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FOREWORD

Angela Thompson Smith

World leading Remote Viewer

Las Vegas

The human mind is an amazing thing and we are only just beginning to understand how, and why, it works as well as it does! Part of this understanding comes from our knowledge of how the mind and brain integrate as a complete unit. Jim Francis, in *The Super Mind Evolution System*, extends our understanding of what our minds can accomplish, and offers exercises to train these expanded abilities.

Jim Francis is a serious researcher, who has a background in hypnosis and electronic design. (He once owned an electronic design company that specialized in designing circuitry that was considered “impossible.”) He is a New Zealander, who now spends his time between Australia, New Zealand, and the United States. Jim founded the Australasian Lateral Thinking Newsletter and has been its editor for the past twelve years. He has also been an active skydiver, writer, pilot, and guitarist.

In *The Super Mind Evolution System* Jim describes what luck really is (a personal, psychokinetic resonance with the environment), how it appears to operate in distinct cycles, and describes how, under certain circumstances, luck can be triggered at will. Jim also describes how our sixth sense (intuition) can be made available, and how it can be easily trained, to become as reliable as our usual five senses.

Jim describes how the human mind can easily influence other minds, to produce a win-win outcome. He also describes a unique problem-solving mechanism that can trigger answers to critical problems, during the normal sleep cycle - - and describes a simple method of dream control.

Jim writes about Remote Viewing or RV, which, in its simplest definition is “the ability to access information from a remote geographic location using something other than the known five senses.” Jim has undertaken training in various forms of remote viewing, and shows how RV can be learned by anybody, and put into serious, practical applications.

Apart from Jim’s description of his mind discoveries and their application, he also points to the serious science that supports his concepts.

I have known Jim for several years now and have been impressed with his energy, in pushing the envelope of what we know about our mind’s capabilities. Not only does Jim research and document his discoveries, but he puts them into practical application. For example, after developing his Mind Surge and Luck Cycle concepts, he put them to practical use. He has won over 130 casino jackpots that he has used to fund further research. Jim has an inquisitive mind - he attends personal development programs around the world and these generate ideas that spur many of his new concepts. He writes extensively about his discoveries, and believes that they are for sharing with others, rather than keeping them to himself. Jim is a unique individual, who can help you understand and use your mind’s full potential - - how you can win with Mind Power.

INTRODUCTION

The mind does strange things at times.

Have you noticed that occasionally when you are desperate to drive to a destination in the quickest possible time that most of the traffic lights turn green to help you? Or when you're driving down town and mentally focusing on a parking spot....one just seems to materialize for you. Or you may be thinking intently of a friend and at that very moment they telephone you.

Similarly you might be in a casino environment and you've put a whole bucket of coins through a particular slot machine, which has paid you virtually nothing. In absolute disgust you give it one more spin as you start to walk away.....and it promptly gives you a substantial win.

Every adult individual can probably relate to the above from personal experience but until recently nobody had ever sat down and started a serious research project to find out how and why this happens.....and how to replicate these mind-effects at will.

For nearly 10 years a low key privately funded research project was instigated to search for answers. The discoveries literally stunned the small group of investigators.

If you were told that you could use your mind to influence a slot machine or dice fall....would you find this beyond belief? If you were told that you could use your mind in a telepathic manner to influence the thinking pattern of another individual or group of people.....would you believe it?

Would you find it somewhat amazing if you learnt that while in the alpha/theta state you can communicate quite easily with dolphins?

And if you were further told that you could instruct your subconscious mind to produce a specific dream to help you solve a problem.....and use an unusual intuitional mechanism to decode this dream.....would you find this a helpful ability?

But what if you were told that you could determine your luck cycle in advance so that you could use it for dollar windfall situationswould this give you a sense of personal satisfaction?

But even better still, what if you were informed that you could use an easy-to-learn mental trigger that will tell you which slot machine to play, which scratch-it ticket to buy, which color to bet on at roulette and which likely numbers to enter in the lotto....with a possible 70-80% chance of being correct? Then would you find all this "beyond belief?"

Well, you may be somewhat stunned to learn that all of this is now possible.....plus more!!

A handful of individuals in Australia and New Zealand are using combinations of the above mind-power techniques to improve their personal lifestyle dramatically.

But you won't hear these people talk about it, because it is an in-house secret... Until Now.

The report you are about to read explains in detail how one of these extraordinary mental manipulations is achieved. The method can be used by any open-minded individual of average intelligence.

All that is required is the ability and willingness to look at personal mind-power in a different way and the dedication to practice these procedures, some of which can be learned in one night.

WARNING: If for any reason you are nervous about exploring the full capabilities of your mind potential, then put this report down and walk away....it is not for you.

