

# **The Secrets Of Telekinesis Revealed ]Version 2.0**

**How ANYONE Can Start To Learn And  
Develop Their Mental Abilities In 24 Hours  
Or Less!**

**By: Matt Adams  
©2006**

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## **WARNING...Before You Begin**

The information you're about to read is extremely powerful and can be used in both positive and negative ways. Obviously it's for informational purposes only and it's up to you on how you use the information in this report.

Realize that if your intention is to harm others, you're probably not going to get much out of this and you'll get negative consequences in return...

However if your intention is to use this information to enhance your own life and the lives of others, then you're going to find what you're looking for.

The information, as you'll see, spans much further than simply moving objects. That's only the beginning.

You're going to see how you can use this information and create the life of your dreams, to make the impossible possible, to do things you never thought you could.

A big question to ask yourself right now is WHY?

What is your "why"?

This question is important because as humans, we seem to be a species that must always have a reason for anything we do. Whether you realize what that reason is at the time or not...it's still there.

Have you ever gone into a grocery store, just turned around in a circle once and left?

Probably not, you had a reason to go into the store in the first place...maybe for some milk or a bag of chips.

So what's your reason for wanting to learn more about the powers of your mind? Is it just to move objects for no apparent reason? (That's tough)

Or is it because once you get a taste of what's possible with the power of your mind, you know an entire new world of possibilities will open up to you that you never even knew existed.

I strongly suggest that you think about your "why" before continuing on. This will make your efforts a lot more effective.

What you'll see is very foundational information...it's the very beginning...the very first steps of mastering this information.

The major point is you must first build a foundation and then you can start becoming

more advanced. If you try to run before you can even crawl you'll only become frustrated and be limiting your own potential by thinking "This doesn't work". If you can't do the small steps, there's no way you'll be able to do the bigger ones.

You have an opportunity here to not just learn about moving objects with your mind, but also to learn how to use your mind to move other things in your life such as people, money, and yourself. Think about that...

Thinking telekinesis is only about moving small objects for no apparent reason is limiting your thinking right from the start.

If you don't have any other purpose for it, you'll either make it more difficult than it needs to be (you'll try too hard and become frustrated)...or you'll make a few attempts and give up robbing yourself of your potential.

Open your mind now...

And we'll begin...

# How Anyone Can Begin To Develop Their Telekinetic Abilities In 5 Minutes Or Less!

Dear Friend,

You're about to embark on a journey through your mind and realize a powerful potential that you never thought you possessed. And that power is the ability to move objects with your mind. (And I know I said in 24 hours, but the reality is you'll see results within 5 minutes. The reason I didn't say 5 minutes was that it wouldn't be very believable.)

And little did you know when you got this report, is that you're going to discover that telekinesis spans much farther than just merely moving objects with your mind. (That's only the beginning)

What about the ability to move objects using your voice or creating events merely by thinking about them.

See, the powers of your mind stretch even farther than your imagination can currently conceive. You can use these same abilities and principles to start attracting money to you, finding your dream lover, creating prosperous opportunities in your life. (Some people call it luck)

Your mind is extremely powerful and full of little details and options that you've probably never even knew were there. (Much like your VCR or DVD player) There's functions on mine I still don't know about...

What you'll learn in this report will allow to you start creating "unexplainable" experiences in your life that will make you grin with a sense of accomplishment...if you practice them.

Like when you're thinking about someone special...and out of the blue they just happen to show up in your life...**SPOOKY**...or what about if you need a certain amount of money and it just happens to fall in your lap. Was it just blind luck...or did YOU create it?

Make sure you read this entire report so you'll know exactly what to do. As you begin to take control of your mind and start using this information...a whole new world is going to open up to you.

A new world where you're in control, and you see the pieces of information you were missing to begin with. You'll notice lessons and ideas you never thought of and you're going to say "Ah ha...that's it, that's what was missing and I want that!"

Think telekinesis isn't real? I hope so...because you'll be that much more excited when you actually see results within the next couple of minutes. With this simple guide you're actually going to be moving your first object with the power of your mind within minutes.

And I know what you're wondering...

## **How All Can This Be Possible?**

Many people believe that telekinesis is impossible, and with that single thought it becomes impossible for them. See your power and ability are limited by your thoughts. YOU create your own limitations.

It's one of the laws of your mind. "What YOU believe is true"... "What you believe to be true will become true for you". (Notice it might not be true for everyone else...it only becomes true for YOU) For example...

If you think you can't do something, then your subconscious mind will look for validation of that thought. And by thinking you can't do something, you're creating that as your reality. (Like thinking you'll never be happy or that you can't make more money or that it's impossible to move an object with your mind.)

So if you can create a reality of not being able to do something in your mind, imagine the world you can create for yourself when you start believing in all the things you CAN do.

Henry Ford said "Whether you think you can or you can't...either way you're right"

And yet this simple demonstration of beginner telekinesis will show you that your mind is more powerful than you could ever imagine. You're going to realize that anything you want in your life is possible, and when you see your first results...you're going to want more.

## **Everything Begins In Thought**

In order for anything to exist, it must first begin in your mind...in thought. You must first see it in your mind before it can become possible.

We'll go over this principle more in detail later...but for now I want you to know that in order to do anything in your life whether it's moving objects with your mind, making more money, or getting someone to do what you want them to...you must see it happen in your mind first.

The first car wasn't just created...it started as a thought in someone's mind...the light bulb didn't appear out of thin air...it had to be imagined first...the rocket ship that took

man to the moon had to be thought of first before it became a reality...  
Start to think about and imagine what type of life you want for yourself. What kind of power do you want to have?

Do you want to be able to move people with your mind...what about move money to you like a magnet...or create an empire that will last for generations? You can do all this and more...and it will all begin in your mind.

So open your mind now, and let different amazing thoughts enter your mind. Let your imagination run wild and let go of the idea of impossibility.

## **What Is Telekinesis?**

For those people that don't know, telekinesis is the ability to move objects using only your mind. (But as you'll see, there are other forms of telekinesis)

(Tele-"your mind") – (Kinesis- "movement" )

Some people would say "That's impossible"...and the correction is "It's impossible...FOR YOU" I know it works and I've taught hundreds of people to do this.

