves which reminded me of all those coins that mysteriously appeared when I was a child.

On one occasion I was playing slots in a large casino on one occasion and had the feeling that I was somewhat "divorced" from all that was going on around me. That is, I was aware that I was in a different consciousness state. The machines were paying me brilliantly and all of a sudden I won a \$3000 jackpot. I collected that and felt as if I was mentally floating on air.

I decided to take a rest for a while and went up to my hotel room in the casino to freshen up. I decided to change my trousers and shirt and returned to the casino. I converted a \$100 note into 100 single dollar coins at the cash cage and proceeded to play the same bank of machines. So there I was with a plastic bucket half full of coins ready to fire up again. I put 3 of these coins into a slot machine that "looked friendly" and stabbed the button. (These machines required three dollars a spin to cover all three of the payout lines effectively).

Bingo! Another \$800 jackpot on the third spin! As usual the machine locked up and couldn't be played until the attendant had processed the jackpot and released the machine for further play.

I pressed the call button which would attract one of the roving attendants and while I was waiting decided to light up a small cigar to celebrate. I had the packet of cigars in my shirt pocket but could not find my lighter. Suddenly I realised that I had left it in my other trousers.

There I was, with a cigarillo in my mouth, no lighter and I could not leave the machine to buy one. Worse still, as it was early morning there were no other players in sight that I could have borrowed a lighter off. My girlfriend at the time was standing near me and I commented that I had left my lighter upstairs. She looked at me strangely and said...."you've got a lighter on top of your coins". I looked down into the coin bucket which I was holding in my right hand and sure enough, there was a lighter. I picked it up and lit my cigarillo.

I was stunned. It was not my lighter. It was a very small ladies one and colored black. I don't buy black lighters as they camouflage themselves too well and can't easily be seen. Also I don't buy the small ones as they don't last long enough.

I looked around me to see where this object could have come from. I then asked my girlfriend if she had put it there as a practical joke. She looked somewhat offended and commented that I had probably materialised it as usual. I queried her on this comment and she said that since we had first met I always appeared to have things materialise just when I needed them the most.

This young lady was Chinese and had a deep inherent belief in mind events. I concluded there and then that this lighter had indeed materialised "out of thin air". In a discussion with my lady friend later it transpired that she had noticed this sort of thing happen often in my presence. She had always assumed that I was aware of these events but somehow they had escaped my notice.

The other PK event which really shook me to the core happened in yet another casino. It was early on a Sunday morning and I had converted a \$50 note into dollar coins. I was wandering around banks of \$1 machines putting a coin in here and there but having no payouts whatsoever. I must have been doing this for 30 minutes or so when suddenly a realisation hit that stopped me in my tracks. The coin bucket was as full as when I started play, yet I had had no wins at all and had not put any coins back into the bucket. I was extremely puzzled.

The bucket should have emptied itself within 8-10 minutes.

I continued to play and sure enough, within less than 10 minutes the bucket was empty. I went and had a coffee and ran all this through my mind. Maybe I had made a mistake and had bought another batch of coins. Maybe I had had a payout that had slipped my mind.

If so I couldn't remember either event and I put the whole thing down to one of life's mysteries.

Another such event happened during a trip up a beach in my new 4WD vehicle. I had topped the petrol tank up before driving onto the beach as petrol consumption can be quite severe if this tide was in and I had to travel on soft sand. I spent the morning travelling to the top of the beach and then as the tide came in decided to travel back to a spot I had selected as a nice place to camp overnight. However the 30 mile trip back was second gear most of the way due to the tide.

By the time I had reached the camping spot I was seriously low on petrol. The petrol gauge was on empty. I figured I didn't have enough fuel to get back to the gas station at the entrance to the beach. I went to sleep that night worrying about this fuel situation. When I started the car the next morning I was puzzled to see that the petrol gauge indicated a full tank. As it was a new car I figured the gauge was playing up. I knew I had used a full tank of gas the day before and quite stupidly had forgotten to bring a spare container of gas on the trip.

With some trepidation I started a slow fuel-saving trip back down the beach and to my utter relief made it to the gas station without the engine stopping.

I inserted the gas pump nozzle into my fuel tank and started pumping. To my total astonishment the tank accepted only \$4 worth of petrol....it should have accepted at least \$30 worth.

