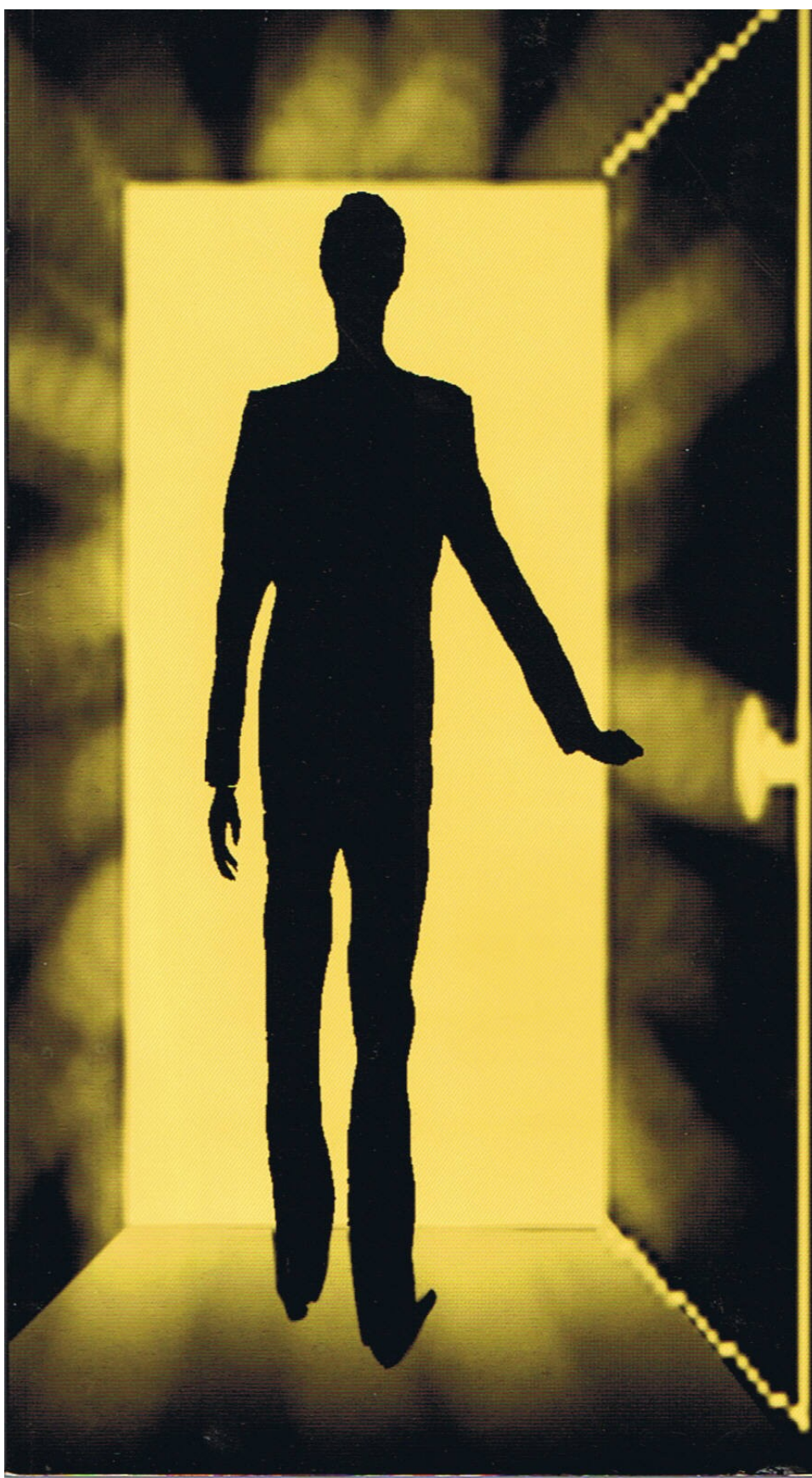




PSYCHO-POWER

Prepare to liberate the explosive forces that lie dormant within you.

This is the ultimate weapon you need to acquire an IRRESISTIBLE PERSONALITY.

Use your mind to influence others to:

- Get what you want **easily**.
- Win the esteem and support of influential men and women.
- **Immediately** silence anyone who tries to criticize you or belittle you - and make them change their opinion about you.
- Make someone fall deeply in love with you regardless of your present relationship with that person.

A.C. Wolfmann



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Author's warning

You have just turned the first page of a book that contains secrets that have hitherto been jealously guarded. These secrets will allow you to perform exploits that until now you probably thought were impossible.

Because of the extraordinary nature of this book's contents, I feel I must warn you about the techniques described within it.

These techniques will allow you to influence people without their knowledge, or to attract whatever you want: money, love, work, or luck.

In the next few minutes, you are going to learn how to develop and use these fantastic possibilities that are dormant within each one of us. The techniques of remote influence, that you will soon get to know, will allow you to perform remarkable feats that you would never have believed possible.

Nevertheless, I feel I must warn you against using these techniques negatively. Under no circumstances should you use them to do harm or mischief to anyone else, because without a doubt, you will not only never obtain the result you desire, but in addition, the evil you intend to inflict will be visited on you.

In fact, the mystic forces possess one very special characteristic: when they are employed badly (in an attempt to inflict harm) they always turn against the one trying to misuse them.

However, when you use these same forces in order to do good, to improve your own or someone else's life, your good intentions will be repaid a hundred times over.

This, incidentally, is why I have decided to divulge all the precious secrets that you are about to discover. They have so much power to bring about magnificent changes to your life, that it would be a crime not to reveal them to you.

This introduction was necessary, since the human mind is unfortunately not always motivated by the best intentions. But I'm sure that you will know how to use these marvellous techniques for your own good and for the benefit of those you love.

Soon, you will see your own life, and theirs, literally transformed, becoming more enjoyable with every passing day. You will also see your deepest wishes come true, even those you have had for many years and thought would never be realized.

You will be astonished to see yourself performing so many marvels, and to find it easier with every passing day.

When you have read every word in this book, you will at last have realized the amazing possibilities that are locked within you.

A.C. Wolfmann

Get ready to see your wishes come true...

- Let's say you meet a pretty girl or a very attractive man, who unfortunately, does not pay much attention to you. Thanks to these extraordinary techniques of remote influence, it is possible to make this person fall madly in love with you. And just by using the power of your mind.
- You feel that your work is not being recognized and that you are underpaid. By using these remote influence techniques, you will finally get paid what you deserve.
- Your children refuse to do what you want, and what's more, you find it impossible to talk to them. As soon as you try to discuss anything, they become very stubborn. If you use the method I'm going to teach you, you will be able to improve your relationship with them, and their behaviour, without their realizing it.

- Your husband is cheating on you and refuses to talk about it. When you ask him why, he doesn't even answer; your whole world is falling apart, you can't see any way out! By using the extraordinary remote influence technique, you will be able to turn the situation to your advantage, in less than one month.
- Every time you want to make love, your wife finds every excuse possible. The situation is becoming increasingly intolerable. What can you do? You think you've already tried everything, but if you use **PSYCHO-POWER**, you will have every chance of success.

And that's not all. There's more!

