

# The Psion's Handbook: Overview of Psionics

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July 24, 2004



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## Special Thanks

Without these people, this simply wouldn't be possible: Rainsong, annie, Jenny, Jesper, Wit, Robert Monroe, Robert Peterson.

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## Introduction

The word “Psion” is most well known in the Role-Playing world, but the term was originally coined while researching psychic abilities. In this context, it refers to a person who actively practices and uses these psychic abilities.

In an attempt to separate ourselves from the “New Age Psychic,” and “Witch, Warlock, and Wiccan” realms, we use the term Psionics to describe our studies. The main difference being - we don’t want to cast spells, invoke demons, talk to spirit guides, and basically change our whole religion just to learn psychic skills. While each Psion usually has their own religious understanding of the world, collectively we do not force our religious beliefs on one another. There are Christian Psions, Buddhist Psions, Atheist Psions, and all that other stuff in between.

Our basic beliefs are that psychic abilities are real, and that we should study them with an open mind, without religious overtones, much like an objective scientist. That’s not to say religion and Psionics are completely separate - a lot of us derive our beliefs from things we’ve experienced. But we realize that the best way to learn the truth is to openly investigate, avoiding the “this is the way things *should* be because that’s what my religion tells me” mentality.

I personally started practicing psychic abilities in February of 1999. I had seen a commercial for a movie with someone who could move objects with their mind (a skill known as Psychokinesis). Out of boredom I did a search on the Internet for information, and was surprised when I found that some people

actually performed Psychokinesis. At the time, I was overly skeptical, and claimed they were all delusional and suggested they see a psychiatrist. Eventually curiosity got the best of me, and I started practicing to see if I could get results. Prior to my first practice sessions, I had very minimal experience with psychic abilities; I was not born with any strange abilities, and I was pretty “normal” up until that point.

After training various skills for a little over a year, in May of 2000 I created an online organization called PsiPog (located at [www.psipog.net](http://www.psipog.net)). PsiPog stands for Psychic Students In Pursuit Of Guidance, and is currently my outlet for sharing experiences and training exercises with other Psions. I’m not the only one - we have many skilled authors sharing their ideas and techniques with the community. At the time of writing this, there are over 7,000 registered users, and we average over 900 unique hits a day.

On PsiPog, an author writes an article about a specific topic, and we post it online so everyone can access it. The main advantage of this system is that authors can focus on one topic in their article, and be very thorough. Over the years, we’ve accumulated a lot of articles on a wide range of psychic abilities.

The purpose of this document is to bring it all together. Articles are great for exploring one specific topic, but it’s hard to get the big picture without reading all the articles, and fitting the pieces together. At first this wasn’t hard, but now with over 60 articles, it’s become overwhelming for people new to Psionics.

The following pages should be read straight through the first time. After you have a general understanding of each skill, then go through again and skip to the parts that interest you.



## Philosophy of Psionics

Chances are if you're reading this, you don't care about the "philosophy" of Psionics, and just want to get to the cool stuff. Perhaps you've already skipped ahead, and only now are coming back to this section. Either way - you're in luck; there isn't much philosophy behind Psionics, and the few concepts that we all hold are pretty basic and easy to understand.

The fundamental idea is that weird things happen, and we should try to figure out how those weird things work. The skeptic might argue that these weird things are coincidence, or figments of our imagination - that's fine. It just might be but the only way to know is to investigate it. It does us no good to immediately dismiss it as crazy, and ignore any evidence that is presented. While I am open to the idea I might be crazy, I still come to the same conclusion: I must investigate, and try to figure things out. If my investigation leads me to believe it's coincidence, then so be it. More often than not, my investigation leads me to believe something legitimately weird happened.

The best way to investigate a weird experience is to reproduce it. Thinking back and relying on memory is shaky at best. Reproducing the experience over and over allows for more detailed analysis. So, the next logical jump is, how do you reproduce a seemingly random experience? Easy - practice. Well, easier said than done.

Psionic abilities are skills like everything else. On the baseball field, you might randomly swing your bat and hit a homerun. It's rare, but it is possible, and it does happen every once in a while. In the same

sense, in the real world, you might randomly do something, and predict an event. Looking at the isolated incident, you might argue coincidence. Much like you could argue that hitting the homerun was just luck. But the fact remains – there are people who hit more homeruns than others. And they get there by practicing.

Using the same analogy, does it make sense to restrict homeruns to people who are a specific religion? Hitting homeruns is a skill. Many people, with different faiths, have hit homeruns. Some people are better at it than others, some people train differently from others, but it comes down to: if you can swing a bat, you can hit a homerun.

While the physics behind Psionics is largely unknown, the only requirement seems to be a functional brain. If you can swing a bat, you can hit a homerun. If you can create a thought, you can learn Psionics.

For learning any skill, there are always groups of individuals who claim their method is the best. In reality, it depends on the person who is learning. There is no “best” way, and there is no solution that works for everyone. There is no special pill that will give you immediate success, or secret technique that “unlocks your hidden potential.” If you want to learn a skill, you have to practice, and you have to learn to adapt popular exercises to fit your specific needs.

Unfortunately, we aren’t hitting homeruns. The skill we have chosen to learn isn’t normal by today’s standards, and legitimate information on the subject is very hard to find. The literature on psychic abilities usually falls into four categories:

1. The author has no idea what they're talking about, and they're probably delusional.
2. The author is a liar and just looking to make some money/fame.
3. The author has legitimate abilities, but can't express himself or herself clearly.
4. The author has legitimate abilities, and can communicate clearly so we can learn from him or her.

The mass majority of books and websites on psychic abilities fall under the first three categories. This introduces a lot of problems. For one, if you're new, you can't tell what is useful information, and what is useless information. For those of us that are teachers, we have to put forth an effort to make beginners unlearn these myths and ineffective techniques. For the community, we are labeled as crazy because people typically associate psychic abilities with things that fall in the first three categories.

We might be in a bad position right now, but we're getting better. The fact remains: we have to figure it out. You can't turn your back on reality - it surrounds you.

Perhaps it's good that we don't have an abundance of information about Psionics. While it is frustrating not having all the answers, it is fun to be discovering something completely new and unknown. Since we are still in such an infant phase of learning, we aren't following someone else's path, we're creating our own. We are both scientist and subject. The body and mind is our laboratory - it's a very exciting time.

