

*"Mind Force Meditation Mastery"*



# **M i n d P o r t a l**

*The Insider Secrets to Meditation, Remote Sensing,  
Viewing & Projecting (Astral Projection & Remote  
Viewing)*

**A Thomas Perhacs**

# M ind Portal: M ind Force M editation M astery

B y A .Thom as P erhacs

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## Introduction To Mind Portal

\*Parts of this manuscript were previously included in my first work on meditation, entitled "Mastery Through Meditation"

### From Mastery To Beyond

Mind Portal is a course designed to help you to take your meditation practices to the next level of proficiency. I have compiled the best concepts that I have learned over the years in meditation, remote sensing, viewing and other esoteric arts and have combined them with the *internal/ mind training* experience that I have learned from the internal chi arts from China and Japan.

When I write, I only keep the necessary information. Why write 10 pages, when something can be summed up with one word? My goal is to provide to you an excellent system of meditation to increase your sensitivity to produce unique skills. Mind Portal does just that....

Meditation is a way for you get more control of your time and life. By investing a small amount of time per day, you will be paid back many times over from the benefits to your health, relationships, and a better understanding of how your body, mind and spirit work.

**Meditation:** "A devotional exercise to plan or intend in the mind, or to contemplate".

When many people think of meditation they visualize a swami or monk sitting cross-legged on a pillow in deep contemplation of what the meaning of life is. Although this is accurate, what we are teaching is how to use meditation to create a more compelling future for your life. This includes combining actual physical and mental exercises designed to trigger positive results within the brain.

This type of training is geared toward creating a habit of continually putting good information into your computer (brain) so that you can go towards anything that you want. This mental training will build a muscle (if you will) within your brain that will make you mentally strong, just as you could be physically strong from physical activity.

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## Chapter 1: Disciplining The Power & Creating Good Habits

### Habits Determine Your Future

If You Change Your Habits, You Change Your Life, Forever

All success in life is based on habits. All problems or challenges that we have are based on (bad) habits. Habits are what we are, what we do, and why we do them.

Why do we eat too much?

Why do we smoke too much?

Why do we use too much bad language?

Why do we indulge in negative behavior such as drugs, alcohol, or other unhealthy lifestyle choices?

All things that we do, whether they are good or bad, are based on our habits.

Not all habits are bad, but virtually everything we do is based on habit: getting up for work; our workout routines (or lack thereof); our eating habits; our ability to be prepared for things; etceteras. Simply put: Everything we do is based on habit. Holding this maxim as true, it follows that...

**"If you can control your habits you can control your life"**

**D i s c i p l i n e + H a b i t s = C o n t r o l**

The only way you can really affect your habits is to create discipline. Well that sounds nice, but most people don't have any! Discipline is one of those dirty words, which most don't want to know.

Discipline can be learned and the most interesting thing is the way to become disciplined is to create a habit of discipline. You usually can't just jump into things, but what you can do is to break down the habit, so that it is bite sized, not huge for the person to do.

## 21 Days To Create a Habit

It only takes about 21 days to create a habit. That is why you see so many books that say learn \_\_\_\_\_ in 21 days. 21 days is the magic number if you will that you need to get through.

So if you need to lose 30 pounds in 3 months, it really is only 21 days from being accomplished. If you want to achieve "Mind Portal", then you have only 21 days to get that under control.

In essence, the first 21 days or 3 weeks is the most important time when you are looking to create a new habit or looking to unload an old one. This is important information that you need to internalize.

21 days and you got it!

21 one days and you own it!

Whatever the habit is, 21 days and you are that habit.

Of course, realize that bad or destructive habits can be built in 21 days as well; it is therefore important that you are consciously focusing on the positive and not the negative.

## Discipline The Power

When you can discipline yourself about anything, you become in total control of that activity. Discipline combined with habits gives you the foundation for long-term success. Discipline is the essence of what makes you successful. When



you have discipline it is the thing that separates those that will pay whatever price their goals and dreams demand.

By linking discipline with your habits, you will have the ingredients that very few people have. How many people will discipline themselves to do the things that are necessary for their chosen skill, profession, sport or undertaking? Very few do; if you make the decision to just do a little more than the average, you will achieve more than the average.

If you can discipline yourself to do a daily meditation that allows you relax your body and take your mind to a higher level of understanding, you will have more than most people could even imagine. This is a simple thing, a 20-minute investment per day that can pay you in terms of large amounts of satisfaction in all areas of your life.

If it seem like we are repeating some things over, we are. We are trying to get the point across that success in life is as simple as listening daily to a pre-programmed meditation tape that is a step by step blueprint for your life, a meditation program that you can update at any time as your goals are met.