This method offers many ways to get whatever you want, because remote influence has been proven to be absolutely effective. If this were not true, do you think that certain well-known people would have paid up to \$2000 to get it? So don't deprive yourself of the extraordinary possibilities this method opens up for you. In any case, there's no reason why you shouldn't add it to your other techniques; it can only increase your chances of success!

Illness is something that everyone has to face in their lives. Sometimes we ourselves are the ones who are suffering, sometimes it is a loved one whom we would do anything to help. The remote influence technique will allow you to obtain excellent results for yourself and others. You will actually be helping to heal sick bodies and minds.

You can also make someone, a complete stranger, come to your door under some pretext. This person will never know what has happened, or why he or she suddenly needs you. But you will know.

Is money one of your major preoccupations?

How can you manage to have more, so that you can live better and more comfortably, with no need to worry about tomorrow? When you apply the remote influence technique, you will learn how to attract money to you. Do you think that people who earn four times as much as you do are smarter than you? No. However, they do know and use certain secrets to obtain what they want. In a very short time, you too will be able to attract money to you and live a life of ease.

And the best part is that this astounding method will allow you to get absolutely anyone you want to do exactly as you wish. You will never need to ask that person openly. You'll just issue your orders silently and he or she will carry them out never suspecting that it is you dictating his or her actions. Skeptical? That's quite understandable. But don't let that stop you. TRY IT! Action is the essential ingredient for your success.

Here's what happens when someone uses remote influence

Alan M. is an eighteen-year-old who has never had any luck with girls, a situation which makes him very unhappy. He would so much like to be able to express his affection to a nice girl and share a thousand interesting things with her. Except – and this is the reason for his lack of success – Alan is painfully shy. He suffers from an almost pathological shyness caused by a lack of confidence in himself.

One day, he discovered a technique that allowed him to influence others completely without their knowledge. As a matter of fact, he lived next door to a very charming girl he very much wanted to meet. She, however, never paid the slightest attention to him.

Driven almost to desperation, he decided to use this fabulous method that was supposed to be able to perform miracles. You

can imagine his surprise when, two days later, the girl gave him a dazzling smile when they bumped into each other in the street – something she had never done before, even though they were neighbours.

This event encouraged him to persevere. A few days later (he had been using this mental power for less than a week), the same girl rang his doorbell to invite him over to her place. The girl's name was Maria, and she and Alan soon fell madly in love.

A mysterious discovery

Virginia was deeply in love with a man who found her unattractive and insignificant. They saw each other every day at work, but in spite of all Virginia's efforts, nothing ever happened! She always received the same cold, indifferent treatment.

Virginia is passionately interested in everything relating to the power of the mind. One day she heard about a fantastic power that allows you to influence people without their knowledge, by having them obey your every mental command. This mysterious method was accidentally discovered in a Tibetan temple over three hundred years ago.

Since she already had a lively interest in psychic phenomena, and she knew that remote influence was possible and that certain jealously guarded techniques that allow people to act on others and obtain what they want without uttering a single word.

She decided to try it. Quite soon, she was able to apply the remote influence technique to make this man fall in love with her. After three weeks, the miracle she had been hoping for finally occurred: the man she loved fell into her arms, never suspecting what had happened to him.

Another example:

Bernard and Charlene have been married for ten years and have two children. Everything in their married life would have been going well if only Charlene had been more enthusiastic in bed. It seems that it was always the same story: she literally had to be begged before anything would happen, and according to Bernard, their lovemaking was always far from satisfying,

Talking about this, he said: "I'd really had enough, and if it hadn't been for the kids, I would have asked for a divorce. It was one of my friends who mentioned this remote influence technique, which he claimed had succeeded in transforming his wife completely. He promised to bring me the method the next day, assuring me that everything would turn out fine.

"I used this technique, which I find to be really infallible when it is used properly. It's also very easy and requires very little time." In eight days, I noticed that my wife was no longer the same person: she was using makeup and wearing more attractive clothes than before. After using this technique for only 15 days, I noticed that she had grown much warmer toward

me, and we made love four times in one week, something which had never happened before. To my great surprise, I had to admit that Charlene was becoming more and more uninhibited with every passing day. Today she's the one who takes the initiative in bed. What a transformation! It's incredible!"

I was always broke; I never had a cent

I have to admit that I only earned a little more than minimum wage; I really felt I was a failure in life. Even though I was looking for a more prestigious, better paying job, nothing ever changed.

Then I remembered that, a few months earlier, I had bought a method that claimed to have a secret technique for making your dreams come true and obtaining everything you desire.

So why not try it, I thought. Maybe it would work. In any case, I had nothing to lose and everything to gain. After four weeks' practice, I was being offered a job that paid three times as much as before, and on top of that, it was work I enjoyed.

This story was told to us by Dan H... from Alberta, who today is a very well-known car salesman. Before mastering the remote influence technique, he was an ordinary warehouse worker earning \$850 a month.

Have you ever had the feeling that someone was keeping the truth from you?

If this is happening to you, do what Edith S... did. In the words of this young woman: "I didn't know what to do anymore. I was desperately looking for the money that I had put aside to pay my rent. I was sure that I'd put it in a drawer in the kitchen, and it seemed like there was only one possibility..."

"When my son came back, I started to question him right away. He acted surprised, but he said no, he hadn't seen any money. I didn't believe him, however, so I used my new power to find out if he was telling the truth.

"All of a sudden, my son pulled the money out of his pocket and laid it on the table. After he'd done this, he carried on with his activities as if nothing had happened."

When you have mastered "**PSYCHO-POWER**," nobody will be able to tell you lies either.

Think of all the secrets you'd like to know: All the things your neighbours don't tell you. Perhaps something your partner is hiding from you, or what your friends really think about you. In future, they will reveal all their secrets to you. And they'll do this without being asked, without ever knowing why.

Here's another example: you go to your bank to ask for a loan. The bank manager looks at your file, smiles, but replies: "I'm sorry, but you don't satisfy our credit requirements right now." At that very moment, you use the secret that I will reveal to you shortly.

... Here is what the bank manager will do:

After a few moments' silence, for no apparent reason, he suddenly changes his tone and adds: "Listen, as a matter of fact, I think we can do something for you. I'm going to personally arrange for you to get this loan. Come back and see me tomorrow morning."

The examples are so numerous that it is impossible to quote them all here. I hope that the few I have given will provide a glimpse of all the possibilities offered by **PSYCHO-POWER**. Until recently, only a handful of Initiates were allowed to use the method.

Today, you too can benefit from all the blessings and benefits that this method can bring. It's really true: this secret method of influencing others can get you all you want. All you need to do is adapt the method to your own situation, to your own needs, and from then on, your life will be transformed, just like those whose stories I've just told.

How to make someone fall in love with you

Every day we are subjected to all kinds of influences: some of these come from people we meet, others from friends, or even from complete strangers. Like everyone else, you are influenced by your environment and the people surrounding you.

I'm sure you've already noticed that when you are in contact with calm people, you become calm yourself, and that when you are with nervous people, you become nervous too. This can happen without a word being spoken. It is purely because you are receiving that person's vibrations, both the positive and the negative ones.