## What is Psi?

The technical definition of Psi is just a variable used to label the mechanism that allows Telepathy, Psychokinesis, and all those other weird things to happen. But what *is* it? No one knows what Psi is. That is a fact. Many people claim to have the answer, and many theories are floating around, but when it comes down to it: no one knows.

So why do we even have the term “Psi”? If no one knows what it is, then what’s the point of labeling it? Perhaps it doesn’t even exist?

Perhaps. But when you start doing the basic exercises, you begin to realize that something is there. The better you get, the more obvious this “something” is. Something is sticking out, and is enabling us to do some weird things. Perhaps it’s a mental crutch, or perhaps it’s a physical substance. Either way, we’ve all noticed *something*, so instead of saying “you know that weird thing we all feel,” we say “Psi” instead.

It’s important to keep in mind that no one knows what Psi is. We label it so we can pretend to understand it, and talk about it, but no one understands it completely. However, we do have some basic understanding of Psi, so that’s a start.

Psi seems to be a physical substance. It can be visible to the naked eye (though it’s usually not), so that would suggest it is something physical. More often, Psi is felt using touch, or using a sort of “sixth sense”.

Psi seems to be related to thoughts in some way or another. Or rather, Psi is influenced (and perhaps

created?\*) by thoughts. The more focus and intent in the thought, the better Psi reacts.

Psi is affected by distance, but distance does not dictate what Psi can and can't do. For example, a telepath might randomly receive thoughts from people directly around her. But the same telepath can contact someone on the opposite side of the world using Psi. If Psi has a limit to how far it can reach, then it's unknown - we don't try interplanetary communication because it can't be verified.

Using Psi will tire the body. Using Psi outside of the practitioner's skill level can produce anything from minor headaches to blackouts, and even death. (One analogy would be running. If you're in shape, and you run five miles every day, you can probably go ten miles one day and be ok. If you're a couch potato and smoke, and you try to run ten miles, you might pass out or die. Use common sense people.)

As you play around with Psi, you'll start to develop an intuitive understanding of it. You get a feel for it. Once you have a basic feel for it, you'll start to notice that some authors really have no clue what they're talking about. I've heard authors claim it was impossible to do things I would label as "rudimentary skills." If only they did some basic exercises instead of misleading everyone, they might learn something. On the other hand, I've heard authors claim it's easy to do things that even the most skilled Psion hasn't accomplished. A lot of people live in fantasy worlds,

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\* Not to say that Psi breaks the fundamental laws of Physics, and is created out of thin air. It clearly takes physical energy from the body to create and manipulate Psi. The specific translation from "thoughts" to "Psi" is unknown though.

and once you learn some basic skills, you start to notice how silly these things are.

Luckily, there are a lot of people who understand Psi on a basic level. It really isn't that hard to grasp as long as you practice regularly.

Psi is not fully understood, but we do know how to play with it. We can control it, move it around, and tell it to do things. We can perceive it with different senses, and we can verify it with third parties. We may not know the chemical compounds, and specific properties of it, but we know how to use it, and how to teach others to use it. So, without further ado, let's get into some exercises.

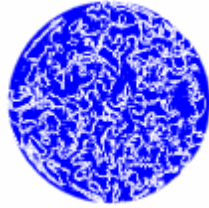
## Introducing Psi

Alright! We're finally through all the boring conceptual stuff. It's needed, and I hope everyone read through it in the previous chapters, but now we're ready for some physical activity.

One last paragraph before we jump into it. Safety first! Don't be stupid – if you feel pain, or you feel light headed, then stop what you're doing. Get a glass of water, eat a little, and perhaps take a nap. This isn't a race. Take your time and don't overdo it. It's better to practice one hour a day for a week, than practice seven hours in one day and kill yourself. This is a physical skill, and when you're new, your body is not used to it. It takes time to learn things, it takes time to figure it out, and it takes time to get better. You can't cram it all in at once and expect immediate results; if you do, you could do more harm than good.

Ok, now we're ready... right after I define one more word: visualize. Some people get caught up on what visualizing is. All you have to do is picture something in your head. For example, if I start to tell you a story, you might visualize the scenes in your head and follow along. It's very simple, and everyone does it all the time; so don't try to overcomplicate it. Visualization doesn't always have to be visual either. To make visualization stronger, use more senses – use sound, touch, smell, and even taste if you can figure out how. *Now* we can start.

**Exercise 1:** With your eyes open or closed, visualize a blue blob of electricity forming in your abdomen (right above your bellybutton). Visualize the blob spinning around, sending off sparks in random directions.



Use the above picture to help with your visualization. Picture the blue blob sparking with excitement, and try to “hear” the sparks. Keep this up for two to five minutes. Don’t be afraid to stop reading and try right now, I can wait.

While doing this, don’t be too aggressive. Relax, and take it slow. Breathe in and out, put on some mellow music (or turn off all distractions), and calm down.

After doing this a while, you might feel something. If you feel something, then good, chances are you’re getting it to work. I’ve instructed others to do this exercise before, and some of the words they used to describe it are “tingly”, “warmth”, “coldness”, “magnetic”, and “pressure.”

There is no right or wrong answer. As you can see, it’s ok to feel warmth, or it’s ok to feel coldness. This exercise is designed to get you to feel *something*.

What if you don’t feel anything? Don’t panic. Usually there are a few reasons why someone doesn’t feel anything. The most popular reason people don’t



feel anything is because they aren't looking for the right feeling. I'm not saying you should expect to feel a specific thing, but what can happen is that you feel something, but ignore it because "that's not it, it's something else." You screen your feelings, and you look for the "correct" feeling, while ignoring what you're actually feeling.

When teaching others, the most common problem is that they do feel *something*, but they have made the decision that "that wasn't it." If you're not feeling anything, double check and make sure you really aren't feeling anything. Perhaps you're just ignoring it.

If you genuinely think you aren't feeling anything, then that's ok too. My first suggestion is to try again. If it doesn't work, take a break, and try again. If after two or three days of practicing you still don't feel anything, then we need to make some adjustments. Please realize that it can take you a few days to get it. Do not assume that "well, if I did this for three days, I still wouldn't get it, so I'll try something new right now and save myself the trouble." Chances are if you practice, you'll get it. In the rare instance that you don't get it, then we can work on tweaking it a little bit. So please: take a few days and see if you feel something.