My name is Jim Francis.

I am about to explain the results of a research program that you might find astounding....or ridiculous ...depending upon your own personal belief system.

What I would like to point out right at the start is that this project cost many hundreds of thousands of dollars and was funded by intelligent, serious business individuals. The only reason they kept the funds rolling for so many years was because the project was producing results.

Admittedly several of these people dropped out....they simply could not handle the implications of an individual being able to identify and change their own natural luck....and worse still.....intentionally influencing people and events to produce extraordinary windfall situations.

Another developed religious conflicts about our developing a fully working 6th sense intuition process, which could be learned by any average individual. He felt that the 6th sense should remain "mysterious" and should not be able to be evoked at will.

But the majority of the investors remained involved with us, and in the final analysis were very glad they did.

Let me start at the beginning so you can understand how this research effort evolved.

As a child I slowly became aware that I had strange mental abilities which other children didn't appear to have. For a start, I was always finding money on the ground. The strange thing was dozens of people might have walked over this ground before me yet I was the only one to actually see the money. It was usually always coins, not paper money. I regularly found florins and half-crowns which, in those days, were the largest denomination coins in New Zealand in those days. A half-crown was 2 shillings and 6 pence and there were 20 shillings in a pound. I recall my father used to earn 7 pounds a week in those times so a half crown was a goodly sum of money for a youngster.

I used to go and stay with a couple of old spinster aunties during school holidays and this constant discovery of coins used to amaze them.

At one point I remember one of them commenting that I must be creating the money out of thin air.

This comment had quite a profound effect on me and I have remembered it all my adult life. It would explain a number of very unusual events that have happened over the past few years, whereby in a moment of quiet desperation material objects just seemed to have appeared....out of thin air. I will cover these later.

I also noticed as a youngster that I could influence the behavior of adults to a degree that other children could not manage. It was almost as if I was using a mild form of hypnosis to influence older people. I

eventually became fascinated with the subject of hypnosis and learnt to hypnotize my classmates when I was 13 years old. This almost got me expelled from the school. At the age of 18 I was an amateur stage hypnotist and was putting on shows all over the county in which I lived.

The usual procedure was to have 5-6 hypnotized subjects sitting on chairs on the stage. I would then give them either individual instructions or occasionally give them a mass instruction....such as "everyone stand up". Very occasionally the subjects would suddenly stand up as I formed the instruction in my mind.....but just before I uttered it out loud. This happened often enough for me to realize that I was projecting my thoughts at these people.... and they were receiving and reacting to it. The implications of this dawned on me slowly. It wasn't until I got into serious mind-power research that I recalled these incidents and started to work on the concept of remote influencing.

In 1985 I started a business which marketed the Australasian Lateral Thinking newsletter which produced creative concepts and taught its subscribers the protocol required to produce intuitive lateral concepts. I had personally been instructed in these by the creator of lateral thinking Dr.Edward DeBono.

Around about 1993 one of my staff members drew my attention to the research on psychokinetics and remote viewing that was being done by the PEAR laboratory at Princeton University. For some reason this struck a resonant chord with me and I decided to start a small research project to see if the applications of specific mind power techniques could be used by my newsletter subscribers.

The direction that this research took rather astounded us. We became involved not only in the investigation of PK (psychokinetics) and

remote viewing, but also in remote influencing, altered consciousness and brain frequency states.

One thing more or less led to another.

At that point I decided to take a Silva Mind course then followed that by a trip to the Gateway program at the Monroe Institute in Virginia, U.S.A.

Both of these experiences combined to produce an awareness of what a human mind might be capable of.

But it wasn't until I flew from Australia to Las Vegas to do a basic remote viewing course with the well known remote viewer Angela Thompson Smith, that the penny dropped.

The human mind was capable of vastly more than even I ever suspected.

As our research efforts evolved we presented our findings in the form of written reports which were sold to our subscriber base. We found that our members had a very high interest level in our discoveries and we were able to sell enough reports over the years to partially finance our mental exploration program. Investor funds from various business people kept our working capital topped up.

We ascertained that there appeared to be a direct subconscious mental connection at all times between individuals and this explained why a friend might call on the telephone just as you were thinking of them.

Research at one overseas laboratory found that if you happen to start thinking intently about a distant individual, then under certain

circumstances that individual's blood pressure will change measurably. This can only occur if a mental connection exists between the two parties.

What I am saying here is that there is enough scattered evidence like this to indicate that not only are individuals in subconscious mental contact, but also under some circumstances they can establish *conscious* mental contact.