## C o n t r o l l i n g Y o u r D e s t i n y T h r o u g h M e d i t a t i o n

When you create the habit of discipline, you are creating the control that is needed to reach your goals and objectives. The control is the meditation itself, which is a very simple way to direct yourself to your goals or any objectives that you want. It is enjoyable and will become something that you look forward to on a daily basis; it is not a task that you will dread and cause you to be unmotivated.

As you begin to relax your body and mind, you will truly realize that you control your life and that you are the captain of your own ship. As your mind expands and you get control of

your body and mind, you will be able to reach into higher levels of your consciousness, giving you a much different perspective on life than ever before.

## Programming The Mind For Success Through Meditation

The reason why meditation is so powerful in the process for success is that it is a controllable activity that requires little effort and can be duplicated by anyone. It does not require a specific ability or talent and can be learned very easily.

When you put your body in a meditative state, it is very similar to being in a hypnotic trance. When you are in a trance, the subliminal portion of the brain is more open to suggestions you introduce to it.

The key to any type of influencing to your brain, is you make the mind and body comfortable and relaxed enough that the concepts that you are introducing to it are accepted. Getting to a deeper state of relaxation allows your body and mind to relax, thus helping you to direct information and affirmations into the subliminal portion of the mind.

Understanding this, we are going to give you more techniques on how you can influence the mind.

**In order to influence the mind you need to do the following on a consistent basis:**

1. Get the body into a total state of relaxation;
2. Concentrate on going even deeper into that state;
3. Introduce the concepts of your goals and/or affirmations;
4. Visualize the outcomes of the goals with very specific mental images;

5. Always speak into existence- not what is, but what can be;
6. Always use the present tense for all affirmations. Example: I am a highly successful \_\_\_\_\_(fill in the blank for what you want);
7. Focus on these daily.

When the body is relaxed, your mind can better receive any instructions that you send to it. By getting the body into a deeper level of relaxation, you can deliver the instructions for your success in Life.

### Everyone Is "Brain Washed"

"Brain washed" is really not a good word in most people's minds. However, anytime we are influenced in a very strong manner, and that influence sinks into our subconscious minds, it is a form of brain washing.

A better term would be "b r a i n i n f l u e n c i n g", in that you are being influenced by a certain group, person or doctrine.

The positive way to look at this is to realize that you have the ability to control what influences you. You can control all external and internal influences that you have in your life. Make the decision to decide how you are going to be influenced. You decide whom you associate with; you decide what television or movies you watch. Keep this in mind and you will realize that you always had the control of your life.

1. Television
2. Commercials & Advertisements
3. Our Parents, Colleagues, Companies

## You Can Control Your Programming

By setting up a program that is specifically tailored by you for your own goals

and objectives, you will maintain a level comfort and control in your life that most people never have. The “true you” is what you believe to be true about yourself, whether it is “true” or not at the time. Through meditation, you can influence yourself to become the person that you want to be.

When programming a computer, it is the computer operator that controls the data which is put into the computer.

The types of input you introduce to your brain is totally up to you. If you put bad information into the computer, you will get bad information out of the computer. It is the old "R e a p w h a t y o u s o w".

The goal is to put in the things that are going to affect us in a positive way, not a negative one. This is a very central idea and is why affirmations and autosuggestion work so well.

## Chapter 2: Meditative Postures & Control

### Structure of Meditation

There are many different postures that you can use for your meditations. The most common posture is sitting cross-legged on the floor with a pillow.

Although this is what most people recognize as meditation, it may not be the right posture for everyone. The key is to be flexible and use what works best for YOU, not what someone else may dictate to you. Here are some postures and their advantages/disadvantages.

- **Lying Down:** This is the posture that we recommend to start with as it allows your body to relax the easiest. The downside in the beginning is that some people complain that they fall asleep when they lay down. You can correct this by teaching your body how to relax and refocus your mind for the meditation process instead of sleeping;
- **Sitting in a Chair:** This is recommended second to the lying down posture. You sit in a chair with your back straight, hands resting on your knees or lap. The chair is a good method to learn how to relax as we spend a lot of time sitting in chairs and you want to get to the point where you can relax your body at any time;
- **Sitting with legs crossed:** This is the vision of the swami or monk sitting cross-legged on a pillow. We only recommend this when you can sufficiently relax the body down by sitting in a chair or lying down. For most people, to sit this way for 20 minutes or more would be uncomfortable, but if you can truly relax in this position, by all means do so.

- **Standing** : This is primarily for energy development (See SPC-USA's Chi Power Training course) and is not an option within this course. When you stand, you are putting stress on the body. When you can stand for 20 minutes and relax the body in a stressful situation, you will gain a different kind of relaxation- the ability to relax while under stress.

