

INTRODUCTION

The oldest historical report on ESP, or of a parapsychological phenomenon in general, seems to be Joseph's interpretation of precognitive dreams (Genesis, 37 and 41) which date back to around 1700 BC. Many 'miracles' of Moses (before 1200 BC) remind us of the use of suggestion and hypnosis which, as we know can activate parapsychological powers (changing a rod into a serpent, or water into blood - Exodus 4).

Do some people actually have these powers called ESP? Can some 'read' the minds of others, or see into the future, or move objects without touching them? The answer, without any doubt, is yes. Scientific experiments have proven that ESP is a fact. But scientists have not yet explained how ESP works - or why it works.

Further, many now ask "Why do some people have greater ESP ability than others?" Or, such things as "Do animals have ESP?" Can ESP help explore the subconscious? The questions remain unanswered. Perhaps, with some of the models and theories presented in this book, we will discover that ESP is the key to a whole new understanding of ourselves, or of mankind itself.

The study of Extra Sensory Perception has nothing whatsoever to do with any religious or spiritual movement. It is, in the strictest sense, a totally new aspect of science. It is a way of cataloging events and knowledge beyond the realm of chance and the probable.

In ancient times a clear distinction was made between 'technical' (or orinal) divination on the one side, and 'natural' (or intuitive) divination on the other. It is interesting to note that Aristotle, whose philosophy and scholarship thoroughly influenced the thinking of people for thousands of years after his death, rejected nominal divination not as a divine intervention but as an innate capacity of the human mind.

There are two criteria that must both be fulfilled by every genuine ESP experience:

1. The experience must bring some valid information (knowledge) about the external worlds, and
2. The information must be received through a channel which is different from the body's five senses and the intellect.

In contrast to 'technical' sensory perception, ESP has some strange features. It's observed occurrences indicate that its behavior is independent of the physical variables of the situation. It can operate over extremely long distances, through opaque screens, and (what is most puzzling) also across time.

ESP signals can apparently cross the barrier of time and travel in time towards the past or toward the future. This is why ESP makes it possible for us to learn directly of events in the future and in the past. No known energetic signals can do that.

An element of chance plays a big part in the test results. With five choices, it is perfectly normal for a person to get 2 answers out of 10 correct - by the law of averages. To get “significance,” however, several ‘test runs’ are often used to confirm or prove a person’s ESP ability. People tend to relax after a “first test,” and those who are relaxed often get much better results than those who are tense.

Few people have ESP power all of the time. However, a large number of us have ‘flashes’ of ESP. Some call it second sight - or intuition. But the scientific phrase for this is Extra Sensory Perception, or ESP. Children have greater ability with ESP than adults. Why? This is probably because they have fewer inhibitions. Nobody, however, knows the real answers.

Some people have greater ability to send a mental message. Others are superior receivers. It is important to test all of these factors as the primary part of any ESP test session. People who believe in ESP will have better results than people who don’t believe. People who are tired, or easily distracted, will get lower than average ESP test results.

Generally speaking, the longer a person’s attention span, the greater their ability with ESP. This book offers a model which works. Using this system of guided images and protocols, anyone’s ability can be improved to more than 400% in less than two weeks. This is equally true of the high-testing psychic, to the average person exhibiting normal chance probability in guessing.

The book first discusses some conceptual models developed, based on studies and other empirical data. With a questionnaire, it then offers a subjective method for testing large groups of people. Then clinical tests methods are given, with a way to grade one's self. This gives a base start-point for your current ability.

With some background on biofeedback techniques and the brain, a series of definitions, postulates (and correlates) lead to specific mathematical relationship, relating extra-sensory perception to hypnosis. These suggested “rules” suggest a series of protocols on how to maximally increase your ability from normal performance.

It is now possible to quickly establish a base-level of performance, and then increase that level of performance over the next several weeks to better than 400%. Essentially, you will be learning how to change your consciousness at will, thereby allowing you to access of levels of information and understanding.

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What This Book Can Do For You:

This book offers a model that works. Using this system of guided images and protocols, anyone's ability can be improved to more than 400% in less than two weeks. This is equally true of the high-testing psychic to the average person exhibiting normal chance probability in guessing.

The book first discusses some conceptual models developed based on studies and other empirical data. With a questionnaire, it then offers a subjective method for testing large groups of people. Following this are clinical test methods with a way to grade one's self. This gives a base starting point for your current ability.

A bit of background on biofeedback techniques and the brain, a series of definitions, postulates (and correlates) will lead to a specific mathematical relationship between extra-sensory perception and hypnosis. The stated "rules" suggest a series of protocols on how to maximally increase your ESP ability from normal performance to high above the average person.

Upon completion, you will be able to quickly establish a base-level of performance, then increase that level of performance over several weeks to better than 400%. Essentially, you will learn how to change your consciousness at will, thereby allowing you to access levels of information and understanding that has always been available to you, but that you, previously, may not have known how to access.