Any mother who has had a sudden strong intuitional hunch that her child is in danger will understand exactly what I am talking about. There is a direct mental connection between the sibling and its' mother. Under times of stress and dire necessity this mental connection "kicks in".

Under situations of dire need the signal appears to automatically break through this noise threshold so that it appears as a strong "knowing" in the person's conscious mind.

Knowing this inherent human ability to set up a conscious mental connection with another person...or group of people, it becomes easy to see how, under the right circumstances, an individual can project a strong focused thought which impinges upon the other person's subconscious mind and can be easily designed to influence their behavior in a mild manner.

This is called Subjective Communication and is covered in the next chapter. (This report was originally sold for \$100 Australian Dollars.)

One of our lady subscribers had been trying to sell her house for two years with absolutely no luck. After the Subjective Communication process was explained to her she was totally stunned to find that it

worked so well that she had her house under contract of sale within 5 days, at a higher price than she expected!

I have heard this literally dozens of times from people who had absolutely no knowledge of mind power, but who were open-minded enough to give it a try.

Are you up for it?



SUBJECTIVE COMMUNICATION

This to me is one of the most miraculous aspects of alpha mind-technology. It has been known for a long time under the heading of mental telepathy but it wasn't until Jose Silva started seriously experimenting with it that its possibilities and limitations were identified.

In the early days before he had developed the Silva Mind Course he was using light hypnosis to try and help his children raise their grades at school. When he was giving them homework lessons he often noticed that they would answer a question before he had fully asked it. He had not given them enough information to answer the question but they answered it anyway. He figured that this was some sort of direct mind-to-mind communication.

Some months ago I saw a television program about the "super minds" who win all the Wheel-of-Fortune prizes. One particular segment showed one of the highly successful participants during one of his many winning runs. Something made me pick up my Dictaphone and record the audio from this show. When I listened to it afterwards I suddenly realized that he was answering the questions.....precisely and accurately..... without waiting for the full question to be asked. In fact, on several occasions he *did not have sufficient information to answer the question at all!*

I replayed the tape again to make sure I wasn't missing anything.

It was fairly obvious that he was getting the information from a source other than the show-host's verbalized question.

He would have had to be picking it directly out of the mind of the host or retrieving it from the minds of the people who wrote the quiz.....or.....he was inadvertently *remote viewing* the correct answer. There was no other logical explanation.

Now back to Jose Silva. Jose figured that if this mental contact actually existed then it could possibly be used between close family members, such as mother and child, to assist the child with problems such as bedwetting. Jose was also an amateur hypnotist and thought that maybe via this direct mental contact post-hypnotic suggestions could be planted in the child's mind. After years of experimenting he found that this "subjective communication" could also be used between people who were total strangers and not only that, it could be used to affect the thinking of *groups of people*.

So Subjective Communication was born as a commercially trainable mind-mechanism.

And the technique for using it is extraordinarily simple.

All it requires is that you focus on the other person *while they are in an alpha state!* The best time to do this is while they are in a light sleep in the early hours of the morning.

The standard method of doing this, as taught by the commercial mind courses, is as you're going to sleep at night, program your subconscious to wake you up when your *mind is in contact with the other person's mind*.

It sounds too simple to be true, doesn't it?

Years of experimentation in our laboratory prove that the process not only works, but in some cases the results are almost *beyond belief!*

The easiest way to explain all this is to give you an example:

Let us suppose that you are going for a job interview tomorrow and you're somewhat apprehensive. You know that a Mr. Bloggs will be interviewing you.

As you go to sleep you instruct your subconscious as follows:

I will wake up when I am in contact with Mr. Blogg's mind and I will remember why I have woken up.

You repeat this statement 10-20 times to make sure your subconscious gets the message. When you wake up sit up in bed (so you don't drop back to sleep) and relax so that you're in that daydream alpha state. You repeat the following slowly and clearly in your mind:

Mr. Bloggs, you know I am the best person for the job. I have all the qualifications and by employing me you will make life easier for yourself.....etc.

Convey the entire message as if you were sitting there in front of him. Finally see him shaking your hand and congratulating you on getting the job. Then go back to sleep.

When you meet Mr. Bloggs the next day you will be somewhat amazed at the friendly reception you get providing you have subjectively communicated correctly.

A young student of mine got a job this way. There were 22 applicants and she was the least qualified. Not only that, they wanted someone

around 10 years older with existing experience. Nevertheless she was offered the job.....right after the end of the interview.

I used a lot of subjective communication when I was selling real estate years ago. This was during a property slump and nobody in the office was making sales except me!

The method here is to program your mind (as you go to sleep) to wake you up when it is in contact with the largest group of likely buyers. Then you mentally explain to them how great a particular property is and why they should buy it.