How do such influences occur?

Mind has an all-powerful control over matter: not only over your body, but also over the bodies and minds of others. Do you know that doctors consider that 80% of all illnesses are psychosomatic, that is, provoked by the patient's own thoughts? Even diseases such as cancer often have a psychosomatic origin, since the power of our minds over our bodies is almost invincible.

Any thought that is repeated powerfully and often enough becomes reality

What does this phrase mean exactly? Simply, if you think powerfully and repeat your thoughts long enough, these thoughts will turn into acts, concrete tangible realities. Every single time.

Let's look at an example:

You've seen a girl you like very much and you think about her a lot. What will happen? To begin with, your thoughts will form themselves into a kind of concentrated mass, first inside you, then around you, and finally, they will be projected onto the person concerned. As a result, a powerful attractive force will be created, which will act like a magnet on the person you desire. This person will begin paying more attention to you, and will start to find you more interesting.

If you continue thinking strongly about her, she'll grow attached to you without really knowing why. And if you have thoughts of true love towards her, she'll melt in your arms. Of course, the effectiveness of your thoughts depends on the sensitivity of the other person, as well as on how much affinity you really have for each other.

The more sensitive and receptive she is, the easier she will be to influence. The more affinity there is between you, the fewer barriers you will have to overcome. This is why love occurs so often between complementary or similar people. Like attracts like.

Complimentary forces are attracted to each other. Some people who have mastered the art of the mind are able to use such knowledge to obtain anything they wish. They are going to unveil their secrets to you right now.

The masters of remote influence reveal their secrets to you

J. Reno Bajolais is a hypnotist, and the founder of the French National Hypnotists' Group, of which he is president for life.

This man has devoted his entire life to hypnotism and remote influence. He has performed miracles simply because he is a master of the art of influencing others.

Here are the secrets that he reveals in his book *The Rational Method of Remote Influence*, published by Niclaus.

In order to transmit your thoughts effectively, you have to put yourself into a state of passivity to ensure that your psychic and mental being are as calm and relaxed as possible. All muscular activity, all physical, emotional or intellectual tension impedes the transmission of brain waves.

The mental representation of the idea to be communicated must be clear, regular and prolonged in order to model the fluid mass of the receiver into a vivid image. J. Reno Bajolais adds: "there are six kinds of natural transmitters (people who are capable of remote influence).

The six kinds of natural transmitters

1 - Those whose thoughts are hesitant, characterized by numerous stops and starts, and as K. Kephren has already noted so well, constant retractions of the transmitted fluidic mass usually never succeed in exerting remote influence, or if they do, it is only of the very weakest kind.

2 - People whose thoughts are gentle, constant, not very intense, yet regular and active, already have innate ability as transmitters. With a little practice, they will really be able to develop their gift.

3 - Another category is that of those subjects whose thoughts are energetic, but are capricious and fanciful, which yields only uneven, fleeting results. Their psychic peaks are powerful, but are constantly changing, thereby destroying their effectiveness.

4 - There are those whose tortuous mental concepts develop slowly and painfully. They may still reach their goal if they manage to concentrate. However, there may be troubling consequences in store for them.

5 - There are those who belong to the group which you should aspire to: those who have rich psychic power, decided opinions and calm thoughts that flow at a constant rate. These people succeed everywhere and impose their will on others. (By following the advice given in this method, you can't fail but belong to this category).

6 - There is one group of people you must not belong to: their thoughts and mental images are vague and diffuse, dispersed, and unable to lead them to any positive results. They can not sustain a course of action or discipline themselves. These people fail in everything they undertake: they are at the mercy of every wind.

In any case, whatever your position among the six kinds of transmitters, it is possible, if you really wish, to become a member of the fifth category. To do this, you just have to apply the principles we give you, every day.

Thousands of people have applied these rules. Some of those who have applied them diligently have risen from rags to riches. From sickness to health. From despair to happiness. From poverty to prosperity. From solitude to a life filled with attentive, loving friends. Like them, you can succeed too.

A simple remote influence technique

Let's listen for a moment to the advice offered by another great master of the remote influence technique: Raymond Réant, who has written several technical works on human psychic powers, including *Practical Parapsychology for Everyone*, published by Rocher. In addition to his activities as a writer and a medium, he is the director of a parapsychological research institute and has an international reputation.

This is the advice Mr. Réant gives to his students who wish to attain the effect of remote influence.

"Empty your minds, then visualize the person to whom the message is being sent; that is, form a clear mental image of him or her." This representation must be as "real" and "alive" as possible. Once you have obtained this image, represent the subject to yourself as if he or she were actually standing in front of you. Then send the predetermined message, imagining that you are introducing it into his brain through the space between his eyes. This space is a virtual open door to the mind."

"Repeat this operation with authority and the conviction that the message will be received. The shorter the message the more to the point it is, the better it will be received. But it must be sustained for several minutes when it is addressed to someone who has not been forewarned." Raymond Réant also adds that you must not attempt to do this when you are tired, stressed, or depressed, for these states greatly diminish your transmission power.

If this technique is performed properly, you are guaranteed total success. Numerous people who have applied it have been astonished by the results they have obtained. Since I myself apply an identical procedure, which I shall reveal to you in the section, " *A miracle process for remote influence," I can guarantee that it works."

Yvon Yva, the hypnotist who has undergone an operation without anesthesia, tells you one of his secrets

Yvon Yva is remarkable man from every point of view. His kindness and devotion are matched only by his astounding powers. If you ever have the opportunity to take one of his many courses, don't miss it!

This extraordinary person will teach you a thousand marvellous things, each more intriguing than the last. This is what he will reveal to you about remote influence: "I know that to succeed, I have to be able to concentrate on the person's photo, my mind emptied of every other thought, either with my eyes open, or in my mind's eye, until that image comes alive."

When your mind is emptied of every other thought, all its power is reserved for action. With **PSYCHO-POWER**, you will discover how to calm your mental activity and render it totally effective.

The astonishing psychic powers of Uri Geller

Uri Geller is the man who is able to twist spoons or other metallic objects, make broken watches work again, and read people's thoughts. Today, he devotes most of his energy to searching for oil wells, gold mines or other precious metals for rich mining companies. For each of these searches, he earns several thousand dollars.

This man is also able to sprout radish seeds in a few seconds, just by putting his finger on them. In November 1986, during an English television broadcast, 8 million viewers watched Uri Geller reproduce, down to the last millimeter, a drawing that the show's host, Terry Logan, had made only moments before.

Uri Geller claims that we all have the power to do what he does, to a greater or lesser degree. He defines himself as the revealer of these phenomena.

He wants to show the average man and woman what the human mind is capable of. This is the method that Uri Geller uses to remote influence, whether on an object or a human being.

First of all, he makes contact with the object, either by touching it if possible, or through his thoughts, until an affinity is established between himself and the object to be influenced. Once an emotional link has formed between him and the subject, he thinks very hard about what he wants to see happen. Most of the time, this only takes him a few seconds, since, through practice, his power has developed considerably.

The Geller effect: what really happens?