So what is the force in telekinetics? What creates motion in inanimate objects?

It's the same force that creates motion in your body or in the universe. **Thoughts** and **Vibration**. These are the 2 key elements of telekinesis

If you were to hum to yourself right now you would feel the vibrations through your lips, mouth, and maybe even your chest. And if you were to set a glass of water on a table and then hit the table you would notice the vibrations from your hand go through the table, through the glass, and vibrate the water.

You will have successfully created movement in a glass of water without ever having touched the glass or the water itself.

You've just caused movement through vibration so now you can see that...

## **Your Thoughts And Actions Created By You Can Move The Objects Surrounding You**

The thought first occurred in your mind, which caused an impulse (a vibration). Then you moved your hand and extended that vibration through the table to move the water.

See your thoughts can actually be measured, they actually cause vibrations and waves...

So you realize now that in order for something to move, there must be a vibration strong enough to cause the movement.

## **A Strong Enough Vibration Can Move The World**

Let's say that you've got a glass of water on a table. If you were to lightly shake the table, you'd notice the water in the glass sloshing back and forth. If you then shook the table with a lot of force, the glass would tip over and spill everywhere.

One vibration was only strong enough to move the water, the other stronger vibration was strong enough to move the water and tip over the glass.

Are you with me...

GOOD! So the trick with telekinesis is creating a strong enough vibration with your thoughts to move the object you want to move.

**Realize now that vibration can be  
created through mental thoughts, sound, and actions.**

The idea first begins in your mind...then the vibration occurs.  
(Tele-"your mind"...Kinesis- "movement")

## **The Best State Of Mind To Be In For Best Results**

Just like anything else, the state of mind you're in can determine your results. Whether it's telekinesis or making money, taking action, or communicating your state of mind will determine your results.

For example, if you're angry because you had a bad day at work...and you're feeling frustrated when talking to your significant other...there's a tendency for those feelings of frustration to come through and create even more problems.

A huge fight can break out at home because you were frustrated from a bad day at work. That frustrated mindset caused even more frustration when talking to your loved one.

The same is true for telekinesis. If you're feeling frustrated, angry, or stressed...take a break and relax for a while. (This is a good idea for anything you do in your life)

Because these outside feelings will only distract you from what you want to do. It's difficult to concentrate and focus on what you want when you're preoccupied with other feelings, emotions, and distractions.



The best state of mind to be in is a happy one. A place where you're feeling good both about yourself and are relaxed. This is the optimal state of mind where you'll experience the best results possible.

Remember to take breaks and relax. Forcing it will only frustrate you...just relax and see what happens. Even the slightest little thing you pick up on is a step in the right direction.

## **The Biggest Mistake Nearly Everyone Makes With Telekinesis**

These are the two biggest traps people wanting to learn telekinesis fall into. If you make either one of these mistakes, I guarantee you that you'll never be able to develop the powers of your mind to the potential you're capable of.

You'll still be able to use your telekinetic abilities to some extent, but just not the extent that's possible. So here are the 2 most common mistakes.

**Mistake #1**– Letting other people convince you telekinesis is not real. If you let others tell you that you can't do it, or it's impossible...guess what, you've given them control of your mind and belief system so they can tell you what's possible and not possible for you.

And all they're really telling you is what's possible and not possible for them.

Suggestions from other people can be contagious. Especially negative, limiting, or hurtful ideas and beliefs.

Never give your power away like that. Let them be limited and believe what they want to believe. If you begin to buy into their reality, then you're going to get their limitations. Just because they don't know how to do it doesn't mean it's impossible.

At one point everyone thought the world was flat too. And we've all come to realize that that's not completely true either.

You might even get someone saying "That's a trick" or "Well if it's real then move this bench." It's not your job to entertain them or convince them it's real, if they believe in it great...and if not then that's their choice.

What you believe will become true for you. If you let others tell you what to believe in, then you're letting them control your reality and your life.

So as you'll start to see later...believe that money comes easily to you, and you'll begin to make it move toward you...believe people love you and you'll move them toward you too.

But if you believe that people don't like you, or that money is hard to make...you push it

away just as easily as you would attract it.

You've got to believe that YOU HAVE THE ABILITY TO MOVE OBJECTS WITH YOUR MIND. If you're having a difficult time with limiting beliefs in your life, you might want to check some of the resources at my site. [Destroy your limitations here.](#)

**Mistake #2**– Expecting HUGE results too quickly. I know you might have seen a movie where someone moves a car with their mind, or Star Wars and the force and maybe you thought “Wow I want to be able to do that”.

Most people fall into the trap of wanting to do those type of things right away and then become frustrated because they can't do it with 10 minutes of practice and start thinking it's not possible.

That type of stuff is the movies, and not to say it's not possible...that type of stuff though would take more practice and building of your skills.

Those that expect enormous results right off the bat usually give up on themselves and think “This doesn't work”. (A limiting belief) Then that become true for them. They want to run before they've even learned to crawl.

And I guarantee you once you have that limiting thought in your mind...you're right...and it will never work for you.

Telekinesis like anything else is a learning process. You had to crawl before you could walk, and you fell down plenty of times before you finally got it. I know there isn't anyone alive that learned to walk in 20 minutes.

And realize what you're going to see yourself doing is the very very beginning of mastering and honing your abilities. It's the very smallest piece, the first building block. Then from that block you place another and start to build on the foundation you've set.

When you were a baby it probably took you months before you got the hang of balance and could walk a few feet without falling down. The point is, we all must start somewhere.

I also want you to see this by using the analogy of weight training...

When a person begins weight training, they don't go into the gym on the first day and bench press the entire weight stack. (And if they try there's a good chance of a serious injury occurring.)

The same is true with developing your mental ability. You must practice it and develop it. While you're going to be able to move a small object by the end of this report, that doesn't mean you'll necessarily be able to move a car in the same day.

If you want to really develop your ability and skills, you've got to practice it.

And then once you develop your skill, once you see it happening...you'll own it and it's with you for life and you can do it anytime you want to. Just like riding a bike, once you have the skill...you'll always have it.

## **Developing Your Mental Abilities Step 1**

A major part of developing your abilities is simply opening your mind to the possibilities that surround you. Remember, if you believe something is impossible...then it will become impossible for YOU.