It is possible that you don't feel anything in a couple days of practice. This is rare, but it's not the end of the world. At this point, it means the exercise is not effective for you, and we have to create a specific exercise for your body and mind. Obviously I can only help you in a general level, since I'm not teaching you one on one.

What do you think Psi looks like? Do you think it looks like a blue blob of electricity? Perhaps something else makes more sense to you; maybe a green fog, or blue fire. A lot of people think of water. Whatever you think Psi looks like, try using that as your visualization. Focus your visualization around your abs, but don't use the blue blob of electricity image. Create your own image of what you think it should look like. Do something that makes sense to you, and try it for a couple of days.

If you haven't guessed by now, the feeling you get in your abs is Psi. Congratulations! It's fairly easy, and shouldn't take long to get it going.

## The Infamous Psi Ball

At this point, you can collect Psi in your abs and feel the weird sensation it makes. Once you can do that, the infamous Psi Ball isn't so mysterious. In fact, if you can get the Psi to pool in your abs, then you're half way there!

The Psi Ball is just as it sounds: it's a ball of Psi; similar to how a snowball is a ball of snow. Don't try to read too far into it; it's very simple. Take Psi, form it in a ball, and there you have it. Psi Balls are a specific kind of Construct, which we'll discuss in the next chapter. Constructs are much more useful, and after you learn how to make Constructs, you'll rarely make the Psi Ball variation.

So what are Psi Balls used for? Not much. Mainly they're used as a stepping-stone to other skills. To perform other skills, you have to be able to move Psi around, and tell it what to do. Psi Balls are a good way to learn how to do that.

**Exercise 2:** Start by pooling Psi in your abs, just as you did with Exercise 1 in the previous chapter. Take a few minutes to get a strong feeling in your abdomen, and keep your visualization strong. Now, you're going to add to your visualization. Do not stop pooling the Psi in your abs. Direct some Psi up your body using visualization. Picture some of the Psi moving up your body, into your chest area. (If the Psi irritates your chest, then stop what you're doing, and wait for further instructions.)

Keep pooling the Psi in your abs, but create a path for the Psi to move up your chest, and split down

each arm. Feel the Psi moving down your arms, and visualize it reaching your hands. Bring your hands close to each other, and let the Psi flow out of your hands, and into the space between your hands. Visualize the Psi flowing continuously from your abs, up your chest, through your arms, out of your hands, and into a ball. Visualize the ball spinning around, and collecting energy from your hands.



Use the above picture to help in visualization. Make sure you keep everything flowing smoothly the entire time, and you remain relaxed. If things don't work right away, getting angry and being forceful won't help. Breathe in and out, stay calm, and focus on what you're doing.

Do not expect the Psi Ball to be visible. If you keep practicing, it is possible to make them visible, but that takes *time* and *practice*. A lot of beginners ask me for help with Psi Balls, claiming that it isn't working. When I ask what they feel, they say they feel the ball, but it isn't visible. If you feel the ball, then you are doing it correctly. Visibility comes much further down

the road – do not expect it to be visible for at least a few months.

An alternative way is to direct the Psi outside of your abs, and directly in between your hands (instead of going up the chest, and out the arms). If the Psi irritates your chest, try this method instead. It's the same idea, except you visualize the Psi coming out of your abdomen, through the air, and forming a ball between your hands.

Chances are you won't get it the first time. Some people get it right away, some don't. It took me about a week to learn how to make one when I first started. I just kept practicing, and gradually I started to feel something. It can take you anywhere from one day to one month to learn how to make a Psi Ball. If you've honestly been making a solid effort for over a month, and you still haven't gotten it, try modifying the visualization. Read the next chapter on Constructs to get a better idea on how to do that.

This is not the only way to create a Psi Ball. In fact, you'll find that all Psionic skills have multiple techniques. The best way to get results is not to look for the perfect method; the best way is to come up with your own personal method that makes sense to you. You can do this by modifying a popular exercise, or creating one from scratch. Don't be afraid to try new ideas; the "right way" is the way that produces desired results. Therefore, your "right way" is probably not the same as someone else's "right way." Take some time and play with it.

## Constructs

So you've been playing with Psi Balls for a few days, and the novelty is starting to wear out. Sure, it's cool and exciting at first, but now what?

Psi Balls are a type of Construct. A Construct is defined as an object made out of Psi, programmed to perform a specific function. When you were making the Psi Ball, the object was a ball in your hands, and you were programming the Psi to "sit there in the shape of a ball."

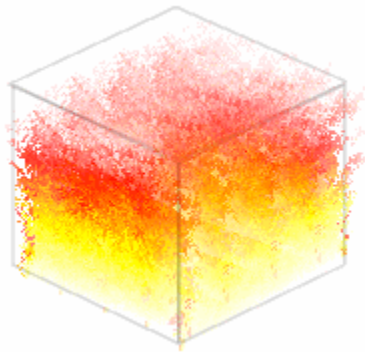
Programming is simply telling the Psi what to do. Do you want the Construct to follow someone around? Then program the Construct to "follow that person around." Do you want the Construct to be in the shape of a cube? Then program the Construct to "sit there in the shape of a cube." It sounds simple at first, but it can be very time consuming if you are programming the Construct to perform a complex action.

Programming can be accomplished in a lot of different ways. The most common way for a beginner to program a Construct is to use visualization. When you were visualizing the Psi spinning around between your hands shaped as a sphere, you were programming the Psi to hold a sphere shape. A ball.

As an example, try to make a warm Psi Cube. How would you go about making one? There is obviously no right answer. Here is what I would do.

**Exercise 3:** Start pooling the Psi in your abs like you did with Exercise 1. Instead of visualizing a blue blob of electricity, visualize red and yellow fire.

“Hear” the sparks and flames, and “smell” the smoke. Direct the fire out of your abdomen, and in through the air. As the fire moves through the air, visualize it flaming up randomly, and thriving on the air around it. Direct the fire into a cube shape in between your hands. Keep feeding the cube more fire, and see if you can feel the heat on your hands. See if you can feel the edges of the cube with your hands as well.



The above picture is what I would visualize to program my Construct. It's in the shape of a cube, and it has fire inside of it to give the idea of “warm.” You don't have to use fire - you can use anything you want that signifies “warm” to you. Try to be creative. As a last resort, you could even visualize the word “warm” over the Psi Cube.