J.-Pierre Girard is a man in his forties who has been the subject of much scientific research. Among those who have studied his powers are Professor John B. Hasted, Professor H. Bender and the famous physicist, Olivier Costa de Beauregard.

This very average Frenchman is capable of producing phenomena identical to those of Uri Geller. What he has to teach us about his powers of remote influence is contained in his book *The G Effect* published by R. Laffont. In fact, Girard's power is exerted on the borderline between will-power and passivity.

"Once the contact with my rational consciousness is severed, my higher level of consciousness comes into play. The effect is only really produced when I manage to perform a mental act of

'letting-go'." Here again you will observe that it is not physical or rational will which causes the influence to be produced, but the wishes of the interior being at the level of higher consciousness, as J.-P. Girard calls it.

Remember this phrase and engrave it on your mind:

**The power of the imagination always
has precedence over the power of the will**

There are no exceptions to this rule.

How to use the secrets of the PSYCHO-POWER to make others do what you want

In the sections you have just read, you have already glimpsed the various techniques of remote influence; you have discovered some of the secrets of the masters of psychic power.

Consequently, you have been able to see how they practice remote influence. In a few pages, you have benefitted from the experience and the knowledge of people who have perfectly mastered the phenomenon; this cannot help but make your first steps easier.

Right now, you are going to learn to cultivate this talent that you already possess within you. This power is more or less developed from one individual to the next. But with the right training, everyone can achieve excellent results. Just as exercise develops the muscles, the appropriate training will make you a master of the art of remote influence.

The three conditions for optimum effectiveness

1. Desire.

How can you hope to obtain anything at all if you don't want it badly enough? Desire is the spark which lights the fire without which nothing is possible. The desire to obtain something will set off a powerful force within you that is capable of producing miracles. The stronger your desire, and the more sustained it is, the more certain it is of being realized. When it comes to remote influence, desire is the basis of all actions.

Your entire life is constructed according to your desires. Isn't that true? Of course, if you don't have any desires, not much is going to happen in your life. Maybe even, without desires, you will never know what happiness is, since life always gives you what you want, nothing more, nothing less. In the world of remote influence, the more intense and sustained your desire, the more easily you will obtain what you want.

How to know if your desires are easy to attain and are beneficial to you

Have you already noticed that when you really really want something, you get it more easily? Your desire will be even easier to obtain if it is an intimate wish that you carry within you. If, in addition, your desire is in tune with your personal development, there can be no obstacles to its attainment.

The first question that you might ask yourself before concentrating your energies towards realizing your desire is "Is this desire really a part of me, or have I acquired it through the influence of a third party, someone I would like to resemble or impress?"

The second question that you must ask yourself, which in fact follows from the answer you give to the first is "Does this desire truly flow from my inner being?"

The third question would be: what benefits will the realization of my desire give me? If you find a positive answer to the second and third questions, your desire will certainly be realized, almost effortlessly. Furthermore, by applying the techniques contained in this book, you will be able to give destiny an impressive helping hand.

If your reply to the first question is in the affirmative, i.e. if your wish does not come from your interior being, it will still be possible to realize your desire, but this will require a little more effort. If your desire is harmful for yourself or someone else, it can create problems for you, since instead of moving in the same direction as your personal evolution (or that of others), you will be moving against it.

In conclusion, always try your best to influence events in a favourable manner, not only for yourself but for others, and this way, you will reap magnificent results.

How you can make your desires so powerful that nothing will be able to withstand them

- ✓ In order for your desires to become powerful, you have to sustain them, to feed them with the intense fire of your will and your imagination. How? By thinking about them daily and by imagining that your wish has already come true. Remember "act as if your wish had already been granted." In this way, you will already be in the optimum situation for making your wish come true. By proceeding in this way, your mind will attract all

the events that are capable of producing the results you seek. Every wish begins with a thought, and if you add thoughts that flow in the same direction as your desire, this will unfailingly lead to its concrete realization.

Why not take the example of the girl who caught your attention? What's going to happen? Basically, you're going to think about her. First a little, and then more and more. If you are really in love with this girl, she will occupy your whole mind and all your thoughts will be directed towards her. In this way, you will arouse an ardent desire within her, you will take on more and more importance in her eyes with every passing day, and she too will fall madly in love with you. Of course, this example only represents one type of influence among many others, nevertheless, it clearly demonstrates the mechanism of desire.

If this charming person shares affinities with you, everything will go exactly as you have dreamed. But if it is not the case, the break will be painful and abrupt. This is why it is seldom wise to force nature, since it often repays you with a shock.

2. Discipline

This is an essential condition for all personal development and evolution; without discipline, you will never achieve any results. In order to become powerful, your mind has a great need for discipline. In fact, how can you expect to get anything at all, if you're unable to fix your attention on the goal you have set yourself?

Your mind is like a little child: it needs to be educated and disciplined. Depending on the category of transmitter you belong to, you possess this faculty to a greater or lesser degree. The disciplined person possesses strong personal magnetism, he succeeds where others fail, and always ends by conquering the obstacles blocking his path.

This kind of person is much sought after for his advice and his tremendous ability to resolve problems. He imposes his will upon others effortlessly and these people seek his company for the sense of security he gives them.

On the other hand, the person who does not possess this quality is constantly prey to failure. For such a person, no matter how many other qualities he may possess, success is the exception rather than the rule. Most of the time, he goes where the wind blows him, and when things do not go as he'd hoped, he gives up.

His personal magnetism fluctuates; sometimes it's strong, sometimes it's weak, depending on his variable states of mind, which explains his inconsistency. In order to become a person truly capable of obtaining what you want from others, it is vital that you become disciplined. By applying the following advice, you are sure to become a person for whom everything succeeds. You may experience failure once in a while during your life, but if you are disciplined, you will always turn this failure into success.

Learning to discipline your mind to realize your desires

How do you get a child to do what you want? By tirelessly repeating the same thing, until he does as you wish. This is exactly how you have to act in order to get your mind to obey you. You have to persist until you get what you want.

You have to develop discipline; the firmer it is, the more quickly you will succeed. For example: you have met a man you would like to know more intimately, maybe you're even fallen in love with him. Unfortunately, he does not share your feelings at all.

At that moment, you have two solutions; you either say that it is impossible, and you give up, or you persevere and you discipline yourself in order to obtain what you want. What will you do in such a case? Every time you meet this charming person, you will make an effort to put on your very best face: you'll be smiling and full of affection and charm. Little by little,

you will notice that the man you adore is starting to pay more and more attention to you until, finally, he invites you out to dinner.

By this time, you will already be starting to get what you want. The same is true for remote influence. Discipline your mind, apply the principles outlined in this book, and finally, you will attain success. If you always proceed in this way, whatever your objectives, you will always succeed.

3. Action

Even if you possess an ardent desire and strong discipline, it still might be that you still never obtain what you want. In order for success to come your way, it's vital to add action to the two preceeding qualities.

You may possess all the knowledge necessary to arrive at the goal you set for yourself, but if you do not act, you will have no chance of attaining it.