The first step is to open your mind, or at the very least...suspend your disbelief.

Imagine for a moment in your mind's eye what it will be like as you learn to move objects with your mind. Actually imagine what it would feel like being able to move something with your mind and imagine yourself actually doing it.

You can make it as wild as you like because you're just imagining right?

You can see yourself bending spoons...lifting cars...cooking breakfast while you're in the other room. Just let your imagination run wild for a moment. This will help you suspend any limiting beliefs you might have.

Actually see it happening before it happens.

## **Here's a very important lesson**

When you're attempting anything...whether it's telekinesis or anything else, you'll have more success when you see it in your mind as already having happened.

So you see the object in your mind as already having moved or you see the person already saying yes to your request, or you see the car of your dreams already parked in your driveway.

This thought produces a vibration...and that vibration is going in the direction you want.

The other side of this is thinking and picturing things working differently not the way you want.

For example the thought in your mind is of the object not moving and how frustrated you'll be. When you hold this image, your mind produces a vibration that is moving in the opposite direction of what you want.

Your mind is looking for exactly what you're thinking...so if the thought is to not move

the object, then it's going to stay stationary and you'll think..."It's not moving...see I was right...this doesn't work".

So the key here is to see in your mind first the exact result you want.

This Principle Of Mind Is...

## **Our Mind Moves In The Direction Of It's Dominant Thought**

What this means is that we find what we're looking for and we get what we're thinking about most.

If I tell you don't think of a pink elephant...what's the first thing you think of?

Right a pink elephant. Because you have to think about it in order to know what not to think about.

Even if that pink elephant flashed through your mind for only a fraction of a second, that's all that was needed for you to think about it.

The same is true for telekinesis, or anything else in your life.

One simple flash of thought is all that's needed to start an avalanche of follow up thoughts. So you want to make sure that the thoughts you're holding in your mind are of what you want to happen...the positive results.

Think about where this applies to you in your life.

If you're thinking about how something isn't going to work, then that's what your mind is going to look for and validate for you. Remember, what you believe is true for you.

So if you're looking for how something isn't going to work, or what's going to stop you, then most likely you'll end up finding that and it'll stop you like a brick wall.

But on the other hand, if you're holding the thought, the vibration of things happening in a different way...then your mind will find that reality and your life will excel in a positive direction.

Just by using this principle alone, you're using your mind to change your life. Your creating movement in people and objects outside of your own body to give you what you want and what you're looking for.

So keep those thoughts focused on exactly what you want...not the opposite.

## **Step 2 Developing Your Concentration**

Something like telekinesis takes focus and concentration, and the people that generally have a “Want it BIG and want it NOW” mentality are too busy consciously thinking about something else to focus on what they should.

You’ve got thousands of messages racing through your head at all times during the day.

All these messages are creating impulses and vibrations. So imagine all these different vibrations being scattered everywhere and nothing really focused on anything. It’s the difference between a laser beam and a normal light bulb where light is dispersed everywhere.

This “dispersion” of thought weakens any power it might have.

Dispersion in case you don’t know is when something that would be focused begins scattering and dispersing making it weaker and weaker the further out it goes.

If you allow little things around you to distract you, your thoughts will begin to disperse and you won’t be anywhere near as effective as you could be.

Think about it this way, doesn’t it take more concentration and focus to work a crossword puzzle or remember a phone number than it does to watch TV.

Some tasks require less concentration and focus to do than others. The smaller things don’t require as much focus as larger more complicated things.

So if you’re focusing on a difficult task like remembering 64 consecutive numbers with the same intensity that you’re focusing on watching TV, you’re probably not going to be as effective as you could be. Because your attention when watching TV is dispersed.

This dispersion principle is why a laser beam can cut through objects where a light bulb can’t. A laser is simply light, but it’s focused and concentrated light. As you begin to learn to focus your mind more, your mind will become more direct and focused.

### **So here’s an exercise for you to start practicing with.**

Take a deep breath in...

And get a single image in your mind. Once you have that image in your mind, see how long you can hold it there without being distracted.

This can be frustrating when you’re first learning to do it because you’ve got different thoughts occurring like “Was I supposed to call this person” or “I’m thinking about my dog” or “Is this working...” “What if this doesn’t work...”.

All of these different thoughts are distractions. Concentrate and hold that one single image in your mind for as long as you can.

**Remember to keep breathing.** If you want you can focus on your breathing as well.

Take a look again at your life and how different distractions move your focus away from what you want to accomplish.

How successful would a basketball player taking a free throw shot at the foul line be if he or she allowed the people in the stands yelling “Miss It...Miss It” to be in their head and distract them from what they were doing.

Think about it and look at how quick this happens...

1. They hear the words “Miss It”
2. That flashing thought enters their mind and they see themselves missing the shot
3. They take the shot and miss thus fulfilling the negative idea.

That basketball player must focus like a laser beam for those few moments. Tuning everything else around him out and just focusing on the success of that one thought in his mind at that time.

The same is true for telekinesis. Whether you’re learning or have been doing it for a while, when you let outside distractions into your mind...it will disperse your focus on energy.

Your mind will be going in different directions and how well will you be able to hold that thought of exactly what you want to happen (move an object) if you’re distracted by a ringing phone, someone telling you that you can’t do it, or your own thoughts.

**And how has this principle also kept you from living the dream life you’ve always wanted to live?** What goals have you not been able to achieve in your life because you allowed someone or something to distract you and your focus?

### **Step 3 Developing Your Intention**

This is one of the most critical steps in telekinesis.

Your intention becomes the thought in your mind where you see the object as already moved. It’s become your intention to move the object of your choosing.

If you don’t intend to move the object, then nothing will happen. Your focus becomes defocused and you’ll become frustrated.

**When you intend something to happen (strongly), it usually occurs.**

For example, in the instances where a woman lifts a car to save her child...no one has the capability to explain how this is possible. But guess what her intention was...she already saw the car as lifted. Her intention became so strong to save her child that there was no way it wasn't going to happen.

Your intention to move the object...seeing it as already done...is extremely important.

If your mindset is "Well I'd like to move this object"...then you're probably not going to get very decent results. Your intention would be weak and you wouldn't really care if it worked for you or didn't.