You repeat your address and who you are at least 3 times so that the message sinks in. Chances are, the next day potential buyers will contact you left, right and centre to view the house.

You then use subjective communication once again to help sell it to one of these people and you finish off by visualizing a sold sign on the property.

Please note that they will only buy this property if they are genuinely interested, but somewhat undecided. You help them make up their mind! You cannot use Subjective Communication to make an unwilling person buy the property. They have to be initially receptive to a purchase of this kind. What the subjective program does is to draw them out of the woodwork.

You can use exactly the same process to attract people to your advertisement in the Yellow Pages or in the newspaper. Individuals glancing through the newspaper or yellow Page ads suddenly notice your ad. It tends to leap out at them and they feel compelled to contact you. Without the subjective programming they would probably have ignored it.

I had a most extraordinary experience some years ago involving subjective programming. It left me absolutely flabbergasted.

At that time I owned a small restaurant which I had purchased cheaply with the intention of building up the customer base. I had some success in doing this but concluded that the restaurant game was not for me. I placed the business on the market and by using subjective programming quickly found a potential buyer. The problem I had was that another similar restaurant had recently opened nearby and my lunchtime trade had dropped right off.

These buyers were arriving from out of town and I had arranged to meet their flight at the local airport and drive them in to view the business. Unfortunately for me they would be viewing the operation during a Monday lunchtime which was our quietest day.

I had done some very heavy subjective work the night before to attract Monday lunch customers and I drove out to the airport with fingers crossed.

We pulled up in front of my restaurant just after midday and I could not believe my eyes.

The small shop was totally packed! There were customers everywhere. My two waitresses were run off their feet. To say that I was stunned would be the understatement of the century. In the 12 months that I had owned the business I had never had more than a dozen of so diners in for a Monday lunch. Afterwards we found that we had served 58 meals!

The potential buyers were highly impressed and before the afternoon was over had signed an unconditional contract of purchase.

Did subjective programming work in this case? It certainly did! I had the contract in hand to prove it. For those of you reading this who are professional skeptics..... please don't tell me it doesn't work - I've been using it for 20 years with spectacular results and I know dozens of people who are doing the same. On top of that, I spent 6 months doing A/B tests. Advertising the same product and doing a week on and a week off with Subjective Communication.

I roughly tabulated the results. The subjective work bought in between 50-80% more clients, depending upon the effort I put in over the preceding 2-3 days.

During the non-subjective weeks the sales dropped back to normal.

It is an interesting fact that people who learn Subjective Communication usually always realize how "magical" it is but never actually get round to doing anything with it in the future. I'd guess that about 90% of all commercial mind-course graduates don't bother to follow it up. Strange isn't it?

You can use Subjective Communication for virtually any situation where you need to attract the attention of another person or group of people.

The only actual downside is that if you do a lot of Subjective Communication it becomes mentally draining, waking up night after night. It basically means that you have to go to bed early so that when you wake up you have had enough sleep to be able to concentrate on the message, without dozing off. If I have any serious Subjective Communication to do I go to bed around 9pm which I personally find an inconvenient time to retire.

And it is very important that when you are doing your subconscious programming while going to sleep that you tell yourself you will remember *why* you have woken up. On many occasions I have come totally awake in the middle of the night and wondered what woke me. I have then gone back to sleep and forgotten all about the subjective program. This can be quite annoying if the subjective program was of personal importance.

If you have something really important to achieve (involving other people) and you just can't seem to get results then Subjective Communication is close to the ultimate answer. It is an absolute *must* for any progressive business.

However if you are using this mental influencing process I'd *strongly* suggest that you keep the knowledge to yourself! It's not too hard to figure out why..... the average person becomes rather apprehensive if they think they have been mentally manipulated.

Apart from all that you've gone to some trouble and expense to learn about it - why give away a personal advantage that has taken you some effort to track down and learn?

Subjective Communication works anywhere there is a people problem.

Use it wisely it is a potent force!

Following is the original student course I wrote on Subjective Communication:

THE MAGIC OF..... SUBJECTIVE COMMUNICATION

THE AMAZING DISCOVERY OF A "PRIMARY" COMMUNICATION BETWEEN HUMAN-BEINGS WHICH IS ACCURATE, DIRECT AND CAN'T BE MISINTERPRETED!

In the 50's an electronic expert by the name of Jose Silva was deeply involved with experiments in hypnosis. He was trying to raise his children's "intelligence" and grades at school by teaching their homework while they were in a light trance state.

After years of experimenting he found that this "remote hypnosis" not only worked between close family members but also between total strangers!

In the world of psychology this was quite a profound discovery!