It's important to figure out what you're going to program your Construct *before* you start creating it. You shouldn't be creating one, then think, “Hmm, well, do I want to do this? Or this?” Have it all planned out before hand, and once you're ready, then start creating and programming your Construct.

Most of the time, your Construct will have the following programmed into it:

1. Purpose
2. Shape
3. Texture
4. When it should terminate
5. Custom programming

The purpose would answer the question: what should the Construct do? Should it fly around the room? Should it monitor an object?

The shape is pretty self-explanatory. Is it a sphere? A hollow bubble? A cube?

The texture is how the Construct will feel, and/or interact with other objects. For example, you can create a solid Construct, a fuzzy Construct, a marshmallow Construct, etc.

You should always program a way to terminate the Construct some way. You can do a time limit, or a kill command, or both. I usually program my Constructs to “stay alive for one hour, or until I tell you to terminate.”

And lastly, you can add custom programming to any Construct. For example, if the Construct detects a telepathic link, it can be instructed to block the link, and alert you of the attempted telepathic link.

Programming takes skill. Just because you sit there and visualize it doesn't mean the programming will automatically hold. Start small, and work your way up – these things take *time* and *practice*. There's no other way around it.



# Shields

Now that you can program Constructs, learning how to Shield isn't hard at all. A Shield is just a specific kind of Construct.

Shields are used for defensive purposes. If you're new to Psionics, then Shields might not be useful right away. If you decide to learn Telepathy or Empathy, or any skill that involves receiving Psi, you'll need to know how to Shield.

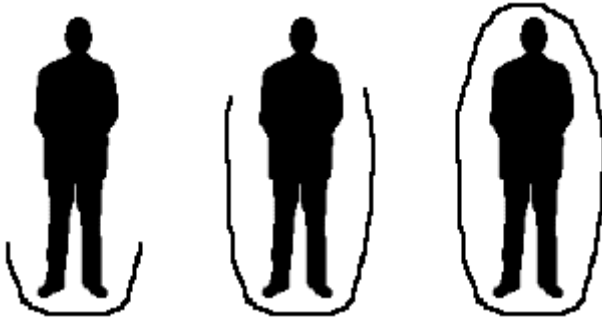
A Shield is a Construct placed around an object to filter or block incoming Psi. In some instances, Shields can be used to amplify Psi, but usually Shields are used to protect the practitioner from the outside world.

For example, if you were a sensitive Telepath, then you would be constantly bombarded by the thoughts of people around you. To block or filter these external thoughts, you would use a Shield. If your friend is also a Psion, and wants to connect with you Telepathically, you can set up a Shield to block his connection if you don't want him to bother you.

Learning to Shield isn't technically required to learn other skills, but it's good to know. If something goes wrong, it's nice to be able to throw up a quick Shield to help get things under control.

As mentioned above, Shields are a type of Construct. Shields can be put anywhere, but they're usually made around the Psion. The most basic Shield is the Bubble Shield.

**Exercise 4:** Go through your normal warm-up procedure, and then begin to construct the Bubble Shield. Visualize the walls of the Shield building up along the side of you, all around you. You can imagine the walls made of a thick plastic, or metal material. Program the Shield to hold its shape, and stay up for a day. Check to see if you can feel the Shield with your hands, and see if it really does stay up all day.



As with any Construct, you can program a Shield to behave a certain way. For example, you can create a Shield to block all incoming Telepathic connections, except when it's from certain people. You can make Shields that block psychic attacks, or amplify Telepathic signals. You can also layer multiple Shields to protect yourself more. Or you can Shield other objects, or another person. It's only limited by your skill and creativity.

The only way to get better is to practice. Are you noticing a pattern yet? Some people claim that I hold back secrets to how I became skilled in this stuff – there is no secret. I practiced, and I continue to practice. If you do the same, you'll be fluent with Shields in no time.

## Intermission

We've covered a lot of material so far. What you've read up to this point has just been an overview of the basic abilities of a Psion. Each chapter has simplified the general concepts, and given some introductory exercises and ideas. This is by no means a complete guide - such a document would be a hundred times in length, and unbearably painful to read.

The goal up until this point has been to introduce you to things *all* Psions practice (with very limited exceptions). If you talk to another Psion, they will know what Psi Balls, Constructs, and Shields are. They will know how to create them, and depending on their skill level, they can probably make each one without much trouble.

Psionics is not nearly this simple though. Now that you have an understanding of the rudimentary skills, it's time to talk about the more impressive skills. Of course, the harder skills are harder to learn - they require more practice and focus than basic Constructs. However, you will learn the more advanced skills better with this solid base. It is possible to learn the advanced skills without the base skills, but it is much harder.

Again, think of Psionics as any other skill. When you learn to play the piano, you don't learn Beethoven right away. You start with the basics, and you build on them. While it is possible for someone to learn one specific song through rigorous practice, in the long run it's better to focus on a strong foundation. The same is true with Psionics.

Unfortunately, a lot of people don't bother with the basics. They want impressive results as soon as possible, and they jump right into the advanced skills. Hell, I don't blame them; I did the same thing when I started out. If you do decide to ignore the basic skills, then don't be surprised when you can't get the more advanced skills to work. In my situation, I tried to learn Psychokinesis first. After a few weeks with no results, I finally conceded and tried Psi Balls instead.

My point being: take the time to learn the basics. They don't take long to learn, perhaps three to six months of consistent practice (which really isn't *that* long). And they help you out while you're learning the more advanced skills.

# Empathy

Empathy is the most common psychic skill. Most people that I talk to understand Empathy, and they have a “feel” for it, just from being a human being. Usually I don’t introduce people to Empathy, but rather I give them the term.

Empathy, in the Psionic world, is when you receive the emotions of other people psychically. More often, the emotions are relayed so the Psion actually feels the emotions himself. As you might imagine, it can make things confusing. For example, let’s say you walk by someone and feel really happy and hyper all of the sudden. Where is the emotion coming from? Do *you* feel happy and hyper, or did you pick it up from someone you walked by? In the same sense, Empaths can be sensitive to another’s depression. Or frustration.

Before you learn this skill, you need to honestly ask yourself if you truly want to learn it. I find Empathy useful ninety-nine percent of the time. But that other one percent really sucks. Depression can become amplified, and you can become overloaded with everyone’s emotions around you. At times, it’s possible to feel like you’re losing yourself. Personally, I have a very hard time in movie theaters and other emotionally charged groups.