It's like if you were starting a fire with 2 sticks. Your intention is to start the fire, because if you don't...it's going to be one cold night.

Now if you have matches and lighter fluid with you, then you're not as interested in using 2 sticks to start the fire. And if you were to try lighting the fire with 2 sticks, while you might be successful, you would probably be thinking the entire time "We've got matches and lighter fluid, why are we doing things the most difficult way possible?".

Your intention wouldn't be there, and your thoughts would be dispersed instead of focused on your intention.

## **So here's an exercise for you...**

As you now know, focusing on your intention (that single thought) is what will create the vibration that moves things in that direction.

So now go in a quiet room where you won't be disturbed, and make it your intention to get someone to call you on the phone...

Think about them and imagine them calling you, get the picture extremely clear in your mind, and your intention clear about what you want them to do. Also hold your intention of when you want this to happen...is it immediately, or in a couple days.

If you're not precise of when you're intending this to happen...then it could be next year.

Realize too that you're using your mind to move another person into an action, so another thing for you to do is imagine yourself as them...seeing the world through their eyes and thinking as they would think.

Then as you're imagining yourself as them, see yourself picking up the phone and calling you. Feel the reason why they want to call you and see what happens.

Remember, you're moving someone else to do something (call you). So #1 you must have constant intention of what you want them to do, and #2 understand that if they don't

call you immediately...it doesn't mean you're doing anything wrong...they might be in the middle of something important, or they got the feeling and just dismissed it.

The interesting thing is that if they don't call you immediately ask them the next time you talk with them if they had any thought to call you or if they got the feeling you were thinking about them. You'll be amazed how many times you're right.

Understand that the person you're moving with your mind also has distractions happening around them at any given time. So the stronger your thought vibration is, the stronger the message they're likely to receive.

Notice too that your mind's frequency plays a large part. It's like a radio dial, the radio waves are all around us...yet you can't hear it can you. The reason being because your ears aren't able to tune into the frequency.

When you've got a radio tuned into the specific frequency, then you can hear what's going on.

Another exercise for you is the next time the phone rings, see if you can use your intuition to guess who's on the phone before you pick it up. (No cheating and looking at the caller ID)

## **Step 4 Developing These Things Subconsciously**

The biggest accomplishment you'll have is when you've practiced these steps so you've become subconsciously competent (meaning you don't have to think about it).

You want your focus and intention to become immediate without you having to think about it. Like breathing or your heart beat. Or be able to tune out any distractions and hold that thought in your mind no matter where you are.

Obviously it's easier in a quiet environment, and you can also get to the point of being able to do it elsewhere.

When you've practiced something over and over again, you begin to be able to do it without thinking about it each time. That's the point you're going to want your abilities to get to.

An example of this would be playing a guitar, or driving a car.

If you were to pick up a guitar for the first time, you probably won't start playing a solo that would make a rock star want to quit would you.

Of course not, you've got to learn the finger positions first...you've got to learn the movements and what strings sound like what.



And in the beginning stages it's not going to sound very good. You've got to get a rhythm down, you've got to think about where the finger positions are etc.

Then after you've been practicing for awhile, all of a sudden you begin sound better and better. You start making more progress in a few weeks than you made in the past few months. Everything just seems to snap into place.

You don't have to think about the finger positions anymore, you just know where they are...

You've become unconsciously competent. You don't have to think about it as you're doing it.

What else have you accomplished in your life that you were terrible at when you first started, then as you kept practicing you got better and better until you mastered it. And now it seems so incredibly simple.

That's the point you'll get to with your mental abilities when you continue to practice with the steps I've outlined for you.

### **There are 2 tricks to becoming unconsciously competent.**

#### **#1– Practice**

The more you practice, the better you'll get. And how fast you get really good at this all depends on you and the amount of time you want to put into practicing.

You'll definitely get better faster at playing the guitar if you practice every day rather than once a week.

It's all up to you how fast you want to get good at this.

Now with that said...remember to relax and take your time. Rushing or trying to force it will only frustrate you. I know you're excited, and practicing for hours will only burn you out.

Focus on you and your ability. Not on anyone else...remember your "why" that you want to develop your mind and learn to use the power you possess.

#### **#2– Your imagination**

The biggest hurdle most people have when learning telekinesis is that they can't imagine themselves doing it. This thought creates the limiting thought of "*Therefore it can't be done*".

It can be difficult to wrap your mind around such a concept as the power of your mind

and the ability to move objects with your thoughts. And what you're doing is pushing up against your current limitations until you see the new world that's opened to you.

It's always the toughest step when you're the first one out of the boat.

**But when you do it once...then you know you can do it again and again and again.**

And each time you do it, you'll become better and better.

The first couple of times are always the most difficult, and the more times you do it the easier it becomes.

Most people have the limiting thought that this stuff can't be done, so they've defeated themselves before they even began. They haven't even taken a shot at it and they've already given up on themselves.

Remember we get what we're looking for...our mind moves in the direction of it's dominant thought. So for all those other people that believe it's not possible...all they see is what they're looking for, and when something unexplainable crosses their path they only think "It must be a trick".

Because they are unwilling to look and see if there's something more or they don't understand it, they immediately say it's not possible and in doing that it becomes "impossible" for them.

I'm glad you're different.

Like we talked about in the beginning of this report, you've to suspend your disbelief. And once you see it happen, you'll never be able to go back to your old ways of thinking.

So with that in mind...

## Let's Begin Moving Objects

Now is the moment you've been waiting for.

You've learned the steps and concepts, so now it's time to put this into practice.

From this point on, you're going to see some amazing things that would qualify as unexplainable. They are things that are difficult to believe at first, and yet they do exist.

Here is a quote from Joseph Dunniger:

***“For Those That Believe No Explanation Is Necessary...  
For Those That Don't, None Will Suffice”***

Some of these things will seem impossible at first, and yet they are completely real. Then as your mind starts opening up to new possibilities your own abilities will begin to grow. You'll start noticing changes in your own life and what you can do.

And with that, here is the first baby step to moving a small object with your mind. Remember that we're not even crawling yet...we're just starting to move. We're building the foundation that everything else is going to be built on.

