

Telekinesis Training

Developing telekinesis

To develop telekinesis, you must:

- understand the involved mechanics
- meditate with Siddhi, until you become aware of true consciousness and matter
- pray (belief in God not required, it can be in Supreme Consciousness, Life, whatever you name it), use mantras to infuse your mind with the wisdom to operate telekinesis, and the short mantra to defeat the disbelief.
- practice the densification of energy forces to affect the physical plane
- practice telekinesis with discipline until you have enough success
- integrate and resolve all ego issues you would have with the use of telekinesis

Mechanics

Everything bathes in consciousness. To produce a telekinetic effect, you must understand how consciousness works and how matter works, in a metaphysical point of view. Then, you have to train your mind in linking your consciousness to tangible matter. Then, you must learn how to produce the desire of movement, and thru amplified emotional charge, transfer this movement to the physical mass, thus moving it.

Siddhi meditation

Practice the Siddhi meditation, one Siddhi per month, until you have experience with the first four Siddhis of the ESP path (anima, mahima, garima, laghima), and the two other siddhis of mental power (daksha) and natural forces (nagate). Then, meditate each day with the first four Siddhis, 1 to 5 minutes each, 6 to 30 minutes total, until the end of your training.

Prayer and mantra

Charge the prayers and the mantra according to the suggested formula. Then do once per day until you are done with your training. The more your mind is devoted to the Supreme Consciousness (Vishnu / Christ / Buddha / ...), the faster your skill will develop.

Practice

The majutsu approach is provided in this document. You will link your ability to four Japanese syllables (kanji), that will allow you to operate telekinesis at your command, and not otherwise, once you are successful with telekinesis. While you practice your telekinesis with this majutsu formula, you will mentally link the use of telekinesis with this formula, giving you more control on the operation when needed.

Integration

Each time you practice telekinesis, your ego will react to appearance of failure and appearance of success, actual failure and actual success. Observe yourself and integrate your ego's pride, shame and fear. Look at your roles of victim or persecutor. Look at the power trips, the astonishment or the depression. Observe everything and integrate until you have no more ego reaction during your TK practices.

Resolve arrogance, pride, shame, fear, desire of popularity, desire to attract attention, desire to be admired, vengeance, anger... or any other reaction to the use of telekinesis.

Siddhis

Daksha: The mind of Brahma is present in my own mind.

Daksha is the son of Brahma, who represents all mind powers. Meditate Daksha and integrate pride. This siddhi will develop your mental power and your ability to provoke effects in the world, from your mind. A natural reaction to this is the activation of whatever pride remains inside you. Integrate everything. Know that pride is a cause of suffering and a hindrance to TK efficiency.

Laghima: Vishnu is the authentic desire that moves all things.

All things move according to Vishnu's will. All things move and happen according to the pure underlying divine desire in all things.

Nagate: mass and energy are one, moving nature.

Naga is the word used to mention the natural forces. The nagas are pictured as snakes, because they look like them. They are streams of consciousness in nature, small or large. Gata means "move" or "to go". Nagate is the contraction of naga and gate. At the

bija level, “na” is the present natural energy, “ga” is to move, “te” is structure acting. Nagate is the siddhi that moves things.

First, meditate “na” to understand it. Then, meditate “ga” to understand it, and them “te” to understand it as well. These meditations are not done while practicing TK.

Then, use the siddhi “nagate” when doing your actual TK training, to bring the forces of nature to move the mass and energy of your training object.

Paragati Dharani

Pray humbly the Universal Consciousness (Vishnu)
21 per day, 41 days, then once per day until success

Om Namah Vishnu samantavyaapin Om Namah Vishnu tejasantaragatim	Salutations to Vishnu, all-pervader Salutations to Vishnu, power within movement
Bodha gatim Buddhi gatim	understanding motion, notion of motion
Antaryoga bhava paradravyagatim	Deep-thought generate motion of distant substance
Daksha, Daksha, Daksha	Mental power, mental power, mental power
Laghima, laghima, laghima	lightness, lightness, lightness (self- moved)
Om Vishnu balatas Citta bhava karana paradravyagatim	by the power of Vishnu Mind generates action motion of the distant substance/thing/object

Om Namah Vishnu samantavyaapin
Om Namah Vishnu tejasantaragatim

Bodha gatim Buddhi gatim
Antaryoga bhava paradravyagatim

Daksha Daksha Daksha
Laghima laghima laghima

Om Vishnu balatas
Cittabhavakarana paradravyagatim

Telekinesis mantra

Help the mind accept and develop the ability of telekinesis beyond
9 malas x 12 days, then one mala per day until success

1. Intellect (be conscious) **Ji**

自

Become self-aware. Breathe until self-consciousness is felt completely. Do not hurry to the next step. Feel your own self-consciousness and charge your mind and body with it.

2. Infuse (the object) **Son**

存

Infuse the object with your consciousness. Focus on the object until you feel your presence in it and feel the object as a body of your consciousness. Inhabit the object.

3. Physical (embrace matter) **Tai**

体

Feel the physical body and mass of the object. Feel the matter. Keep focusing and invade the object until you become conscious of its material properties. Feel you are grabbing the object with your consciousness.

4. Move (feel direction) **Dou**

動

Nourish the intention of your movement and impose it on the object. It has to be a state of being. Beyond the thought of it, there is the experience of the movement that you keep in your mind. Nothing else must be in your mind. After 1 minute, if you have no movement, start over from step 1 and keep practicing until you have a movement.