Around the same time, in 1966, the famous Russian psychic Karl Nikolaiev took part in an extraordinary experiment organized by skeptical Soviet scientists. In fact the experiment was so successful that it was widely published in the Russian news media and was the acknowledged catalyst for the upsurge in parapsychology interest among the civilian and scientific population of Russia. It was reported that it was due to this single experiment that the Soviet Government developed a serious interest in mind power research.

It had been arranged that a close working associate would send Nikolaiev "coded" telepathic messages. The "sender" was in Moscow while Nikolaiev was at Leningrad University, wired in to brainwave monitoring equipment. The sender, at a prearranged time was to think

of something emotional like "punching up" someone he didn't like. He was to do this for 15 seconds as a morse code "dot" and for 45 seconds as a morse code "dash". The word sent in "mental" morse code was MIG, which was received correctly, much to the skeptics astonishment. The EEG monitoring equipment showed a sudden change in brainwave pattern while the "dots and dashes" were being received. When these were decoded the word MIG was spelt out. This was fairly solid proof of direct mind-to-mind communication. Nikolaiev was unaware of the content of the message, but was vaguely aware that a message was being sent. It was suspected then and has since been proven, that people communicate on this level consistently. So whether you like it or not, you are involved in Subjective Communication with other people most of the time.

It has long been suspected that your right cerebral hemisphere, when in the alpha state, operates in a realm where time and space are of no consequence. What you think affects others..... and what others think affects you!

It is rather like the invisible connection between the earth's magnetic field and every magnetic compass on earth. They are interconnected. If the earth's magnetic field were to suddenly shift then every compass in existence would swing in unison. Likewise, if you suddenly move a magnetic compass, or any magnet for that matter, this movement will have a slight effect on the earth's entire magnetic field. Admittedly this would be so small as to be immeasurable but it would still be there.

Similarly, when you have a thought it "twitches" the entire human consciousness "thought field".

Rupert Sheldrake calls this the MORPHOGENETIC FIELD. Karl Jung called it COLLECTIVE UNCONSCIOUSNESS.

Jose Silva found a practical method of evoking and controlling this marvelous human ability at will. The technique, which is amazingly simple, has been developed over the years but to this day more than *99% of the population are unaware of it.*

In the United States it is used extensively in business to "sway" the outcome of a business proposition in favor of the person using Subjective Communication.

In personal life it has been used to resurrect a dying marriage, to name but one of its many applications. And one of the most extraordinary applications is to use it to make people aware of your advertisement in the Yellow Pages!

Its effectiveness appears to vary between 20% and 500%. That is the results can be up to 500% better than they would have been without it.

If you consider two identical competitive businesses both vying for superior market share then the one that learns to use Subjective Communication will forge ahead. This has been tested and thoroughly proven.

Car dealers in the US who use this direct metal contact technique have reported a sharp improvement in sales. The usual comment is *it brings customers out of the woodwork* and actually closes more deals. US real estate agents use it also - it makes a vast difference in their commissions when used properly.

And it is a strange thing that most people are using it continually without being aware of it. Unfortunately they are also conveying mentally their fears and apprehensions. So it can work against them. But used properly and with the correct protocol it can (and does)

produce quite astounding results. Sometimes the results leave the practitioner somewhat startled. They almost seem too good to be true! Some beginners have had such amazing success that the result has literally left them "awe-struck!

A REAL LIFE EXAMPLE IS AS FOLLOWS:

Imagine this scenario: you have your house on the market at \$160,000 and you just can't seem to get any nibbles. You've advertised it for the past 6 months and while everyone agrees that the price is fair nobody has actually bought it. Worse still, you aren't even getting anyone to look at it. Things are looking rather dismal but for some reason you decide to attend a commercial mind course which is giving a seminar in your town that weekend and for the first time in your life you hear about Subjective Communication. Not only that, the instructor tells you exactly what to do, not only to sell your house, but to actually get the price you want. One week later it is sold, at \$158,000. You can't quite believe it! You tell all your friends what has happened.....and.....you guessed it..... you receive looks of pity. After all your friends know that you were "just lucky". But you know differently!

You then decide to apply this magical mental technique to other areas of your lifeand things suddenly become much more interesting. You seem to be able to achieve anything you set out to and for some "strange" reason; even total strangers fall over backwards trying to help you.

Welcome to the world of direct mental influence ...Subjective Communication!

In reality Subjective Communication is extremely easy and you do not have to have any experience whatsoever in alpha techniques, but it

will help if you do. The reason for this is that Subjective Communication is usually done in the small hours of the morning for reasons explained later and unless you've had alpha training you tend to drop off to sleep halfway through your program. However there are simple ways to overcome this so that even a rank beginner can use Subjective Communication successfully on their first try!