**Here are the items you'll need:**

A light  
A key  
A 6-8 inch piece of string  
A piece of white paper

**Step 1** is attach the key to the string. If you don't have string available, you can use dental floss.

**Step 2**– put the light to the side of you and the white paper on a flat surface in front of you so a semi shadow is created on the white paper.

**Step 3**– Take the key on a string (the pendulum) and holding the string between your thumb and index finger hold it over the paper with your elbow on the table. Make sure your shadow isn't covering the shadow of the pendulum.

The reason for using a pendulum as the first object you'll move is because you can see visible changes in the pendulum even if they're subtle by the shadow. It's difficult to see subtle changes in a rock or other object.

By seeing the visible accomplishment you're about to make, you're going to be

reinforcing the idea in your mind that this is actually possible, and **YOU CAN DO IT**. Since you're just beginning, we want to reinforce every accomplishment you make because that reinforces the belief in yourself that you can do this.

Until you begin to see results, it's a lot easier to just say "It's not working" and quit. And as soon as that idea of "it's not working" flashes through your mind, that's all it takes to destroy your ability.

So it's extremely important that you see results early for that positive reinforcement in your mind. And I want to give you the greatest chance of success.

With that in mind...place your elbow on the table and hold the pendulum between your thumb and index finger. Keep the pendulum slightly above the paper (about an inch or two) and make sure you adjust the length of the string if it's too long for you.

Your arm shouldn't be dangling in the air.

Take a deep breath in...and we'll begin...NOW...

Begin to imagine the pendulum swinging in a certain direction.

Play that image in your mind over and over again of the pendulum swinging in that direction. Maybe back and forth or side to side.

Do not use your arm or fingers to move it...use only your mind.

Then as it begins to swing back and forth or side to side...begin to imagine it swinging around in a circle either clockwise or counterclockwise, and you'll notice that you'll be able to make it change directions.

**That's right...YOU'RE DOING IT!**

And as you continue to imagine which way you want it to swing, I invite you to notice how you can make it change direction at anytime.

Hold your intention for it to move in the direction you want...see it in your mind as already moving that way. And you'll notice it will start to move in that direction.

Now see if you can stop the motion by simply using your mind to stop it.

Imagine the pendulum coming to a stop over the paper, and it will remain still only as long as you hold that still image in your mind.

Then whenever you're ready to, you can start it moving again just by thinking about which way you want it to move and holding your intention there seeing it as already happening.

That's right...you've got it.

## **Congratulations You Have Just Moved Your First Object With Your Mind**

What just happened?

The thought from your mind became a vibration moved through your body and moved the pendulum. AMAZING.

Realize what you've just accomplished. You've now experienced what it's like to have a thought vibrate through your body and move an object. The vibration occurred with your thought, and the movement happened.

It's important right now to praise yourself for what you've done. You're conditioning your mind for what is possible, and you've taken the first step.

This is the baby steps...as you get better at projecting your mental vibrations outward, the need to be in physical contact with something lessens.

Even though you were touching this object, it was your mind that was moving it. As you get better at holding the thought and intention you want, you can lessen the amount of contact you need to move it with your mind.

What you've just experienced is something we call an "ideo-motor" response.

It's your subconscious mind sending vibrations through your body to move the pendulum in the direction you were thinking. The vibrations of your mind are like the force of your hand striking a table...and your body is like the table with the vibrations moving through it that moves the water in the glass.

### **So Where To Go From Here...**

You've already got the first building block of moving things with your mind. Now is time to practice and build your confidence.

Confidence is important because as humans we'll only continue to do things we think are possible...we'll only continue to play the game if we think we can win.

Be proud of your accomplishment, because this was the first step. And now you've got a foundation to build on...the knowledge that you can do it on an extremely small level. With that knowledge, you can now begin to increase your power.

## Step 2

See if you can get the pendulum swinging farther in a direction one way or the other. Then see if you can have someone else hold the pendulum and focus on moving it in the direction you want it to move without telling the other person.

If you tell the other person which way you want it to move, you might accidentally influence the direction by communicating with their mind.

So just concentrate on which way you want it to move, you'll be amazed that you're a lot better at this than you could have ever thought possible.

## Step 3

And finally you can suspend your pendulum from a hook or a nail and focus on moving it that way. A tip here when starting out is be as close to the object that you're moving as possible.

The reason being that vibrations when small (like they are when you're first starting out) will not travel as far and with the intensity required to move an object.

Remember the exercise with the glass of water on the table and you hit the table to send vibrations through to the glass of water? Well imagine if that table was another 10 feet longer and the glass of water was at the far end.

Your hand hitting the table would definitely send vibrations through the table, and the vibrations would be strongest where your hand was and would weaken as they vibrated through the table until they were the weakest at the far end where the glass of water is.

Most people make the mistake of getting as far away from the object as possible. You can still have some results that way, and being that you're just beginning you want to give yourself the greatest chance of success possible.

So start out as close to the object as possible, and as you get better, you can begin moving further away.

Remember, we're moving in extremely small incremental steps here. One piece leads to the next and it's important to acknowledge your accomplishments and continue to reinforce your ability. As your abilities continue to grow you can move further and further away from the object.

For example, right now you're holding the pendulum. You're in physical contact with it and you're thoughts are traveling through your body to move the object. You're focused on what you're doing so the vibration is the strongest.

Then as you get better with that, you can hang the pendulum from something and only lightly touch it instead of holding it and practice moving it that way. And when you get good at that, move your hand a little further away (just barely off the surface)...and increase your distance slowly.

There's no rush here. The more focused you are, the more you practice, the greater you will become at this.

The mistake most commonly made here will be if you want to immediately hang the pendulum from across the room and attempt to move it. You'll be trying to do too much at once and likely frustrate yourself in the process.

It's the small steps at the beginning that will make you a unconsciously competent master at moving the world around you and things in your life.

Practice Practice Practice...

Keep your mind sharp by protecting yourself from the limiting beliefs that others might try to push on you, or the limiting beliefs you give to yourself.

Examples of these are...

"It's not working...I can't do this. OR "I guess I just don't have the gift"  
Nonsense...everyone has this gift...you were born with it. This isn't magic, it's science.

