CONTENTS

Psychic Command

Chapter One: **Are You Ready?**

A Promise and a Warning

Just imagine it for a moment,.. imagine becoming one of those rare rather special people, the sort you dream about and maybe envy.

Fabulous wealth, superb health, a crystal clear mind. Add to that a personality that charms people effortlessly. When it comes to members of the opposite sex,.. no problem; anyone you fancy just seems to come your way. Business colleagues co-operate and go along with your views and plans. People simply come around to your way of thinking. Your projects succeed. Everything works, slowly but surely.

Just for an extra there is another curious quality that apparently surrounds you. Your enemies,.. and people who are as special as you seem to attract more enemies motivated by jealousy, resentment and sheer spite than most,.. your enemies have a habit of being won over. Alternatively, if they persist in their antagonistic ways, they have a habit of receding from the picture or of ceasing to be involved. Really threatening characters have a habit of falling upon bad times, of undergoing periods of poor health, and even, occasionally, of encountering tragic instances of seemingly premature fatality.

All in all, about this strangely imagined new you, there is a surrounding aura of success,.. in business and wealth, in love and sex, in friends and health. It is almost like a mystical power. A force-field seems to surround you which emanates good fortune and at the same time protects you from misfortune,.. whether caused by accident or by opponents.

What a person to be. Just imagine it again. Imagine the joy. Imagine the power. Imagine being able to help people in their difficulties, to protect them from their troubles. Imagine this strength surrounding you, emanating from you, - being *generated* by you.

Just a wild and wonderful dream?

Maybe. Yet some people do seem to be like that. It may be pure chance, we shall talk about that later. But it may well be more than pure chance. It may be the result of discovering a great secret and training it to be used in a variety of ways and places. We shall talk about that later too,.. a lot.

But for the moment just keep an open mind. Don't blindly accept the words of theories here. Simply read them and consider them. Then, if they are for you, why not try them out. Not on anything or anybody special or important, but in some small way. Then, and only then, if you see things start to work, you might want to

consider embarking on a more thorough study. You might think it was worth ten minutes of your day to start developing whatever it is that seemed to work.

The gist of the above is to say simply this. Keep you mind open, - that's what it's for. The most useless gadget in the world is a closed mind. Consider the calm logic of what is written below. Ponder if it might just, reasonably, be really true. In other words

BEFORE YOU KILL THE MESSENGER,... CONSIDER THE MESSAGE.

It will be to your immense advantage to do this. This is stated without the remotest fear of being proved wrong. For all that is written here is true, is genuine, and is the result of real, personal experience.

* * *

There was a man once who could talk to animals, who could change the movements of the planets in their courses, who could turn base metal into gold and who could charm people, plants and even the rugged rocks of the cliff face to do what he ordered. Count Alissandro di Cagliostro could do all of these things. We know that because he said so.

Now, you may choose to feel that this book is the same kind of nonsense. It isn't. Cagliostro was a con-man who died in poverty. The writer of this book is one who has lived the happiest life he could imagine, but who has kept the secret from all but his own loved-ones until now, towards the end of his life, he has chosen to reveal all.

His promise is just this simple,..

The secret is small. The technique is easy to learn. Its power is immeasurable. It really is possible for you to influence your friends, employees, and colleagues. You can tempt the person of your dreams into your arms and your bed. You can attack your sworn enemy with such powers of inner destruction that he or she is finished.

This book will tell you how to do it all

It can be done,.. all of it

You can do it,.. all of it.

This book will show you the way,.. all of it.

At the very start you have to ask yourself just one thing. Can you, however difficult it is, manage to credit the remote possibility that mechanisms or links exist by which one person can influence another? Could you believe there exist natural methods, not magical ones, so far undiscovered and unknown to modern man, by which irrespective of distances and times, one human mind can have a deliberate effect on another?

If not, this book is not for you. But if so, and you are certainly right to believe in such possibilities, then this book will reveal them. It will show you the way to access, master and achieve the routes and the techniques for following them. It will enable you profoundly to affect the lives and behaviour of other people.

The writer asks and advises one thing,.. a reminder perhaps. Power is a wonderful thing. It can be used to do a thousand good things. But power is dangerous and it is notoriously hard to control.

All power corrupts. Absolute power corrupts absolutely.

Before you acquire the power,- which you now can, - search yourself for the answer to one question,..

Are you ready, willing and able to handle it?

If not, put this book down and forget it forever. It is about to change your life!

* * *

There is also one lesson to be learned. The present writer could teach you, the reader, the notes of Beethoven's Moonlight Sonata. He knows them so that would not be difficult. Similarly his writings in this book can tell you how to carry out the techniques of Psychic Command and Psychic Sexual Command. However, if you want to perform the aforesaid Moonlight Sonata in a great concert hall it is you who must do the practising. That the writer cannot do for you. That the reader must do alone.

* * *

Finally, it is appropriate to record a reason for caution. Psychic Command is not a toy. It is not a spot of harmless manipulative fun. It is an astoundingly effective technique. It is also, potentially, a hideously powerful danger. Perhaps an ordinary fire affords a fair simile. Fire is a good servant but a bad master. The same is true of Psychic Command.

Many adepts at the techniques have raised what is an important philosophical point. It concerns the existence of fundamental good and fundamental evil. You may not believe in either of these. For you 'good' may merely mean things that are nice-pleasant-enjoyable; 'evil' may merely mean things or people that are mean-unkind-nasty. This is not the same however as being fundamentally good or evil.

If the aim of your mastery of these techniques and your choice of subjects upon whom to work them is wholesome, for the ultimate benefit of both or all, then it is probably good. If the motive is totally selfish, ruthless and unscrupulous, it starts to approach the sphere of fundamental evil,.. if that exists. Motivation by the ego inexorably leads the operator towards evil,.. what some have called The Dark

Path. Adepts of sorcery, occult ritual and Black Magic have much that is potentially in common with adepts of Psychic Command. It is wise to avoid negative paths that can lead, ultimately, only to destruction of self, psyche and soul.

In a phrase, think very carefully before programming a person. Think everything through. Make absolutely sure, beyond the remotest doubt, that you really *want* this person or goal,..

<div align="center">

BECAUSE YOU *WILL* GET IT!!

* * *

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Remember,

**Before you
    kill the messenger,. . .**

CONSIDER THE MESSAGE!

Chapter Two: **The Phenomenon Itself**

Psychic Command means just that, surveillance, influencing, manipulation and downright control of others by transmission to them of a non-physical influence or command. Put another way, Psychic Command (afterwards known in this book by the abbreviation PC) implies that one human being can influence another, at as remote a distance as necessary, and without the other person's consent or even knowledge, by the utilisation of brain power alone. Such Remote or Distance Control, if it existed, could be used to the instigator's personal advantage,... for sexual favours, for financial gain, to exert a protective influence or to enable outright crippling attack upon and even the death of the recipient,... entirely without that recipient, or any other human soul, knowing anything about it. Furthermore any and all of such actions would be entirely legal! Put another way, no alleged illegality could be proved.

It is a reasonable contention, to some, that such a phenomenon as PC could possibly exist though the facts are, as yet, unproven. To others, it is as puerile an idea as time travel or atheism. There are some people who find it easy to believe in spiritualism, in telepathy, in re-incarnation, in virgin births, in the Little People, in the promises of prophets, in physical resurrection, in ghosts, UFOs, corn circles and pixies at the bottom of the garden. Others can stand in Stonehenge, the Great Pyramid of Cheops or the Church of the Holy Sepulchre in Jerusalem and experience only the stones; they are as 'odd-blind' as others are colour-blind. In between these two extremes are the great mass of people who don't know but whose minds display varying degrees of openness and willingness to consider.

Every reader will fall into one or other of the above categories. However, in each person, that person's opinion of this book, its basic tenets and the person's ability to use its techniques will ultimately depend on one thing.... whether or not they believe in *psychotropism*,.... whether PC exists at all, and if so, whether it can be used.

The first part of the book is therefore very important. In it are presented the theories, reasons and arguments for the existence of this and associated phenomena. The theories and explanations come first in order to provide a foundation. Practical uses and techniques follow on later. Many readers will want this basic data and will read it first. Others can skip directly to the action. This latter group of readers will, naturally, have a more slender grasp and will be less able to devise, plan, control and vary their technique according to circumstance. This is why we recommend reading the earlier sections first.

To all readers, of every type, we say this,.... either throw the book out right now or, give it a fair hearing. Try to be open-minded. Don't just react,... respond thoughtfully. Don't confront,... pause and consider. Above all, we say again,...

Before you kill the messenger, . . . CONSIDER THE MESSAGE!

PC will surely feel foreign and strange to start with. It will get even stranger when you first start to see it work. Psycho-mandated successes are so striking as to appear impossible. But, given time, training and experiment, the serious student will start to see actual results that are too astonishing and certain to be mere coincidence. Magic they are not. Witchcraft they are not. But exist and work they do. Shakespeare had Hamlet explain to Horatio what he already knew perfectly well, that 'there are more things in heaven and earth than are dreamed of...' Perhaps he would nowadays have included teleaesthesia, teleguidance and psychovolition. They are amongst several phenomena so dramatic that when they are observed, they will need no further proof.

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Chapter Three: **A Question of Change**

There is so little time in a human being's life that one person cannot check everything. Much must be taken on trust. Most people therefore, from an early age, accept, with little in the way of censorship, the things they are taught. People accept religious dicta, mathematical theorems, scientific data because they are already accepted by their teachers; they accept them without question. From then on, many tend to regard them as empirical truths, never questioning their absolute accuracy. Yet not all of the things that are taught are right; many are at least arguable. Nevertheless, it becomes difficult and inconvenient to experience the conflict that would arise from, for example, deeply questioning the principles of whatever particular religion an individual was taught, in the light of further data and wider experience. Rather like sheep, many tend to shy away from anything fast, vivid or surprising, preferring to graze on in the assumed security of undisturbed ignorance.

Dramatic revelations and sudden changes of knowledge and direction, when they arrive, are often adopted reluctantly and sullenly as if in resentment that erstwhile theories are being deposed. Yet, in every sphere of life, changes do happen and more are always imminent. Examples are all around us. Half a century ago no white person seriously doubted that white people were superior to black, brown or yellow people. Half a century ago, the idea of police brutality and corruption would have been untenable. Half a century ago, the Astronomer Royal explained that space travel was a physical impossibility and would always be so. Even now, millions of people worship a god who is alleged, in the pivotal book of that religion, to have instigated the slaughter of small children and grown men in vengeful fits of pique. Others, in the medical profession, unsuccessfully treated diverticular disease with a bland diet; they did it for decades although they *knew* it didn't cure. Yet, when it was proposed, they resisted like mad the high-fibre diet that removed the symptoms in weeks. Failing to learn from that lesson, doctors still stubbornly treat soft tissue cancers with refinements of the same old cut, burn and poison techniques that have utterly failed to eradicate the disease for the last hundred years.

The Silent Areas

During the last years of the 19th century, one field of research led to a theory, since firmly held, and which it is now proposed to challenge in furtherance of the logical theory of this book. As knowledge and technology advanced, scientists began to examine animal and later human brains. By scrupulous dissection, selective staining and high-power microscopy, they were able to map out much of the circuitry of the brain. Its complexity was almost overwhelming but patient study eventually allowed a fairly accurate circuit diagram to be sketched in. By examining the effects of trauma and disease in different areas the precise function of many of those areas could be listed. The effects of chemical interference on

brain physiology, and the data derived from experimentally inserted electrodes further revealed the often tiny areas that controlled everything from body temperature to learning how to talk.

During the studies, numerous interesting things were learned; further discoveries and corrections continue to be made right up to the present time. Two things of especial reference to this book were also discovered. First, it became established that the two halves of the brain were virtually identical, with one half of the brain controlling the same side of the head and the opposite side of the body and vice versa. Only a very few things were found either on one side or the other. The near-identical symmetry became an established fact. Second, for two massive portions of the brain, no specific functions were found at all. To all intents and purposes these two areas, one on each side, are the frontal lobes. Comprising some thirty per cent of the overall volume of each cerebral hemisphere they are puzzlingly placed at the very front of the brain immediately behind the forehead. Although these lobes buzzed with electrical activity, nothing much could be discovered about what, if anything, they did. Even severing them altogether seemed to do little but perhaps somewhat influence personality and behaviour; all basic and body functions went on perfectly normally without them. The areas were dubbed the Silent Areas and it was accepted that, in all probability, they did little or nothing. So, there are the two accepted facts, one, that both halves of the brain do pretty much the same thing, the other that the frontal lobes do nothing at all.

Here comes the wrench. Both 'facts' are wrong. The truth is that the two halves of the brain do certain very different things indeed, though its true that other simple duties like muscle control are largely duplicated. Furthermore, the Silent Areas are very far from silent. Though neglected almost to the point of dormancy in most people they are, in fact, highly active and can be far more and better used than they are. That is why they are there, in the very front of everything, the uppermost and most forward of all body organs except a part of the nose. This prominent positioning is no accident or mistake. Nature doesn't have such accidents or make such mistakes. It is here suggested that the frontal lobes are not so much *puzzlingly* positioned as deliberately and *strategically*.

Let us pose a question. Can the reader think of anything, any one single thing they know, that Nature has ever done by mistake? Apart from the inevitable trials and errors of the evolutionary process is there anything that Nature ever got wrong? Or is there anything Nature ever did for nothing,... for no purpose whatsoever? The answer on every count is 'No'. Yet, here we are, faced with just such an anomaly. Nature has developed this large section of the human brain as a multi-potential, intricately connected organ of immense capability. She has then placed it at the very forefront of the part of the body - the head - where 90% of the communication organs are situated. And she has then, it is proposed, given it precisely nothing at all to do. All that effort for nothing? Does that seem likely?

Furthermore, in the most detailed examination of the fossil record anthropologists have shown that the brain has developed and enlarged markedly throughout the descent of man and one thing in particular has been conspicuous,.. the move forward of the receding brow of the early men and man-like apes; in other words, the creation of more and more space for these allegedly worthless chunks of grey matter.

So here follows another question. Does it really seem probable that in this one organ, perhaps the most remarkable of all organs ever evolved in any living creature in the history of planet Earth, Nature has for once got it all wrong? Of course it is most unlikely.

Much of the brain then is an enigma. It consumes prodigious amounts of energy. It has a vast and intricate back-up blood supply. It connects different parts, from and to which it receives and transmits electrical impulses. It influences and controls muscular action and endocrine gland activity and it interprets and balances the input from the senses. These physical effects are observable and repeatable scientifically. But then it also has functions which although obvious can be scarcely tested at all. It thinks. It calculates. It comprehends abstracts like beauty, evil and space. It is aware of the difference between past, present and future. The brain is so important that, on its account, Nature has had to accept and compensate for what are, for the human animal, highly dangerous periods of vulnerability,.... sleep, in order to keep it functioning efficiently. Yet half of it doesn't do anything? Clearly that is nonsense. No, the Silent Areas are far from silent. They have, or once had, or will and can have a most important function.

No one understands the human mind. It is not only stranger than we imagine, but is probably stranger than we *can* imagine. Another pitfall is that, when discussing it, along with other esoteric fields like philosophy, psychotelemetry and telepathy, there is an inadequate vocabulary. Phrases like 'the Grace of God' or 'focusing the alternative consciousness' or even 'the soul' are imbued with profound even sublime significance to some but are gibberish to others. In other words, there is a paucity of common ground linguistics and this renders communication difficult. We are faced here then, with this considerable difficulty,... to explain the present subject without resort to vagaries yet without a precise and indisputable scientific meaning of many of the words. On both sides therefore, an element of forbearance is indicated.

In this book there are three basic postulates:-

1. That the 'Silent Areas' of the brain are far from silent.

2. That one mind or state of mind can influence another, directly and/or indirectly.

3. That opposites like positivity and negativity, reality and idealism, good and evil can and do co-exist in the real world, not merely in philosophical contention.

It is not requested that anyone believes in any of these as an act of blind faith. All are explained and proved below; indeed the first precept concerning the activity of silent areas has already been claimed. Nothing more is needed to understand and use PC than an open-minded regard and a few minutes a day of practice. But one word of caution. You are likely, indeed almost certain, to be impressed and to become a user. This has problems and hazards which will be explained as they are reached. One risk needs mentioning now. Become adept by all means, even become a devotee of the method if you choose. Remember however that devotees may get carried away to the point of losing touch with reality. They become obsessed and start to believe in gods, gurus and mountebanks as if they were real and in the sort of literal truths that are claimed to be in the Bible, the Koran, Monotheism, Calculus, Darwinian Theory and Euclidean Geometry to name but few. 'Tis said with some accuracy that there is only one empirical truth,.. that this too shall pass away.

