

## *Ways to Practice Psychokinesis (Mind over Matter)*

**Spoon bending.** Take a cheap spoon (don't ruin your mother's best silver) and hold it by the end of the handle. Make sure it is one that you "like." Then, either focus on a memory with strong emotional content, or have a playful, party-like atmosphere. Imagine energy running from your body into your hand and up into the spoon handle. It may help to order the spoon to bend. Every once in awhile, test the spoon to see if it has softened. Don't use force. It may suddenly give way and become easy to twist and bend.

**Energy wheels.** Energy wheels are easy to make. Start with a 3 or 4 inch square of paper (or other light material). Adding decorations to the sides makes it easier to see movement and adds some fun to it. Cut the square out and fold it crosswise where the diagonal black lines are to make a tent-like shape. Balance the paper



over something with a pointed tip, like a needle inserted in base, such as wax. Place your hands on either side of the wheel and try to feel one with your target. Visualize it spinning. It may move jerkily at first, but be patient, and remember the "do's" inside this sheet.

## *Psychokinesis (PK) Do's and Don'ts*

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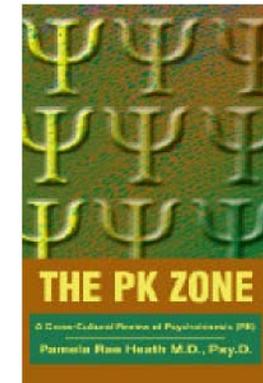
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(Psychokinesis is mind over matter)

## ***Psychokinesis (PK): Do's***

- Do** understand that PK involves being part of a transcendent process. Be a participant in the experience instead of trying to control it.
- Do** become aware of subtle differences in your state of consciousness and note what works best for you.
- Do** let yourself feel connected to something outside of you—whether a person, animal, object, or even the universe itself.
- Do** dissociate. Let go of your ego identity as an individual.
- Do** suspend the intellect. Put it on hold while doing PK.
- Do** let yourself concentrate on something—whether a person, object, idea, or strong emotion. Focus on it until you are no longer aware of anything else.
- Do** PK when feeling energized or upbeat.
- Do** be playful. Have fun with it!
- Do** be open to the idea that PK is possible, and *you* can do it.
- Do** accept information that comes as a sense of “knowing.” Let your intuition guide you.
- Do** care about succeeding, but not to the point that you feel like to have to control things.
- Do** trust the process. If this proves impossible, allow yourself to become distracted from the target or deliberately shift your attention away from whatever you are trying to affect.

## ***Psychokinesis (PK): Don'ts***

- Don't** try to make things happen. Trying to force things in a controlling way blocks PK. Instead, let yourself become a part of the process.
- Don't** use mind-altering drugs. They tend to scatter focus and can sometimes have undesirable side effects (triggering paranoid psychosis or attracting negative entities).
- Don't** try to connect to something or someone that you instinctively dislike. It won't work.
- Don't** let your ego get in the way of things.
- Don't** try to think about what you or others around you are doing. Playing the scientist blocks things. PK works best if you suspend the rational, analyzing part of the mind. You can play the skeptic after the experience.
- Don't** worry about how to get your result. All you have to do is know what you want to happen.
- Don't** try to do PK when you are tired.
- Don't** get frustrated if PK doesn't happen right away. It only makes things worse.
- Don't** try to do PK in hostile situations. It activates your ego and defense mechanisms.
- Don't** worry about what will happen, either during or after the experience. Let events (and their outcome) take care of themselves.