It was clearly obvious that the tank was indeed full.

Now this actually shook me very badly indeed. It is one thing to have a small cigarette lighter appear but a totally different thing to have a full tank of petrol materialise.

As I had been parked overnight by myself, with no other human being within a couple of miles, I had to discount the idea of some kind good Samaritan playing a prank on me. I suppose an airforce tanker aircraft could have quietly landed on the beach during the night and refueled my car, but if so I didn't notice it!

To this day, the episode remains a mystery and I shall leave it as such. I am simply not prepared to draw any conclusions.

Some time in 1996 I was invited to a "PK Party" in Menlo Park, California, run by an aeronautical engineer by the name of Jack Houcke. Now Jack has fairly impeccable credentials as a serious a serious high-tech aerospace scientist, so I decided to accept this invitation.

But I should point out that I was somewhat skeptical.

There were about 60 people present of whom some were obviously profound skeptics. The evening got underway with a preamble from Jack on what this was all about. One of the lady skeptics who was seated next to me, was interjecting with under-breath acidic comments and obviously thought the whole thing was a waste of her time. The procedure started and everyone produced their balls of mental energy and fed it into the spoon or fork they were holding. Within seconds there was a shriek from across the room. One of the younger participants had found his spoon significantly bending. Immediately after that there was a chorus of excited exclamations around the room as others had success. I personally had no success at that point. But the skeptical lady sitting next to me had her fork all curled up and bent sharply in several places. By the end of the evening a good 60% of the participants had successfully bent something and as for the lady skeptic....well.....she was sitting on the carpet with a dazed look on her face....surrounded by at least a dozen items she had bent by mind-power.

The whole evening has stuck in my mind as an exercise in developing a common-consciousness emotional event designed to trigger macro psychokinetic events. Since then I have been to several other PK parties, all highly successful. I attended one in Australia where of the 28 people present, 26 had success. One gentleman who was happy to admit that he was a professional skeptic (his wife had dragged him along) was so successful that he bent a thick iron bar to an acute angle. This bar was too strong to be bent even by maximum physical force over his knee....he had tried this earlier. The look on his face when this happened caused an hilarious uproar in the room. In talking to him afterwards he told me that he didn't actually believe what happened, but he didn't know how to explain it either. In fact, he didn't really want to discuss it at all. Like many others who are confronted with the unknown, he will probably block this experience out of his conscious memory and never refer to it again.

Another unusual event in a totally different area happened while I was doing the original remote viewing training course with Angela Thompson Smith in Las Vegas. Angela was doing an individual exercise with each of the participants which was designed to set up an altered consciousness scenario that gave the participant a glimpse of his or her previous lives. I was lying flat on the thick carpet with a pillow under my head and some sort of drumming sound was being played on the cassette player.

I was in a deep meditative state (somewhere in the theta brainwave range) and was being "talked" back in time by Angela.

I described what I could sense which was a moving image of myself leading a donkey across the sand toward a large pyramid shaped structure. A lady, presumably my wife, was following with her donkey. Suddenly without warning the ground opened beneath my feet and the donkey and I started to tumble. At this point my body jerked so violently it startled Angela and the other students and I was immediately wide awake, shaking and perspiring.

This had been a very real experience and almost verged on the "bilocation" phenomena that remote viewers talk about.

This experience convinced me that our past lives are accessible, providing the right information-retrieval technique is used. Others in this seminar had similar experiences but I had apparently produced the most dramatic reaction.

At another point I was doing a controlled remote viewing training course with U.S.A. ex military instructor Paul Smith.

Paul gave me a set of 8 numbers he had chosen at random to represent the remote viewing coordinates of a specific target. He had a picture of this target pinned up on a blackboard facing away from me, so I could not see it.

He asked me to commence the procedure following the Controlled remote Viewing protocol he had taught.

I sensed a wide open area and then a rock structure with an unusual shape. After a period of time this rock slowly transformed into a large rock archway through which people could walk.

I also developed a clear mental picture of some traditional Indians in the background, mounted on horses.

At this point Paul asked me to describe the surrounding scenery. I replied that I saw lots of cacti plants and that there was a large amount of pollen in the air. Suddenly I came out of my remote viewing state to a violent fit of sneezing. This went on for several minutes and I couldn't recall ever having had a sneezing attack like this.