Skilled proficiency in PC is not a mystique or a supernatural power. It is ability in the use of a perfectly normal brain function. That its existence and features are little known and very little understood is true, but the capacity of the brain to work in this fashion is, nevertheless, in every way normal, natural and simple. Quite frankly, the method exists by 'intent' of evolution. It exists to be useful. It exists to be used and by us all.

* * *

The Influence of Mind

To watch an evangelist at full speed ahead is an intriguing spectacle. He, and it usually is a he, may use a clever 'spontaneous' script. He has powerful quotations at his fingertips and poetic phrases galore. He is an actor and an expert at timing his delivery,.. pausing, gesticulating, appealing, raising and lowering his voice, all with flawless brilliance. Some think his subject matter is profound, divine and true; others find it illogical claptrap. Either way, no-one can doubt the gradual imposition first of interest, then fascination, then control and, finally, the influence the evangelist achieves. Whatever the content of his material and subject, the entire scenario consists of one man influencing many by use of that composite of appearance, speech and sheer charisma that comprise what we term his personality. Put more briefly, he is using his mind to influence others,.. partly through ordinary routes of communication but principally as an act of will.

Good public speakers do similarly, especially good political speakers. Clearly it is not the irrefutable logic of what they say that impresses, otherwise all of them would always be right; and everyone knows that is not so. It is the charisma, - the mind power, that works. In the great demagogues, - Mussolini and Adolf Hitler are two extreme examples, we see not only the histrionic and rhetoric in use but the construction of an entire regime on and around the ability of one mind to inspire

loyalty, fear, devotion, and, ultimately, domination. The one man has strongly influenced the minds of thousands of others.

Such effects are usually at close range, person to person or person to group. Other examples of mind power may occur at extreme ranges, ranges so great that distance, time and space itself seem to have no relevance. How many are there who cannot recall some implementation of what we may term coincidence? Sometimes such coincidences are repetitive, or so odd as to strain credibility to or beyond the limit. "I was just thinking of you when the phone rang and it was you." or "I wrote to you yesterday and your letter arrived here this morning." Coincidence? Perhaps. *Always* coincidence? Who knows?

Ancient records going back thousands of years hold endless intimations,.. even claims, descriptions and explanations of what we now, perhaps imprecisely, call extra-sensory perception (ESP); extra-sensory in the context that it is outside of the perception of the senses. Yet ESP is only *extra-*sensory in terms of the five (or six) accepted communicatory senses. In terms of brain power or mind influence it is not *'extra-'* anything. It is in fact completely natural. Various Egyptian papyri including the Book of the Dead, Sanskrit scrolls, documents from the monasteries of Mount Athos, the Gaha Words of Gilhemish, the Bible, the Red Book of Carnac and countless grimoires, testaments, documents and histories include reference to allegedly non-natural phenomena. Ghosts, ghouls, demons, elves and angels have been seen and heard. Angels turn up all over the place. Witches are so real as to have been castigated by Biblical sentence of death. The Devil rides out in more guises than a quick-change artist. Spells, necromancy, love potions and magical rituals abound. Can they all be nonsense,.. merely the effect of one mind on another kidding them into belief? Or may some of them be real? If they are mere mind effects they demonstrate once more the way one mind can influence others. If some are genuine they serve to show that not everything we perceive is as physical as we think. Natural it is, but beyond the present application of *most* of our senses. Perhaps we should, at this stage, start to include a *new* or additional sense,.. a sense of remote contact?

Animals are often described as 'sensing' things. They appear to be 'sensitive' to the moods of their owners. These sensings are part due to their sharply developed ability to notice changing body odours, personal habits and vocal inflexions. But close observers claim there is more to it than that. Children, even quite small infants, who are not possessed of anything like such delicately tuned perception routes can most certainly become influenced by and reactant to the moods, wishes and feelings of their mothers.

This latter influence was closely studied in USSR some twenty years ago. Following some remarkable tests on animals human children in the immediate post-natal period were experimentally separated from their mothers perhaps by hundreds of yards at opposite ends of the maternity hospital. Suitably wired,

mothers and infants were subjected to quite small stimuli, - hunger, cold, tactile stimulation and so on. It was quite startling that, in both directions, stimulation of one produced changes in physiological and brain wave (electro-encephalographic) tracings in the other. It was even more startling that in many instances it was not always or only stimulation of the blood relative that caused effects. Perhaps most startling of all was that not every act and response followed each other in the sense of linear time. It was only when some results were computer analysed that it was discovered that, by normal assessments, some responses took place *before* the causative stimulus. A similar oddity had been observed in the way some telepathic experiments appeared to show unrelated results; yet those results later were found to be related to test sequences made not before but *after* the responses had happened. More evidence perhaps of the reduced or absent relevance of time and space in matters of mind influence? Despite the astronomical cost of maintaining humans and animals in space, it is significant that one intensive field of orbital research is now what is called NPCM or Non-Physical Communications Methods.

Do prayers work? Millions believe they do. Millions believe that their particular god hears their prayers and responds. Yet those millions would be the first to agree that their god is all-powerful, all-wise and all-knowing, - perfection *in other words. By this tenet their god must inevitably have already foreseen events* or even planned them. He, being perfect, has already made the perfect decisions according to his will. He therefore does not need the alleged influence of prayer. Prayers might even be thought an impertinent intrusion by trying to change the pattern resulting from already perfect judgement. In such a case prayers are either ineffective or superfluous. They just can't work. Yet, can all those millions who have ever believed that prayers have an effect be wrong? Can national days of prayer really be worthless and unsuccessful? It is a near dilemma. Logically prayers cannot work. And yet they sometimes seem to. Could it be, perhaps, that it is not so much the intervention of a saint or a god that works? Could it not perhaps be the influence of mind-power, the conjoined mind-power of the Psychic Command of maybe millions of people, that really does the trick?

However you view this apparent anomaly and the other foregoing material, it is now submitted here that there is enough data to recommend an open mind to the matter. The case for the influence of mind, remotely, on other things and other creatures *must* surely merit at least that.

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Chapter Four: **Brain Function**

Effectively the brain has two functions. One is to accommodate the vast databank and communication network that maintains contact and control, direct or indirect, with every part of the body. The other is to be the repository of the indistinct but all-important *Self,* the user and operator of the databank and network. Much of the first function takes place in ways that have been understood and via circuits that have been mapped. Of the self, virtually nothing is known at all. Indeed, it is only assumed that the brain is the repository as it seems the most likely bet.

The basic activity of the brain is also of two kinds, electrical and biochemical. The countless nerve fibres carry minute electrical charges or impulses which, passing along the nerve 'wire' transmit the 'message' embodied in that impulse or series of impulses swiftly to a remote point. The second ability of function depends on chemicals and is usually spoken of as bio-chemical. Though chemicals themselves are not alive, chemicals involved in living sequences are termed *bio*chemical. Where nerve fibres end and others begin, the gap or synapse is bridged by a flow of biochemicals activated by the arriving electrical impulse. This is a vast over-simplification, but will suffice for our purpose.

What no-one can determine with certainty is which comes first, electricity or chemical, and where, and how. Furthermore, although we know quite a lot about *how* a brain works, we know nothing about *why* it does. How a thought 'happens' or is controlled and developed or how a bodily command is initiated at mental level we have no idea. Does it happen in response to some genetic pattern? Does it happen in response to some environmental influence? Does it happen in response to other, perhaps deliberate, external influences,.. like the PC of others? There is a strong body of professional opinion suggesting that the data bank, loaded with numerous interlocking programmes and containing every memory of every event and experience, acts largely automatically and mechanically, in a way that we cannot predict and that anyway we ignore many of those actions although our fate or 'luck' depend on them.

There is little if any detectable physical difference between the brain of a casual labourer and that of a college professor, between ignoramus and intellectual. Nevertheless one has greater capacity for thought, logic and understanding than the other despite both seemingly having exactly the same equipment. Much appears to depend on a genetic pattern that dictates how well the brain will work. Upon that base pattern is superimposed the result of myriads of environmental events accumulated throughout life. Some things, creatures or sequences appear to exist in all humans of all geographical and historical venues. The figures that Jung described as the Archetypes are amongst these,.. angels, father-figures, mother-beasts. So are events, perhaps primeval memories, atavistic yet elemental,

like the Wild Hunt and the Golden Bough, the concepts of which are common to many cultures.

As the data bank starts to gather and stockpile memories much of the data starts to fall into two categories, enjoyable and distasteful, good and bad, desirable and undesirable,.... positive and negative. Positive material will include perceptions of love, security and protection, infant caresses, laughter, understanding and joy. Negative influences derive from heavy discipline, friction with parents, quarrels, accidents, oedipal rejection and the like.

The establishing of this dichotomy is taking place more or less at random and long before any knowledge of censorship or control is acquired. The mind behaves rather like a weak, untrained muscle. The patterns and programmed responses are laid down haphazardly, and, lacking any active intervention, become incomprehensible to our consciousness. The axiom 'Know thyself' is a virtual impossibility and requires deep study, introspection and psychoanalysis over a long period. Out of this orderless melange the established routine becomes more of a swift reaction to external stimulation than a reasoned response to it.

This rapid 'jumping to conclusions' is a natural and, in some ways, beneficial process. In the wild, should danger appear or should a potential threat approach, the mind instantly sweeps through its data banks searching for useful past data to compare, analyse and assess the situation. In the interest of survival the assessment needs to be fairly accurate but above all swift. The brain can become most adept at the process which is one of the reasons why first impressions are so often appropriate. That method suffices for early, brief and superficial confrontations. Deeper assessment is only necessary when more relevant situations and relationships are to develop.

Once this programme is in operation, individuals start to show definite personality traits, likes and dislikes. Many of these will become more and more deeply ingrained with the passing of time, this being why older people become more and more fixed and inflexible in their ways. The point to be understood is that much of what we do is to react, predictably but automatically and without preceding logical thought, as a result of our failure to intervene or impose will upon the response of an untrained mind. It is very difficult to stop being thus driven by an unschooled, inexpert, blundering mind. Our 'fate' or 'luck' have been largely accidentally programmed and then sealed. Unless retrained, things will continue to function as the same simple reacting unit or algorithm for the rest of our lives.

* * *

Programming, deprogramming and reprogramming

Most of the programming of the individual's life-long attitude is taking place in the early years, up to about six or seven. It is the period of life when the brain's

alpha waves (see later) predominate; the time when fairy tales, daydreams and total irresponsibility operate. At about the six or seven years stage, alpha waves change to a predominance of beta waves. Schooling starts in earnest, sexual potency develops, and a conscious state of reasoning, watchfulness and concentration becomes imposed.

By this time the amount and importance of negative as opposed to positive programming is largely already established. From then on the installed negative programmings will always be a threat and a hindrance to free expression and progress through the world. This certainty is well-recognised by, for example, religious authorities. Ignatius Loyola, the Jesuit founder, put it most succinctly when he claimed that to give him the child until it is seven meant he could then - *at that stage*- give back the finished man. The only way subsequently to change the negative programmes is to go laboriously back to the data bank and set about wilfully and consciously rearranging and converting its contents. This is what psychoanalysis aims to do and it has a modest amount of success though at prodigious cost in time and funds. There are better ways.

The oldest of these is familiar to most. It is probably as old as thinking man himself. It is a method that aims at trying to insert an alternative and preferred programme as it were by force, thereby deliberately confronting and replacing the automatic computer default response. It is the traditional method for developing will and will-power. A particular habit or response is deliberately assessed and found to be in need of change or exclusion. (It must not be forgotten that unless carefully thought out, the decision to change a habit may itself be, at least in part, the result of yet another automatic response sub-programme). Having decided to change the habit an entirely new and different habit is then wilfully superimposed. Such will-power decisions are familiar,... to get up early if you are naturally (programmed as) a late riser, changing your established eating preferences, adhering to a distasteful exercise routine and so on. This method entails much self-control, great effort, tension and sacrifice. Furthermore, it is often unsuccessful. Unless powerfully motivated and unless considerable effort is sustained at a high level, sooner or later, the small successes achieved will falter and the very powerful previous programme will reassert and re-impose itself. This is why so many early programmes, religious in particular, may be suspended during the strong, thinking years, but will re-emerge and cause recantation in later years as will-power declines. The hard-won achievements of the will-power method so easily succumbing to earlier programmes becomes very discouraging to the tryer; so much so that he eventually gives up trying.

The two other traditional reprogramming methods are by written commands and by visualisation. The first is the method used in the 'writing lines' punishments awarded by teachers. By repetitive writing of the command it aims to superimpose itself on the more negative pre-existing programmes. Unfortunately, the technique often contributes to another negative programme by such inappropriate commands

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as "I have behaved badly" or the traditional religious threnody "I have sinned." Negative statements such as these are far less effective than positive ones such as Coue's "Every day, in every way, I am getting better and better." Additionally, seeking to change a person's attitude should never be done as a punishment but, again, as a positive part of the planned daily activity.

The visualisation method uses images rather than writing. It is a very successful method as long as the best technique is used. Most methods rely on trying to see and think of seeing oneself in a situation or place. This works up to a point but is in fact a weak method. It is not enough merely to see oneself there as if in a film or before a mirror. The technique must be developed whereby the self is visualised as actually *being* in the situation and itself doing the visualising, as it were *from inside,* and deliberately experiencing the situation. We shall explain this technique later as it is a component of Psychic Command. Used that way, visualisation is a very effective and easy method. There is only one better. We shall return to it after the next section.

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Brain Waves

The familiar expression "I've just had a brain wave" is a fairly recent addition to phraseology. It dates from the time when technology and experiment reached the stage of attaching electrodes to the human head to see if anything happened. It did. Sensitive receptors and amplifying circuits were able to detect minute electric currents generated by the brain from within itself. As time went by it was discovered that all kinds of sudden surges and impulses took place with currents discharging in different directions for different purposes. However, over and above all those, the brain appeared to emit steady electrical pulsations or vibrations which oscillated at a more or less regular frequency. These 'waves', for so they appear on the screen or on a paper tracing, became known as brain waves. It was a popular misconception that they only occurred from time to time when special ideas or exceptional thoughts took place. Hence the name of 'brain waves' for sudden, brilliant ideas.

In fact brain waves are neither sudden nor exceptional under most conditions. They are, on the other hand, remarkably consistent. They do however differ noticeably at particular times. At these times specific patterns of amplitude, frequency and wave length appear in the waves and can be readily distinguished by the experienced eye. These differing wave patterns actually occur during different phases of activity of the brain and represent four familiar, distinct and recognisable states of consciousness. The human brain often slips between the different states in an uncontrolled and even unnoticed manner. For the sake of clarity these four states are named after four letters of the Greek alphabet. (Other frequency ranges such as Mu [μ] and Gamma [γ] are also now recognised).

1. The Beta State.

This is the normal state of everyday functions. Beta waves predominate through most of the thinking-working-reacting day. It is the state of function of communication, of simply getting on with performing the routine business of living. The man on the phone or the woman in the supermarket will normally be exhibiting, if tested, a steady state of beta brain-wave activity. During it information can be easily exchanged and new data absorbed,... the reader, while reading this material, is in a beta state and is learning new facts and considering concepts and consequences. However, it is a state in which there is little or no parapsychological or so-called 'psychic' activity. As a result, the instillation and retention of fundamentally new programming is very difficult, even impossible for most, during the beta state.

2. The Alpha State.

This is the state we associate with peace, calmness and relaxation. It is also a predominant state during most of the pre-natal (intra-uterine) period and during the early years of childhood. Space and time are easily distorted, imagination and fantasising is easy, censorship and resistance are at their weakest. It is a state in which the brain is highly receptive and is a good time to be inserting new material and programming into the data bank. Alpha waves originate from deep in the centre of the brain and discontinue when concentration is commenced. Frequency range is 8 - 13 cycles.

3. The Theta State.

This occurs only occasionally and briefly unless carefully trained. Normally it is restricted to the moments preceding sleep or upon waking from sleep. Most people are familiar with the drowsing moments that occur on waking and surely everyone knows their similarity to the short period before sleep itself actually comes. Ideas tumble around confusedly and visions occur of all kinds of people and events. Voices may be heard, images flash about, time and space are freely distorted or, more likely, appear to have no relevance or even existence. Some events are so vivid that one can be suddenly and violently jolted away from approaching sleep and back into a beta state, often accompanying the change with a physical convulsion noticeable to others. Frequency range is approximately 4 - 8 cycles. Theta activity is often prominent in those with brain tumours or space-occupying foreign bodies.

The theta state is maddeningly brief. It can however be developed and extended as we shall later see. As it is, by far, the period of greatest psychic capacity, such training needs to be seriously undertaken.