Many people have great plans, numerous desires and impressive knowledge, yet everything slips through their fingers. Why? Simply because they never act or they don't act persistently enough. The difference between a man who knows and a man who succeeds lies in his action. Everything that you read in this book is the fruit of experience born of practice. If you apply the principles and techniques that we set down here,

if you act, your plans will always be met with success! Don't always look for excuses not to do something. On the contrary, act as often as you possibly can.

How to move into action

Let's take the example of this method or of any other book that promises to enrich your life. "never be satisfied just with reading: apply what you read".

Every time you read or learn something that is of interest to you, put it into practice, find out if what it says actually works. If you apply this principle, your life will change totally!

Many people are filled with principles and prejudices; anything that doesn't fit their way of thinking must be false.

Unfortunately for them, these people are limiting their own possibilities by thinking that they are always right. They never put their beliefs in question; the only thing they care about is their own opinion.

Whatever you do, never belong to this category of people. Get off the beaten track, put everything into question as often as you possibly can while following your instincts.

- Act as often as possible: whenever the opportunity presents itself!

Whenever possible, do immediately everything you can do right away; don't put off until tomorrow what you can do today! If you read this method without applying these techniques and principles, it will only give you a little extra knowledge, but if you act, if you apply and practice what it says, then your whole life will be transformed. ACT NOW.

Three great obstacles to avoid at all costs

There are three major obstacles that could prevent your plans from succeeding. These barriers are a true curse in the domain of remote influence, but as they say, "once bitten, twice shy," they will soon be powerless against you because you will know how to unmask them and render them harmless.

Keep the three following words in mind and be constantly on your guard against them. The three predators to which so many fall victim along their way are: doubt, fear and fatigue.

1. Doubt

Doubt is to the mind what the thorn is to the foot. Wherever it makes its presence felt, everything goes wrong. When you doubt your own powers, you diminish your abilities by half.

This is why it is vital for you to know the miracle remedy that will free you from this curse forever.

A miracle formula for conquering doubt.

All great men, at one time or another, have uttered the phrase that you are about to discover. It possesses magnificent, extraordinary virtues. Throughout the centuries, in many civilizations, the power of these few words has been demonstrated time and time again.

- In order to conquer doubt: attempt to see the good side of things!

Have you ever noticed that when you look at depressing and ugly things, it is as if you were impregnated with their flavour, and that every time this happens, you feel more unhappy and more pessimistic?

However, if you look at the good side of things, things which please you, you naturally become more optimistic and feel more self-confident. So, if you really want to overcome the curse of doubt, try your best to see the good side of things. Everything that exists has a good and a bad side. It all depends on how you look at it.

If you continually try to see the good side of things, you will become increasingly enthusiastic and will gain more and more

confidence in yourself. By continuing to act in this way, you will eliminate doubt from your life. Furthermore, the more you look on the good side of things, the more these things will impregnate you with their positive power, and attract even more positive events towards you. The simple phrase "attempt to see the good side of things!" is one of the keys to happiness in your life.

2) Fear

Fear paralyzes you and keeps you from progressing. It is also a major obstacle to the success of your remote influence exercises. When you are afraid, your energy level diminishes and you lose your vital power. The only thing you have to fear is fear itself, because it is this that is preventing you from progressing along the road of life.

A miracle formula for conquering fear

Why be afraid? You possess within you all the ingredients for success. Everything is possible if you apply the principles contained in this method. Try, and you will see that what I am saying here is absolutely correct. So why be afraid?

Here now is a miraculous trick for mastering your fear: when you feel fear taking hold of you, "breathe calmly and deeply for one or two minutes.

at the same time, think about a pleasant event in your life and visualize it mentally."

You have certainly noticed that when you are afraid, it becomes more difficult to breathe, that you need more air, and this is why, when you are afraid, the best thing is to first of all breathe deeply and calmly.

Fear is always set off by a memory or an event that makes you feel ill at ease. Of course, you may not be aware of this, since it may come from deep within your subconscious. This is why every time you feel afraid, you must breathe calmly and deeply and visualize a pleasant experience in your life, in a totally relaxed manner.

It's almost as though you were turning on the light in a dark room: the same thing is happening inside you. Fear is caused by the dark events that we have experienced in our lives. By visualizing a positive event from our past, we light up this area of darkness.

Remember, every time fear poisons your life "breathe deeply and calmly, think about a pleasant event in your life and visualize it mentally." By applying this famous technique, you will see that in one or two weeks, it will become a conditioned reflex, and you will only need a few seconds to become perfectly calm and confident once more.

3) Fatigue

Tiredness plays a very negative role in your life. It's practically impossible to use remote influence when you are feeling tired. Why? Because the body and the mind always use their reserves of energy for their own functioning before using them for other purposes.

Remote influence needs a body and mind that are rested and alert. At such a moment, your thoughts have all the strength they need for you to exert a powerful action. When you are tired, it is more difficult to concentrate. You find everything distracting, and sometimes you even tend to fall asleep. If this happens to you, go to sleep and start again when you wake up.

Don't worry, you will wake up quite naturally when you are rested, and afterwards, you will be extremely efficient once more.

A miracle formula for combatting fatigue

The one and only remedy against fatigue is "rest and sleep". Rest and sleep are two indispensable requirements for your inner balance. Never deprive yourself of either.

Every time you feel tired, rest, and if possible, sleep. Don't find all kind of excuses such as "I still have to do such and such." No. Rest first and do it afterwards.

In any case, you know very well that when you are tired, it takes you twice as long to do the same work. When you feel overcome by fatigue and sleepiness, lie down and have a nap. Maybe all you need is a quarter or a half-hour of sleep. This will do you so much good that you will more than make up for the lost time, no matter what you have to do.

Have you ever noticed that when you are tired, you can't sustain your concentration, and nothing seems to work? Don't keep on trying, take a nap! Don't try to use remote influence when you're tired, because you won't get any results. Indulge in a short, recuperative nap and you will be totally alert and in top shape to accomplish miracles.

What are the best times of the day to practice remote influence?

Certain times of the day are better than others for practicing remote influence. In the preceding paragraph, you saw the most favourable conditions for transmitting your message. You are now going to see which times are the most favourable.

When you get up in the morning, after your shower, drink a large glass of water and practice your remote influence program, following the principles revealed in this method.

Another very effective time is the afternoon and early evening, between four and eight p.m.

The evening, between eight and ten p.m., is also highly effective.

If you know the time that the person you want to influence usually goes to bed, this can be very helpful to your action, since at that moment, he is at his most relaxed, and is more receptive than when he is involved in some activity or another.

Important

Above all, avoid eating just before practicing the remote influence technique; this will weigh down your spirit, since digestion calls for a considerable expenditure of energy.

If you are returning from work, first take a little time to wind down and relax before beginning. If you are really hungry, eat something light before you begin your remote influence exercises.

A secret that will help you make your program a great success

You now know that discipline is very important in every sphere of life, and that remote influence is no exception. One very important secret for success is: choose the timetable that suits you best and discipline yourself to always do your exercises at the same time every day.

It is very important that you respect this principle. Why? When you discipline yourself to practice at the same time every day, two things happen that have immense importance for your success.

1. You will condition your mind to be ready and effective every day at the same time. By using this approach, you will create a conditioned reflex which greatly increases your power.