If you experience Empathetic overload, the solution is simple: Shield. If you don’t know how to Shield, then do not learn Empathy. If you’re a victim of Empathy, and you need to get it under control, you need to Shield. Please see the earlier chapter on Shielding for more instructions.

Assuming you're still interested in Empathy after I've scared you a little, let's move on to the good side of Empathy. Personally, I have had Empathy for a few years. I am very happy I learned Empathy (and I'm *very* happy I learned how to Shield). I use it in almost every interaction I have with another being. I can use it to see if someone is mad at me, if they like me, if they're upset with me. I can see what their motivations are, if they're lying to me, if they're hiding something from me. I can tell when someone needs a hug, an insightful remark, or a smack in the face.

Empathy is related to Telepathy as well. At times, it feels like I can almost feel a person's emotions being translated to thoughts, and then into words. I can feel the way their mind works.

Empathy is one of the most useful skills I've learned. It comes with a price, but it has been worth it for me.

The best way to learn Empathy is to just open yourself up to it. Ask yourself, "What is John feeling?" Ponder the question for a few seconds, then wait for a feeling to arrive in yourself. When people around you talk, try to understand them instead of waiting for your turn. Look in their eyes and wait for a feeling.

It doesn't take much skill to get *something*. If you're saying to yourself "I already do this!" then you're getting the point. It is very rudimentary.

While I believe the above method is the most normal and "natural" way of learning Empathy, you can also take a more aggressive approach and use visualization like you have in the past.

**Exercise 5:** To receive emotions from someone, you'll need a Construct to transfer the emotions from the target to yourself. The Construct links you to your target, so we call this Construct a Link.

To create an Empathetic Link, visualize a red tube of Psi extending from your heart area and gently connecting with the target's heart area. When you feel your Link has been created, visualize the emotions of your target moving down the Link, and entering yourself. Be ready to perceive the emotions.



When you're trying to receive another's emotions, be sure to note what *you* are feeling before you begin. You don't want to mistake your own emotions for your target's emotions. The best way to do this is to quiet your own emotions, and remain in a passive and receptive state. Wait for the target's emotions to enter.

If you're practicing this exercise, be sure to get permission from the person you're trying to read. In fact, any time when you work with another person in Psionics, get permission. You don't want anyone messing around with you, and others don't want you messing around with them. So be polite.

If you have Shields up (you should!), then you want to make sure your Shields are programmed to

allow the emotions in. You can create a Shield to block all Empathetic information (which is useful when you don't want to be bombarded). In the same sense, if you have a Shield up that blocks the information, don't be surprised if you're not receiving information. Your Shield is just doing what you told it to do.

Depending on your skill level, you can create a Shield that blocks certain emotions, or people. You can block everyone except a few people you want to keep track of, or you can block one specific person who is bothering you.

Empathy can be troublesome, but if you learn to Shield correctly, you'll be able to handle the times where it gets a little out of control. It's one of the most useful skills, and it's actually pretty easy to learn and exercise.



# Telepathy

Telepathy is psychic communication between two minds. Surprisingly, a common question is if someone can practice Telepathy by himself or herself. The obvious answer is no - by pure definition. It requires *two* minds.

Telepathy is a very broad subject, and there are a lot of terms associated with it. The basic terms you'll need to know if you're just starting out are: Signature, Linking, Pinging, and Scanning.

A Signature is a feeling that identifies a being (usually your target). Common slangs are "Psi-Sig" or just plain "Sig." Think of it as a mental fingerprint. To get your target's Signature, just try to get a "feel" for them. The process is a little hard to describe - it's like you're writing a mental list of things that pinpoint that person. But not just what you see and notice about them, but how those things make you feel, and how they feel too. Bring all these collective feelings, descriptions, and things you use to identify them, and clump them together into one thought. That is the target's Sig.

Linking is a process that we covered in the previous chapter on Empathy. Take a stream of Psi, connect it from yourself to the target, and use it to send and receive information.

Pinging is slang for any short send, but it's generally used as a mental tap on the shoulder, or a simplified "hey" or grunt. Pinging is the most basic way to get another Telepath's attention. If you're skilled, you can get people who aren't sensitive to

respond to stronger Pings, but for the most part it's only used with other Telepaths.

**Exercise 6:** To Ping a target, first get their Psi-Sig. Extend a tube of Psi from your head and direct it towards your target using the Psi-Sig. Do not program the tube to connect with the target (like Linking), instead program the tube to bounce off, or brush up against the targets outer Shield. Program a simple message in the front of your tube, like “hey,” or just put in a little extra gentle push.



Don't be rude about it. Be polite and gentle. This basic form of communication is useful when you want to get your friends attention, and I personally use it when I want a friend to call me or get online so I can talk to them.

Scanning is used to receive basic information about your target. It's possible to receive very detailed information, but most people find basic Scanning an invasion of privacy, let alone deep Scanning. Basic Scanning can be achieved almost the same way you do a Ping in the above exercise. Instead of programming a “hey” on the end of your tube, program it to gather

information. Then pull the tube back, or read the information through the tube.

The most common use for Scanning for beginners is to check Shields. A great way to practice with a friend is to create different types of Shields, then scan each other and see what you pick up. For example, create a furry Shield, programmed to fuzz out. Try to see if your friend can scan and pick it up. If the scan isn't successful, it could be either that your Shielding ability isn't that well, or their Scanning ability isn't that well (or both). Practice makes perfect.

Actual communication using Telepathy is possible. It's possible to receive the thoughts of others, and sometimes Psions mistake a person's thoughts for what they really said. Conversations can become confusing at that point, and usually go along the lines of "How did you know that?" - "How did I know what?"

Receiving and Sending Telepathic information can be achieved by Linking with the target, and either pulling the information through the tube (Receiving), or pushing information through the tube (Sending). Start simple: try to send a short word or shape to your friend. See if they can receive it.

The most common game for beginners to practice Telepathy is Shapes and Colors. The sender picks a random shape and color from a list, and sends it to the target. The target tries to receive it, and see if the send was successful. For example, you can use the following list of shapes and colors: star, triangle, circle, square; red, blue, green, yellow. Pick a random combination (like a red triangle), and visualize the image in your head. Create the Link, and send the image down the Link to your target. If you want the

send to be stronger, you can send it down the Link multiple times in rhythm (this is called Pulse Sending).