4. The Delta State.

This is the state of ordinary sleep. It is not the same as hypnotically induced sleep or trance. In the latter, deliberate programming is possible. In natural sleep it is not. Periods of altered consciousness do occur during sleep. These are called REM periods as an observer would, during these periods, notice that the eyes are moving quickly about behind the closed lids. Such Rapid Eye Movement phases are known to be associated with dreams, sexual fantasies and erections, and other distortions. They are however notoriously difficult to control or even distinguish for the majority of people and are therefore of no value in reprogramming. The delta state is, to all intents and purposes, to be regarded as a state in which we have neither consciousness nor parapsychological ability. Its only value is in the remembering and interpreting of our dream content. We shall come to this later on. Frequency range is less than four cycles

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Chapter Five: **Verbal Programming**

There is currently a field of orthodox medical study known as Behavioural Psychology (BP). It is in strict accordance with what we might term classical positivism,... the tradition that training for and possessing a positive state or attitude is beneficial. Physics and biology cannot actually test and confirm these benefits but most people would agree that positivism has a lot going for it.

BP operates on the medico-philosophical principle that only the behaviour that can be observed or experienced actually exists. All else is negative. It uses aversion scenarios and group management assembled around this tenet to claim and ensure that, if we could incorporate new behaviours more desirable to our personality or, as they term the personality 'the total behavioural repertoire,' then the previous less desirable ones would disappear or become subordinated. Phrases like total behavioural repertoire are, of course, mere psychobabble jargon for similar expressions like *gestalt* or 'the way someone is.' Nevertheless, BP and its methods are similar to those of Psychic Command and open the possibility of permanently removing negative programming, and replacing it more positively.

BP research has confirmed that new patterns are at first resisted and rejected as foreign. They can and will however eventually become part of the data bank if the reprogramming process is persisted with. Although relapses occur these too are to be interpreted as signs of activity occasioning the steady weakening of resistance that leads to ultimate mastery.

The major fields of psychology and psychiatry accept that changes can be made. Also that certain periods are best for these. For example, Freud regarded dreams as vital for what he called 'dream work' a kind of patterning and sorting out of multiple data. According to Jung's theories it is hypothesised that during periods of sleep the brain harmonises and re-balances itself and its received material. It rearranges things in more appropriate order. As both of these imply that data and programmes do in fact get moved,... and therefore are movable, it follows that we can try consciously to influence that rearranging and reprogramming with some reasonable hope of success. Such is indeed the case.

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Verbal Re-programming

One of the best known embodiments of the basic principle of positive thinking is the familiar saying "Whatever the mind can *conceive* and *believe*, it can *ach*ieve." The same thing has been said in different ways many times elsewhere. Phrased that way it is, of course, an effective aphorism; but consider the curious statement it makes. The key word is *whatever*. We know from everyday experience that the human mind can conceive of, or imagine, virtually anything, irrespective of how unlikely; even things that contravene the laws of physics, are beyond the

limits of space and knowledge, or exist in the distant future can be conceived of. It is only necessary therefore to believe these concepts in order to achieve them,... or so the aphorism claims. The endless stories of human perseverance engendered by profound belief in a new idea or a religious doctrine perhaps, and which have been pressed to eventual fruition are evidence enough that this part of the statement too, can be correct.

Here we come to a possible parting of the ways in which people think. Some regard the difference between real and unreal as concrete and absolute. Others do not. Philosophically speaking, there is no difference between perpetual sameness and nothingness. Similarly some philosophical approaches regard reality the same way, that there is no fundamental difference between what may be imagined or conceived and what is physically real. Irrespective of the preferences of personal philosophical doctrine, the human mind is *not* fixed in its relationships to realism and unrealism. It does *not* distinguish totally between real and unreal. To the mind, what can be imagined can be or can become real. That the mind 'sees' it and believes it is real, is regardless of it being actually there to touch. All it needs is to 'see' it.

This is a vital statement of principle,.... 'all the mind needs is to see it.' It may come as a jolt to the linear thought process, but it is a fact. Two simple everyday examples, - there are plenty more - will suffice to show this. First, how are intelligent people converted to a religious doctrine? It is hard to say in any given case, but in each case, the mind 'sees' the imagined truth and believes it. It may be that the 'seeing' is in the form of a vision; it may be that 'voices are heard' or that 'inner voices speak.' It may be that another person's belief is passed on, the 'seeing' being by allegedly logical thought processes. Irrespective of the route the destination is the same. The convert 'sees' the light and thereafter believes, maybe for life, without any physical evidence confirming the validity of that belief. On a much more superficial and temporary level, consider why people cry in the last act of 'La Boheme' or are frightened and jump with alarm during a horror movie. It is because, immersed in the yarn, they have allowed the brain to dissolve the real/unreal barrier. For an hour, the mind is believing the performance and its situation. It becomes real and the sadness, or the fear and danger, become potentially real too. The mind then, does not always automatically distinguish between a thought and a reality.

We have already seen above, how will power, written commands and visualisations can re-programme the mind. They are using the seeing or reading ability of the mind to receive and carry out instructions. Just as in everyday life, verbal communication too is an extremely useful, easy and effective route to re-programming, this time the 'seeing' ability being as much one of 'hearing' the command.

Ideally, and as with the other methods, it pays to keep the process as plain and as simple as possible. It is incorrect to think that complex instructions and explanations work better. As with children, and with many people, complications only confuse; they respond better to simple instructions clearly given.

The Technique

It is useless directly to challenge the old programming during the normal beta state of wakefulness. During that state one can think about the matter, weigh factors and rationalise. However, once the decision is made on how to proceed, that procedure must be while in the alpha state.

The sequence to be carried out is listed below, then the steps are explained in the sections following.

Preliminary/Inaugural

Relax and close the eyes
Slow breathing
Count up to command level

Secondary

Reach insertion level
Prepare mind for orders
Give orders

Final

Count down to sleep

Preliminary: The ideal time for this is in the evening, last thing before sleeping. The snag for some is that it is hard to fend off sleep while carrying out the routine. The knack usually comes after practising for a few nights - a week or two at most, but if it doesn't, special relaxation periods can be interposed at other times of the day.

At night, in a warm bed with the lights off and silence all around, is the perfect scenario. It is necessary to relax deeply, inducing a feeling of calm and of being free from stress and anxiety. There is no fixed position as long as it is one you can relax in. Slowly breathing in and out with conscious effort is a good, traditional way to relax. It is necessary of course not to over-relax and drop off to sleep for a few minutes. (If that happens, that particular re-training episode is over until tomorrow). The eyes should be closed so that visual images do not distract the gentle concentration.

The subject now starts mentally counting up from number one. The words are not spoken and the lips are not moved. If the mind wanders, it often helps actually to visualise the numbers as appearing before the eyes on large pasteboards, one after the other. Somewhere between 20 and 35 the subject will feel as if an appropriate spot has been reached. Traditionally the number 33 (the number of

human vertebrae) is used. Counting stops at that point. It is a psychologically symbolic act in that counting represents a pulling away from the normal, number 1, everyday state of being and consciousness and then stopping at a different (say No.33) place for the desired re-programming to take place. Some people find that further visualisation aids this. An excellent way is to visualise, while counting, being on a ship and watching the land recede as the ship slowly pulls away with each count.

Secondary: The actual reprogramming commands are now given. The first is a command to the mind to accept the new status quo of authority. The phraseology is deliberately chosen for a simple but rhetorical appeal.

"My mind is commanded to keep my forthcoming order in my memory permanently all the time and to do everything necessary to fulfil it." This is repeated slowly and precisely three times. (A similar alternative,.. "The following instruction is to be placed foremost and uppermost in both mind and memory permanently and all the time."

The desired order is now given, and also repeated three times. Finally the closing order is given, again three times, either "Let this command be fulfilled" or "Make it so." The words used can be slightly varied to personal preferences, but it is essential that the words be simple and that they comprise a very positive *command* and *not* a wish, a hope or a mere intent. The words preceding the desired order continue the preparation of the mind to accept willingly what is to be commanded. The expression "permanently and all the time" is used although it is likely that, to start with, the effects really last only a day or two. This does not matter. As the commanded sequence will be repeated at least daily, the periods covered will overlap and be continuous. Also, as skill develops, and re-programming takes a hold with practice, longer durations will supervene. The words "do everything necessary to fulfil it" instructs the mind without any further details having to be given, to obey blindly. It will then, acting as a super-bio-computer, automatically scan, select and use the vast amounts of data it has available to the best end. Much of that data is either unavailable or accessible only with great difficulty by the conscious mind. The computer does the job better.

Tertiary: The short reprogramming routine is now over. Starting at the number where the individual earlier stopped, a count down sequence is initiated, counting steadily back down towards one again. The count down generally leads to sleep or to a pre-sleep state of relaxation. Some people drift into sleep while still counting or even immediately after giving the commands. Either way it is immaterial.

The precise commands themselves must be just that, precise. They must also be brief and absolute to the point of imperious. Negative commands are never used. For example, "I am not going to smoke again" or "I am not going to be poor anymore" or "Women will no longer neglect me" are all negative commands and

will fail utterly. So will commands expressed as wishes, as in "I wish to cure my disease" or" I wish to be rich" and "I intend to be successful." To succeed, the command *must* be a command. Phrases that are suitable are such as "I will be rich" or "I am going to have power" and "I am succeeding at.... (whatever)." An excellent alternative is to use the word 'already' embodying it in such commands as "I am already wealthy" and "I am already fit and strong and healthy and well." This helps convince the mind not only that it must work to ensure the command is carried out but that it has successfully commenced the task. After a while, a week or two is enough for most, more general and less peremptory commands can be given such as "I am going to have success in my life in many directions."

Each command sequence should, in the early stages of learning the technique, be repeated at least nightly and for at least a week. Only one specific command, presumably the one with the greatest priority, is given in that entire group of sessions. Beginners tend not to be too sure about what they really want. It is therefore best to think seriously about priorities in advance.

Reprogramming sessions can be inserted into the daytime too. They help but are not as effective unless followed by at least a short period of sleep. The reason for this is that going to sleep immediately after a session means entering the delta state of sleep while the new command is uppermost in the mind. It consequently has a better chance of being immediately worked on and accepted into the data banks thus furthering the accomplishment of the reprogramming. This too is why it is important to be quiet, comfortable and above all, undisturbed during sessions. Broken concentration usually ends up in a wasted session.

Results from reprogramming tend to be rapid. Many people start to report that they feel better, often in an indefinable way, within a few days or a week or two. In every way they report sensations of well being, elation and excitement. It is almost as if there is 'something in the air' that is stimulating them. Goals start to be reached quite quickly. However, some results come about in rather odd ways. When this happens, the user may be so intent on the actual goal that he misses or misunderstands the moves towards it. An example of this, quite often paralleled, is when a man programming himself to greater wealth,... loses his job! This actually happened to a patient being trained by the present author a few years ago. He was a fine chef, but two weeks after starting training, he was fired when the company he was working for collapsed. Unable to find a good new job, he almost lost heart. However, after a chat with his bank manager, the bank advanced enough money for him to start a small, high quality mobile catering service. Now, ten years later, his multi-faceted food organisation employs three hundred people, is quoted on the stock market, and is valued at almost £40 million!

During the early steps of training, it is not uncommon for users to experience some unpleasant side-effects. Curious feelings are reported or even feelings of mental and emotional confusion or exhaustion. These are reactionary responses

and quickly pass. Nightmares may also occur. They are no cause for concern. They are merely the result of old trash being discarded; part of the way the mind resists change to its ingrained and established programmes. That is all part of the process of reprogramming.

After a week or so the programme being inserted should be fairly well established. It is then discontinued, and the next item on the list of priorities is substituted for the following period. Once the last of perhaps three or four chosen programmes has been completed, the sequence resumes again at the first, and so on, steadily reinforcing the success. This cements the new programmes in the mind. Results and the time needed varies with the person, the mind, and the complexity of the programme. If it is a major upheaval, it can take some months. Very little in life happens overnight. Time and effort are needed for thorough programming, but be sure of one thing,..... it *will* work,... always.

Resistance

Encountering an initial resistance is a near certainty. The human mind, for the most part, hates change. It is almost as though it fears and feels threatened by new ideas and new programmings. Anything that disturbs old engrams, or ingrained patterns of thinking or response, induces opposition. This can be witnessed in individuals and even in entire populations when fundamentally different concepts emerge. Areas in which resistance is obvious include such things as social trends, political or religious re-interpretations and so on.

Opposition to new programmes can manifest itself in many ways and it is as well to anticipate them. The commonest response is sheer forgetfulness. The trainee goes to bed and, next morning, realises he forgot his programming session and went straight to sleep. The reaction is usually to justify the omission as being due to tiredness. This may well be partly true though, given a small measure of determination, the insertion of a three minute routine is unlikely to be too exacting. In many instances, the so-called forgetfulness is, in fact, a deliberately but subconsciously motivated resistance.

A simple falling off of interest is another manifestation of opposition. Even an important desire seems quite suddenly to have a reduced significance. The trainee may be a little surprised at his change of attitude, and may actually ascribe it to early success in his programme. It is not. Once a rational decision has been made to initiate a reprogramming, reduced interest equates with internal resistance. Another sign is the trainee who, not once now and again but repeatedly, starts to fall asleep while in the programming routine. This will not matter if sleep comes after the commands have been given and the count back down has commenced. If it repeatedly occurs before that, say during the repetition of commands, it is positive resistance. More effort and will power must be used to overcome it. Conversely there may be resistance in the form of insomnia after the command routine is completed. It is almost as though the routine has started off a tumble dryer in the

mind. Thoughts start to move, mix, roll and tumble aimlessly in every direction. Concentration is difficult or impossible and sleep, with its reprogramming-friendly delta state, simply won't come.

All of these types of resistance can be matched and overcome by a corresponding elevation in determination and will power. It is unlikely that an adequate elevation will fail, but if it does, there is a simple way to restore control. This is by adding an extra two or three short periods of reprogramming during the daytime when sleep intervention or absence is not a problem. The method is simply to relax briefly, count up to the command level and give the basic memory command. Then, at the special command stage, give the order "I am going to reprogram tonight. I *will* reprogram tonight. I will reprogram *every* night." Repeat everything three times as usual. If there is any resistance in the form of forgetfulness, even in the day, then use an alarm watch or a kitchen timer mechanically to remind of the time chosen for the extra programme period. In severe cases of resistance, this form of counter-attack can be effectively reinforced by the addition of one or more of the other traditional reprogramming methods mentioned earlier. The best is visualisation. The trainee visualises, by adding images to the command words, going upstairs then getting into bed, switching off the light and commencing the all-important pre-sleep programme.

It is important not to lose heart. Determined effort will *always* overcome resistance.

Finally, the additional counter-resistance of extra daytime programming is more than normally important in cases where insomnia becomes a problem. This is usually due to opening long standing programme channels by seeking to re-programme them at a time when they are not usually opened and operative. They suddenly jolt into running mode. This raises the likelihood of the mind taking in negative data from that source, rather than from the re-programming routine. This is clearly counter-productive, and the strongest and most frequent daytime measures, as above, must be resorted to. A mere few days is usually sufficient to be completely effective.

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As with everything else, practice improves the procedure. The mind commences to accept and assimilate metaprogramming (meta = after [Gk]) more and more easily almost, as it were, recognising that it is no longer independent, erratic and uncontrolled, but is in the hands of an owner/teacher who is exercising positive command. Many users find that after a week or two, as soon as the head touches the pillow, there is a reflex sense of readiness for command. When this has happened for a few nights, the preliminary counting sequence can be discontinued.

At this point too, it is possible to programme more than one command at a time. Up to four commands can be used each night once mastery has been established and still be as effectively imposed, as only one. It is still necessary to use the same group for several nights. Shuffling and changing them is not a suitable process. Stick to the same ones and in the same sequence. Also, the more commands, the more specific and the less general in form they need to be.

The counting down period after reprogramming can usually be dispensed with too after a few weeks. The routine will become so well conditioned into place that ending the re-programme sequence automatically signals the onset of sleep.

Of all the half dozen ways of re-programming that we have discussed, the verbal method is the best. The main reason for this is that it is so easy. Only visualisation approaches it for simplicity and convenience, and even visualisation requires far more effort and far more time. Just sit for a moment and visualise a particular scene, not as if you are looking at it, but as if you are actually within and part of it. (This is what PC visualisation requires as we shall later see). Compare the time and effort you need with the time and effort required for verbalisation. For the majority of people there is no comparison. The verbal route is unmistakably easier. Only those of the most vivid imagination, artists and poets perhaps, may find the opposite to be true.

For the bulk of people, verbal programming is infinitely the superior method then. It is enough merely to do the simple procedures, and just wait for the changes to occur,.. as they most assuredly will. Furthermore, there is no need to enlist and pay for the help of a therapist or other professional. One is one's own therapist.