Your ability to think means you have a mind...and that mind of yours produces vibrations (This can be and has been numerous times scientifically proven).

Now the amount of focus you put on it and how you direct those vibrations are up to you. Will you focus them like a laser and sharpen them with practice...or will you let them be distracted, diffused, and all over the place?

So this is the very beginning of you moving objects with your mind.

The next form of telekinesis you're going to see is...

# The Ability To Move Objects With Your Voice

Can you imagine just using your voice and creating movement in the world. Your voice is something you probably use everyday, and yet you haven't yet realized the true power in just your ability to speak.

What I'm about to reveal to you is telekinesis using your voice. The thought begins in your mind (tele)...and creates a vibration that is carried via sound waves and moves an object in the way that you want it.

Notice how we said "**In the was YOU want it**". The true power of telekinesis is being able to move things where you want them to go (Not just being able to move them).

And the same principles as we discussed before still apply here.

How would you like to make use of your ability to speak to get you anything you want in your life? It doesn't matter what it is. Fame, money, friends, cars, love...you name it.

The first step is you have to know what you want to accomplish (Your outcome). Then you've got to see it as already done.

## The 2 Types Of Vocal Telekinesis

The first type of vocal telekinesis is using the vibrations of your voice to move an object.

This can be either a stationary object or a person. (You're going to be amazed at the power you get in your life when we start talking about moving people.)

First though, we'll talk about stationary objects.

Now just like thought vibration, vocal vibration weakens the further it has to travel. So the closer you are to the object, the better results you'll have.

Remember that your intention, pitch, resonance, and intensity will all play a part in moving this object. (This may sound difficult at first...and that just because you've never done it before. But as you practice, this will become easier)

The way this works is when your voice vibrates and resonates on the same level with the object you're focused on moving...and with the intensity required...you can move the object.

As proof of this I'd like to introduce you to an absolutely amazing guy...his name is Jaime Vendera.



Jaime is a rock singer and vocal coach, and has been featured on “Myth Busters”. The reason this is so important is that Myth Busters was trying to see if it was really possible to shatter a glass using only your voice.

And Jamie has proved this many times to be true. (Actually he’s the first documented singer to shatter a wine glass using only his voice.)

What happens is the thought (vibration) first occurs in his mind...then he sees the glass as already having shattered. Next his voice produces the vibrations and resonance at such an intensity that the glass literally shatters into pieces.

Now does he have some born gift that allows him to accomplish this and no one else can do this? Of course not...if you can speak, you’ve got a voice.

The question is, will your practice using your voice and moving objects with it?

See you can do this too...Jaime will even teach you how to do it and has written how to do it in his book. So how many other skilled people have shattered a glass you’re wondering...

## **ZERO (other than Jaime)**

So what’s the reason?

The reason is because Jaime sees the glass as already shattered before he even begins. That vibration of thought that’s created is what creates certainty and the end result.

Remember how we were talking earlier about that one quick flash of a thought that can destroy your ability to move an object? It applies here too.

If you look at the glass and think to yourself for even a moment (This isn’t possible) then you’ve created a scenario to fail. You see the glass not breaking and then that becomes your result. (That’s a common occurrence when you’re first starting out AND it’s a limiting belief)

However, when you see in your mind the glass shattering before you even begin...then you know it can be and will be done. There’s no other option for things to happen. When you see it happening first...(imagination) then you can create it.

I encourage you to actually see Jaime do this. He’s got videos of this on his website and you can see it at <http://www.voiceconnection.com> . It’s absolutely amazing.

Remember that everything begins in thought. You must see it in your mind first, and then you can make it a reality.

# **The Second Type Of Vocal Telekinesis... Start Moving People**

If you thought it was awesome to be able to move an object with your mind and voice, imagine what it would be like to start moving people...

What if just by using your mind and voice you could get people to do what you wanted them to do. You can actually move people into action with the thoughts you hold in your mind and how you transfer those thoughts with your voice.

See, thoughts are things,, they have a vibration just like anything else and the amount of vibration they have depends on how they were delivered.

This is also known a persuasion and communication. This is a lot more reliable than only using your mind to move someone.

Using only your mind to communicate with someone is called telepathy, and yet this is a little more difficult to use on a consistent basis because the other person must be open to receiving your message and must also be on the same frequency.

It's like a radio dial...if you're not on the right station and getting the correct frequency... you're not going to be able to hear anything other than static. If the other person you're trying to communicate with isn't on the same frequency as you, you're not going to get the results you want.

A better use of your time is to learn these vocal strategies that will move people in the direction you want them to go. It's more reliable, it's a lot more powerful, and you can start using this in your life today.

## **Communication Is Everything**

The quality of your life will be based on the quality of your communication whether it's with yourself or someone else.

To make things a little more clear for you, the thoughts in your mind... or what you say to yourself is self communication. And the words you vocalize are communication with others. (We'll talk about communication with others first)

Communication is a skill that we're never really taught. Actually as kids we're thrown out onto the playground in hopes that we'll make some friends, but we're never taught the skills of how to do it.

Have you ever seen or known someone that almost always gets their way? It's like nobody wants to say no to them, they're just so charismatic and charming.

Would you like to have that power?

Their power comes because they know how to effectively communicate and move others in ways that the other person wants to get them what they want. They're communicating on purpose and not leaving it up to chance.

Have you ever been communicating with someone and "got lucky". The reason being is this is how most people communicate...with a hit and miss strategy so when they do manage to hit something they "got lucky"

But we want our communication to be so sharp it's like a guided missile, and we get what we want more times than not. We must learn how to effectively communicate and move others with our thoughts.

So what is the result of bad communication...

- Broken relationships
- Burned bridges
- The "You said I said" game
- Misunderstandings
- Bad business decisions
- Stress and frustration
- Getting less than you want or could have

This can all be avoided...

As you begin to learn this skill, you'll notice people moving in the direction you want them to and doing what you want them to do more often. There will be less stress, less frustration, and more enjoyment for you as others begin to want to go out of their way for you.

In the following pages we'll talk about the beginning secrets of moving others with your mind and voice. (This is an extremely large subject which could fill another book)

For now I'll show you some of the beginner secrets that will build your foundation and give you something to practice and play with.

When you use these secrets, you're going to be stunned by the results you get and changes you'll see in your life.