If you're trying to receive an image, make sure you have a strong Link with the sender. Be prepared to receive an image, close your eyes, and wait for a feeling or impression to hit you. Go with your gut instinct.

After the practice session, don't forget to sever the Link. Sometimes this can be a task in itself - I find that visualizing imaginary scissors cutting the link, and watching it vaporize works for me. When the Link is gone, reprogram your Shield to block the Link until your next practice session, if you feel the need.

Telepathy is one of the largest fields in all of Psionics. As mentioned earlier, this document is meant only as an introduction; this is far from exhaustive. There has been a lot of research on Telepathy, and there is a lot of information out there - if you find this introduction interesting, I suggest reading more about the subject before trying anything advanced.

# Psychokinesis

Psychokinesis is the ability to affect physical matter using your will. There are only two forms of Psychokinesis: Micro-Psychokinesis, and Macro-Psychokinesis. I know a lot of people out there try to invent new skills by adding a random term plus “kinesis” at the end. This practice is regarded as silly by most Psions, simply because there is no difference between moving one piece of matter, as opposed to another piece of matter. It’s all matter. It’s the same skill.

Micro-Psychokinesis (Micro-PK) is affecting chance and probability. You can only see the influence of Micro-PK by using statistics. For example, if you flip a regular coin 1000 times, chances are it’ll land on heads 500 times, and tails 500 times. Using Micro-PK, you can shift these values to favor a certain side (e.g., 650 heads and 350 tails).

Macro-PK is more noticeable. You can slide an object across a table, levitate something in the air, bend silverware, or spin a piece of paper on a tack. The latter being the most common application among beginners.

Practicing Micro-PK is simple. Do something random, do it a lot, and measure your performance using math. An easy example of this is rolling a die, and trying to force a particular number. Before you begin, make sure you roll and record 100 (or more) random rolls. This way you can make sure the die is fair, and not off balance. This will give you something to compare to after you start practicing.

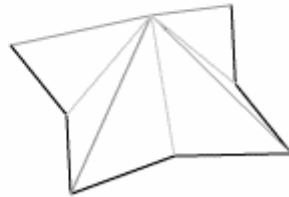
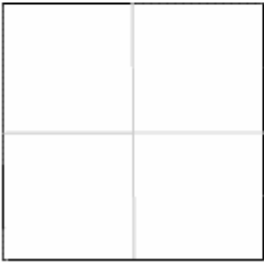
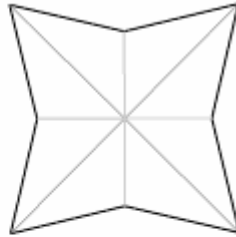
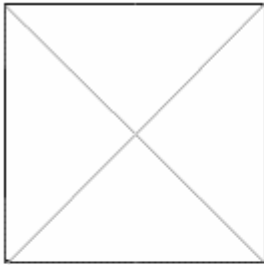
After you get the first 100 out of the way, you can start to try to influence it. Pick one number, and see if you can make it come up a lot. Visualization doesn't seem to work as well as "just doing it." Before each roll, just know that your number will come up. Have confidence, and focus on your goal. Don't get angry or upset at any time - remain open, calm, relaxed, and somewhat playful. It can be frustrating at first, so if you find yourself in a bad mood, take a break.

Macro-PK is awesome when it works, and hell when it doesn't. The most common mistake I see is that people expect results too quickly. One friend of mine took nine months, and I myself took over a year to get some solid results. Keep in mind - this is an advanced skill, and if you decide to skip all the basic skills and focus on this, don't be surprised if you never get any results. But is it possible to learn Macro-PK without learning the basics? Yes.

The most popular exercise, without a doubt, is the psiwheel/pinwheel. The psiwheel is a square piece of paper, folded into a pyramid shape, placed on a tack.



The device is made by first getting a square piece of paper (2 inches by 2 inches is good). Fold it diagonally both ways. Then flip the paper over, and fold it horizontally both ways. Take the sides and push them in a little bit, and it should take the form of a psiwheel.



Place your new toy on a thumbtack (or any sharp object pointing up), and you're ready to practice. The pinwheel is *very* sensitive to gusts of wind, or vibrations through the table, so you have to be very careful you don't move it by conventional means. Experiment with your environment and figure out what will make it move, and what won't make it move. Some people put containers over it to prevent wind

from interfering. Once you have a good understanding of your psiwheel's limitations, start practicing.

When you practice, you need to have full concentration on your goal. Don't think about random unrelated things, and remove all distractions. Breathe slowly, and relax (but don't breathe on the psiwheel).

**Exercise 7:** Focus. Relax. Remove all frustrations, and try to slow down your mind a little bit. After you're calm, try to "become one" with the object. You need to feel an understanding with the object. Feel connected to it. If you like, send some Psi at the object, and engulf it. Let the Psi pass through the object, and feel the Psi do this. Feel the object using Psi.

In the same sense that you send a command down your arm to move your fingers, think of sending a command through the Psi to move the object. Send the command, and trust that it will move. Just do it.

After you get good with the psiwheel, move onto different objects. Pocket lint is fun, or rolling pens. Moving an object floating in water works too. If you're having trouble with the psiwheel, try making one out of tinfoil. It will be a lot thinner and lighter, and easier to move. (It will also be a lot easier to breathe on, so be careful).

One more reminder: this is an advanced skill. It takes *time* and *practice*. Some people take months, others take years. Practice, practice, practice.



## Construct Flaring

We already know how to create and program Constructs. Flaring a Construct is when you make it visible to the naked eye. Flaring doesn't have many practical applications, but it still is very rewarding to do, and has a certain "cool"-factor.

Usually it seems that Constructs emit light (as opposed to reflecting light). For this reason, it's easier to notice flared Constructs in the dark. Personally, I usually see mine in normal lighting conditions, because I don't practice in the dark a lot.

I know everyone wants to see their Constructs. I know people who are new would give anything to make a visible Psi Ball. The cold hard truth is that it takes practice.

My suggestion is to go on about your practice as normal. Experiment with Constructs, play around with them, program them to do random things, and one day when you least suspect it you'll see one flare. It takes practice to flare them, so you might as well practice other things at the same time, and let the flare happen on its own.

If you're reading this chapter, however, chances are you want to practice flaring, and not something else while hoping it randomly flares. Fair enough.