It will be recalled that, earlier, the claim was made that the two halves of the brain, though so similar in appearance, anatomy and some functions, are in fact, very different indeed in some of their other functions. It is at this point we first encounter the significance of this difference, a significance which we shall have cause to consider more deeply later. For it is the right side of the brain that more or less exclusively deals with image visualisation while the left brain is involved with verbalisation.

Programming, or rather, re-programming or meta-programming, is only able to influence itself. It can prepare the mind to influence others via PC but it cannot directly influence anyone but the self. Indirectly however, it can affect others circuitously. By metaprogramming ourselves, we effect changes in our behaviour and attitudes. These eventually incur changes in our communications to others and in our environment. To every action there is an equal and opposite reaction. So runs one of Newton's Laws. Though a physical law, it largely holds good in parapsychology too. When programming changes our patterns, our relationships with the environment and its occupants also change. Our overall parapsychological influence on the world is slightly altered. The effect of this on others is largely psychological, but it does happen. Such different changes automatically vary the

response of others who may be noticed to react differently, producing different apparent interpretations. Usually small to start with and affecting only those in close contact, such changes are commonly the first outward sign that reprogramming is really working and personal changes really are taking place.

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Chapter Six: **Age and Sex**

Between them, the genetic programmes with which humans are born and the vast compendium of information and experience in the data banks, comprise a huge spectrum of possibilities. Countless possible programmes pre-exist in the genes. Each of these, alone or in combination with other sub-programmes or apoprogrammes, can go any way of a myriad different possible routes of environmental and data bank provided routes. Though of infinitely greater complexity it is rather like the ball in a pin-ball machine, bouncing, glancing and ricocheting around an enormous scoreboard. And it is largely haphazard, resulting from the mere accidental proximity, strength and effect of the various influencing factors encountered.

Thorough programming starts by imposing some sort of order on the jumble. Instead of being haphazard a cohesive plan or command is initiated. Small wonder this works. Instead of aimlessly shooting off in a thousand different directions at once, the huge potential is harnessed, team-like towards a certain goal. Some individuals do not need to train for this or to re-programme things to make it happen. They are the lucky few whose haphazard tangle did, accidentally of course, produce a concentrated effort perhaps quite early in life. These are those rare folk who, from the start, have a burning drive or ambition. They have the knack, that most are trying to learn to acquire from this book, without having to train for it. They are however, a clear demonstration that what we call purpose or single-mindedness does exist. Moreover, where it does not already exist it is a state that can be achieved.

One of the many ways in which the gene-pool of programmes manifests itself is in the different attitude and approach of different people to such fundamental hazards as disease and age. Some look forward to retirement when they are only forty years old and have one foot in the grave by fifty. Others effortlessly defy age and remain active and sprightly decade after decade. Some are always ill, from a hundred different complaints a year. They usually live just as long but they are not happy unless they are miserable, not feeling normal unless they feel ill. The axiom that fit people don't get ill has a deeper meaning.

Self-programming is very successful indeed at controlling this jumbled chaos. Disease is very much a result of disturbance in what should be the correct running of certain programmes. Consequently meta-programming can be used to prevent or cure much in the way of disease and to retard, though of course not stop, the processes of ageing. It can be used as a prevention without medical help,.. though extra medical advice may well be an additional advantage and should most certainly be sought. It can also help to ease pain. It is always better to prevent disease rather than cure it. Researchers in several fields, orthodox psychology and unorthodox parapsychology alike, are now trying various techniques of mental training and programming to strengthen resistance, extend life and more quickly

get over the effects of injury or illness. The growth of emotional counselling in recent years is one reflection of the success of this route in helping patients with terminal illness or other people how better to survive bereavement and other negative trauma.

Much research also surrounds the concept that a major component of disease, if not the entire aetiology in some cases, is psychological or parapsychological in origin. The present writer has no doubt this is so. The mental/emotional categories of cancer sufferers show a preponderance of certain personalities; the attitudes to the disease strongly influence the survival statistics.

It follows therefore that, as faulty programming is, at least in part, responsible for much of the disease and ageing problem, the metaprogramming should be able, also at least in part, to improve or reverse unfavourable trends. In practice, this turns out to be very much the case. Positive commands in the command-level phase work and work dramatically.

I *will* be healthy.
I *am* healthy.
I will *stay* healthy.
I am going to be *cured*.
I am overcoming this illness/handicap.
I am *totally* cured.
I am fit and strong and healthy and well.

These are just some of a whole variety of possible effective commands. In the absence of disease or the threat of disease some may wish to concentrate their commands on the anti-age routines which are equally easy. It can be virtually guaranteed that, practised nightly, the right commands will work. In a month or two people will start to comment on the appearance and obvious youthful vitality. The trainee will also start to notice the regeneration of damaged skin, tiresome wrinkles, stiff joints and the like. Nothing is surer than that, given time, these fundamental reprogrammings work. They can help restore vitality and a state of positive, bounding good health.

This is the time to consider physically assisting the regeneration with one or more of the equally unorthodox physical programmes of Regenerative Therapy. Details of this are given below and they should certainly be considered at this point by all in search of the best health and not only *long*evity but the maximum *pro*long-evity! Both are within reach physically and parapsychologically.

Sex, and other good habits

Impotence in men and frigidity in women, which are largely the same diagnosis anyway, are divided by the medical profession into two major categories, - those with a *physical cause* and those with a *psychological cause*. In all the

thousands of cases I have ever seen, the psychological factor has *always* been present. Even if the initial causation was a physical fault in the form of disease or trauma, the very fact that the symptom occurs involves a profound additional psychological response. Furthermore, many of the so-called physically-caused cases would have passed through the episode without the onset of impotence, if they had not already been predisposed to suffer should cause occur. What is more, despite popular professional opinion to the contrary, the majority of cases are, or start off, psychologically. The physical factors so often blamed follow rather the precede, so that, when the doctors test, they find and blame them quite wrongly.

Both impotence and frigidity are caused and/or are allowed to flourish by negative programming in youth and infancy. The nonsensical attitudes of society, saddled with a religion focused on the dead past, inculcate into the young, totally false standards and cruelly devised artificial concepts like sin and the consequent growth of shame, fear and guilt. There is no stronger negativity than this, that confronts and often trounces the most powerful biological urge of all. Fortunately, there is no programming at all which cannot be superseded by strong and persistent meta-programming. This includes using the method to combat every kind of sexual hang-up, perversion, excess,.. or failure.

It is as easy as all the other ways of using the superimposition method. It is simply a question of employing the correct phrases at the insertion level. Such strongly positive phrases could include, but are not restricted to:-

Male: I am *potent* again.
I am getting *more* and *more* potent.
My erections are strong.
I am sexually better each time.
I am *very* good in bed.
My erections last and last.

Female:My sexuality is increasing.
I *enjoy* sex.
Sex is good for *me*.
I *am* sexy, *really* sexy.
I get sexually aroused easily.
I am very good indeed in *bed*.

As long as any other associated physiological or pathological barriers (and there may well not be any of these anyway) are also removed or corrected, then success is guaranteed.

The same success as mentioned above can be expected for all other negative habits. They can be rooted out and replaced. Such habits include obesity and over-eating or excessive thinness to the point of anorexia. "I will lose weight" or

"I will stop feeling hungry" or "I will resist the need for junk food" are all successful command phrases. They work far better than the usual on-off, rise-fall, diet and guzzle, see-saw features of the contemporary, fad, anti-obesity routines of fashionable diets, exercise routines and medication. Repeated effort is all that is needed which makes it easier, safer and cheaper as well as just better.

What holds in these ways also holds for other kinds of addictions, notably to alcohol and tobacco. Once again "I will *stop* drinking alcohol" and "I *despise* smoking and reject it utterly" and "*I* just don't *need* these things any more," or other such similar commands work.

It is not only in the combating of negative habits that metaprogramming works. Indeed, there is quite literally nowhere where it does not work. Financial success can be ultimately ensured by such commands as "I will get better, higher-paying results from my work" or "I will sell more every time" or "I am more successful in my job." These will all lead to steady improvements. Success is certain. Every area you can name can be aided by the new programme you insert, - love-life, success in education, success at sports, better so-called 'luck,' success in business and so on. You can influence all areas of your life for the better.

It is even possible to programme oneself not to be dominated or intimidated by others. Bullying and sexual harassment can be eliminated. The best commands are "I *will* stop being intimidated" or "I am *un*afraid" or "I will stop submitting to him/her." People who are shy and retiring to the point of detriment or of incurring their own disapproval, can reprogramme with commands such as "I am losing my shyness" or "I am bold in everything I do." You may even reprogramme yourself for greater mental clarity, will power and thought processes, or to wake up every morning with fresh, positive ideas. You can avoid accidents and personal injury, physical, psychological or parapsychological.

It is simply unlimited what you can do with meta-programming. But it must never be forgotten that each action taken not only changes the self but changes the attitude of others and the other components of the overall environment. If the self changes, that change induces change in others, for example in their attitude towards you. This unseen influence on other people and things has always been recognised. It has been categorised as 'occult' in the sense of being mystical or supernatural. In fact it is nothing of the sort. It is only occult in that word's other sense, that of being beyond ordinary (meaning uninformed) human understanding.

Fresh programming causes a change in the 'aura' or the 'energy fields' (the vibrations as some call them) that you emit and that surround you. These changed 'emanations' or 'surrounding influences' - there is no precise word - will attract some, repel others and induce different responses than those to which the trainee is accustomed. Enemies can be made to 'disappear.' Appropriate protective programming will cause ill-wishers and potential enemies to back off and draw away from you.

Here lies both help and danger. These changes result from reprogramming or psychically influencing the self. They are the incidental effects of changes intended for the benefit of you. How much greater then the effect when you deliberately set out to influence others. The power is, as yet, unimaginable to most. What you can do to others, for your good or theirs, or for the purpose of defence or attack is simply astounding. It is that area of true Psychic Command that is next to be learned.

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Chapter Seven: **The Control of Others**

And now to one of the parts that everyone has been waiting for, - how to affect and control changes in other people.

Do you believe in magic? Probably not, at least on the surface, though deep down, you may harbour remote uncertainties. Believe it or not, what you are about to learn will certainly appear as if it is magic. This is because, to the ordinarily working everyday mind, space and time are physical and observable things. Space is there, a roomful of it perhaps. You can walk in it. If you put things in it, they stay there for all time unless or until someone or something moves them. That's the way it seems anyway. And time, for today, starts in the morning and goes on steadily and inexorably until bedtime; it goes from past to present to future, and only in that direction for always. These simple truths are so self-evident that everyone knows them. Yet they are wrong on all counts. Space is just not there. It is not fixed in position or even in shape. And time does not go in any particular direction. It seems to to our practical and conditioned minds; but mathematically and logically it has no particular or fixed direction. Furthermore, space and time are not separate things. They are mutually interrelated. They form a continuum, - an apparently endless and limitless whole, no part of which is perceptibly different from the adjacent parts. Depending on the mathematical relationship between the two, the spatiotemporal configuration of any continuum may be varied. It is by no means certain either, that there exists only one space-time continuum. There may be others 'elsewhere' or at other 'times',.. or even actually co-existing. This is all fascinating theory; for all practical purposes however, none of it really matters. Objects have three dimensions, length, width and height, and those, in general terms, are enough. And the objects are there for a certain finite amount of time, so time is their fourth dimension. While this works satisfactorily for most people, most of the time it is important to realise that that is not really all there is to it.

The existence of the space-time continuum means that any part of space, though it appears to exist or 'happen' at a specifically observable moment in time, can really exist or even co-exist at a different time. Similarly a moment can occur in the here of space or in the there or even in both simultaneously. Neither space nor time are fixed dimensions. Indeed, the world's leading mathematicians like Stephen Hawking and Carl Bohr have already developed the concepts of not four or five dimensions, but of dozens. There is nothing esoteric or magical about any of this. It is advanced but precise mathematics and science.

Nevertheless, three dimensions are what every ordinary person experiences. The relevance of the fourth dimension of time, once explained, can be grasped by a large proportion. When a fifth dimension is added, the proportion of people who can conceive of it drops to a mere handful, - and so on upwards. Whether or not an individual can understand it however, makes no difference to the fact that it exists. Until a few decades ago no-one understood radio or had even heard of it.

Nevertheless it has existed since the start of time. The fifth dimension, a popular and widely accepted scientific hypothesis, refers to the existence of this different state which is timeless and spaceless (or more precisely, non-time-and-space related) but in which the human mind may nevertheless range and operate under the appropriate conditions.

In the occult world, the existence of this state has always been recognised. All that was missing was the mathematical explanation. When man-initiated operations were carried out in this dimension, - spells, prayers, incantations and had their effects, they were variously regarded as *ye magycke* or as the work of some guru, saint or god; whatever it was, it had to be supernatural. Nothing could be further from the truth. The fifth dimension (and others) is there. These things exist. It is there that these huge 'silent areas' of the human brain are designed to function. Although science has not yet discovered the mental wave or any other kind of energy that works in this vague elsewhere, effects are certainly produced. Telepathy, an already proven phenomenon, hypnotherapy and radionics may well prove to be just some associated disciplines. There are plenty of parallels. For example, electrons, amoebae and penicillin all existed for millions of years before science 'discovered' them into human knowledge.

It is appreciated that the foregoing explanation is inadequate. As a result of that, some readers may fail to understand the rationale it seeks to portray. But be sure of this, under the right conditions, the human mind can locate, contact and communicate with others at will. Anyone can do this if they know how and if they practice to the point of expertise.

In the alpha state brain activities can alter in relation to space and time. This is why the distance over which you are going to influence another person becomes unimportant. In the alpha state a mind can visit other minds,.... and it can set programmes into the mind visited.

No-one can know you as you know yourself,..... though even that may not be as well as you think. Similarly, no-one can re-programme with the same honesty that you can reprogramme yourself. And again, no-one but you can influence others for the purpose of your wishes as well as you can do it yourself. When magicians and seers and priests, acting for some person, consciously or unconsciously carry out actions designed at remote reprogramming of others, they are seldom anything like as good at it as when the person acts in person. No other person has quite the same psychology or passion or interest that you have in relation to the other person or the aim. Because of this, it is necessary to learn the procedure, to perform the 'magic' for yourself. You alone have the optimum motivation. Furthermore, there may well be times when outside helpers may not be available or when needs are too confidential to share with them. It is important too to know the person to be influenced, and if possible this means to have a fairly close relationship. A working or occasional relationship is satisfactory too. At least it is almost a necessity for

there to be some contact, preferably physical, even if only from the past. Totally unknown people can be influenced but the influence tends to be weak and transitory. Substantial concentration of effort would be needed over a long period. Even the great demagogues needed contact with, or at least visual or auditory exposure (a kind of contact) to their subjects. Mass meetings and rallies, the Big Brother pictures on every wall, the hand-shaking and the radio and TV appearances are more than mere propaganda. This, of course, offers a sort of built in safety factor. Were it not for this, one psychically powerful person could have all kinds of remote and mass effects on strangers. Clearly this would be, biologically, an impossible situation.

The Technique

Now that the long-winded explanations are over it is time to study the routes to be used. There are two, Direct Psychopressure (DP) and Indirect Insertion (II). Both are simplicity itself. DP is considerably more used, and we deal with it first.

The technique can be practised literally anywhere, - standing, sitting, walking, at home, at work or at a party. It can be done on one or more people at a time without concern about being discovered or interrupted. The technique is effective at any time, day or night, whether the target person is asleep or awake, walking, talking or at work, in the same room or far away.

With increasing experience most people find there exists for them an optimum time in which to carry out influencing programmes. The majority will find that the worst time is at night in bed before you do your own programming. The reason is that personal and outgoing messages can get mixed up in the process, when the mind is in the pre-sleep state, with resulting confusion and possible mistakes. Similarly the people to be commanded may have more or less receptive times. It used to be thought that the best time was while they were asleep, but controlled tests tend to conflict with this, certainly in a high proportion of people.

It is very important in your own programming to add, if you are programming others, "I will resist/reflect/successfully avoid being influenced by anyone else's commands."

(Note: Never use the negative form "I will not be influenced etc.").

If the person being influenced is asleep, they will usually start to dream on and around the topic being transmitted. They may well wake up later reporting that they woke with the topic on their minds. If the person is awake, the subject transmitted will immediately spring to mind, even if only transitorily. Subjected to intensive programming, the recipient will often be seen by others as if in an interval of day dreaming or absent-mindedness, because of the new ideas and thoughts arriving in and occupying their minds.