When it was all over and Paul and I were able to discuss the reaction, it was concluded that I had remote viewed the correct target several hundred years in the past and had effectively bilocated to the point where the pollen in the atmosphere had severely effected my sinuses. Well, maybe I didn't actually bilocate, but my nostrils certainly did!

When remote viewing targets like this, it is important that "present time" be specified, otherwise the remote viewer can end up in the past or maybe even the future.

And the strange thing is that 5 years earlier, as a serious no-nonsense businessman, I would never have seriously entertained the idea of dabbling in psychokinetics or this new field of human awareness, called remote viewing. The whole lot sort of crept up on me. I guess my original background of hypnosis left a few mental channels open over the years. I'm very glad it did!

A whole new world of personal mental manipulation has opened up....something that would not have happened if I had retained my earlier skepticism.

The most important aspect of all this however, is that I have been able to use these "new found" mental abilities to enhance both my financial situation....and my lifestyle.

I can now remote view potential business decisions to see the likely outcome and find that these days there are few problems arising that cannot be handled, without all the stress and frustration that used to occur. Business orientated individuals reading this will easily recognise the significance of what they have read so far.

To round out this chapter I will now explain our research results on the human alpha/theta/delta states generally known as the "mind-awake-body-asleep" states.

ALPHA/THETA/DELTA RESEARCH

It is now generally accepted that the daydream, or alpha state opens up intuitive channels in the mind. Hunches and inspirations often come from this relaxed mind state. Under normal waking circumstances the brain tends to tick over in the wide-awake beta state which is an electrical frequency of 14 cycles per second and above.

When we mentally relax our dominant brain frequency can drop to between 7 and 13 cycles per second, which is regarded as the alpha state. This can happen while we are taking a shower, meditating, driving a car, etc.

Our research group explored this mind state and then proceeded to investigate the lower brain frequency range of theta, which is generally acknowledged as producing brain frequencies of 3-7 cycles per second.

Methods have been discovered whereby it is possible to intentionally induce this frequency range, while simultaneously maintaining a wide awake beta state. The human mind, after suitable training, can operate in both frequency bands at once. The theta condition is usually regarded as a light sleep state. While in this state, you can be lightly snoring but still have full consciousness of what is going on around you.

You might recall the odd occasion where you are lying in bed on a Sunday morning and having had a full night's sleep don't feel like moving. Maybe the sounds of rain on the roof have lulled you into a sleep/awake state and your muscles feel too relaxed to move. You are on the verge of sleep but are also alert and you probably feel delightfully relaxed. Under these conditions it is highly likely that you are in a mild theta state. So you can now understand why meditation enthusiasts are keen on developing the ability to induce this magical relaxed state at will.

Once this dual theta/beta mental condition is achieved the practitioner can use the conscious portion of their mind to give themselves deep mental reprogramming instructions. Rather like being your own hypnotist.

We experimented at length with theta and found it particularly effective while practicing remote viewing.

The lowest brain frequency state is the delta range. This basically covers from 3 cycles per second down to less than one cycle.

It actually took me 5 constant years of daily practice to be able to achieve a mind-awake-body-asleep state in the dual delta/beta range.

I used an expensive twin channel 5 electrode EEG machine to determine that I was predominantly operating at 2 cycles per second, which is about the middle of the delta range.

That was several years ago. Since then I have been doing experiments in very deep delta and a situation arose that was potentially quite dangerous. My health started to fail and various other side effects appeared. I suspected they might be caused by all the delta practice. I had a remote view done on my condition and I was told quite bluntly to take a long break from everything for several months, otherwise I might not be here to enjoy the rest of my natural life.

I took this warning seriously and apart from having a holiday, left delta practice entirely alone for 5 months.

The only drawback with the delta state is that when I come out of it I feel so incredibly alive that it is a definite encouragement to keep practicing it.

In the lowest ranges of delta it is difficult to move the body muscles and I have found that it is far easier to give my muscles a firm instruction to move, similar to a personal hypnotic command.

The problem is there is very little public data available about this state and as very few people have ever learned to access this dual delta/beta state, then feedback from other practitioners is generally not available.

The Monroe Institute, located in Faber, Virginia, has apparently been able to access this range but multiple differential audio trigger tones are required. That is, an audio/electronic aid is used.