In fact the moment you finish reading this course you will have sufficient knowledge to make it work successfully and things will only get better as you gain more experience and practice.

If you have a genuine need then by using Subjective Communication you will be able to contact the right people to assist you in achieving your goal, simply by utilizing the knowledge you are about to read. At my office the staff simply refer to it as the *magic process*!

And it is!

Imagine you were asked to give a speech at a function but when you got up to the microphone instead of joining all your words together to make logical sentences you merely spouted all sorts of words at random. Nobody would understand what you were talking about.

This is exactly what happens with your thoughts as you are interacting with other people mentally all day long (and during your alpha periods at night). You are projecting jumbled confused "ramblings" which can only cause confusion in others. But when you direct your thinking in a coherent manner others understand you clearly, even though you have never communicated with them in the conventional sense. Your thoughts are clear and concise and other people react in a positive manner by accommodating your unspoken desires.

Basically Subjective Communication gently encourages a remote person or group of people to do things your way in a mutual win-win manner. However it will *not* work if you are not genuine about that which you want. If for example you are a salesperson and you are trying to push a product that you do not believe in, then it is very likely that your subconscious doubts will transfer to the other person or people. In this case the process may well work against you.

But if you believe wholeheartedly in what you are doing then this will be communicated to the other party.

Critics claim that it is a manipulative form of remote hypnotism but this is not correct.

Hypnosis is a one-way action where the hypnotist issues precise instructions. Subjective Communication on the other hand is a subtle form of mind-to-mind communication which is accepted *only* if it is agreeable to the "receiver".

Having said that you should also be aware that there are circumstances where it *can* be misused. This is covered at the end of this course along with instructions for preventing it from being used against you.

But the correct use of Subjective Communication will not only influence others to assist in creating spectacular positive events for yourself and all concerned, but it will actually mould your environment in a manner you might find hard to believe!

It is the most important process you can learn next to reading and writing becauseit is the ultimate human communication process.

It is direct, precise and accurate. The written word and other "normal" communication methods can be easily misunderstood. (Which is why the legal profession exists!)

It is the way your mind was intended to work, but until now you have probably been unaware of this!

If you have something really important to achieve which involves other people and you can't seem to make any headway by conventional means then Subjective Communication is close to the ultimate answer. And the results are usually very quick! That is, you don't have to wait weeks for a reaction.

In many situations you will get quite uncanny results the very next morning after you use it.

So.... how is this extraordinary process achieved?

Actually it is extremely simple. Following is the process by which you can learn this magical mental technique.

THE METHOD

The only practical time when you will be able to contact another person mentally is when their brain is operating at the *universal communication frequency* of alpha.

This occurs during the day while they are day-dreaming or otherwise meditating but it is well known that people go through various cycles while they are asleep. One of these cycles is the alpha-stage whereby they might slide up from a deep theta/delta sleep into a period of

alpha. It is at this brain frequency that they dream and this is when you are most liable to make reliable mental contact with them.

The simple trick is to program your mind as you go to sleep at night to wake you up when your brain neurons are resonating with their brain neurons. That is, when your minds have established communication. This is a lot simpler to do than it sounds.

It was rather like making an international telephone call in the old days before direct dialing.

You had to book your call in advance and when the operator finally raised the other party she would ring you and connect you both together. Subjective communication works the same way. Also if you want to mentally communicate with a group of people rather than just an individual you connect in the same way as the above telephone operator would set up a conference call.

Except that when you're using subjective communication the multiple connection is established instantaneously. All you really need to do is visualize the person or group you want to contact and your automatic right-brain neuron switching network will do the rest. And amazingly enough it never makes a mistake! It never gets the wrong connection!

(The remote viewers refer to this as *acquiring the signal line*).

HERE IS HOW TO DO IT:

As you go to sleep at night you keep repeating to yourself:

....."I will wake up when I am in mental contact with (whoever) and I will remember why I have woken up".....

You repeat this a dozen times or more until you fall asleep. This is the programming that I mentioned earlier. If you have trouble with this you can always pre-record it onto a cassette and let it play as you fall asleep. Except the wording is slightly different. You will record:

....."you will wake up when you are in mental contact with (whoever) and you will remember why you have woken up".....

This is because you are talking to yourself as if you were a hypnotist.... hypnotizing somebody.

The reason for reminding yourself why you have woken up is because if you don't pre-program this you are likely to wake up and wonder what disturbed you! This has happened to me more times than I care to remember.

You can also program to wake up to talk to a group of people. In this case you say:

....."I will wake up when I am in contact with the greatest number of my targeted group and I will remember why I have woken up".....