**Exercise 8:** Start making a normal Psi Ball. Collect the Psi in your abdomen; shoot it out and through the air, into the space between your hands. The key to getting a flare is high density and high intensity. This does not mean you are physically

straining, but rather that you are collecting and moving a lot of Psi.

Spin the Psi between your hands, and keep adding Psi to it from your abs. Compress the Psi down, and keep it solid and dense. Compress it. Compress it some more. Add more Psi, then compress it even more. Visualize the Psi Ball spinning with large amounts of energy in it, almost like an unstable nuclear reactor. "Hear" the loud zipping and roaring noise. Visualize it becoming unstable, and erupting into a ball of light. And while you're doing that, keep adding more Psi, and keep compressing it down.

Add more. Then compress it. Keep going until you either achieve the flare, or tire.

Don't push yourself too hard - if you feel pain, stop. If you become too tired, stop. Would you rather practice safely, and accomplish your goal in a reasonable amount of time - or would you rather try to do it all at once, hurt yourself permanently, and never accomplish your goal? Be smart.

Flaring is not easy. I've been doing this stuff for over five years now, and I still can't do it 100%. I do find that some digital cameras can pick up on a small flare if you take pictures in the dark. Then take the digital image, and enhance it in a picture-editing program (like Paint Shop Pro, or Photoshop). Mess with the brightness, contrast, and gamma - you might see something that sticks out. To be more objective, you'll want to take some normal dark pictures to compare against (to make sure there aren't defects in your physical camera).

## Out of Body Experiences

Of all the weird things presented in Psionics, I believe Out of Body Experiences (OBEs) are by far the weirdest. You perceive your conscious mind leaving your physical body, and floating around outside of it. To give you an idea of how real it feels, I have “fallen” out of body while in bed, and thought that I physically fell out of my bed. Only until after I woke up, back in my physical body in bed, did I realize I had left my body. How strange is that?

Could it be a hallucination? Sure, I’m open to the suggestion. But the fact still remains: it is ignored by modern science. It is absolutely phenomenal, but completely ignored. Perhaps the most amazing attribute is that *anyone* can learn to do it, without drugs or other substances that produce hallucinations. (I would obviously recommend to never use drugs - if not for health reasons, at the very least for producing a false reality, i.e., delusional).

Could it be a dream? Not in the normal sense of the word, at least. The best evidence that I personally have experienced, that I can provide, is that when I leave my body, I have *always* 100% of the time been in the same environment as my body. I have had dreams where I dream of waking up, but I’ll “wake up” in my old bed in my old home. I have never had an OBE where I leave and find myself in a foreign location.

In fact, I have a tendency to have OBEs while visiting friends or relatives. I remember having OBEs in eight different locations. A few of them I was only physically visiting for one or two days (one of them being a hotel I was staying at for one night). This is

obviously not the case with dreams - I constantly dream of being in different locations than my physical body. At the time of writing this, I've had around 60 OBEs, and none of them were in a different location than my physical body.

To me, that suggests that they are something more than dreams. Add on top of that: they don't feel like dreams. It's hard for me to convey that without you experiencing it.

OBEs blow my mind. They really do. It took me six months of training every night before I had my first OBE. And my first OBE was on the first night I took a break from training. Looking back, I have no idea how I had such determination. I can remember sitting around during the day, actually waiting for it to be night, so I could try again.

They do take training. But hopefully with a little guidance, you can achieve one in less than six months.

The goal is to hover right on the awake/asleep border. You want to be at the point where if you relax one ounce more, you'll fall asleep. It's a very difficult state to reach and hold. The main problem is that you'll relax too much, and fall asleep. Then you'll wake up eight hours later, and kick yourself.

For this reason, I find it's easier to practice in the morning. Feel free to practice at night, but if you practice in the morning then you can fall asleep without too much down time. Instead of eight hours, you'll likely sleep 10-30 minutes. Then you can try again.

Set your alarm clock for two to three hours less sleep than you normally get. Wake up, go to the bathroom, think about how much you want to have an

OBE (perhaps read some OBE stories), then go back to bed and try it out.

**Exercise 9:** The first step is to get comfortable. Get in a nice comfortable position. I have OBEd in all different positions, so there doesn't seem to be a required position.

Now that you're comfortable, don't move your physical body for at least 10 minutes. At this point, I like to think about my day, what I plan on doing, how I want to deal with conflicts, etc. I get all that junk out of the way.

After your body has basically been bored into sleep, you'll want to start Progressive Relaxation. This means you go body part by body part, and relax it. Start at your feet, and think to your feet "It's time to relax, it's time to fall asleep, thanks for all your hard work today, but now it's time to just relax and fall asleep." Move up your legs, calves, knees, thighs, hips, genitals, abdomen, chest, back, shoulders, arms, elbows, wrists, hands, neck, and face. I personally have a little more trouble with my knees, back, and face, so I spend some extra time in those areas. I tend to tense my face up without realizing it, so I pay special attention to make sure I relax all my facial muscles. This process takes a while, perhaps 20 minutes. Do not rush it - it's not a race. Do it correctly. It takes however long it takes.

Now, if you thought that was hard, this part is going to be brutal. The next step is to get in that borderline state of awake/asleep. I accomplish this by thinking of nothing as long as I can. Any time a thought enters my mind, I set it aside and say "I'll

think about that later.” And I just remain in a state of not-thinking until something happens.

Nine times out of ten, that “something” is fall asleep. Oh well. But if you can hit it just right, and hold it there for just the right amount of time, you’ll have an OBE.

The key word for the entire process is: passive. You want to be passive. Passive means you don’t react to anything, you just accept it for what it is, and continue doing what you were doing (i.e., progressive relaxation, or thinking of nothing). You are going to experience some weird things – strange sounds, strange feelings, strange imagery – you have to remain passive. Do you hear someone calling your name, and feel poking in your stomach? “Oh, that’s nice, back to thinking of nothing.”

If you can pull it off, then good job.

Another way to have an OBE is through lucid dreaming. A lucid dream is a dream where you are aware that you are dreaming while still inside the dream. I personally have never done it this way, but it’s a popular method.

The method I currently use is very similar to the exercise I presented. Instead of trying to hit the OBE state from going from Awake to Asleep, I program my subconscious to alert me when I’m in the right state, when moving from Asleep to Awake. That way, I wake up in the correct state of mind. I do this by doing the previous exercise, but then adding an affirmation to help program my subconscious.