2. The person on whom you are practicing your power will also be conditioned by the regularity of your program, and his or her mind will be more receptive, and therefore easier to influence. Perhaps you aren't always able to practice your technique at regular times. In this case, do them when you can.

Be enthusiastic about your practice sessions. Take pleasure in your program - it shouldn't be a chore! Think of the marvellous results you are going to achieve and of all the changes this will bring about in your life.

Perform miracles

By applying the remote influence techniques that are taught in this book, you will be able to "perform miracles." We assure you, however, that nothing is possible unless you discipline yourself and, of course, unless you act.

But I'm sure that you're not one of those people with no courage or will-power. No. You're one of those who wants a better life, filled with joy and satisfaction.

In buying this book, you have decided to change, progress, and live another life that will bring you everything you desire. Never forget: "life always gives you everything you ask it." Nothing more, nothing less.

All the promises that were made to you when you bought this method are absolutely true, and all I can do is encourage you to apply what it says.

When you bought this method, you certainly imagined what your life would be like if you could achieve all the knowledge, all the possibilities, and all the powers that it promised.

Today your dream can come true. For this to happen, you just have to apply the principles that are laid down here and - once again - ACT!

Nothing like this book has ever been published before. All the secrets which are revealed have always been jealously guarded until now, reserved for a certain select minority who were highly favoured by destiny. Today, destiny will begin to smile on you.

How long until I see the first results?

You've no doubt already noticed that some people perform a task very quickly whereas others take more time to perform the same task. There are several factors involved in this phenomenon: habit, intelligence, and the desire to accomplish the task in question quickly.

When it comes to remote influence, things are a little different. Some people are more gifted than others and succeed more quickly. The chapter dealing with the six natural transmitters explains this obvious fact. However, you must never believe that if you do not belong in one of the most favoured categories, you are fated never to be very effective.

When you were in high school, you were in contact with some very average students who were nonetheless often more successful in life than some of the very best students. The same

is true for the world of remote influence. If you really want to, you can soon be part of the very best; with a little discipline and patience, you will not have to wait long for results.

Practice your remote influence program half an hour every day at a time chosen by you

If this seems too long for you, you should at the very least aim for a quarter of an hour per day. If you want to increase the effectiveness of your technique, you could practice for a quarter of an hour or half an hour twice a day, for example, once in the morning and once in the evening.

When you are practicing, don't force it. Take it easy! Relax! You're not doing body-building exercises. The more relaxed you are, the clearer your image will be, and the better your results.

It's obvious that the practice time we have given you is relative; it is only an average indication. However, concrete results will rarely be obtained if you practice less than a quarter of an hour a day; that's really the minimum.

On the other hand, you can easily practice for longer than half an hour if you wish. It will only be in your interest to do so. But once again: Relax! You will notice, after a few days practice, that the time will seem shorter and shorter; this is due to the effect of habit and to the skill that your brain has developed through this exercise. After a few days, you will see that it has become a really pleasant experience.

Important

If you practice **PSYCHO-POWER** for half an hour every day, you will achieve spectacular results. In the majority of cases, you can expect to reach your objectives in less than a month.

Then, if you wish, you will be able to continue with another project, and so on. What took you half an hour at the beginning, will only take you a quarter of an hour after two or three months.

This means that you will now only need a month to achieve what previously would have taken you three months. Results come with practice; you will soon see how true this is.

How to influence others secretly and get what you wish

In the next few pages, and lines, you will discover a fantastic technique which has the power to literally transform your life. Until recently, only certain Spiritual Masters and Initiates were allowed to learn it and use it.

This technique is going to let you influence people in secret, without uttering a single word. You will be the only person who knows that something is going on.

You will be able to obtain things you have always desired, and all you have to do is apply the advice you are going to discover in the following pages.

When you practice this extraordinary technique, you will soon see your life get better, and your relationships with others

improve. And if you really want to, you will also earn more money with practically no effort.

You already possess this extraordinary faculty within you, except that no one has ever taught you how to use it. In the Age of Atlantis, and for a certain period in Ancient Egypt, everyone was able to realize their desires only by using their spiritual powers. Simply because everything has two sides – good and bad – it just depends how you apply it. Remote influence is a power that is in harmony with the fundamental principle of the Universe. Yin and Yang, as the Chinese call it. Positive and Negative.

Why do you think these ancient civilizations have disappeared from the face of the Earth? Simply because they had begun to use only the negative side of their powers, acting with the exclusive aim of satisfying their lowest, most selfish instincts.

Now get ready...

The technique that I am going to teach you now is what is known as an occult technique, that is, one whose action occurs on a hidden plane. This is a mysterious method accidentally discovered in a Tibetan temple, over three hundred years ago. If you use this technique for your own good and for that of others, it will bring with you blessings, and your most cherished wishes will come true.

It will allow you to make enormous improvements in your own life, or the life of the person that you wish to help. But only, of course, if you use it in a positive manner. If you do not, that is, if you decide to act foolishly, without respecting the lives and spiritual balance of others, if your action does not follow the path of your evolution, of constant improvement, then serious problems are in store for you.

Not only will you not get what you wish, but all the evil you have wished will be directed against you. That's the way it works in Nature. This is why the ancient civilizations disappeared.

Men and women attained such a degree of power that nothing was impossible for them. Unfortunately, they abused their powers by using them for negative purposes. Therefore, I can not insist too much that you only use this marvellous, long-guarded secret for positive ends

You will direct your energies toward improving your life and that of others, and if you follow the steps I propose, you will perform miracles and live a magnificent life filled with joy, love and success.

Practicing **PSYCHO-POWER**

As you now know, it is very difficult for an excited or depressed mind to be a good transmitter; therefore, the first step is to become calm before you attempt to practice remote influence.

If you have already had some practice with relaxation or self-hypnosis techniques, you should manage to relax very quickly. Five to ten minutes should be enough. If you are unfamiliar with such techniques, it should take you ten to fifteen minutes to reach a state of deep relaxation.

Therefore, before practicing the **PSYCHO-POWER** method, you should first of all direct your energies towards obtaining a state of deep physical and mental relaxation. Your reference point will be that you will feel marvellously calm and relaxed.

Your body and mind will have reached a state of peace and

contentment. At that moment, you can start the remote influence technique with the maximum chance of success. Let us now consider the technique of self-hypnosis, which is capable of ridding you of all your tensions and relaxing you completely.

How to achieve complete relaxation through self-hypnosis

First of all, stretch out comfortably on your bed or sit in a comfortable armchair.

Then concentrate on one single point: either above you (the ceiling) if you are lying down, or in front of you if you are sitting. Now begin by saying the following sentences to yourself in your head and try to feel the effects that they produce on you.

1. I am concentrating on this point harder and harder, and the more I concentrate on this point, the more my body and mind are relaxed (take all the time you need to perform each mental suggestion. Allow yourself to feel it; don't hurry.)
2. My eyelids are becoming heavy and my eyes are getting more tired with every passing second.

3. I want my eyes to close, and I close my eyes.

4. I feel calm and relaxed; my body is growing heavier and heavier and at the same time I can feel myself relaxing. My eyes are firmly and completely closed.