## Musical Considerations

If you meditate with music, make sure that it is something that is soothing and will put your mind and body in a relaxed state not a stressful or negative one. Music has a lot more power than most would think, so it is very important to select your meditation music wisely.

Using a light piano or natural sound usually works better than lyrics, since you will be making suggestions to your subconscious mind throughout the process.

## Keeping Distractions To The Minimal

When meditating, it is important that you keep distractions to a minimum. If possible, isolate yourself from distractions. Some people like to get up early in the morning to do their meditation as they find fewer distractions at that time.

Other people like to do it at night before they go to sleep. Any time is fine. What you may want to do is experiment and see what time works best for you and your life's schedule.

Sometimes, depending on your situation, you may find that you need to go somewhere to do your meditation. Some people will go to a park or the beach to get away. This can be a good way to separate your self from the normal distractions of life, but also could prove harder to control.

The key to any meditation is to do it consistently. Find a place that you can do your meditation and keep it minimized with distractions.

## Keeping The Bladder Empty

Keeping the bladder empty is a key to any type of meditation program. This is an important thing to keep in mind, but many have never been told. When the bladder is full, your body will not be able to relax as well as when it is empty. When the body is fully and completely relaxed, you will be able to better get the results for which you are looking.

## Relaxed Belly Breathing

Relaxed belly breathing or chi breathing is when you focus your breathing within your stomach. Most people breathe more through their chest than through the belly. This is due to stress.

Babies always breathe through the efficiency of belly breathing, but as we get older and stress starts to take a hold of us, we start to move our breathing higher up into the chest. The key is to always do your breathing in a relaxed manner.

When you inhale your stomach should go out slightly and when you exhale the belly should go in. This is Chi Breathing or relaxed belly breathing.

## Meditation Clothes

Your body puts of an energy wave called Chi. Every culture has an understanding of this kind of energy, but with different names. The basic understanding is that we are essentially beings comprised of [bio-electromagnetic] energy.

As you do your meditation sessions, you are going to create an aura of the person that you want to be. By doing this it will positively affect all areas of your life. This includes the clothes that you wear while you are training.

The best types of clothes to wear are clothes that are natural fibers, such as 100% cotton. When you wear the same clothes during your sessions, the positive energy that you are putting off will actually attach itself to the clothes.

After a time they will become "chi clothes". You will also notice the energy of the room as well as the chair or bed that you are using in your training to have a specific energy feel to it as well.

## Visualizing What You Desire

Anytime you are meditating, you want to use positive visualization of the things that you want to achieve. When you can visual something, you can get the mental picture that you will need in order to turn your goals and dreams into realities.

Visualizing what you want is very powerful; when combined with autosuggestion and affirmations, it is a super charged method of helping you to reach your goals and objectives.

When you can see, through your mind's eye, the exact thing that you want to accomplish, you will start to manifest that in the physical world. This may take a little while to get under your control, as you will have to practice daily to get the techniques of relaxation down to create the mental results you are trying to achieve. That is the importance of including affirmations and visualization in your daily meditations.

we want and to get rid of those we don't. You will be able to focus better on several areas at once due to the powerful affirmations that you will use to reach your objectives. You can set these affirmations for any area of your life, such as:

- Getting in Shape or Losing Weight;
- Working out Regularly;
- Maintaining Focus
- Personal/Business Goals



## The Structure of Meditation

The structure of the meditation is very important. You must have a format to follow in the beginning so that your body can relax; this will aid you in trusting yourself to go even deeper into the meditative state. You will receive in depth instructions on how you can get to the meditative state.

The following are good guidelines to follow when putting together a personalized meditation session. The concepts are standard, but the words should be your own, so that you will talk to yourself in your normal tones and inflections. The outline also gives several options, so see which ones you like and implement them into your meditation program.

1. Relax the body down (always concentrate on making arms, legs and eyes heavy):

- Each body part at a time (toes, arch, ankles, calf, knees, etc) causing them to start to feel heavy;
- General Message- "My legs are getting heavy, my arms are getting heavy", etc.;
- Your Total body- "My entire body is going into a complete state of relaxation".

2. Breathe Deeply from the belly:

- Take in a deep breath and hold it; exhale slowly, releasing all anxieties, problems and concerns;
- Relax your body deeper with each exhale.

3. Countdown from 10 to 1:

- Relaxing the body even deeper on each count;
- Sometimes go from 25 to 1 or for shorter times 3 to 1.

4. Feel the body relax & get heavy, like floating on a cloud:

- Feel the body getting warmer and more comfortable;
- "My body is getting so relaxed that I can no longer feel it".

5. Keep telling your body to relax deeper and deeper:

- "My mind is at ease, my thoughts do not wander; I am more and more relaxed."