An affirmation is just something you tell yourself while in a trance. Your conscious and subconscious mind are very close while in a trance, so it’s good to take advantage of it. My personal

affirmation is fairly simple: "I will wake up when I'm in the correct state of mind to have an out of body experience."

Keep practicing, and keep trying. You will get it eventually; it just takes some time. After you have your first OBE, it will be worth it. Trust me.

## Until Next Time

Here we are, finally at the end. I hope this document serves its purpose – to provide the audience with an overview of Psionics, without getting too bogged down in the details of a specific skill.

One last issue to cover, before we finish it off: practicing. The most common theme in every chapter is that you must take the time and practice the exercises. Some exercises will work right away – but most won't. That doesn't mean something is wrong with the exercise, that just means you need to put in some effort.

When I try to help people one on one, my first question is always “How long have you been practicing?” A lot of people get discouraged and ask for help only after trying an exercise for a few days. Give an exercise a few weeks, if not a few months, before giving up on it. I know that it sucks to practice for a long time and never get results, but keep at it. Practice with friends, and help motivate each other.

On the other hand, practicing for seven hours in one day won't do you any good. A good practice session lasts about 30-45 minutes. Have one or two practice sessions a day, and be sure to have some days where you just relax and take a break. The logic behind practicing seven hours is that you'll learn more, and develop faster – but this logic is completely backwards. If you practice too much, you will over-exert your body, and possibly do damage which could take you *longer* to recover from. Trying to learn it quickly will actually hinder your progress. Take your time and do it right – it's not a race.



After you get some basic skills down, you can actually “practice” while walking around in normal life. I didn’t learn Empathy from practice sessions – I learned it from living my normal life, with some random exercises throughout the day. Use practice sessions to figure out a skill, then try to use your new skill throughout the day. As the days go by, you’ll just naturally get better.

Practice; put in some consistent effort over a long period of time.

With that said, you now have a basic understanding of most Psionic skills. Looking over it all, it does seem a little amazing and crazy. Creating spheres of energy, communicating with the mind, and moving objects with will power? Reality never changes to conform to our beliefs, so it’s important to remain open-minded and research without letting our assumptions get in the way. It’s a challenging task. I don’t claim to be 100% correct, in fact I’m probably closer to 0% than I am 100%. But this is how we learn things, and how we develop – ask questions, try new things, and look at the world around us without complaining about how things “should” be.

Don’t be afraid to break the rules. Don’t be afraid to break the rules modern science enforces on us, and while you’re at it, don’t be afraid to break the rules I’ve presented in this document. Reality will be the final judge on what is possible.

Thanks for reading. I wish you well on your Psionics endeavors, and I hope this document helps.

## Further Reading

So you want to learn more! Wonderful!

### Books

Journeys Out Of The Body by Robert Monroe.  
ISBN 0-385-00861-9.

You Are Psychic! The Free Soul Method by Pete A.  
Sanders, Jr. ISBN 0-684-85704-9.

The Complete Idiot's Guide to Being Psychic by Lynn  
Robinson, Lavonne Carlson-Finnerty.  
ISBN 0-028-62904-3.

The Psychic Energy Workbook: An Illustrated Course  
in Practical Psychic Skills by R. Michael Miller,  
Josephine M. Harper. ASIN 0-850-30529-2.

Altered States of Consciousness by Charles T. Tart.  
ASIN 0-062-50857-1.

Remote Viewing Secrets: A Handbook by Joseph  
McMoneagle. ISBN 1-571-74159-3.

## Online Resources

PsiPog: Psychic Students In Pursuit Of Guidance.  
<http://www.psipog.net//>

Active Psy. <http://www.psipog.net/activepsy/>

Rhine Research Center. <http://www.rhine.org/>

Institute of Noetic Sciences (IONS).  
<http://www.noetic.org/>

Princeton Engineering Anomalies Research (PEAR).  
<http://www.princeton.edu/~pear/>

Got Psi? <http://www.gotpsi.com/>

Fork You. <http://www.fork-you.com/>

Psionic Social Club (PSC).  
<http://www.psc-online.net/>

## Definition of Terms

**Affirmation** - A statement said repeatedly to imprint specific programming on the subconscious mind.

**Construct** - A group of Psi programmed to do something.

**Empathy** - Feeling another person's emotions through psychic means.

**Flaring** - Making a Construct visible to the naked eye.

**Link** - A Construct between two beings, with the intention of transferring information or Constructs.

**Macro-Psychokinesis (Macro-PK)** - Moving or bending objects using will power.

**Micro-Psychokinesis (Micro-PK)** - Affecting the outcome of random systems using will power.

**Out of Body Experience (OBE)** - An experience where the conscious mind is perceived to be outside of the physical body.

**Passive** - Receiving or subjected to an action without responding or initiating an action in return.

**Ping** - A short message sent Telepathically - usually a mental grunt or tap on the shoulder to get someone's attention.

**Programming** - The process of imprinting a list of instructions for a Construct to follow.

**Progressive Relaxation** - A technique used to relax the entire body by slowly relaxing each part.

**Psi** - An unknown substance. The mechanism allowing Psionics to work.

**Psion** - A person who practices Psionics.

**Psionics** - The study of psychic abilities.

**PsiPog** - An online organization aimed at providing realistic and reliable information about Psionics. Located at <http://www.psipog.net/>.

**Psi Ball** - A ball of Psi.

**Psi-Signature (Psi-Sig, Sig)** - A mental fingerprint of an individual, used for targeting a specific individual.

**Psi-Wheel/Pin-Wheel** - A pyramid shaped device, usually made from paper, used for practicing Macro-Psychokinesis.

**Psychokinesis (PK)** - Affecting physical matter using will power.

**Pulse Sending** - Sending Telepathic information repeatedly in rhythm, to amplify the signal.

**Sending** - The process of transferring information from one being to another, using Telepathy.

**Scan** - A Telepathic procedure to gather information about a target.

**Shapes and Colors** - A popular exercise for Telepathy, having one person send a colored shape, and another receive it.

**Shield** - A Construct designed to envelope an object or person, with the intention of filtering or blocking Psi.

**Skeptic** - A person who doesn't form an opinion until provided with enough information and evidence.

**Telepathy** - Communication between two minds by psychic means.

**Visualize** - Picture in your head, using one or more senses.