The Command Post

Every well organised military operation is controlled from a command post. This may be a well-equipped head quarters or a smoking ruin of a bunker in a half demolished street. In some respects, setting out to influence another has several obvious parallels with a military operation. There is an objective, there is a plan, there is an effort to be undertaken and so on. And it too requires a point from which it will be initiated, pursued and controlled,.. a command post. In this instance however, it is a psychic command post (CP), sometimes called a 'psychocentre'... a special place devoted for the time being, to the plan to influence the target.

The psychocentre needs to be selected with some care. To start with, it is possible to choose either a real place or an imaginary one. For example you might choose your office chair, or the branch of an orchard tree you used to sit on as a child. These however, are real places. They do or did actually exist. This means that they already have real associations however remotely placed in the data banks. Such associations are potential hurdles to free and unimpaired communication. It is better to choose an imaginary place. Perhaps a throne on a mountainside, a prominent rock on a cliff, a lectern in a chapel. Ideally it should be the sort of place where, if you were there, you might feel elevated, comfortable, powerful and dominant - on horseback giving orders to juniors and so on. A Command Post (CP) is just that, a place from which you will command. Another spot that proves very successful is to choose one where you know or imagine the subject will be. All in all, the place chosen can be anywhere *except* the place where you presently actually are.

Another must is to restrict any given command post to use for influencing only one person. Results will be enhanced and it becomes easy for use of the place to engender a rapid and accurate contact both for initiator and target. Both minds are rapidly triggered by the habitual use even before that actual process begins. It is similar to a kind of conditioning. Using the same place for more than one person runs the risk of confusion and conflict.

The Command Sequence

This will be listed in brief and then explained.

1. Select the subject (target) or person to be commanded.
2. Decide upon the exact aim of the commanding.
3. Construct an appropriate command or series of commands.
4. Select the CP (psychocentre).
5. When ready to commence, relax, slacken all muscles and close the eyes.
6. Mentally move to the CP.
7. Establish in yourself a feeling of familiarity, security and confidence.

8. Visualise the subject.

9. Conduct the required programming by issuing the commands.

10. Return.

Sequence Data

1. *Selecting the subject.* There is vastly wider scope than you imagine. Apart from those few who have naturally high resistance without having to think about it and the very few who know all about PC and erect stout barriers, absolutely everyone is vulnerable and will, sooner or later, easier or harder undergo and accept remote reprogramming by and for you. We shall deal with a few specifics later but the list is endless, - family, sought after sexual partners, difficult neighbours, business colleagues and so on. Just because a person is your superior in some way will afford no protection. The rule is that, to all intents and purposes, anyone and everyone is liable to your command and *will* act accordingly.

2. *Selecting the objective.* Here too the variety is virtually endless. You may want to stop someone harming, harassing you or ignoring you. You may want someone to fall in love with you or just go to bed with you. You may also want to harm someone or render him vulnerable to disease or accident. You may want someone to select you for promotion or a place in the choir, or to agree to publish your book of poems. Select the objective precisely and with great care. The more specific you are able to be the more concentrated and effective will be your attack.

3. *Selecting the commands.* Sometimes this will sound very easy. It is not usually so. A wish may seem perfectly obvious and to have a perfectly obvious phrase with which to command it. But, as in Jacob's story 'The Monkey's Paw' that simple command may have unexpected effects. The writer recalls a particularly tragic such occurrence though it did happen in a personal reprogramming rather than as a result of a DP. Nevertheless it points up the dangers. The programme command was "I want to get a lot of money quickly." Six weeks later his childless sister in law died in an accident leaving his much loved brother mortified. Four days after the funeral, the brother had a heart attack and died. With the inheritance and the insurance money the initiator inherited a third of a million pounds,.. and never enjoyed a penny of it. Great care is needed. Don't programme someone to fall in love with you if all you want is a casual affair. Not only do you do them a terrible harm,.. which, if you believe in such things, will adversely affect your own Karma, but you may never be able to bring the arrangement to an end because of the other person's serious and total commitment.

4. *Selecting the Command Post.* This has been largely dealt with above. Each CP will be a place evocative of your power and will be used for only one person.

5. *Relaxation.* This follows the same lines as in PC routines though no counting is required. When ready to start, sit or lie in warm, semi-dark, quiet

surroundings, where disturbance is unlikely. Relax the muscles thoroughly, letting them lose all their tension and close the eyes gently.

6. *Moving into the Command Post.* You have selected the CP, a tall chair or a mountain top perhaps. It can literally be anywhere but where you actually are now. Some people, especially with practice, can virtually instantaneously transfer themselves to the CP. Others need to become familiar by approaching it and settling into it. One person will do this by a sequence of going upstairs, entering a certain office door, crossing the room and then sitting in the chair that he will occupy throughout. Another may climb a familiar tree to a previously known vantage point where he will stand or sit. The CP can be a remembered real place. Indeed, in some instances, the practitioner will find an imaginary CP superior as it has associations only with the present subject and plan and has no previous associations with anything else as it only just got invented.

It is relevant to realise that the practitioner is about to visit another mind. His or her own mind will mentally move to a different place. It is essential that this process isn't one of merely visualising oneself in that special chair or up that special tree. It is essential actively to feel as if really and *physically* there.

Without realising it, once the technique has been practised, the actual move to the CP is associated with a slightly altered state of consciousness and the brain enters alpha activity mode. The brain starts to blur the edges of reality and the mind begins to lose its precise space and time awareness. Many practitioners describe an almost physical effect. Space is altered, distance disappears almost completely. There is an absence of any sense of separation from the subject. The subject feels near enough to see, hear and touch. There is a close-up sensation which renders it as easy to establish mental contact as it is to establish visual contact across a room. As this happens, time alteration often renders the practitioner unable afterwards to retain the notion of the exact time or duration of the contact period.

It is difficult for the inexperienced or the non-practitioner to comprehend in advance the curious sensations of varied space and time interpretations as described in the foregoing paragraph. The writer however need produce no supportive evidence. The phenomenon will occur given just a short period (one to two weeks) of daily practice. The surprise on the faces of those undergoing it for the first few times is very familiar to those who teach the techniques.

7. *Establishing confidence.* Having taken up position as chosen in the CP it is necessary to take a few moments to familiarise. Mentally regard the surroundings until you feel relaxed in them. Know what is near enough to you to matter. Be sure that you are in the position of authority. There is no one else to affect, disturb or influence you. You feel self-assured, in place, absolutely confident and thoroughly secure. Throughout the moments required to attain this thorough sense of composure any sensed nervousness of the subject is ignored until you feel absolutely ready to devote the entirety of your attention.

8. *Visualising the subject.* Most practitioners, after adequate practising, find this very easy. It is enough to start with, to see the person in your imagination. See the subject in as vivid detail as possible and as close up as possible, perhaps wearing a familiar garment or performing a familiar act. Failing that, imagine them conducting an act you are sure they would do, - reaching for a telephone, looking in the mirror to comb hair, walking up stairs towards you.

An adjunct to visualisation is one used in a number of so-called magic spells and incantations by adepts of the occult arts. Such adjuncts are especially useful to beginners but, if available, should be used by every practitioner however expert.

The ideal is a cast off part of the other person's body. Nail clippings or stray hair from a comb or brush are excellent. Failing these, clothing that has been worn near the skin is useful. This invariably contains shed skin cells and for this reason the material should not be washed before use. If none of these are available a photograph will often suffice.

The object is placed on the person of the practitioner in a place that 'feels' right. This is a phenomenon far from understood but that is believed to parallel such other unexplained phenomena such as acupuncture and homoeopathy. A skilled practitioner will place different objects against different parts of himself or herself according to their 'feel'. Try the object in one or other clenched palm, held between the palms, on the forehead, over the heart, the solar plexus or the genitals. If any one place feels more 'right' than another, then that is the place for it.

Whatever else, two things are very important during the visualisation process. First, you should try to make the person appear as vividly and as near to the real person in real surroundings as you possibly can. Second, you absolutely must see the subject as not only willing but as very happy to be with you, and doing or saying what you would like them to do or say in their physical reality.

You must visualise the subject in an active way. It is not effective for them merely to be present, idly sitting or grinning vacuously. What must be realised is that active visualisation mentally moves the subject. Try to see them involved in the actual act of doing what it is you want them to do. See them shaking hands as they agree your contract, taking off their clothes to come to bed with you, phoning you with an invitation. For the practitioner to be a mere passive observer is as useless as for the subject to be doing nothing. The practitioner must see the visualised person act whereupon the person, in real life, will react. An entire visualisation means inducing others to perform mentally the very actions that we wish to impose (whether they have ever really occurred or not) just as if that person were a puppet on a string unable to avoid responding to our wishes. Put differently, active visualisation influences or even controls images and subsequent responses. This is the exact opposite of simply *remembering* images, in which case the remembered images are controlling us.

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It is only possible, in the present writer's experience, to influence other people at a distance through active visualisation while in the special Command Post. When mentally materialising the subject in that place you are tuned in to their individual wave pattern and you can transmit your commands to them such that they will follow without resistance.

A pitfall frequently encountered is to fail actually to visualise the whole incident as if really there, but rather to view it as if it were a film or TV picture. This latter, two dimensional view is not nearly as effective. It is essential that it be a 3-D visualisation. Think of it this way. If you see a film of yourself talking to someone you see more or less all of yourself. This is two dimensional viewing. If, however, you are actually involved in a talk with that other person, you only, at most, can see your own two arms and perhaps legs and the tip of your nose in front of you. No other part of you is visible. This is 3-D. When, as said above, you are to SEE yourself as there and actually being there, it is only the latter 3-D form that can achieve that requirement.

By all means repeat verbal commands too if you find them comfortable and reassuring. They often help to make things more real and therefore easier. But remember it is visual image commands that achieve most of the success.

From time to time, and some practitioners find it a recurring problem, there is difficulty in visualising the subject clearly. This is far less relevant, as long as the operator's mind thinks it is (or 'sees' the image as) the person. Even if the 'conjured' image is of poor quality it still represents the real subject and that real subject will be reached. It can also be helped by embodying in your personal metaprogramming sessions (as described earlier) commands such as 'I want to visualise better ... so I will visualise better.'

Do not be deterred if your mind wanders during command sessions or if it repeatedly seems to leave the CP and return to the real world. Be patient with yourself and when there is a lull in your train of thought return to the CP. (This is rather the same as the way a student of transcendental meditation [TM] is taught not to 'hunt' the mantra if it seems to get lost. It is enough to wait and return to it when ready.)

Don't be afraid to exaggerate during visualisation. If someone has a big nose or wears a silly hat it may help to concentrate on the feature or mannerism and exaggerate it. This is still seen as the real person. The slight 'disguise' fools no-one at that level.

Also don't become troubled by ethical considerations. It is not wrong that you are cajoling, tricking or pressurising someone else,.. that you are forcing them or dominating their freedom. This is the practical application of pure biology. Survival, in nature, depends on pushing, pressing and otherwise seeking advantage. That is all you are now doing. Human beings are not (as some suggest) possessed

of free will. We behave largely as blind machines. We are, in effect, the playthings of our genetic patterning and subsequent environmental/social conditioning. Put differently, we are the slaves of our programming. Whether consciously or not we influenced, and are influenced by, others. Parapsychological programming of persons, although invisible, is no more than yet another form of suggestion or influential stimulation. It is merely stronger and more certain to achieve supremacy amongst the melange of other competing influences.

Reminder: While visualising and influencing you are also exposing yourself to outside programming influences. Don't overlook to put counteractive commands in your own programming. If you visualise someone falling in love with you the side effect may be that you fall in love with the person.

Warning: If other persons appear unbidden in your visualisation this may be your mind's way of drawing attention to the chance that you might be on the wrong track; that you might in fact, without knowing it, be more interested in the apparent interloper. Consider the possibility.

9. *Issuing commands.* Commands will vary with the subject and the whim of the operator. A series of different instances will be detailed later. Here it is only necessary to say that, as in personal metaprogramming, commands need to be precise, positive and brief. Ideally the same or virtually the same phrases should be used for the same purpose during each command session. Positive commands means phrases such as 'You are going to ...' or 'You will do ...' rather than such as 'You will feel like doing ...' or 'You will want to ...'. Similarly, long winded commands like 'Try to see the advantages of my suggestions to open a new market venue' are to be avoided and replaced with 'You will open a new market.' Brevity has greater impact. Precision is also important. Saying 'You must be more open-minded in accepting more outsiders into your group' is of far lower effective impact that 'You will invite me' or 'You are growing to like me.'

Details must be left to individual operators as the combination of needs is infinitely variable. Only the general principles need to be strenuously adhered to.

10. *Return.* To leave the CP is to end the Command Session. No particular sequence is needed though some like to make the event conclusive by counting out as if from a hypnotherapy session.

Others prefer visually to let the subject fade from the scene or even to visualise curtains being drawn or the 'device' being switched off.

One useful tip that maintains discipline and avoids errors of confusion is to command, very positively at the end, 'I am now leaving this Command Post. It will remain totally empty and unused until I choose to re-enter it.

The Time Factor

As far as the separation between operator and subject is concerned the time gap matters no more than the distance gap, which is to say not at all. Psychic Command is utterly independent of, at least the first four, dimensions. As regards the *elapsed* time needed to achieve a given result however, time has definite relevance.

The more an operator practices, the better he/she becomes; remember the comments above about the Moonlight Sonata. However, a firm result achieved over a remote contact and for a significant purpose requires the allocation of the operator's time in real terms. Daily Command Sessions may be enough but two or, better still, three are likely to be needed. Ideally each session should be about fifteen minutes in duration.

It is usually a mistake to set fixed periods in advance. You are unlikely to know how you will feel at the given time. Some days you may feel better disposed to work in your garden or at your annual accounts. It is the same with PC.

Some people can visualise without difficulty for as much as an hour. Others become bored and find the mind wandering after less than the optimal fifteen minutes.

It is important to be motivated. You may look forward to the session or, at the very least, you may enjoy it and find it interesting while it is happening. If not, change the time and routine. Programming another person is unlikely to work if sessions are conducted out of boredom and obligation. Indeed, such attempts could well prove negative. Forcing your mind to work without enthusiasm can provoke resistance and frank opposition. So, the moment you feel bored or tired you should stop the session and do something else. This prevents your own mind becoming conditioned against the programme, an occurrence that can stop or retard your success in future sessions or in programming in general.

There is, of course, a difference between bored obligation and laziness. It is natural for the brain to feel periods, even quite extended periods, of laziness. However, the exercise of willpower ... deliberate effort ... will overcome this. This is quite in order. Forcing the mind to attempt PC while unmotivated and in a phase of sullen resentment is, on the other hand, totally unproductive. So, if bored or tired, we repeat; either don't start the session or, if already started, bring it to a swift conclusion and resume another time.

How Long?

The influence of one mind on another via PC has no delay period. If you make the correct contact and use the correct influential commands the effect on the other mind is instantaneous. Studies using extremely sensitive electro-biographs and psychological monitors have recorded remarkable physiological changes in

subjects and these start to take place as soon as the operator starts visualising from the CP. Immediately, the subject's thoughts will flicker to and recall the operator. Nevertheless, although these detectable effects occur in the first moment of the first session of the very first day, a period of time will usually be needed before the desired results of modified behaviour can be observed. Each session is one more drop in the bowl of success because programming is a steady and progressive penetration into another person's mind. Rome was not burned in a day! Most of the worthwhile things in life are gained as a result of sustained effort.

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Chapter Eight: **Results, Resistance and Attack**

Observing the Results

There are three phases in the successful programming of an individual. As a rule they are sufficiently different to be separately observable. There are not actual distinct separations, the boundaries being gradual and progressive rather than precise.

Insertion: This stage starts at once. The first 'transmission' of the visualisation and programme results in new, outside ideas reaching the subject's mind. Here they become mixed in with other programmes already existing and operating there. Although the mind begins immediately to be affected by them to some extent and although physiological alterations and behavioural differences commence, these are usually too slight to be positively observable by the operator.

Insertion is often a difficult stage for inexperienced operators. Understandably, not all have yet developed confidence in the outcome. Doubts consequently abound. The stage is one in which all that is needed is perseverance and patience. The next stage will follow as surely as day follows night.

Penetration: This second stage is far more rewarding. Starting with small signs at first, the fact that a trend has commenced becomes more and more apparent. Once again, the newcomer, unfamiliar with the usual sequence, may miss the earliest signs. Only as they accumulate and progress do they become convincing. It may take several days ... up to a week or more, for the first sure signs of an attitude change to become unmistakable. The slight changes in behaviour may consist of occasional but more and more lasting and more frequent glances directed towards the operator (if present). If this is unusual it may be taken as a sure sign that influence is being felt. It may be noticed that the subject becomes more talkative or warmer of attitude to the operator. The subject may actually refer verbally or by letter to the subject matter of the programming.