6. Picture yourself going deeper into yourself:

- Your body falling;
- Your body rising;
- Experiment with both.

7. Affirmations & specific instructions of what you want (choose and create affirmations that are specific to you):

- I am relaxed and in control at all times;
- I am bold and confident;
- I am in the process of becoming the person I desire to be.
- I am a positive influence on everyone I come in contact with.

8. Different Modes that you can do while meditating:

- Visualization of Goals (actual visualizing them as being real and already happening);
- Go to a specific place in your mind to relax you more (the beach, the woods, space);

- A private workshop within your mind to work out challenges or situations you are facing;
- Total Blank (Thinking about nothing- Mind is blank);
- Healing a specific ailment that you or a loved one has.

**9. Give final instruction when you emerge from the meditation:**

- I will feel refreshed as if sleeping for several hours;
- I will focus more strongly on affirmations;
- I will succeed and have a successful day - "I believe in the perfect outcome of every situation in my life".

The key to this entire process is getting the body to relax down as much as possible. Keep telling your body to "relax down". Sometimes you may need to speak to each body part several times until it begins to relax down. Relaxation is what is going to give you the results that you want.

## Chapter 3: Going Deeper Into Meditation

### M editate for 20 -30 M inutes Per Day

You must build up the habit of doing your meditations for a minimum of 20 minutes per day. These 20 minutes will start to be a focal point to the beginning of your day or the completion of your day. Of course, as you get into the practice of doing your meditation, you can increase it to 30 minutes per session or you can do two sessions per day. Some people may even get up to an hour of meditation per day based on their needs and acceptance of the practice.

As you start to follow through on this new habit, you will soon discover that this habit is transferable to other areas of your life. The key to creating success in life is to make a habit of the things we want and to get rid of those we don't. You will be able to focus better on several areas at once due to the powerful affirmations that you will use to reach your objectives. You can set these affirmations for any area of your life, such as:

- Getting in Shape or Losing Weight;
- Working out Regularly;
- Maintaining Focus

### Strength of Concentration - Getting In to a Trance Like State

The idea of increasing the strength of your concentration is vital for this process to work. When your strength of concentration is focused, you begin to enter into a "trance like" state, where you can manipulate what you are trying to achieve.

When we can get to this trance like state, we start to access the higher portions of our brain, giving deeper access to the subliminal portion of the mind. This allows you get your affirmations deeply imbedded into your being.

You put yourself in a trance like state every time you watch TV, or drive a car. Trance like states are akin to these almost automatic responses.

The reason advertisers put subliminal messages on TV or magazine ads are to influence your deeper mind. If advertisers can do this (and they don't even know you), think how much more effective you can be if you program your mind to lead you to the things in life that you want?

**Y o u c a n i n c r e a s e y o u r s t r e n g t h o f c o n c e n t r a t i o n b y a l s o d o i n g t h e f o l l o w i n g :**

- Gazing at a candle;
- Staring at hypnotic charts (which we can supply);
- Focusing on a single object;
- Putting your mind towards a "Singleness of Purpose".

## Chapter 4: Spiritual Travel

### Third Eye Focusing

Many people that study meditative practices become aware of the 3<sup>rd</sup> Eye or Pineal Gland that is within the inside of the head. The 3<sup>rd</sup> eye is the area between your eyebrows and is considered the psychic center of your body. The pineal gland is situated behind the 3<sup>rd</sup> eye, closer to the middle of the inside of your skull.

Being that this is a psychic center, the 3<sup>rd</sup> eye can be activated through your meditative practices. The key to opening up this center is to get your body to totally relax down and get into a deep state of meditation.

The functioning of the 3<sup>rd</sup> eye is responsible for greater levels of knowledge and spiritual understanding. Although some may open the 3<sup>rd</sup> eye in a relatively short amount of time, it may take others years to get this under control. With this type of knowledge comes the responsibility that accompanies all gifts and talents.

To open this area up, start to view the 3<sup>rd</sup> eye while you are doing your meditation. Again this can take a long period of time, so be patient and learn to relax down.

Just remember that your 3<sup>rd</sup> eye will open when you least expect it and also while you are not really trying. Some practitioners have been known to experience strange side effects and experiences when the 3<sup>rd</sup> eye opens.

#### Exercise: Focusing on the 3<sup>rd</sup> Eye Opening

Step #1: Get into a relaxed meditative position

Step #2: Use relaxation methods to calm the body down

Step #3: Still the mind by deep breathing

Step #4: With the mind stilled and the body relaxed start to view the area between your eyebrows, the 3<sup>rd</sup> eye

Step #5: Stay focused on that point and maintain the relaxation

## Out of Body Experiences & Lucid Dreaming

As you get deeper into meditation, you may start to experience many different strange feelings and occurrences. This could be a thing such as Out of Body Experiences (OBE), déjà vu (recognizing a place or situation that you have never experienced before) and Lucid Dreaming (where the dream is very realistic and you are in total control).