The type of delta work we are doing requires no aids....merely the dedicated personal intent to achieve increasingly lower brain frequencies.

The ultimate aim here is to eventually install a self post-hypnotic command that will trigger this delta state directly from wide-awake beta.

We are starting to have some success in this direction.

However, I would like to caution my readers here and suggest that if you are experimenting with delta, you watch carefully for any signs of confusion, excessive tiredness or physical disorientation.

If any of these conditions appear, then give the process a rest for some weeks.

Some individuals hold the belief that a lowered brainwave state is the same as a shift in consciousness. This is, in general, incorrect.

If an EEG brainwave machine is attached to a subject who is then hypnotised, the machine often records no shift in brain frequency patterns.

The conclusion here is that lowered brain frequency states and shifts in consciousness are basically two different animals, but there will obviously be instances where a combination of both is present.

I would think that it will take our research group at least another 5 years to fully explore the delta state and even then we may find that we are only scratching the surface.

To sum up, the mind-awake-body-asleep state of alpha is fairly easy to learn. An instructional chapter later in this book explains how to make your own alpha inducing cassette tape.

The everyday advantages in being able to take a few quiet moments to drop to the alpha state will provide an instant recharge to your overstressed system and can make daily activities far more manageable. A brief 10 minute alpha session can have the same beneficial effect as a 45 minute nap. Also in the alpha state you are liable to get spontaneous answers to current problems.....sort of inspirational flashes. There is no danger at all in using alpha at will, because you usually drop into this state "accidentally" dozens of times a day.

The simple process of alpha tends to induce a feeling of serenity and most people find this sensation highly rewarding.

Alpha is a safe natural state....theta requires some caution as you can inadvertently reprogram yourself....and delta is highly experimental.

I had a classic example of how effective the alpha/theta state was during a mental communication exercise recently with Dolphins around the big Island of Hawaii.

A whole team of us were in the water trying to attract a shoal of these magnificent creatures. We were having no luck at all as they would not approach us. I was floating in the water with a face mask and snorkel, feeling totally relaxed. The sun's rays were reflecting off the white sandy bottom about 40 feet below and the effect was almost hypnotic. I did a simple mental exercise that quickly caused my brain waves to drop to the alpha/theta region. As I felt the familiar theta relaxation wash over my body I started "sending" a mental picture to a dolphin pod only just discernible near the bottom. A few seconds later I was jolted wide awake by the immediate presence of three of these beautiful adult creatures, plus a calf. They swam past, slowly circled then descended back to the bottom. I was so overawed I almost forgot I had an underwater camera but I managed to capture 3 quick close-up shots before they swam away. These pictures turned out beautifully and I shall treasure them as a classic example of direct mind-to-mind communication. This experience had a profound effect on me, as it would on any individual who was able to mentally communicate with another species. I'm told that dolphins are quite telepathic which would explain why they were able to receive my focussed picture. The act of sending thoughts telepathically falls under the technique known as Subjective Communication and you will learn how to use this mind communication technique later in this book.

Our research has uncovered just how useful some of these mind disciplines can be in everyday life and the following chapters are devoted to sharing this knowledge with you.

Several of the programs featured in this book require the reader to produce a simple cassette tape by reading a short script onto a tape machine or Dictaphone. This cassette is then normally played back at night after retiring to bed.

We discovered quite accidentally that if echo or reverberation is added to the tape then the message appears to have a more profound effect upon the mind. You might remember a situation where you were either woken from a sleep by a voice calling you or somebody spoke to you just as you were on the verge of sleep. On either occasion you may recall that the voice appeared to originate from far away, almost from the depths of a cavern. Your consciousness had trouble grasping on to this disturbance, as it appeared to reverberate up from a vast distance.

It is for this reason we think the human mind *equates a shift of consciousness with reverberation*, which is a deep smooth echo effect.

When you play a cassette message as you are drifting off to sleep any reverberation effect on the message appears to assist in the smooth transition of consciousness states. Our conclusion is that echo or reverberation on a message of this type is of considerable assistance in inducing an altered consciousness state. Details about how to achieve this echo effect are given in the appropriate chapters.

END OF CHAPTER #1 - the [Manual of Mind-Power Secrets](#)

Part of the Jim's friends Club leading-edge mindpower package

Details of this package are available at -

<http://www.mindtech.com.vu/Mind-Power.html>