I am now going to relax my body. (Begin with your feet and move upwards towards your head. Proceed as indicated in the following suggestions.)

5. Now I am concentrating all my attention onto my feet, which are growing heavier and are becoming relaxed.

6. A gentle, blissful warmth is vibrating throughout my whole body.

7. My legs are becoming relaxed and are growing heavier (concentrate on feeling this, but don't force it. In any case, you can't help but produce this state if you practice regularly.)

8. My stomach is relaxing and growing heavier now (while thinking about this, concentrate on the part of your body that relates to your suggestion, without attempting to force it, simply by focussing your attention).

Act with faith, desire and love. This is the only way to truly succeed.

9. My hands and arms are growing heavier and are becoming relaxed.

10. My chest, my neck, and the back of my neck are growing increasingly relaxed with every passing second. I feel good, marvellously good.

11. My head is relaxing more and more. It's becoming clearer, my thoughts are calm, calm, calm. (At this moment, you should feel a sensation of peace and well-being. You feel as if you are in a dream.)

12. In this state, every thought I wish to transmit is so powerful, so very powerful that nothing can stop it from reaching its target, whatever the distance separating me from it is. (Repeat the last sentence mentally three times.)

It is after this step that you will actually begin the remote influence phase.

13. Now, form a mental image of the person to whom the message is addressed (if in fact it is a person, otherwise visualize the object or the goal towards which your message is transmitted). This image must be as vivid and real as possible; keep it in your mind's eye for about five to ten minutes, but do not exceed this time.

14. Send your message by simply thinking about it strongly and imagine that it is entering the person through the middle of his or her forehead (which is the most sensitive telepathic reception zone). Do this for five to ten minutes depending on the state you have achieved. As soon as you start to feel tired or tense, stop,

rest, and begin again a few minutes later if necessary. Do not, however, take more than fifteen minutes to do this.

One very important point to remember

Phrase your message in the form of a suggestion: that is, it must be positive, as short as possible, and to the point. Think about your message by concentrating all your attention onto it. The more you are absorbed by it, the better you will succeed. The more it is present in your mind during the session, the better you will succeed. But once again: relax! Don't force it.

Act with the conviction that your message is going to be received and that your wish will come true. Don't forget that "everything that you believe to be true is true or becomes true." This is an infallible rule. Act with faith, love, passion and enthusiasm. This dynamic combination cannot fail to produce the desired results.

What to do if your influence is directed at something other than a person

Let's say that you would like to get a large sum of money. In this case, simply visualize the sum of money that you would like to get.

How to end your PSYCHO-POWER session

It is very important to always finish your session with one last clear transmission of your message. Then rest for five minutes to recuperate and relax. Little by little, you will develop a taste for this marvellous remote influence exercise and will be very happy to practice it (especially when you see the results it can produce).

Remember, you can practice it when you wake up, before going to sleep or at any other time during the day, if it's impossible for you to do it at fixed times. But for more precise instructions, refer back to the section "the best times of the day to practice remote influence".

Practice, practice, practice

At first, you will proceed as indicated in the "Practicing PSYCHO-POWER" section. After a few days, you will already notice that you can relax much more quickly and that you only need three or four minutes to attain deep relaxation. Then, usually after two or three months, you will notice that the mere fact of thinking of relaxing will be enough to trigger this state of relaxation.

The same is true for remote influence itself. At first, you will need a relatively long time to obtain what you wish.

Even though results vary greatly from one individual to another, it should not take you more than three weeks to a month before you begin to perform minor miracles.

The more you practice, the more you will obtain rapid, spectacular results. You will often find it difficult to believe, but one day the time will come when it will all happen very quickly, since your mind will have become very efficient. One simple thought will be enough to produce the influence.

Experiments that prove that hypnosis heightens extra-sensory faculties

Numerous centers devoted to research on human extra-sensory powers utilize hypnosis in order to trigger and observe extraordinary psychic phenomena, such as telekinesis, telepathy, the power of divination, remote influence, etc.

Why are scientists, with their reputation of being so rational, so interested in such phenomena? Simply because hypnosis is such an exceptional means of investigation. There are many reasons for this.

Hypnosis temporarily disengages our critical attitude, which constantly refuses everything that does not fit within certain narrow parameters, thus preventing our minds from achieving the great things they are capable of.

Hypnosis allows us to make direct contact with our subconscious, thereby avoiding the loss of energy caused by our critical attitudes. By practicing the most simple form of hypnosis on your own, i.e. self-hypnosis, you are able to disconnect your limited, critical mind for a short while, thus allowing you to use all the power and resources within you.

A few typical cases of remote influence: how and why

How to inspire love in another person

You want someone to fall in love with you. Begin by forming a mental image of the person in question. Once that image is clearly formed in your mind, transmit the message you wish to send. Let's say for example that the person's name is Paula, and your name is Peter. Here is the message you will send:

"Peter loves Paula." You will notice that the message is extremely short and positive. It doesn't say "will fall in love" but "loves." When you use the technique with another person, it's always best to use his or her first name, if you know it.

Project this message, imagining that it is penetrating the centre of the forehead (the region of the third eye), and that it is

entering the person. All you need to do now is follow the instructions that are provided within this extraordinary remote influence method.

How to make your children become quiet and obedient

Your children do just as they please and you can't get them to do anything at all, no matter how much you talk to them. Begin by mentally visualizing your child in a calmer state; if you have several, visualize them one after the other. Do this for each child for no more than fifteen minutes in each session.

When you have managed to obtain a clear image of them in a calm, motionless state, the time will have come to transmit your message.

Let's say your daughter's name is Kathy. "Kathy, your mother loves you; be kind to her," this will be the message that you will send twice. It's always easier to get children - or anyone else - to cooperate when they feel love or esteem towards you rather than without such feelings.

Always imagine that this message is entering your child's mind through the middle of his or her forehead. Proceed in this way for each child who is giving you problems. You can also influence them to perform better at school, make them more attentive, etc.

How to recover a lost love

Your husband is cheating on you and refuses to talk about it. First of all visualize your husband, and imagine him in love with you, if you possibly can. Once this image has formed in your mind, send your message and imagine that it is entering his mind through the space between his eyes.

Let's say your husband's name is George. The secret of success in this case will be to set off a deep feeling of love for you within your husband. This is how you will go about it:

When you have succeeded in forming this image of your husband in love with you, send him an image of yourself (as seductive as possible). The message will be "George, you are deeply in love with me." Project this message deep inside him with all the energy and strength you can muster. Always remain calm and relaxed during these sessions.

How to ease pain in yourself and others

Certain famous healers use the remote influence technique you are going to learn and are able to perform real miracles.

Here is how you can have the same success: if you have a photo of the sick person, take it in your hands and stare at it hard. When you feel that you have captured the image clearly, close your eyes. If you don't have a photo, go directly to the next

step. Now form a mental image of the person in the photo. When your mental image is clear, there are two choices available:

1. You imagine this person in perfect health and you mentally send him or her the following message, always directing it enter through the middle of the forehead. Say the person's name together with the message, "You are being healed." In the case of your own personal problems, do the same thing by visualizing yourself using "I" instead of your name in the message. The rest is identical. Do this for about fifteen minutes every morning and evening until the cure is obtained.