It may even be noticed that the subject has brighter eyes and attitude, particularly when visualisation has been prolonged and intense. Alternatively, recent programming can disturb sleep patterns, the resulting insomnia causing a state of apparent drowsiness and/or apathy.

The interesting thing about this stage is that the subject will commonly appear to think the idea or subject matter is their own. They obviously have no idea that they are being manipulated by someone else. Of course, they must NOT be told.

Conversion: The infinitesimal and gradual changes of the first and second stages will, sooner or later, lead to the programming goals being achieved, often with dramatic changes taking place. There is likely to be, for example, a marked decrease in any kind of rejection or opposition you may previously have encountered in the subject. This may be taken as a positive sign that the subject is

not resisting very well ... in all probability is not even trying to resist as he/she is unaware of the assault.

Resistance

As a matter of fact, resistance to programming is not common. Most instances of resistance come from those very few people who are already themselves aware of the phenomena of PC and who are, correspondingly, sensitive to the reception of incoming influences. With these rare exceptions resistance is not likely to be deliberate but 'instinctive'.

The signs of resistance may be seen as withdrawal, fear or increased rejection of the operator, usually taking place after the visible signs of penetration have already been recorded. The possibility and intensity of resistance varies with, and depends on, the depth of discomfort or aversion at first felt by the subject towards the goal to which they are being impelled.

The appearance of, or upsurge in, resistance is not to be regarded as in any way discouraging. In fact it is yet another sure sign that your PC is working. If it were not there would probably be no show of resistance. All that the resistance means is that it will, in all likelihood, take longer for the programming to work, not that it will not work. See the onset of resistance as a very positive good sign that you are on the road to certain success.

Overcoming Resistance

Resistance, if it appears at all, can be very effectively combated. There are several ways.

1. Keep up an insistent pressure using stronger and longer visualisation.

2. Reverse roles. Instead of visualising the subject as resisting but being cajoled towards your way of thinking, visualise yourself as the indifferent and aloof one when they, anxious and avid to convince you, approach you as if they themselves had the desire. This total inversion of roles is very confusing to the unwary subject. The mind simply cannot understand this programming of which it has no previous experience. It is consequently utterly defenceless against it.

3. Stop visualisation sessions entirely for four or five days. The subject becomes subconsciously aware that the pressure is off and lowers the defensive resistance. Then suddenly resume the assault with a strong and prolonged visualisation. This on-off sequence can be repeated several times using different timings so the subject cannot become accustomed. Gradually your programming will start to gain entry. Remember that time is not important. With PC nothing gained is ever lost again; no effect is ever useless.

4. Try lowering the pressure of the assault. Keep intense visualisations going but during them command the subject to feel relaxed, calm, influenced and under

no pressure. Seek to allay fears and encourage in the subject the (false) impression that they are safe and doing the best thing in the best way.

Anti-resistance technique should be varied according to the observed signs of success noted in the subject. It is quite futile for the subject to try physically to move away from you - a response often noticed when a subject starts to feel an affectionate feeling towards you that they do not welcome. Distance and time, remember, are ineffective barriers to PC. Very occasionally a subject may become unwell as a result of the drainage of energy and strength while struggling to resist or while confused by the arrival of unexpected and unwanted influences.

Whatever happens, keep up the appropriate pressure. Sooner or later if you keep up visualisation sessions, all resistance will be broken by the relentless parapsychological pressure.

Success is inevitable.

* * *

Special Circumstances

The ways, occasions, subjects and reasons why you might wish to exercise PC are unlimited. You may learn the technique, just as a mental exercise, in order to understand and acquire a new facet to your intellect and your armamentarium of effective faculties. You may never use the routines after that. Indeed, PC, while by no means difficult and while invariably successful, is an effort and time consuming practice. Many, if not most, of your aims and desires may be achieved by similar routes which are less energy intensive and less consuming of your various resources. The majority of practitioners, however, having passed through the early stages of sheer astonishment that invariably occur when the first successful results appear, will find that there are reasons and occasions when they will decide to use PC as an optimal route to the achievement of an aim.

Experience itself will bring with it a familiar spectrum of variations on the basic routines of PC. Adepts will soon learn the best techniques for themselves. Having already described the basic framework upon which to work, the present author does not pretend to be able to offer the ideal little extra 'wrinkles' that can amplify the individual success rates. Nevertheless, a few fragments of anecdotal evidence from his own notes and casebooks may prove an additional enlightenment to the new student.

Making use of Hypnosis

Hypnosis is a very valuable phenomenon in terms of health, psychological management and personal training. It can be used to hypnotise oneself and other people either individually or in groups. Some claim it can be effective in hypnotising animals; the writer is unconvinced about this in most circumstances. It can be used personally, to combat sexual problems, to improve learning ability,

to soothe anxieties and fears, to combat addictions like overeating and smoking and to cure insomnia ... and for numerous other purposes. It can also be effective in regressing subjects to earlier problem periods and correcting the cause of the trouble.   However, hypnosis has one feature that, though useful in many aspects, can prove a handicap in cases where PC is needed. For hypnosis, at least to start with, has to take place with the knowledge and, up to a point, the co-operation of the subject. This is not so with PC, the very essence of which is that it works not only without the subject's knowledge but, if need be, actually against his or her wishes.

Despite this the two techniques can be made to work together in two ways. To start with metaprograming of self can include commands to achieve proficiency in hypnosis. Similarly, in auto-hypnosis can be included powerful post-hypnotic suggestions that will reinforce the operator's ability and speed of learning to carry out effective PC.

The same features can be used on others. Using PC you can actually hypnotise a subject remotely and render him sleepy. When he rests he is more accessible to PC penetration. You are thus influencing his personal habits to make him available for PC exposure when it suits you. This is done without knowledge or consent. Of course, to operate the other way and, under hypnosis, potentiate the subject's vulnerability to PC means that he has to have consented to, and been aware of, the hypnosis session that started it. In effect, with a well conditioned subject, he can always be given a post-hypnotic command that he will effectively forget his hypnosis session. This technique works well to start with but post-hypnotic suggestions of this type do show a tendency to weaken unless reinforced from time to time.

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Taking Sexual Advantage

NOTE: The following section contains explicit sexual comment and should be passed over by those who are sensitive and likely to be offended.

It must be admitted that a substantial proportion of practitioners of PC start to learn its theory and methods with a sexual aim in mind. It is true that, as they experience its remarkable results, they tend to use PC in more and more other directions. Nevertheless, sex is, in the wide world, perhaps the most powerful of all natural motivators. It is understandable therefore that people will seek to use any method, including PC, to achieve sexual aims.

The blunt fact to be accepted is that in matters of sex, the exercise of PC is devastatingly effective. This point is stressed over and over, largely as a warning to practitioners. If you exercise psychic sexual command, you will almost always succeed. It is important therefore to think through, very carefully indeed, any anticipated sexual success. For success *will* come. Nearly always the result will be just what you worked for. However, many have found that the result bears consequences for which they were not prepared and which proved disastrously disadvantageous.

One typical example may suffice to highlight the dangers. A well known business man in the south of England was physically very strongly attracted to a friend of his wife's - another married woman of similar age. Over a period of months, on social occasions and during brief accidental or contrived meetings, the man dropped hint after hint, revealing his willingness to start an amorous affair. The lady, happily married and contented, rejected his suggestions without rancour. They remained friends but he made no advance in his plan to seduce her. He was already familiar with PC but simply did not think of using it until his brother reminded him. He set about its use at once. Three times a day for over a month he subjected the lady to an overwhelming barrage of parapsychological pressure. Of course, it worked, as was virtually certain. Six weeks later she was in his bed for the first time. Their 'affair' lasted around six months with an ascending level of sexual licentiousness that had not been within her previously rather restricted experience. He introduced her to activities that left her excited, fascinated and absolutely carried away - in a burst of sexuality that she had never even known existed and had certainly not dreamed she could ever be involved in. He kept up the PC sessions to incline her to more and more heights of depravity the like of which cannot possibly be described here.

Not surprisingly, she became entranced with her new lover as he led her headlong into the most torrid episodes. Then, quite suddenly, he tired of her and began to campaign elsewhere. The abandoned woman was desolated. She tried everything to recapture him but all her efforts proved in vain. She bought him gifts he could not hide or explain. She wrote to him several times a day. She began to wait for him at various places to waylay him, eventually even hanging around the gateway to his house. Matters were straining to a breaking point and there took place several violent confrontations. Finally, when she attacked him with a knife, he struck her several damaging blows.

The shock to her was too great. She underwent a period of illness and then a total nervous collapse. Her husband learned the secrets and divorced her. The faithless lover was also exposed and his own marriage and family broke up. The abandoned woman spent over a year indulging in the most unspeakable sexual perversions with anyone she could find. Eventually, four years after the start of the campaign she took her own life.

The moral is simple; be sure you know what you are doing and that you really do want what you will achieve.

When it comes to the actual technique of sexual success through PC the routine is simplicity itself. The best system is a variation of the hypnotic role reversal mentioned above and in the section on overcoming resistance. Let us say it is a man who is the operator and a woman his quarry - for, in fact, some eighty or more per cent are this way round.

A basic assessment of the overall present situation will give several guidelines as to the best ways to start. For example, is the lady in question already well known to you? Does she already show friendship or even greater warmth? Do you see her (physically) very often or does she live far away? Is she of high moral principle or does she have a reputation for availability? Is she already committed to another relationship? All these questions must be considered.

If she is normally a highly sexed person it will pay to penetrate in the direction of proffering thrilling sexual gratification. If she is of religious restriction the route must lie through gently bending her concept of celibacy or perhaps her attitude of loyalty to her husband. If she is lonely and in need of loving, then to achieve sexual advantage via the promise of a warm, secure relationship frequently pays. Whichever method you use you will almost certainly succeed anyway. But pre-planning can save a lot of time and wasted energy.

Everyone must therefore plan the details of each campaign in a thorough and individual way. A good basic plot is as follows:

1. During the first one to two weeks it is enough to visualise the person with increasing intensity. This reduces the chance of any instinctive resistance being initiated.

2. For the next two weeks there should be a concentration upon visualising the person noticing you more, admiring certain of your better qualities and being used to seeing you and spending time with you.

3. A further week is spent visualising the person as being thoroughly at ease with you - perhaps laughing, chatting and feeling altogether comfortable with you. (Note: In stages 1, 2 and 3 absolutely no reference is made to sex or to any form of physical contact.)

4. The all-out offensive now begins, built upon the careful logistical build-up of the earlier stages. Visualise the subject wanting to touch you but a little reluctant. She wants you to lean over her chair to show her something, to take her arm across the road, to compliment her on her hairdo, and so on. You, for your part, allow all these things but with a slight measure of reluctance. It is, in effect, very similar to the 'playing hard-to-get' routine that you might employ in real life. The slight but inconclusive resistance is a well-recognised way of amplifying the subject's need and inclination to seek them.

5. A whole week is now spent allowing and encouraging more and more physical contact - touching, hand-holding, speaking soft reassuring words, stroking and gentle kissing. At the same time suggestions are made about how good you are in bed - how strong, how gentle, how warm and appreciative. What you are doing is displaying the very things that attract most women anyway - leading firmly but with security, patient encouragement and reliability rather than 'wham, bam and thank you ma'am'. Carried out this way there is much lowered risk of the subject putting up blocks.

6. Slow but sure is usually the best way to programming someone with PC and this is nowhere more sure than in sexual activity. However, the stage for all-out attack has now come. The subject is visualised asking - almost begging - to be taken to bed. Her request is granted and she is visualised rapturously enjoying the pleasure and then relaxing in contented affection.

Note: Risking an accusation of being repetitious, at this point it is yet again stressed that success rates are very, very high. Be sure you can handle what you are starting.

Healing

Yes, healing. There really is more to life than sex ... it says here! Amongst those with long experience of PC, although sex invariably rates highest amongst the desired and achieved aims, the runner-up in terms of job satisfaction is nearly always associated with healing. An ability in some form of healing is something you will surely need to know at one time or another. There is little worse than being powerless against an illness. And PC is very efficient against your own illness and the prevention thereof, and even more so against illness in others.

Once again, the slow approach works well. It is also a procedure in which the visualising not just of real things and situations but of symbolism is effective. You should visualise your subject as in the process of healing or as completely cured; never see them as ill, or as they were before improvement has begun. An excellent symbolism is to visualise the subject struggling to escape a thick black cloud that surrounds them. The cloud is the illness. *You* know you are able to help. You visualise a huge beam of bright, brilliant white light streaming full-power onto the cloud, weakening it, lightening it and dispersing it until the black totally leaves the

area. The space immediately surrounding the subject becomes completely filled with clean, clear, shadowless air.

Adepts can focus visualisation so vividly that they are actually able to enter the bodies, limbs or even organs of subjects. There they can mechanically repair bones and wounds, expel pain and generate comfort. It is even possible to use a version of the famous Simonton Visualisation Method so much used in cancer therapy. The generator can visualise himself as commanding an army of warrior cells and immune system weapons literally attacking, killing and casting off the diseased or cancerous cells. Esoteric though this may sound, it really does work.

Business

As in other areas there is simply no limit to the possible uses of PC in business.

You might be wanting someone to sell out, to become a partner, to finance a project or to become an agent for your product. You may have difficult staff you want to bring into line or an agitator *(agent provocateur)* you wish to curtail. You may want someone to expand sales, adopt a new marketing technique or manage a better price for some goods. You may simply want to pressure the opposition.

PC is particularly effective for attracting business in the shape of large scale purchasers or allies in various projects. The number and directions of routes will depend on the exact object but the general ploy is to visualise the key persons acting as you would wish them to. A preparatory phase of getting them to like you more and of increasing the admiration for, and confidence in, your ways and ideas will potentiate the plan. After that you follow up by visualising them being happy, laughing, signing contracts, shaking hands, doing deals and celebrating successful results.

Success can be slow using PC in business ventures. You are usually dealing with shrewd, hard-headed business people too. Despite the time factor, eventual success rates remain consistently high.

Non-human Influences

Basically, you can use PC on any living thing. Some adepts contend that inanimate objects can also be influenced though the present writer's experience

does not (so far) confirm this. It is worth trying on living things however in almost any circumstance where it can be seen as a route to success.

For example, when training a dog, PC can make him more amenable to training sessions, able to sustain interest for longer and capable of learning more quickly. Light influence only is needed as his nervous system is very easy to penetrate. Repeated short sessions, say when the dog is dozing on the mat in the same room, will quickly amplify his overall training. Operators will be impressed how often the dog will perk up from sleep, open one eye perhaps, and glance at the source of influence while subjected to PC.

Nuisance animals can also be affected. Troublesome intruders in the garden, such as moles or neighbours' cats, can be expelled. Pests like ants or mice are very sensitive and can be visualised merely heeding and acceding to a command to 'Go from this place'. Within a day or two of successful visualisation they invariably leave.

Plants too can be visualised growing faster and producing better crops. In general creatures with simple nervous systems - insects, spiders, fish and even birds, respond most easily. Greenhouse infestations, with aphids for example, can be cleared within hours by a skilled adept.

Psychic Attack

The use of PC to affect a subject adversely is well within the ability of an experienced practitioner. Basically the effect can be either offensive or defensive. In the latter instance the aim is two-fold. First, you strengthen your own resistance to attack, physical and psychic, by personal programming. Second, you erode your enemy's ability to attack you physically or psychically.

Caution: It is necessary, once again, to stress the fact that PC works. It is not a way-out gimmick or a weird pseudo-game. PC *does* affect other people, often very profoundly. Just as it is possible to influence someone's healing or their affections for you, it is equally easy to thwart them, retard them, impair their basic healthy functions and damage their resistance and recovery prospects. Carried further, the attack can be pushed to the point of causing actual disease or, in the ultimate need, actual death.

So far PC is an unorthodox practice. It has no scientific proof. It is not recognised by law even to exist. In much the same way as establishment doctors say that large doses of vitamins have no effect, orthodox scientists claim that PC has no effects. If they are right - and they are not - there is nothing to fear. However, if PC does work - which it does - attacking, harming or killing another person can still constitute the moral equivalents of grievous bodily harm, manslaughter and murder. Indeed, if and when the power of PC does become officially accepted (as have the previously ridiculed disciplines of hypnosis, acupuncture and osteopathy in recent decades) then, retrospectively, anyone found guilty of PC attack or murder

will find himself liable to the same penalties as if he caused the damage with a blunt instrument.

PC is a potentially dangerous weapon. It harms, maims and kills. But, like a revolver, it is only as good or as bad as the man behind it. Use it with appropriate caution.

