

Psychic Training

Introduction

telepathy • healing • clairvoyance • remote viewing • mind over body

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Many folks have asked me if I can help them develop and control “abilities.” Or a specific ability. Yes I can. The following Blogs will do just that.

But first I need to go through some basic information. Some will be new, some is “old hat”. But I want us to start on the same page. And with your abilities you can skim down to the conclusion, and bounce back and forth as you build your understanding. Some the following is established fact, some are my assumptions based on observation and experience.

If you want to know more about my background, go to www.WasAPsychicChild.com
47+ video stories in 8 to 10 min segments about my uses of my 8 basic Psychic Abilities.

We have six, yes 6 mind-brains that we use. There are four in our skull and two in our body and there are more interconnections between them than there used to be.

The main brains that science has focused on is the Conscious and the sub-Conscious minds. The conscious mind is the critical, judgmental mind. It has a high brain wave cycle of 15 to 30+ cycles per second, when active. It is called a Beta type mind wave. When asleep it goes way down to a Alpha range of 8 to 12 cycles per second, “cps”. The “C” mind doesn’t reach its full growth until the being is around 30 years old and it is the slowest to develop of all the brains.

The sub-Conscious mind part of the skull brain is the creative, picturing brain. It operates at a slightly lower Beta cycle rate of 20 cps going down into the Alpha of 10 cps. It develops early in the prebirth environment, a bit faster than the “C” part of the brain. But it too, is slightly slower developing than the other 4 mind-brains. Visualizing is of prime importance for the development of psychic abilities.

The next group of mind-brains are complementary to our Psychic abilities. The Limbic brain is a skull brain at the top of the spinal column. It is nestled between the side over laps

of the “C” and “s-C” brains. The limbic is thought of as only the switchboard brain. But it is much more. It receives all sensory input from the nerves in the skin and body (eyes, ears, touch, clairvoyance, telepathy, empathic premonition) and routes them to the appropriate places in the minds and body for decisions, the decisions made are returned to the Limbic for rerouting of that information to the body for action seconds before the action takes place. It operates in the Theta range of 4 to 7 cycles per second (cps or hertz). The Limbic is almost fully developed by age 1 ½ and has emotional picturing ability that develops into telepathic picture-talk. Aided by the subconscious mind-brain. It operates in the same lower cps of all the three remaining brains. 1/4 to 4 Delta cps and 4 to 7 Theta cps.

Animals also operate in the Delta Theta range allowing for easy communication between younger children and animals, like dogs, horses, cats, dolphins, mice, deer, squirrels and most mammals. Many of people I have met have memories of “talking”, picture-talk with animals and plants and many still do. Trees, plants and grasses and the other living “earth beings” like water, rocks are at the delta at 1/4 cps to minus 3 cps and the positive 3-D theta 4 to 7. [These categorizing numbers are approximate, they do fluctuate with different beings and conditions.] In this Delta-Theta cps all the psychic abilities can be accessed, even those that utilize the energy available from the 4th and 5th dimension. Put your list of 10 basic psychic abilities here; then add in all the psychic ability sub-types. Example Pyrokinetics is a sub of Telekinetic, the moving and manipulation of matter which is a 4-D and 5-D energy.

The Primal brain-mind (sometimes called the reptilian brain) is the instinctive body function brain-mind. It keeps the heart beating, the lungs breathing, tells us to eat food and drink water. It is responsible for the “flight? or fight?” body preparation. It is the first brain to function in a new born. It is in the primal fight Or flight brain-mind that many of our Psychic abilities are developed and jointly shared with other body mind-brains. Telepathic communication, is a given. Telekinetic reactions to danger in the tall grass of the savannahs, as in sensing a predator and teleporting short 50 yard distances. I saw this happening in a Remote View to that primal past.

The other two mind brains are just being investigated by science.

One is the cellular and DNA body-mind brain. The cells of our body interacting as a “cellular memory bank”, and it operates at ½ cps Delta brain wave to 2 cps.

The other is the liquid-frequency mind brain. It is our hard-drive for storing information by its molecular frequency signature. It operates in the Delta ½ cps to 4 minus 4-D energy.

Now, what does it all mean. We are a species of psychic beings, being raised within an environment of psychic abilities.

That's nice... but how do I get there?

You need to lower your mental cps into the lower ranges of Alpha and into the cps of Theta-Delta, to gain the use of a 4th and 5th dimensional energies.

Ok, how do I do that?

By stopping the conscious and the sub-conscious mind from thinking.

How do I do that?

By focusing your minds on something that takes the least amount of thought.

Like what?

Your third eye, a candle flame, a spot on the wall, your navel, a spot on a painting, a simple drawing, a complex drawing with a center focus point, your thumb nail, and many other single focus things that will give your "C" mind an endless loop to see-think about.

Your Limbic, Primal, Cellular, Liquid and sub-conscious minds will still function and can still "Vision" (think). The controlling factor is intention, the intended result desired.

Do it, Vision-Feel your intention, while in the Delta/Theta alternate state of awareness.

The Creation of your intention will happen.

Focus into the Delta Theta state is the key to unlocking the door to your intentions

Ability to create, to manifest itself.

Before we get to the training aid Blog. I need to issue a warning. This focusing exercise is very powerful. Several people have experienced strong psychic experiences while resting with their eyes closed, between practicing sessions. Often they have been a solid out-of-body projection, that transferred itself to an unknown location. One person opened her eyes and found she was in a high scrub brush desert. She decided while she was there to practice "moving" things. Two people walked over a hill and spoke to her: "How did you get here? You are trespassing and must leave." She replied that she would leave in a moment, and she was sorry to intrude on their land. They exchanged pleasantries for a short time. Then they walked away and she closed her eyes said to her self: "Return" and did. Another person closed his eyes to rest and when he opened them he was in a bedroom he had never seen before. Airplanes and a model of our solar system was hanging from the ceiling. Startled he closed his eyes and said "Return" and was glad to be in his room again.

If you have a similar experience stop and look around to see where and when you are. You can return to your place any time by saying "Return".

Harmony,
Roger