

## Introduction

The assertions you will find in this training manual are based on approximately 16 years of observation and comparison with others' observations. I've chosen not to be scientifically politically correct. Instead, I'm telling you what we're perceiving, and how it works, as best I can. I may be wrong. I may be right. You'll have to test these things out for yourself, and make up your own mind about it. There may be things in this manual which will upset the religious or faithful-- for that, I apologize, but I merely relate what I perceive. I could have spent another year or two collecting research reports and more concrete evidence in support of these things, but that would have (obviously) added another year or two on to the time taken to complete this manual, which seemed pointless, since its been done before. Plus, it would have padded out the book to twice its current size, and most people are less interested in that than they are simply getting to the point. So, getting to the point is what I have chosen to do.

This manual is intended to give you the basics of psionics, and bring your skill level up to the point where you will more easily be able to work on complex psi abilities. Even advanced psions may find benefit in using this training schedule, if they find that it fills gaps in their own training and practice, and provides a stronger foundation for their abilities. You will not find a lot of concentration on specific mental or physical abilities in this manual, because those abilities are best practiced after a strong foundation has been laid. I may address them in a future training manual for intermediate psions, if this manual generates enough interest.

A general disclaimer is also in order. Psionics training may impact blood flow and heart rate, so consult a physician if you have any medical condition which might be adversely affected by rises or drops in blood flow, blood pressure, or heart rate. Of course, use this advice at your own risk; the effects of psi energy on the mind and body are certainly not well-understood.

### **Chapter One: What is Psionics?**

The term 'psionics' was most likely coined by science fiction writers back in the 1950s. Originally used to refer to psychically active electronic devices, it spread to refer to systems of using psychic abilities, and the practice of using those abilities. Psi itself is a Greek letter. It was used in parapsychological papers and references to refer to the unknown factor in ESP experiments and other areas of paranormal research.

While I could go into a vast historical account of the rise of parapsychology, citing references from the Rhine Institute, the Stanford Research Institute, and other organizations involved in landmark parapsychological studies, instead this book will focus primarily on practical, current information and applications.

Psionics is the use of psychic abilities. What are psychic abilities? Psychic abilities are a means by which we can perceive and manipulate the world around us, using a family of energies that are not yet identified or described by modern science. Because of the difficulty in detecting these energies mechanically, let us call them 'subtle energies'. While the energies themselves may be deemed subtle, the effects they are capable of producing can sometimes be quite blatant.