What are the results of good communication?

- Less stress
- People doing exactly what you want them to do
- More fun
- Better understanding

- Better and more fulfilling relationships
- More success and happiness

## **Your Mindset For Best Communication Results**

**This one idea will change your life forever if you'll use it.**

You're going to notice changes in the quality of your life and all of a sudden people are going to be more drawn to you like a magnet. It will seem like some strange force is attracting more people into your life and people just want to be around you and do things for you.

And it's all because of this...

The biggest secret to moving people with your mind is all in the first step. If you mess up the first step, it's going to make everything else a lot harder.

So here it is...the keys to the vault...

### **Step #1- Pay attention to the other person**

What I want you to pay attention to next time you talk with someone is are you paying attention to them, or are you paying attention to what you're feeling?

Have you ever been listening to someone and were thinking of what you wanted to say next so much that you completely missed what they were saying...or maybe you were noticing how something they said made you feel so much that you completely missed what really happened.

Or have you ever had someone tell you their name and within moments you've already forgotten it and couldn't remember it even if it meant winning a million dollars.

And even if you have a long conversation with someone and couldn't say what the color of their eyes are. That's not to say that you didn't care...it's just that you didn't notice because you focusing on what's going on inside your head...what happening with yourself. (You're not focusing your full attention on the other person)

Another example of not paying attention to the other person would be if someone passed you in the hall... you said hello to them and they didn't say hello back. Then you thought "Well that was rude" and got upset about it..

Right there you're focusing on how the situation makes you feel. (You're inside your own head)... but if you were paying attention to what's going on outside you... you might have noticed that they were in a hurry and didn't even notice you.

Another thing you might have noticed is that they were talking to someone on a cell

phone ear piece, or maybe they were upset about something.

When you start focusing your attention on the other person during a conversation, you'll start to notice things you never noticed before.

You'll start to detect shifts in their emotions, you'll notice their body language more, you'll see their eyes brighten up when they talk about something near and dear to them...and you'll notice when something you say strikes a bad chord.

## **Common Mistakes In Communication**

These mistakes are commonly made and are the reason for communication breaking down and you don't know why. There are tons of these mistakes made...way too many to list here, but here are 3 of the most common ones.

**Mistake 1- Not noticing the other person.** Have you ever said something that might have offended someone and you didn't know why. Just all of a sudden the person was upset and you didn't think you said anything wrong.

You didn't see anything wrong with what you said, but if you were watching them you would have noticed they were becoming uncomfortable or even irritated. Then if you keep pushing, not noticing these signs, you end up offending and alienating the other person.

You'll have more luck moving people with your mind and communication when you first get outside your head and notice what's going with them. And you'll start to detect indicators of their emotions that you never noticed before.

**Mistake 2- Thinking the other person understands exactly what you're saying.** This is another big one...

In communication, you'll only get people to move in the direction you want them to when you're in synch with them. What I mean is that you're communicating in a way that they understand what you're saying.

Remember that in communication, if you want to master this skill, you take responsibility for both the sending and the receiving of the message.

Have you ever had a heated argument with someone only to find out you both were saying the exact same thing only in a different way? It sounds ridiculous, and yet it happens all the time.

You thought the other person understood your point...and yet as it turns out, they thought you meant something else with caused the argument.

## Here's a HUGE TIP

You will not be able to move people as easily if they are angry, or frustrated with you. It's difficult to get in synch with them when they're stressed out or otherwise angry because they'll push against you and your thought.

Which leads us into the 3<sup>rd</sup> mistake...

### **Mistake 3- Pushing against the other person when communicating...**

This mistake makes it near impossible to move anyone. (It does make most people feel better...yet in the long run it doesn't get us anywhere)

The mistake is wanting to always be right, trying to prove other people wrong, or otherwise pushing against them.

Picture communication like a flowing river...your thoughts are flowing from your mind and the person your communicating with and moving is merely in an inner tube floating down the river of your thoughts.

You're in control of where they go and what happens, whether it's creating urgency... moving them in a different direction, or simply getting them to want to go along with you.

You can change the course of that river at any time with only your thoughts because you're in control of it.

When we try to prove someone else wrong, or we push against what they're saying...it's like the river turned to ice and the person won't go anywhere.

What's your first reaction when someone pushes you? It's probably to push back. That's what everyone else's response is too. "You're wrong." "No I'm not".

So if you're pushing against them, they're going to push right back against you and in the process you're not going to get anywhere.

It might feel really good to be right, and be able to say "See, see...I was right". And yet this doesn't do anything for us in the long run or with our power to move others.

If you're smart, you'll learn to create a flow with your communication and be able to constantly direct and move people in the direction you want them to go.

## **Step #2 Find Out What The Other Person Wants**

If you were paying attention to the person you were communicating with in the first step, you'll have picked up some clues as to what they want.

For example, someone might want a nice compliment...they might want some excitement in their life...they might want some adventure...maybe even a secret.

Something that will charge them up and make them feel alive again. (Everyone likes to feel alive and energized) It's those hot buttons that really make them feel good.

Hint- When you make people feel good, they'll want more of it.

Now paying attention in the first step is critical because you don't want to give the person what you think they want...you want to give them what they show you or outright tell you they want.

Another common mistake when moving others with your mind and communication is thinking that they think like you. That might be so and it might not...better to pay attention to them and let them show you how they think instead of guessing.

When you guess, you could be wrong.

### **Step #3 Make What You Want Look Like What They Want**

Here's where your thoughts and voice bring all of this together. You must make what you want look like what they want.

For example, in a story called The Adventures Of Tom Sawyer And Huckleberry Finn, Tom Sawyer finds himself having to paint a fence (something he really doesn't want to do.)

So what he does when some other kids come over is he notices that they like to have fun. (Just as I'm sure all kids do) So knowing this information he now makes painting the fence look like the most fun in the world.

Then when the other kids ask if they can try painting the fence he says "Well, I don't know...this is a lot of fun and I'm not sure if you can handle how much fun this is"

The other kids begin to beg him to let them paint the fence. The Tom eventually sighs and gives in.

What just happened was Tom made what he was doing look like what the other kids wanted (to have fun). Then he had them begging to do what he wanted them to do anyway.