When you do awaken it is fairly important to arrange things so that you don't fade away and drift off to sleep while in the middle of your "alpha transmission".

The best way to organize this is to get out of bed and freshen up by splashing cold water over your facevisiting the bathroom, etc.

Then when you climb back into bedmake sure you are not too comfortable.

Prop yourself up in a slightly uncomfortable position and leave a light on. This will tend to keep you awake for the duration of your alpha exercise.

Now at this point it will help considerably if you have had alpha training but if you haven't, don't worry. The idea is to relax your mind and let yourself drift down into that dreamy state, while all the time telling yourself this : ...I will remain awake until after I have finished communicating with (*the subject's name*)

Keep repeating this over and over. When you feel yourself totally relaxed start "talking" with the person (or group) in a positive friendly way.

DO NOT UNDER ANY CIRCUMSTANCES PROJECT CRITICISM.

Mentally see yourself talking to the other person and explaining the problem to them. See them nodding their head in agreement. Visualize clearly a happy and positive outcome to the "meeting".

Thank them for listening to you and visualize the meeting closed. Let yourself drift off to sleep.

If you keep thinking about them as you're going to sleep *control your thoughts very carefully*. Any negative mental projection may get through and undo the good work you've just done. The best way is to drift off while seeing all concerned celebrating a happy outcome.

Now as soon as possible contact that person in real life and run your problem past them. You will probably be pleasantly surprised to find that you receive a very cordial reception and things go the way you want.

Here is a real-life example:

(This example was given earlier but as it is part of the original course I have left it in).

Let us suppose that you are going for a job interview tomorrow and you're somewhat apprehensive. You know that a Mr. Bloggs will be interviewing you.

As you go to sleep you instruct your subconscious as follows:

....."I will wake up when I am in contact with Mr. Bloggs' mind and I will remember why I have woken up".....

You repeat this 10-20 times to make sure your subconscious gets the message. When you wake up sit up in bed (so you don't drop back to sleep) and relax so that you're in that daydream alpha state. You repeat the following slowly and clearly in your mind:

....."Mr. Bloggs, you know I am the best person for the job..... I have all the qualifications and by employing me you will make life easier for yourself.....I am exactly the right person for this job and you will find me very efficient, reliable and easy to get along with..... etc".....

Convey the entire message as if you were sitting there in front of him. Finally see him shaking your hand and congratulating you on getting the job. Then go back to sleep.

When you meet Mr. Bloggs the next day you will be somewhat amazed at the friendly reception you get.

When you do this for the first time....you will probably react the way most Subjective Communication beginners doyou will shake your head in wonderment.....because..... it works!

Here are examples of situations where you can use the subjective process to advantage:

You have a wayward child who is getting in with the wrong crowd and is rapidly heading off the rails. You subjectively communicate and explain why it would be to their advantage to "straighten up". See them agreeing and visualize their attitude improving. But whatever you do, don't preach at them.

You have a toddler who is wetting the bed at night. Communicate to them that it would be more comfortable if they got out of bed and went to the toilet. Explain this in a loving manner.

You are a minister and your congregations are getting smaller and smaller. (Possibly because your sermons are uninspiring). Subjectively communicate with your church group and suggest they attend on Sunday. Then you could suggest also that they give a bigger donation, which is fair enough because you're personally saving them from the twilight zone!

Somebody is hassling/bullying/intimidating you. Communicate with the person concerned and explain that life would be a lot better for both of you if he or she changed their attitude. See them agreeing. And if they don't modify their behavior visualize them being very uncomfortable or very unsettled whenever they think of you. This tends to get through to them subconsciously and they may feel inclined to leave you alone.

Somebody owes you or your business money. Communicate and explain how much better they would feel if they paid. See them nodding in agreement and writing out a check. Debt collectors who use subjective programming in this manner report quite spectacular results in some cases.

Your business is short of customers and it is becoming financially stressed. Subjectively communicate with a broad band of potential customers in your vicinity. Mention the name and address of your business at least 3 times and point out that you have exactly what they need. See them purchasing then walking out of your shop totally satisfied.

Suppose you have to give a public speech and you are extremely nervous. Simply visualize yourself standing on a stage in front of a microphone with your audience listening intently and giving you wild applause at the end. Subjectively communicate an outline of the speech to your "imaginary" audience and see yourself getting a standing ovation.

Maybe your marriage is breaking down and you would like to correct this situation. You can use Subjective Communication to convey to your partner the strong emotional feelings of love and affection that you both *shared at the beginning*. Visualize both of you holding hands and gazing fondly into each other's eyes. Visualize total happiness and contentment.