The present writer has decided not to give details of how to use PC for serious harmful attack. The excuse is that, should Psychic Command ever become accepted, he could also be charged with crimes committed by students as he would arguably be an accessory before the fact. That is the excuse. The real reason is that the writer lacks the moral conviction that it is right to teach an inexperienced person of unknown integrity, the intricacies of what undoubtedly comprises a lethal weapon system. If a student continues study, is assiduous enough to experiment and learn, and eventually acquires expertise, then he will, during that process, do two other things. He will learn for himself how to attack with PC. And he will acquire the wisdom that will guide his actions.

So be it.

In order that the reader shall not leave, as it were, totally empty handed however, we shall reveal a small, almost amusing way in which study in this area can at least commence. One of the Great Teachers of history exhorted his followers to 'love thine enemies'. Who knows for sure what he had in mind? It is, nevertheless, sure that to 'turn the other cheek' or to meet anger with patience and ferocity with peace, does left-foot the opposition. Put another way, loving your enemies sure confuses the hell out of them. That makes it a good place to start.

You can totally disarm your enemies by visualising them and commanding them to laugh and be happy with you - just as if they were close friends. Such an influence is utterly confounding. In their perplexity they will do one of a number of things. They may well stay away from you and be no longer a threat. They may pause in their opposition and try a different, second-best, sort of Plan-B attack. They will be at a disadvantage if they so as they too will know it is a less effective substitute. There is also a very strong possibility that they will absolutely change their attitude towards you seeking your company, your co-operation and even your friendship.

Only if all these fail, and they are surely worth a try first, are you likely to feel you should turn your thoughts to more final solutions.

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Chapter Nine: **Sexual Sorcery,.. Psychic Sexual Command**

What is it?

Psychic Sexual Command (PSC) is a specialised area of basic PC. It is the title used to define the phenomenon of the parasychological induction of sexual arousal in another party (subject) by a practitioner (manipulator or controller). It is important to understand that PSC operates instantaneously, whether the subject and manipulator are together or apart. It operates without the subject being aware of the cause (though the effects are of course consciously experienced). Furthermore, like all PC the phenomena of PSC always succeed; correctly applied they have virtually not the slightest chance of failure.

The existence of a way of sexually arousing a desired person without that person knowing it or being able to avoid it - to exercise facile control of the behavioural responses - to attract them to us, at a distance and without failure, must surely represent the achievement of the oldest and most deeply rooted fantasy of mankind.

The origin is complicated and curious. Explanations such as they are, are not always universally accepted. However the Freudian view enjoys the consensus that within it lies at least a prominent part of the overall truth. Freud described a universal phenomenon which he described as the Oedipus Complex. According to this the need of the child for protection, his love for his parents, his fear of punishment and all other fundamental emotions become distilled and focused. Invariably the ultimate propulsion in the infant becomes one of attraction to the parent of the opposite sex. This is as great in the male as in the female child and the degree of volition shows no difference. Such sexual desire and affection for one's own parent must, in our society, clearly meet with rejection. What this amounts to is that the parents become the focus on the one hand of humiliating frustration and on the other hand of overwhelming hindrance between the child and the object of its desires. The aims of the child are doomed to lonely defeat.

The only route of escape is into the imaginations of a fantasy environment. There, at last, the child can act freely and its thoughts can remain secret. Fantasies range unrestricted (possibly in that same universal communication band [circa 7+ cycles] we shall mention later), goals are achieved along with illusions of possession - albeit that these are only psychologically attained. At that time in life concepts of superstition, religion, fairy tales and magic have started arriving in the mind. The child wishes it has supernatural or superhuman powers to achieve its goals. As this proves impossible the child becomes programmed or conditioned to the concept that loss and renouncement are commonplace, that rejection and frustration are the general rule, that aims and particularly sexual ones, will be thwarted and will result in humiliation.

The reader will recognise that this is powerfully negative programming. The child ... more than likely the present reader ... has passed from infancy through puberty to adulthood convinced that sexual aims will be dashed, probably publicly, and not only disastrously but pretty nearly always. This is much of the reason for sullenness, shyness and the ever-ready embarrassment of the young in relation to sexual adventure.

Anyone who has read and understood the earlier parts of this book will now know that this disabling situation can be reversed on every level. To start with you can metaprogramme yourself to combat earlier erroneous counterproductive programming. That simple task of self-assertive spring-cleaning accomplished, you can use PSC to enable you to arouse and draw another person to you without any suspicion and without the possibility of preventing you from doing so. The only cause for failure outside of inadequate techniques and perseverance, is if there is another manipulator at work whose effectiveness is greater than your own. By virtue of the small number of manipulators and the vast number of targets, the law of averages make such an occurrence statistically highly unlikely. So you, the manipulator, can now attain that ancient desire of mankind; you can attract, win and possess the most desirable, beautiful and apparently unattainable or forbidden subject. It is the coming into reality of the dreams of childhood.

This rather narrow and selfish desire will be the principal aim of most manipulators. It is not without relevance however to draw attention to other possible consequences. Remaining, as at present, a small scale, almost individually employed technique, PSC has little impact outside that restricted sphere. If its use ever became extensive it would invite huge changes in the present and future behaviour of mankind. Sexual impulses whose aims are so easily achieved will become universal and will thus mobilise new patterns of behaviour. It seems likely that sexual intercourse and the number and quality of orgasms in each individual will increase, bringing, via lowered stress and frustration levels, healthier ways of living and greater creativity. There will also inevitably occur an increase in feelings of love logically and generally related to sexuality, because we tend naturally to come to love and be grateful to those who confer upon us the delight, relief, satisfaction and happiness of good sex.

Thousands of years ago deliberate cultural sexual repression was imposed upon mankind in order to help pull us out of animal indifferentiation and assist the ascent of the species. No other achievement can be compared to this, which derives from the partial mastery of sexual fire; not even the mastery of real fire itself. Societal progress demanded this form of calculated and voluntary castration. Now that the ascent of man has reached its present level the violent nature of castration is not only no longer needed, it becomes an actual threat to the new society. What once forced, shaped and helped us as a species could now help destroy us if we continue obeying those old, outdated programmes out of mere habit.

At this point in our history there are grounds for believing that enough of us have gained sufficient maturity to indulge and enjoy our sexuality without fear of social or personal degradation. Hatred, war, illness, perversion, misunderstanding and frictions and frustrations of all types are, in general, consequences of brutal sexual repression. They immediately tend to disappear both individually and *en masse* as the free psychological manifestations of the sex drive achieve adequate expression.

* * *

How it works

In every relationship or encounter, however balanced it might appear, there is one dominant partner while, overall, the other defers. (It is not always the way round that it seems to the uninvolved observer.) PSC is a kind of parapsychological sexual domination. By applying it you immediately penetrate into the exceedingly private sexual intimacies of another person. As far as the subject is concerned PSC, used correctly, it is like the bullet from a gun; there is no getting out of its way. Defence measures exist but are seldom able to do more than lessen the effects of the attack or counteract them later.

The subject, submitted to this assault, does not feel as if assaulted. There is no sensation of unwanted pressure. Rather he or she feels warmed and aroused, as if gently and encouragingly caressed towards greater and greater passion. The feeling cannot be fought except by another aware expert. The feelings associated seem to the subject to well up instinctively from deep within them, driving them on to sexual heat and involvement.

Once experienced you will never stop using it. It is, in fact, very easy and not at all tiring. What is more, it is great fun to use. It is fascinating to watch the reactions it produces in the subject. Using it only for a few moments can produce effects that can last for some hours. If used over a period, the sexual desire and excitement felt by the subject becomes absolutely irresistible. The subject has a huge and growing desire for, and attraction to, the manipulator - though if the manipulator chooses to play a waiting game - they may not even know who is the object of their feelings. The subject becomes activated and primed, ripe and ready, and is totally unable to resist when the manipulator - by this time very much the controller - becomes identified. This is why the writer stresses the importance of selecting the quarry and the technique with care. The attracted person can easily become a veritable pest.

As an introductory experiment you might try the technique by working it on people who are actually in your presence. Go through the routine to be described and observe the results. It is very convincing. Even in a crowd the person will be drawn to you. You will see them glance your way or sweep the room to seek you

out although they don't know you are behind the actions surreptitiously pulling their strings.

The effect of even light and occasional exposure is of longer duration than you might expect. Anything more than this and the images you have projected - the commands you have issued - can last for a long time. The effects may even remain forever, *literally forever*, stored in the subject's mind. Used repeatedly, a conditioned reflex becomes installed in the receptive mind. It differs from ordinary conditioning only in that the stimulus is psychic (emotional) rather than physical. The present writer has reactivated previously implanted influences or programmes years and years later. The subjects had invariably remained programmed throughout. Though the programmes had been suspended, when re-programmed again, quite briefly, the advanced or amplified effect was dramatic and immediate. That is how sure and how powerful it is.

Testing the Effect

In addition to such simple signs as the across-the-room glances just mentioned there are several other ways to confirm the success of PSC. Your manipulative approach will have included the deliberate directing of the subject's attention to the genitals and any other parts of the body that, in them, constitute erogenous zones. You may even have enjoyed your own sheer nerve and the genuinely physical feeling in yourself, if you have purely psychically, used your own hand or lips to intrude and touch the relevant zones. Either way, when repeatedly exposed the subject will actually feel as if they have been caressed and aroused. They will respond accordingly.

Surprise is often a first reaction. You will see them stiffen, their eyes widen as they glance around partly to seek a source for the unexpected sensation and partly to reassure themselves that no one else has noticed it or their unguarded response. As the pressure mounts they will be aware of pleasurable genital stimulation and a number of possible reactions will take place. These will include feelings of temperature rise or flushing and perhaps actual blushing over the face, neck and upper front chest. Men may well feel the twitchings of an early erection. Women frequently encounter a production of vaginal secretion that can be sudden and copious enough to be an embarrassment. Males and females alike feel themselves to undergo the familiar sensation not only of early, but quite progressive, sexual arousal.

Anyone familiar with the observation of Body Language will detect other sexual responses. These are not known to most people but, to the expert, are as obvious as having a large red label pinned to the lapel. Gentle perspiring which is disproportionate to the heat of the room will be accompanied by a degree of dilation of the pupils of the eyes. The nostrils will flare somewhat. There will be an increase in respiratory rate. If there were some way to measure it it would be found that pulse rate and blood pressure would also have risen. Other reactions will include

men stroking their chins and upper lips. This is involuntary although the natural beard and moustache they are instinctively preening are, nowadays, usually not present. Women will stroke, comb or pat their hair. They are also particularly inclined to arrange their clothing particularly that over the hips, pelvis and genital area. Both sexes become edgy and uneasy, scratching or rubbing themselves, repeatedly looking around, and changing position either in the room or on the chair they are sitting in.

Sometimes a person will be so shocked and startled that they quite definitely 'freeze' for a minute or so. Others will become excited, laughing rather too loud or too early, seeking something to eat, chattering a bit or lighting a cigarette. It is a good clue to watch their legs. A standing woman will repeatedly transfer her weight from one leg to the other, a standing man will part his feet. Both of these are actions that produce movements in the genital zone and neighbouring parts of the thighs. Seated, a woman will either cross her legs, thus pleasurably compressing her genitals or open them in the instinctive early availability sign of sexual courtship foreplay in primates. The seated man will stretch out his legs, a movement that exaggerates the bulge of his genitals into a more prominent position.

The more sexually liberated and available the subject is, the more, usually, will be the movement. The converse is also true. In general, those who move little and are otherwise observed to be little affected at this stage, can be equally easily psychopressured into bed. However, once there, they invariably turn out to be sexually repressed, unresponsive and consequently a great disappointment. In a word, they are poor in bed and seldom worth the effort. If the present author may insert a observation from his own experience at this point: much of my own modest success with the opposite sex has resulted from years of repeated use of PSC combined with a close study of body language. Those showing low response to the former as gauged by observation of the latter are inclined to prove unrewarding quarry.

The Technique Itself

The first absolute requirement is to start, not directly with PSC, but by mastering basic PC as in the earlier sections of the book. This is vital. To lack experience in PC is virtually to guarantee failure in PSC. The practitioner can easily become proficient within two weeks but to try to skip that two weeks is to snatch failure from the very jaws of success. The more you practise the better. They say rather glibly that nothing that is really worth having in life comes easy. Maybe. What is sure is that if you have something in your life you have worked for, you will certainly feel it is worth having.

The second phase is to use what is called the Master Key. The existence of this technique was known for centuries in the East. It was only a few years ago that Professor Mark Desale, who inspired this volume and upon whose pioneering work

much of it depends, introduced it into the sphere of modern PC. The Master Key can be summed up in two words - Tactile Sensation - feelings generated by the sense of touch.

Having generated the routine visualisation process and having the subject in the active state of psychic contact that we now call visualisation you must naturally touch them. To start with, this may sound strange but you will quickly find it is not only real but simplicity itself.

Draw the person's image - the *psychically* real person - towards you, or approach them, or both. Reach out a hand and touch an arm or a shoulder or the top of the head. You can actually touch any part you like but those parts are areas that are comparatively open to touching by others and the action is less likely to cause a reaction of resistance. You need not actively visualise this touching though in practice most find it helps, at least to start with.

Next, touch a more intimate zone. The presence of visualised clothing is no barrier, of course. Your psychic fingers or lips can touch the subject's psychic body unimpeded by clothing. Apply lips to lips, to neck, to nipples. Use soft fingers to caress the genitals. Try to make everything feel, to you, as if you *really* did it. Notice and remember every sensation - the temperature, the texture of the place touched and nearby clothing, its fragrance or taste if lips were used, the pressure of your and the subject's body, the duration of the contact. Seek to experience the *touch in every way you possibly can.*

To provoke immediate arousal you need to use this psychic touch of the Master Key irrespective of the remoteness of the subject. You can use the technique with eyes closed or open though most, to start with, find closed to be the easier. Most operators too, notice a change in themselves at or just after contact as their own consciousness state changes to the alpha mode. The sheer intimacy and therefore unexpectedness of psychic touch is such that the physical sensations of arousal are more powerful then any you are likely to have noted in other, earlier PC sessions. Instant arousal is the rule - though it must be remembered that instant arousal does not equate with instant erection.

A very good way to gauge response is, where possible, to maintain eye contact with the subject. This must not be to the point of staring - a social (and biological) rudeness liable to induce unwanted barrier blockage. It is normal however to look at a person for a few seconds then look away again. This is socially acceptable and will not cause blockages.

Observing the subject in a bar or on another park bench is very informative during practice sessions, making it easy to verify reactions and assess your own capacity and technique. Mentally touch the area you are looking at, voluptuously caressing the area and 'feeling' the tactile sensations. Some find it quite easy to carry out PSC and to touch someone while actually in conversation with them. This

technique can easily be acquired - no one will know you tried or whether you succeeded or failed, except yourself. In conversation, maintaining eye contact is socially normal.

Remote subjects can sometimes be tested over the telephone. While speaking to them slip into the routine (it must be well practised) of PSC. You will hear a gasp or a cough as you touch. There will then be a raising of voice pitch, perhaps you will hear the change in respiration pattern and there is likely to be a sudden change in the topic or genre of conversation.

Don't forget the subject will, just for an instant, feel as if someone has brushed a hand over their genitals. Imagine how you would react. That is what to look for in them.

In PSC if the Master Key method alone is for some reason unsuitable, for example when the subject is too remote for adequate monitoring, then the ordinary Command Post (CP) method described earlier is used. There are two variations.

1. You select and create the CP or 'special place' and enter it. In this case the CP needs to be in the immediate vicinity of the subject. The subject is now strongly visualised, perhaps 'softened up' with a little warmth and laughter inducing influence. Then, without warning, the subject is intimately touched. By this technique the subject's unexpected spasm of sexual excitement can be so powerful as to be reflected, - more correctly psychically integrated - into the manipulator's own *gestalt* - he or she will also feel the frisson of excitation.

2. The second method is even more gradual. Having moved to the CP the manipulator strokes the subject's cheek or other innocuous area. This is done over and over again, lightly and monotonously only. The effect is akin to auto-hypnosis and the manipulator enters the theta state. Stroking is next transferred to an erogenous zone, preferably the genitals and continued, still slowly and gently.

This is an altogether more powerful technique. An excellent plan is to metaprogramme yourself to carry out the technique while you are asleep. If in the alpha state, the subject will feel warmth and itching in the affected area. This will be followed by gentle sexual arousal - as if waking from a drowsy half-sleep and finding a sleeping partner really caressing the dormant genitals. If in the theta state the subject will feel a hand caressing them, directly, as if someone actually firmly grasped or palpated their sexual organs at that very moment. That is how real it will feel.