Once you realize that during your sleep, your spirit will generally leave your body, a lot of these things won't seem as strange. We really are spiritual beings living in a shell called our body. Our body is really carrying around our spirit and is no more significant than your car getting you from point A to point B. Every religion or religious experience recognizes this fact and you can find a plethora of information backing up these concepts.

The OBE is when you have full recognition of the spirit leaving the body and going somewhere else. Many that have done this have traveled to a friend's house, another country or another world. Again, your spirit can travel anywhere that your mind can see it traveling to.

Some think that this goes against some religious doctrine, but in reality, it actually confirms a lot (if not all) of religious doctrine from: Christianity; Judaism; Islam; Hinduism; and other religions of the world. Don't fear; remember that God is in control at all times.

When you lucid dream, you are actually controlling the circumstances of the dream sequence. From my experience, I feel the Lucid Dream is more of an OBE, that you remember as a dream. In most cases, you will wake up and have a very vivid remembrance of a dream. This dream however will feel more like a memory of an experience rather than a random dream.

One key to remembering Lucid Dreams or experiences is to focus on your hands. If you can visually see your hands while in this dream state, you can actually control the action taking place in this state.

Also keep in mind, when in the dream state, your body is not bound by the limitations of the physical world, so condition yourself to experience some of the following:

- Walking Through Walls
- Flying
- Breathing Under Water
- Travelling Through Space
- Being Invisible

When you condition your mind to create and produce these types of scenarios, it will respond by helping you to experience concepts that while inside of your physical body seem impossible.

## Astral Projection

### Some Keys to Getting Your Spirit Out

- The ability to relax your body 100% and stay lucid.
- You have to shift your consciousness to a point outside of your physical body.



- Build up and control your mental energy & chi to relax into the projection without either falling asleep or allowing the spirit to pop back into the body.

### Some Unique Ways to Get Outside of Your Body

- Imagine yourself climbing a ladder or rope
- Imagine yourself as a point of light floating on top of water in a rapidly filling tank. Your task is to exit through a tiny hole in the roof of the tank
- Imagine a mirror image of yourself twenty to thirty feet behind you. See yourself moving backwards towards it.
- Start by imagining your energy hands being able to lift out of your body and pull and move your chi to your legs and other parts of your body.
- See a mirror image of yourself in front of you and slowly merge towards it.
- Breath through the pores of your body until there is no more recognition of the physical body.
- While sitting in a chair, imagine a horizontal bar above your line of sight. Push yourself to see over it with your spirit body only. Hold your breath in when you get a sensation of rising.
- Tighten the muscles in your feet and hands, then contract your entire body and see yourself falling in your minds eye (3<sup>rd</sup> eye)
- Feel yourself being in a whirlpool of energy moving clockwise. Feel yourself being sucked down through the vortex of the whirlpool. Feel the sensations of contraction then expansion of the spirit body.
- Imagine being taken and carried on the crest of a big wave (like a surfer).
- See and feel a point of light energy a couple of feet in front of you. Feel it slowly approach. When it reaches

you, blend in with the and become part of the light energy.

- In a sitting posture, see a mirror image of yourself directly in front of you. Repeat your name over and over until it becomes almost unrecognizable. Then imagine, feel and see the person as the real you.
- Focus on the 3<sup>rd</sup> eye and feel the vibration after a while. See the darkness.
- Then see the little speck of light through the darkness and go towards it. As you get closer to the light, the darkness will fade and you can exit the body.
- Focus your body as a full and complete energy body. As it begins to resonate higher, begin to feel your spirit start to step out, pull out or jump out of your physical shell (body).

Keep in mind that you will need to try each of these techniques to see which ones will work best for you. No one can determine which ones will work best for you.

Each of these techniques contains a method that absolutely works. Apply these methods with the meditation CD/MP3 that comes with the Mind Portal course, and you will have a very good set of strategies to enable you to get these concepts to work for you.

## Themes For Travelling

These mental training methods are very valuable in order to get the body relaxed and accepting of getting the mind to be aware of feelings outside of the body from a spiritual sense. Use each one and see which one is the easiest for your body and mind to adapt to. You may find several combined work as well.

1. Floating
2. Rising up and down
3. Sinking

4. Space, woods, beach
5. Stepping out of the body
6. Climbing out with a ladder or rope

## Chapter 5: Remote Sensing, Viewing & Influencing

### Tapping Into Your Subconscious Mind

*The process of producing information that accurately describes a person, place, event or object while being in a totally different place, is referred to as "Remote Viewing".*

As you become more aware and comfortable with your body and mind, you will start to be able to control the energies and new sensations within your body and mind. One of the most unique skills is to be able to sense things remotely by tapping into the powers of your subconscious mind.