The object of moving people with your mind is not saying "You will do this because I command you to"...instead you're using your power by letting the other person come to the conclusion that what you want is what they want too.

When you can do this, you'll actually have people begging you to be able to do what you want them to and thanking you afterward. How awesome is that?

Remember, this is a skill that you'll get good at with practice. We're not using force, just simply the power of our minds. (Which is a much more useful way than force anyway)

If you'd like to know more on the art of moving people with your words and having them eager to do what you'd like them to do and thank you afterward...go here and I'll send you a free CD on persuasion. [This is the power you really want.](#)

## Communication With Yourself

We've talked about moving others with your mind through your communication. Now let's talk about how you communicate with yourself.

This is one of the most crucial parts of using your mind effectively because depending on how you talk to yourself, you can be creating barriers and limiting beliefs that will forever keep you right where you are.

Think right now of what some of your limiting beliefs are...

Is it something like...

- I'll never be rich
- Women just don't like me
- I'm always going to struggle
- I'm stupid
- I can't \_\_\_\_\_
- I'm not smart enough

These are all limiting beliefs... ideas that are in your mind and become a solid reality for you. Remember what we said earlier...what you believe becomes true for you. (It could be just your imagination)

The same is true if you think you can't move an object with your mind. (Well you already saw you could earlier when that key started swinging and you directed it with your mind.)

And the same is true in your life, when you believe you can't do something... you are creating a barrier in your own mind. Those barriers also will become your prison.

See, the point we want to get to here is where you can communicate with yourself in a way where you will start taking more action in your life and start turning your dreams into reality.

Imagine being instantly motivated to draw millions of dollars into your life, or the



confidence to go do a huge business deal with one of the biggest business leaders in the world, or even creating your own empire from scratch.

All of these things begin in your mind with a single thought...

That thought, as you use your power, begins to grow and take shape. And as you continue to use that power you begin to turn your thoughts into reality. You move yourself and your thoughts in the direction of success and create a magnificent empire out of thin air.

And to think, the only thing you had to work with was your mind.

Kinda makes just moving a simple object seem pretty tame by comparison doesn't it.

This is what I want you to realize, your mind is capable of greatness and spans so much further and can do so much more when we work on using it and developing it. That's why moving small objects is only the beginning.

You can create your dream life with anything you desire, you can use your mind to attract money, friends, lovers, success and anything else you want. You can set up a barrier to stress and frustration...it's all up to you.

Remember your "why"... what is your purpose for developing your mind?

Is it to move objects just to move objects... or do you want to learn to use your mind to create a life that others can only dream about?

The way you communicate with yourself will determine what's possible for you.

What if you could communicate with yourself in such a way that you became instantly motivated to start taking massive action for success? So you could get out of the feeling of being unfocused, or lost in your own thoughts and life.

If you'd like to have more power, drive, and success in your life you'll want to check out some of the resources available to you here at ...[Power And Success](#).

## **Eliminate This Word From Your Vocabulary...**

You can eliminate this word from your vocabulary because as you'll see it really doesn't mean anything. The word is...

### **Can't...**

What can't really means is "I don't know how to" or "I don't want to". If you don't know how to you can learn.

So if someone says “I can’t focus” or “I can’t make a million dollars” or “I can’t move an object with my mind”...what they really mean is they either don’t know how to or they don’t want to.

Anytime you catch yourself saying can’t...ask yourself is it that you don’t know how to or is it that you don’t want to.

The only person that can limit you is YOU.

## **What Is The Next Step...**

The next step is to begin taking action on what you’ve learned here. To start developing your mind “baby steps” at a time. By beginning small you’re going to start building a solid foundation that will last forever that you can continue to build on instead of making 1 attempt and giving up.

I’ve included some resources for you to practice your skills with and challenge yourself.

Practice practice practice. You’re going to notice your skills becoming stronger and more reliable the more you work with them.

You can use many of the things in this book throughout your day and practice them here and there whether it’s moving a small object, moving someone to do something nice for you, or getting yourself to take action in your life and turn your dreams into a reality.

## **ACTION Is What Will Get Your Results**

Remember that knowing this information isn’t enough, you’ve got to take action on it and do it.

Like any skill, you can see some small results right away... and if you want the massive results you’ve got to practice and build your skills. You’ve got the foundational right now to build on, now it’s about moving yourself into action.

Where else in your life have you wanted to, or know you should be taking more action?

Action is a skill, a mindset that you develop. An action mindset is part of telekinesis because unless you already see the action as having happened and you focus your mind for action, you’ll only get frustrated.

It’s the mindset of action that creates movement...that first action oriented thought that gets the ball rolling and gathering momentum.  
Start taking action today by practicing your skills and making them a part of your life.

## What To Do If You Come Up Against A Barrier

Barriers are simply limited thinking...ideas that seem real to you. An idea like “I can’t get this to move” is a limiting idea that’s become a reality for you. It’s a product of pushing up against your current beliefs, so you know you’re making progress.

Other barriers can be thoughts like “I’ll never make enough money” or “I’ll never lose weight” or “I’m not motivated”. These beliefs weaken with time as you continue to press forward refusing to believe them to be real...until one day they’ve completely disappeared.

Just as they’ll stop you in telekinesis, they’ll stop you in other areas of your life too. And like I said, this spans much further than just moving objects with your mind.

It’s using your mind to create movement in your life and the world around you.

If you’d like some tips on taking action and how to get around mental barriers that are holding you back you’ll want to check this out and [destroy your limiting barriers](#).

You now have the foundational tools to begin developing your mind. Work with them and practice.

Remember that you can only get to the next level once you’ve mastered the basics. Forcing or rushing your abilities will only frustrate you.

Besides, your accomplishment is always so much better when you’ve worked for it.

I look forward to hearing your success stories and maybe even meeting you at one of my empowerment seminars.

I wish you all the success you can imagine in your life. Also remember that I’m here to help you in any way that I can. This is your life, and you can develop the power of your mind to create your life beyond your imagination.

To Your Success

“The Hypnotist” Matt Adams

PS.

Here are some additional resources for you

#1- [Here is a resource with a few more exercises to practice with online](#).

#2- [This site deals with personal empowerment](#)