2. You know the disease the person you wish to help is suffering from. Let's say that a male friend has terrible pain in his left knee. In this case, form a clear image of the person, concentrate your attention onto his knee, form a mental image of it in a perfectly healthy state and send the following message, through the middle of your friend's forehead: "Your knee is getting better." Do this for about fifteen minutes every morning and evening until your friend's pain is gone.

How to increase your earnings

You would like your bank account to grow by \$2000, \$5,000, \$20,000 or more. Imagine that you already possess this sum of money, and feel all the joy that it would bring you. Visualize very clearly the sum of money that you want to have. When you have

formed a clear image of this, repeat the following formula to yourself for ten to fifteen minutes: "In six months, I will have over \$6000 in my bank account". (Or any other amount of money you would like to have).

You also have to target a period of time for obtaining this amount, and establish a time limit for realizing your wish, to make your mind even more active. In this way, what you wish for will be attracted to you in the specified period.

How to know if someone is telling you the truth

Edith S. tells us "I didn't know what to do anymore. I was desperately looking for the money I had put aside to pay my rent. I was sure that I'd put it in a drawer in the kitchen, and it seemed there was only one possibility...

"When my son came home, I started to question him right away. He acted surprised, but he said no, he hadn't seen any money. But I didn't believe him, so I used my new power to find out if he was telling the truth."

"This is what I did:

I looked steadily into his eyes and I mentally formed the following message, "Jimmy, give me the money," imagining that the message was entering his head through the middle of his forehead. You know the rest already. My son suddenly pulled the money out of his pocket and laid it on the table without realizing what was happening."

How to get a loan they didn't want to give you

You go into a bank to ask for a loan. The bank manager looks at your file, smiles, but replies: "I'm sorry but you don't satisfy our credit requirements right now." At that very moment, you put yourself into a state of remote influence (that is, a calm and relaxed state, a hypnotic state). Stare the bank manager in the eye, and make the following message penetrate his mind through his forehead, repeating it several times "You will give me the loan now."

After a few moments' silence, for no apparent reason, he suddenly changes his tone and adds: "Listen, as a matter of fact, I think maybe we can do something for you. I'm even going to arrange this for you personally. Come back and see me tomorrow morning."

It was by using this method that I was able to get a loan of \$150,000, even though my income was well below the standard needed to borrow such an amount.

I hope these few examples have given you a glimpse of the way you should proceed. Obviously, you can use this method in any other field of action.

Since the mode of operation practically always remains the same, it's not necessary for me to spell out all the different possibilities here. The important thing is that you have understood the principle of remote influence.

As for the last examples, those of Edith S. and the bank manager, it should be pointed out that these involved more practice and experience than the others, since the result was produced immediately, in the space of only a few seconds. But even there, you will easily succeed after only a few weeks practice.

How to reach the person you love

First, just as with all the remote distance techniques, relax, and remove all tension from your mind and body. If you can't manage to do this quickly, use self-hypnosis. Breathe deeply for five minutes, then clear your mind of every thought that is not connected with the object of your desire. How? Simply by ignoring them and fixing your attention on your goal.

Look at a photograph of the person with whom you wish to establish contact (if possible, a recent picture showing the person alone) and imagine the person standing in front of you.

The first part of the operation has already been performed. You have made contact with the person you love through the intermediary of the photo.

When you love someone, a bond of affection is formed. It has been demonstrated in laboratory experiments that this link strongly influences the formation of telepathic contacts; remember what Uri Geller had to say about this: "Once an emotional link has been formed between myself and the subject,

I concentrate hard on what I want to see happen."

The second part of the operation will be to communicate with the loved one by telepathy. This is how you will proceed: Once you feel that contact is firmly established, that something has happened, look at the photo once more, then close your eyes.

Through the strength of your thoughts, speak the person's name and issue the following command: "SPEAK TO ME, SPEAK TO ME." Repeat this phrase several times if necessary until you feel something begin to stir within you.

Perhaps you will feel some strange sensations, or strange thoughts will suddenly flood into your mind. In the beginning, you will think that this is caused by your imagination, but with a little experience, you will understand that a telepathic communication has been established between you and the one you love.

If you can, agree on the time when you want to try to establish contact with the one you love. He or she will then be able to get into a state of relaxation at the specified time and think of you.

This way of proceeding will make the telepathic contact much easier. With a little practice, you will easily be able to feel what someone is thinking or doing, even when you are separated from them by several hundred miles.

How to see what someone else is doing hundreds of miles away

This telepathy exercise is identical to the one in the previous section entitled "How to reach the person you love," that is, you also use a photograph if possible; otherwise, visualize the person in question.

Then, imagine that you are standing in front of him or her and that your whole being is with that person. If you know where the person is, form a mental image of the place.

Then, as soon as you feel the link has been established, say the person's name and ask the following question: "WHAT ARE YOU DOING?" Let yourself go, and above all do not analyze anything that comes into your head. On the contrary, accept everything that comes to you as the truth, and write it down right after the session; if need be, share the results of your investigation with the other person.

In this way you will be able to judge the accuracy exactness of what you have seen, felt, or heard. Above all, don't be discouraged if you don't receive concrete results right away. When you learned how to read, you weren't able to read entire pages at once.

You started by reading a few words, then a few sentences, and finally you read whole books. Today you are even able to read while thinking of something else.

It's exactly the same with telepathy. After a few weeks' practice, you will be able to see through walls, read other's thoughts, and communicate over a distance. The most important thing at the outset is that you don't attempt to analyze since this will instantly destroy all your extra sensory perceptions.

The part of your brain that is involved when you practice this kind of exercise is the right hemisphere, i.e. the seat of the unconscious or subconscious, which contains not only all the psychic faculties, but also intuition, creativity, and imagination.

The left half of the brain is the rational side, which is employed in mathematics, judgement, analysis, and will power. Perhaps you can now understand better why it is so harmful to analyze and attempt to use your rational mind during these exercises.

These two hemispheres of the brain each have their own properties and abilities. Depending on the work you do, it is better to solicit the help of one or the other of these two hemispheres. Depending on what you want to achieve, and in the case of telepathy, this will be the right side of your brain.

As you practice, you will discover the thousand marvels you are able to accomplish. As in everything else, the beginning is always the hardest and this is why we advise you to be patient and persevere. Your efforts will be rewarded a hundred times over.

Final recommendations

You have almost finished reading this manual on remote influence. Apply yourself to following the advice we have given: it is the result of a long experience that has always proven its effectiveness.

By applying the principles contained in this method, you, like thousands of others, will begin to see your dreams come true. However, nothing is ever accomplished without discipline and serious practice. This is the only condition for ensuring your success.

Never forget

**“The only difference
between a man who knows
and a man who succeeds
is practice.”**

Read and re-read this method. Study it until you have really understood all the techniques and principles it contains. As soon as everything is clear to you, start practicing. You will then begin seeing marvels that will never cease to amaze you.

Your Personal Notes