How this differs from actually releasing the spirit as in an OBE or Astral Travel, Remote Viewing does not require you leaving your body (although many Remote Viewers do).

Remote Viewing or Sensing is more along the lines of you seeing into your Third Eye like it is a computer or TV monitor and you are extracting information via this method.

The subconscious knows everything that you have done and everything that you will know or do! This is an interesting concept, but unfortunately most people will never harness the ability to tap into it.

By consistently doing your meditation, you can gain the ability to tap into that reservoir of knowledge. Remote sensing is how you can sense things at a distance. By relaxing down you can start to pick things up at a distance.

Maybe start out by just seeing into the next room and then expanding from there. You can also start to feel things in the room without even touching them. Again, like everything we are

doing here, it is a process and may work right away for some while others may require years to develop these skills. You can do anything that your mind can conceive.

Remote influencing is the idea that you can influence someone from a distance. By focusing your mental powers, you can send energy out to influence people in a positive way or to help them overcome sickness or problems.

Again, the mind is your link to doing all of these things. Sometimes when you do these things, the subjects will even feel your presence. Have you ever picked up the phone, knowing who was on the other line? That is the subconscious giving you a glimpse of what can be.

## Remote Viewing Projects

Once you learn how to tap into the subconscious part of the mind and begin the process of remote viewing, you will be able to accurately predict certain occurrences. Such as the following

1. Describe people, places and things
2. Produce informational leads
3. Reconstruct events
4. Decision making made easier
5. Making predictions

## Some Keys To Remote Viewing

When looking to Remote View or any types of Advanced Meditative Practices, the key is to relax and don't make things too complicated. The more complicated and involved you make things, the more of a chance you will not get them to work.

- Having your own protocol
- Physical relaxation & focus

- Centering yourself and stilling the mind
- Slowing down body responses
- Reducing Sensory input and processes
- Increased awareness of internal processes such as dreams and fantasy. Knowing the difference between imagination and reality
- Centering yourself and stilling the mind
- Realization that time is an illusion

## Remote Viewing With a Partner

Many of the top Remote Viewers conduct their remote viewing sessions with a partner, who acts as a control for the information on where the Remote Viewing is taking place.

There are several different ways to look at this and I will do my best to describe them to you.

The first aspect, is when a partner has a project target in a closed envelope for you to locate. This target can be anything. It can be a person, place or thing. It could even be something in the room you are in.

The partner will let you know if it is a person, place or thing so that you can start to narrow down what it is you are viewing. This will take a lot of concentration and practice to become proficient at this.

The second aspect of this would be where you know exactly where you are going. You are using the partner to allow you to stay focused on what you are viewing. In my experience, it is good to use a partner as well as conduct solo target practice, so you can learn by yourself.

Anytime you can get a partner involved, you will be able to have a higher rate of success. Many times, you can even get a partner involved in the OBE and Astral Projection methods as well.

## Practice Every Day

Remote Viewing, like any developed skill takes a lot of "Flight Time". Some are natural Remote Viewers, but most of us come to this type of training without a natural ability.

The best way to get these concepts to work, is to devote 30 minutes or more per day working on specific techniques. Do not get discouraged because your mind relies on your belief factor in order to get these types of powerful techniques to work for you...

If everyone was able to do this, it would not be such a special talent, wouldn't you agree?

When I was actively pursuing my training in OBE's and Remote Viewing, I often times practiced several times per day, at different times of the day, to try and catch my body when it could get to the right state of relaxation.

In some cases, I would begin meditating at 12 midnight and see if I could get out then, while still being lucid. Some times I fell asleep, other times I achieved an outcome I was looking for.

## More Important Keys

Stay focused on your training and look at this like any other type of training you are doing for a prescribed outcome.

1. Don't get disappointed if it doesn't happen immediately
2. Talk to your body to keep relaxing down more (this is a form of self hypnosis)
3. Vary your training and use different methods and techniques
4. Don't always expect something to happen - Just relax (In the beginning, you will get out more when you least expect it than when you do.)

## Chapter 6 Creating Personal Magnetism

### Creating Magnetism With Your Energy

You can create a magnetism that will attract others to you by harnessing the energy that you put off; send this bio-electromagnetic energy out in a pattern that will cause everyone you meet to want to know you.

Have you ever seen someone with a very magnetic personality? They don't necessarily have to look attractive either; they just have to have that quality that makes people want to be around them.

When you make people feel good when they are around you, you will create a synergistic effect for all around you. Always keep a positive attitude.

Always compliment people when you meet them. Always have something good to say.