Perhaps you aren't married and would like to find a suitable partner. Subjectively "advertise" for someone. Picture the general appearance of the person you are looking for. Project your own general appearance and your requirements. Avoid all sexual overtones and project friendship instead.

There is one important point to remember here: the left-brain is usually the analytical one which handles all the complex "nitty-gritty" but the right-brain usually only deals with "overall concepts". When doing Subjective Communication do not try to "transmit" facts and figures. That is left-brain material. If you do, you will probably break the "neural connection". Merely project win/win concepts. You *must* treat the "receiver" as your equaldo not criticize in any waymerely offer mutually beneficial suggestions, which you clearly visualize the "receiving party" agreeing with.

Some readers may perceive all this as controlling others, but you control others all day long anyway. When you smile or frown you affect the emotions of others. When you drive slowly along a one-lane road you "control" the speed of the drivers behind you. And the fact that you are broadcasting subjectively all the time has a constant effect on others. It is just that in this case you are controlling and directing your subjective broadcasts. You were given this natural talent as a birthrightwhy not learn to use it?

CAUTION: Like any other talent you can also use it to "bore people to tears". Don't overdo it. Use it for a few days then give it a rest. Don't hammer others with consistent subjective broadcasts. If you do, it may work against you.

You will usually find that this communication works almost instantaneously and that you won't need to keep repeating it.

Welcome to the world of direct mental influence Subjective Communication!

Use it wisely it is a potent force!

PSYCHIC ATTACK

I have had second thoughts about including this following section in this book as it can be *unsafe* knowledge in the wrong hands. It is basically the misuse of Subjective Communication. However it will undoubtedly be in your best interests to know what psychic attack is....where it comes from.....and how to avoid it. I have decided to explain to you exactly how it works so that you can defend yourself against it should the necessity ever arise. I will have to leave it to your sense of fair play not to misuse this knowledge. But just remember, in the world of mind-power..... events *always* turn a full circle. Things can backfire on youwith *several hundred percent interest!*

Psychic attack can result from the misuse of subjective communication either intentionally or unintentionally.

You have probably had the misfortune at some point in your life to come across someone who absolutely and maliciously hates you - probably for no reason at all except that they are totally psychotic. When one of these individuals gets you in their sights they live and breathe malice toward you. And often their dreams are filled with malice and thoughts of revenge directed at a totally unsuspecting you!

And guess what happens? You start having strange disturbing dreams that appear to have no reason for occurring. In actual fact they are probably *not your dreams*, but someone else's that have been transferred subjectively to you.

A well known American dream laboratory have proven conclusively that this transference takes place by using two subjects connected to sensitive electronic brain measuring equipment. When the equipment indicated that the subjects were in the alpha state and dreaming, they

were woken up and quickly asked to recall their dreams. In a number of cases, both "dreamer" and "dreamee" reported almost identical dream experiences.

I carried out an experiment of my own with a lady friend and was able to successfully transfer my dream to her. Her version differed ever so slightly but it was quite a startling experiment.

If you receive strangely weird dreams or even nightmares night after night you start to think about seeing a doctor. A really malicious person can plant this type of interference in your mind week after week and month after month. It can have quite a serious effect upon your sanity and most often the "sender" of these dreams is unaware of what they are doing.

The first defense against psychic attack is to *acknowledge* that the strange dream input..... and resultant uneasy feeling..... is coming from *external sources*. The second defense is to program your subconscious while in alpha (or as you go to sleep) to ignore any unwanted input of this nature. Actually the best self-program you can run is to instruct your subconscious to wake you up immediately this unwanted input arrives with the full conscious knowledge that it came from an outside source.

Your program would run as follows:

....."I will wake up immediately my mind detects negative incoming subjective communication. I will be aware of exactly what it is, disregard it and drop immediately back to sleep. It will have no negative effect on me at all".....

But please remember, a lot of this negative subjective material may be coming from a person who is not only unaware of what they are doing

but may be quite horrified to learn of the problems they are causing. So it is not fair to treat them unkindly..... unless they are completely aware of the harm they are doing, then there are various options open to you. It is like somebody getting a little drunk and taking a swing at you. The first time, you probably shrug it off. The second time you might start to defend yourself. But if it happens consistently you take serious action to stop the attack.

The impact of one focused human mind upon another can be quite enormous so when you are doing subjective communication make sure to keep your messages positive and mutually beneficial to both parties.

You can easily use it to project healing, loving thoughts to a person you really care about. You will be amazed at the effect it has on them! Treat Subjective Communication with the respect it deserves and treat other people as you would want to be treated yourself! Then you can use this most magical of mental powers to help yourself and others!

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Peter Roe, Master Hypnotist, Mindwaves.co.uk

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