When you act this way, you instantly separate yourself from 95% of most people out there. Most people are attracted to people who treat them nice, with respect and are generally interested in them as people.

Be the type of person that lifts people up and you will notice that you will always have a personal magnetism that will attract others to you.

Creating a personal magnetism could take a little while, but like everything else in this course you, must work on it. Be objective about your weaknesses and then work on them. The more you can find the flaws in your personality or how you deal with people, the more you will get an understanding of how you can attract others to you.

Once you can attract people to you, then you can start to influence people. Remember that there are three reasons why people will be attracted to you and will be influenced by you: Knowledge; Affection; Trust.

- ü **They Know You:** As you get to know people, you will become more of an influence in their life;
- ü **They Like You:** When people like you, they will begin to be more and more influenced by you based on your past experiences with them;
- ü **They Trust You:** People will begin to trust you based on the reliable persona that you give. As such, you will influence them more.

When you meet people, you should allow them the opportunity to get to know you by sharing things about your life to which they will relate. As you relate personal information to them, they will then realize that you are very much like them, and as such, they will start to trust you.

Once people feel like they know you and like you, they will start to trust you. These are three important things to remember as you are working on your personal magnetic power over people.

## Creating Voice Energy & Power

Your voice is a powerful tool that you can use for the benefit of others. You can build up an energy voice that will project more than just the words that you say...

Your voice alone can project any other emotion or concept that you want to reveal to a person.



The different types of tones that you use on someone determine a large part the reaction you get from the person. If you are angry and yell at someone, what kind of result can you expect back?

Just by changing the tone of your voice you can control situations. If someone is angry with you, lower your voice and speak very softly. This will make their anger subside, as people can only be angry with someone who is being angry back with them. By changing the tone of your voice you can then control the conversation.

By deepening your voice and speaking from far back in your throat, you will cause a great amount of energy to come forth with your words. Your words should be spoken very measured and precise to get the desired results. The more precise and confident that you are will determine your results of what you are trying to get across to your subject.

When you speak bold and confidently and add a powerful energy to it, people will naturally listen to you more as they will feel the energy that you project. Be careful with your power voice, as it could contain too much energy, if you use it in an uncontrolled fashion.

This is why you should only speak with words that encourage or make people feel good. We all may sometimes use an expletive, but this should be an exception not the rule of how you speak. How you speak and the words you use let people know the type of individual you are. Use language and the power of chi wisely.

## Chapter 7: Self Image Programming

This should be done into your computer or a tape recorder so you can hear the strength and power of your own voice. Remember that you can use the following meditations with your own affirmations and goals. You can also use any type of visualization that you like as well. You may also focus on your third eye or work on your remote sensing and out of body skills as well.

### Relax Down # 1

*"I am lying down, eyes closed, relaxed... My arms and legs are flexible... I am quite relaxed... Nothing can distract me... I am quite calm... I let myself be drawn along. I am breathing slowly, regularly... I am feeling quite well... A pleasant peacefulness envelops my body"*

*"I will take a deep breath and while exhaling will exhale all tension, stress and negativity in my life. It will go away and I will feel refreshed and energized."*

*"Now, I am concentrating on my facial muscles... My cheek muscles are growing heavy, totally relaxed. My jaw muscles are totally relaxing down... I am relaxing the muscles in my forehead and they are getting quite heavy... My entire face is relaxing down. My eye lids are heavy... Heavier and heavier... My eyes are hermetically closed... I can no longer open them... I no longer want to... My neck muscles are now relaxing down, I feel a comfort and relaxation throughout my head and neck... Now I am concentrating on my torso, including*

my chest, back, stomach and all of my internal organs. These areas are now relaxing down... My entire torso is relaxed... Feels heavy as if being drawn downward... My arms are growing heavy... They are drawn downward... This heaviness prevades my arms more and more... More and more... Now, my arms are as heavy as lead. I am concentrating on my legs... I am quite calm... I clearly feel them growing heavy... More and more... Now, my legs are quite heavy. As heavy as lead. I let myself sink more and more into this wonderful feeling of relaxation and heaviness... I am more and more relaxed... More and more relaxed”

“With each exhale my body goes deeper and deeper into this state of relaxation and heaviness. I will now teach my body to relax down even more... I will count down from 3-1 and I will get more relaxed with each count... I will go deeper with each count.

3... .. I am going ten times deeper than the moment before;

2... .. I am going twenty times deeper than the moment before;

1... .. I am going one hundred times deeper than the moment before.

“Nothing can distract me... I hear only my voice... I feel myself sinking still more, more and more deeply into this feeling of peace... I feel quite well... I am sinking deeper and deeper... More and more.”

“Every cell, in every part of my body, has now risen to a higher state of power... Is glowing like a high-energy dynamo... Is giving off magnetism and chi that turns others irresistibly

*towards me... That pulls what I want and what I need out of my surroundings.*

*"My body is now surrounded by this invisible field of physical magnetism and chi... It never tires... It never dims... It is always there to protect me... To draw to me what I want... I have the self-confidence I have always dreamed of... I can now make my dreams become my realities... I have the power to do this because God has blessed me with this power..."*

§ *I have to **ta**l faith and **be**lie f in my **ab**ility to **con**tro l **a**ll areas in my **l**ife, based on the power w **ith** which God has **b**lessed me;*

§ *I am **d**iscip lined & stay focused on my **g**oals;*

§ *I am **r**elaxed and in **con**tro l **a**t a **l**l times;*

§ *I am a **p**ositive **in**fluence on everyone w **ith** whom I come in **con**tact;*

§ *I **e**xpect success every day;*

§ *I am **b**old and **con**fid ent;*

§ *I **k**ee p my **th**ough ts pure and good, and **chan**ne l my energy in to **cre**ative, w **or**th w **h**ile **ac**tions;*

§ *M y m **in**d is **s**trong and I **a**chieve a **l**l of my **g**oals and **ob**jectives on **ti**me.*

*“I will use this power wisely... It will help others at the same time it helps me... I will do no harm with it... It is too great to misuse... I will employ it for good only... For my good... and for the good of the world...”*

*“When I come out of this state of relaxation I will feel as if I have been sleeping for several hours, fully refreshed and ready to take on any challenges and activities that the day holds.”*

## Relax Down #2

*“Now I will gently begin to relax my body. I will breathe as if deep sleeping. I am lying down, relaxing my body down. My stomach extends with each inhaled breath. I relax deeper on each exhale. I will concentrate my thoughts. I mentally visualize each muscle as it relaxes.”*

*I breathe through my belly in a slow relaxed breathing rhythm. Do not force the breath. Breathe continuously feel my belly, rhythmically, as if sleeping. Each muscle will now learn to relax.”*

*“Now, relax the big toe of my left foot. Speak to it if necessary. Relax the big toe of the right foot. Go deeper with each exhale. Left toes, relax. Right toes relax. Left arch, relax. Right arch, relax. Left heel, relax. Right heel, relax. Go deeper with each exhale. Left ankle, relax. Right ankle, relax. Left calf, relax. Right calf, relax. Go deeper with each exhale.”*

*“Remember to speak out loud to any part that does not cooperate. Left knee, relax. Right knee, relax. Left thigh, relax. Right thigh, relax. Buttocks, relax. Abdominal muscles, relax. Lower back, relax. Upper back, relax. Chest, relax. Go deeper with each exhale and speak to any part that does not stay relaxed.”*

*“Neck, relax. Cheeks, relax. Left eye, relax. Right eye, relax. Entire head, relax. Left shoulder, relax. Right shoulder, relax. Left upper arm, relax. Right upper arm, relax. Left elbow, relax. Right elbow, relax. Go deeper with each exhale. Left forearm, relax. Right forearm, relax. Left wrist, relax. Right wrist, relax. Left hand, relax. Right hand, relax. Left fingers, relax. Right fingers, relax. Left thumb, relax. Right thumb, relax. My entire body should now be completely relaxed. Remember to speak to any part which may have tensed again”.*

*“My total body is relaxed; with each exhale I go deeper. I will now concentrate on the goals and objectives that I want to achieve. I will focus on the positive results that I want to achieve in all areas of my life. When I am done with this, I will awaken from this state and feel refreshed, as though I have been sleeping for several hours.”*

## Creating Your Own Meditations

I have laid out the basic concepts and methods for the meditations, but keep in mind, you can modify them at any time using any of the pieces to customize it to fit your specific and individual needs. This is the uniqueness of this. These two relax down sessions are guidelines only and act as a way for you to begin the process...

## Chapter 8 : F inal C onsiderations

### Your Journey of a Lifetime Begins Here

Take the wonderful concepts you have learned in this manuscript and use them . Knowledge that is learned and is not used is a waste...

Once you begin to see the value these techniques will provide you will become very excited to the outcomes you will be able to achieve .

Stay focused and be persistent and you will be able to get these concepts to work for you .

It took me many years to hone down the knowledge and skills contained in here , so keep doing the meditations daily to create a habit of success .

The exercises and meditations were specifically structured to enable you to get results quickly as long as you do them .

I wish you the best of luck and drop me a line and let me know how you like this .

Respectfully ,

A.Thomas Perhacs

Updated Edition

March 2008

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## C ontact

A . Thom as Perhacs

P O Box 9516

H am ilton, New Jersey 08650

609-528-0607