The attention and feelings of the subject will at once be focused directly on the manipulator. This may come as a shock in itself. It is entirely likely that the subject has never thought of the manipulator as a sexual partner. Now suddenly they become, for the first time, the source of sudden sexual urges. The astonishment can be imagined; just imagine it happening to you! The use of PSC is responsible for many of the instances we classify as Beauty-and-the-Beast. Although some

people will always be vulnerable to what we call 'the fascination of the horrible', as often as not the explanation for the attractive woman, obviously doting, on the arm of a small unimposing and unfortunate looking man has its explanation in his prowess at PSC. Make no mistake, it is a technique that makes and maintains, for both, a very successful and happy relationship as it is able to transcend all kinds of other trials and tribulations. Such is the sheer power of PSC.

As a revealing aside, some readers will probably have noticed that in recent years there has been a marked increase in the number of legal cases in which family doctors have been subjected to allegations made by female patients (seldom the other way around). One of the explanations for this has been the increasing number of doctors who have become adept at PSC and who use it a shade too indiscriminately. Also, the influx of Eastern physicians familiar with the technique may account for the high proportion of such in the list of those arraigned. It is undoubtedly true that PSC is much facilitated by the close relationship that may be fostered between a doctor and patient. Consequently the seduction of female patients is made even easier than its normal already great simplicity. From time to time a woman consents, under the influence of PSC, and a torrid sexual encounter results. Sometimes the woman can be astonished by the situation in which she finds herself and the remarkable things she can be psychopressured to do, seemingly willingly, while influenced. The shock can be so great as to jolt her into a resistance that temporarily frees her. At this point she reacts by accusing the doctor of molesting her without her consent. Ethically, even if with her consent, the action itself renders the doctor open to discipline. Distasteful repercussions can also result if, having enjoyed his 'victim', the doctor then wishes to discard her for the next lady on his list. It is an interesting reflection that ladies who do so react against their programming invariably live to regret it. The truth of the matter is that, irrespective of their period of resistance and retaliation, they do very much remain programmed. Later on, the consequent conflicts ensure that their lives are subject to much remorse and misery.

The foregoing digression brings us to a brief comment on the ethical considerations concerned with PSC. Some will see PSC as intruding into someone's privacy, as infringing their freedom and as dominating their activities. This cannot be denied. It is all of these. But is this morally wrong?

In the animal kingdom all kinds of trials and strategies are used to attract the best possible mate or mates. And attracting the best mate is the fundamental reproductive strategy of all living things that mate. To enhance the powers of attraction, scents, colours, behaviour patterns, sounds and textures are all exploited sometimes in the most lavish ways. Psychic factors are also involved. What else explains the unpredictable way one person is instantly attracted to another - the 'love-at-first-sight' syndrome? Everyone has experienced feelings and emotions which appear to arise from no physical cause or no logical process of deduction. It seems fair to assume that these are, at least in part, of psychic explanation.

That being agreed, it is time to trot out the phrase that 'all's fair in love and war'. True or not, biology gives it a certain credence. For every creature uses every asset it has to amplify its powers of attraction and its success in the reproductive strategy stakes. People may use money, possessions, fast cars, a beautiful voice, a brawny chest, a shapely figure. They will also use their mental and emotional assets - by cajoling, flattering, concurring or even appearing to show indifference. What are these but partly psychic phenomena? Using these assets is more than just showing off to impress. It is a deliberate attempt to influence, manipulate, control, even to dominate. PSC is no more than one other such asset. It just happens to be one of the best and the most powerful.

It is worth suggesting too that, far from interfering with someone's free will by using PSC, this cannot be as there is no such thing as free will anyway. Although people think they do what they want, actually their actions are substantially, if not totally, predictable from the pattern of genetic and environmental influences that comprise their *gestalt*.

Biologically then, there is no room or reason for doubts concerning the use of PSC for selfish sexual gratification. Morally or ethically - that is a matter for you to decide - from you own free will.

This writer does not seek to tell you what to think; only what to think about!

* * *

Variations on a Theme

Besides the Master Key method there are two other useful adjuncts to success; perseverance and imagination. Perseverance means just that. Be relentless in the campaign. Step up frequency, duration and intensity of sessions. Also diversify your technique. Use it from a variety of situations. You could be in a train, or a bar; you could be driving, shopping or out for a walk. It takes very little time and experience to be able to conduct PSC sessions in virtually any venue or circumstance. Periods of great success do tend to vary and alternate with times when you won't do so well - as in many spheres.

Just for fun, when you are at peak form, try working a sudden powerful PSC insertion on someone giving a speech or playing a game, or compering a TV show you are watching. You can have endless fun watching the shocked subject's reaction under the most exacting of circumstances when, out of the blue, they distinctly feel someone stroking their private zones!

Imagination is a strongly amplifying asset. When using PSC try to be as creative as you can. Try everything. Withhold or forbid nothing. Let your imagination run riot. Be utterly outrageous. After all, no one will ever know it is you.

By psychically invading another person's ultimate privacy we place ourselves in a position of being able to take liberties with them that they would really permit to few, if any. For example, we can mentally undress them totally. To do this and to make them feel naked and exposed is to give them a punishing shock. The subject will experience shame exactly as if really exposed naked in a roomful of people. It is a magnificent punishment. Or the manipulator may choose to enjoy merely being the only spectator. Or he may strip only the sexual area he wishes to touch as part of the Master Key routine. The touch may be a light caress, a fierce grasp, a kissing, embracing or a flagrantly sexual exploring, massaging, pushing or penetrating action. A lower level of sexual arousal can be replaced, where felt appropriate, by a higher level of sexual arousal. This is done by stroking outside clothing, by running the hands all over rather than by concentrating on a crucial zone, or by introducing fingers or other objects into the mouth of the subject. There is simply no limit. Another very useful ploy is to make the subject take part in their own seduction. Try some role reversal *(vide supra)* and while acting as them induce feelings of wanting to be approached, caressed or seduced by you. Make them, in the inverted role, want to want you. It is up to each manipulator to experiment, trying for themselves, what they think best. Never lose sight of the fact that although certain actions, like clutching the genitals, tends to produce a universal response, subjects are people and are therefore different. So will be their responses to different stimuli.

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Chapter Ten: **Remnants and Conclusions**

Amplification

For the sake of completeness, there are recorded here two very useful amplification techniques which are similar in principle but different in degree of difficulty and effectiveness.

It has already been explained in detail how to establish a CP and use it for visualisation. One suggestion was to see the subject as a puppet that must respond to the strings you pull. This normally will suffice. However, there are other kinds of puppets, sometimes called glove-puppets which operate not via strings but by the hand of the puppet-master being inserted. Using this technique you mentally, and visually (essential) insert your hand into the subject's image. You see the puppet subject, alive and active, though activated not by themselves but by your hand controlling from inside.

Extending this further we come to the techniques of transferring roles. This too has already been mentioned as a method of overcoming resistance. In this the operator 'takes over' the subject. The subject continues to be visualised as him- or her-self but the operator sees himself as entering the form of the subject and literally 'becoming' the subject for a while. It is not difficult to develop this technique. By this reversing of the roles the operator, in a sense becomes the subject and exists actually within him,.. (a state that might not be totally dissimilar from the kinds of 'possession' recorded in the literature of earlier times and not all of which need be by 'evil' entities). You then act as if you really were within their body and looking at yourself. You literally 'see' yourself. From this dominating position you incline their perception of you and their feelings towards you in the direction you choose.

The experience can be very revealing. Some adepts believe that while in this state of temporary possession the subject's mind does not distinguish the different nature of the occupant and will, accordingly, not censor any of his or her own thought processes. It is, in effect, a way of 'eavesdropping' someone else's innermost thoughts. The powerful nature of this very real phenomenon, - known in research circles by the unpleasant but realistic name of 'mind-fucking' - is revealed by the amount of intense study to which it is currently being subjected. Teams of role-reverse experts have, for example, been used to 'observe' international chess and sporting events in order to influence the outcome. Success rates are not divulged but are sufficiently high to merit the great effort and expense lavished upon them.

* * *

Being in Two Minds

Up to about thirty years ago the brain was still a mystery. It lay there, the consistency of a bowl of grey and white custard, contained in a shell of skull bones

between the ears, the mouth and the vertex, the forehead and the back of the head. It weighed up to about 2000 grams, say a kilo. To damage most of it was to all but ensure certain death. Yet scientists knew surprisingly little about anything to do with it except for its anatomy.

Then in 1970 Sir Bernard Katz won the Nobel prize for medicine. He had discovered that the mind actually functioned on electrical impulses. Thousands or millions of cells fire off tiny electrical impulses in a multitude of directions, setting up eddies or currents of electrical activity which comprise the physical aspects of thought processes.

In the last decade new generation technology in the form of electron microscopes and ultrasound scanners has permitted the construction of three dimensional images of thoughts as they hurtle around the complex circuitry. Work is already in progress whereby radio waves from the brain are controlling computers and operating wheelchairs and other equipment belonging to the physically handicapped.

Computer technology is at present the interface between human technology and the biology of human brain function. A major difference between these two is the question of predictability. A computer behaves in a totally predictable (programmable) way. Up to a point a human brain may be broadly predictable too. But there the similarity ends. In the present line of research ever more extensive and complex computers are being constructed in order to emulate natural brain activity. Already there is a snag. The bigger the computer, the greater appears to become its element of unpredictability,... and with that the surety of its control. In other words, massive computers are assuming their own powers of volition and are imposing their own routines while eschewing the controls of their builders. It is not a far step from this to a working definition of 'artill' or Artificial Intelligence. Indeed, a machine currently being constructed will already achieve about one-thousandth of the mental output of a brain. The intrinsic nature of intelligence however is not understood: it does not mean that as the machine has only one-thousandth of the output it will follow that it is also a thousand times less clever.

There are about one hundred billion neurones (or nerve cells) in the brain. Each neurone can have up to one hundred thousand connections from and to other cells. The potential is enormous. The efficiency is astounding. The overall power output of the entire brain working at pace is some 25 watts, barely enough to illuminate one dim electric light bulb. Yet, at this minimal consumption, the mind can control the body, conceive works of art, organise wars,... and influence other people. The thought process of a politician may consume mere milli-volts yet be enough to activate a conquering army or initiate a holocaust.

Within a hundred years, at even a quarter of the speed of contemporary technological advance, artill capacity will have vastly exceeded human limits. At

once arise the geopolitical problems,.. should human intellect or artillect be placed in command of the planet and its affairs; will computers be capable of PC; and, perhaps most disturbing of all, will computers be themselves vulnerable to PC from outside?

It is clearly in the interest of concerned people everywhere, now, even at this rather late stage, to become familiar with PC and its abilities. If only for their own protection later on it would seem a shrewd precaution.

One particularly intriguing phenomenon has been observed during the strenuous recent research into brain function. In experiments in telepathy, hypnosis and extra-sensory perception (ESP) there has kept recurring an assessment of brain activity operating at about the 7.00 - 8.00 frequency range. It has appeared to many as if this comprises an unknown and unrecognised 'communication frequency band' at which telepathic and other phenomena seem to occur most easily. This may seem a little less surprising when two other facts are associated. First, 7 - 8 cycles is at the upper end of the theta state of brain activity used in PC. This may or may not be relevant but is at least an interesting coincidence. If there does exist on earth, some form of communication channel, what would be its optimum, one might wonder? Presumably such communication, as in the case of PC, operates at or near ultimate speed,.. the speed of light (186,326 miles per second). So, secondly, taking the circumference of the earth as a nominal 25,000 miles and dividing light speed by that circumference, 186,326 divided by 25,000 is just less than 7.5,...the approximate frequency of the alleged channel. Perhaps no more than another interesting coincidence?

Is it then at this level that all or most so-called 'psychic' phenomena operate? Is the 'ether' at that frequency a network,.. a psychic information superhighway buzzing with activity like cyberspace? If this is a universal communication network what other things and individuals can tap into it? Is it possible to 'surf the net' like any other computer web? We simply don't know, but endless possibilities must be regarded as open verdicts so far.

The power of thought is certainly remarkable. In other times they spoke of 'mind over matter.' Mahomet sought to call the hill to him by virtue of his faith,.. albeit that he did not succeed. In other words it was the Prophet's belief that faith, perhaps another name for mental energy, can move mountains. If there is anything that can achieve such a thing then the human biocomputer seems the likeliest bet.

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As well as being in two minds metaphorically, the brain is in two halves anatomically. Like all mammal brains it is divided into two virtually symmetrical hemispheres and a single central brain stem. The two cerebral hemispheres are joined by the corpus callosum, a structure containing some 200,000,000 nerve

fibres. Though similar so far, the functions of the two hemispheres have marked differences.

Right hemisphere: This is 'responsible' for (in terms of of receiving sensory signals from and sending voluntary muscle commands to) the right side of the head and the left side of the rest of the body. It is also the hemisphere involved with visual-spacial-intuitive-synthetic-analogic functions.

Left hemisphere: Controls the remaining half of the head and (opposite) half of the body. It is also concerned in verbal-temporal-logical-analytical-rational aspects of the living thought processes.

To draw an analogy, the right brain is the poetic lover and imaginative dreamer while the left brain is the meticulous accountant and the precise scientist. Most people are under the preponderant management of one or other side, the other being far less influential, even to the point of more or less insignificance. A few have the ability to move at will from one to the other - a basic talent but one that can be trained by meta programming. This person is not always at an advantage. He has the benefit of choice, but also a tendency to be unconvinced, even indecisive. He not only is able to enjoy a daily job as an actuary while in his spare time he writes music; he also tends to see both sides of an argument or situation so evenly that he is hard pressed precisely to select and maintain his own position in relation thereunto. Interestingly, Western man is considered to be more left-brained and Eastern man more right-brained. However, cerebral 'ambidextrousness' is, in general, a route towards a greater state of happiness and fulfilment.

From the foregoing it is apparent that the two kinds of thinking that exist, - verbal and visual, - are largely operated from different cerebral hemispheres. Verbal thinking, when the medium of thought is internalised words, is a left brain activity. Visual thinking, in which images are the medium, is a right brain function. Memory too, the recording of perceptions, can be either verbal or visual.

Consciousness depends on language and only when events are processed by the brain's speech system, are they consciously experienced. Consciousness is thus, mainly a left brain function. The right brain association with consciousness is of a simpler form, such as is found in lower animals. For example an animal is conscious in the sense that when not asleep, it pays attention to searching for food and safety; a dog may pay attention when words of command or other interpretable sounds influence it. There is however, in the absence of such stimuli, a mere awareness of surroundings, a tendency to lapse into periods of repetitious action or sleep and an absence of cognitive thought processes (at least such as can be detected).

* * *

Reflections on Reality

To look around you is to see all kinds of familiar objects. We think of them as solid, durable, physical objects. In a way they are. But considered from another viewpoint they are really illusions.

All things made up of energy - invisible, intangible but very real energy. Energy may be static (potential energy) or on the move (kinetic energy). It may exist in many forms - sound, heat, light, electrical and so on. One of these forms is what we call matter. Matter can be converted to energy and energy into matter. Metaphorically we may think of matter as energy compressed and formalised into a visible state. That state is not permanent. Suitably treated the matter will revert to energy and again become invisible and elsewhere.

It is time to come more up to date, to understand that no presently existing form of energy-matter is immutable. Modern discoveries in physics and mathematics already clearly show that simple concepts like regarding matter, space and time as separate, basic and different items are no longer valid. Such simple concepts appear true as we are only familiar with one form of them. In fact, the energy-matter-space-time continuum is an infinitely variable but unbroken composite. The temporary forms we interpret as matter are merely expressions of data provided by our own senses that enable us to move in our daily world, our personal reality. They are nothing more than this.

Effectively to employ PC and PSC we must jettison traditional concepts of matter and the curved space-time continuum. We must still make use of them but outside of that function we retain them only as anachronistic souvenirs. We must see things not as existent or non-existent but as endlessly and continuously present but in flux. Recent research has shown beyond all doubt that the mind can affect material objects. One must therefore jettison too the old idea that that was not possible. New programming must replace the once-serviceable but no longer tenable old programming. That new approach must allow the mind its real freedom, recognising that it is not in fact trapped in the past's so-called traditional thinking. For while of some early value, this traditional thinking has not, of late, helped or improved mankind. In fact, it has retarded and restricted the move to the free thinking that can and will re-shape our world for the better.

By obstinately adhering to traditional thinking, what we might term 'true reality' is inhibited by being reduced to the view that it is that that is unreal. Matter exists only because we say and believe it exists. By thus conferring a non-real attitude of permanency on matter, by giving it limits and solidarity, we inhibit our mental capacity to penetrate, comprehend and master matter. To use PC properly it is essential to discard the flawed and restrictive concept that solidarity and the distance away of bodies is any kind of obstacle to exploitation and conquest.

With the mind, one can pass a hand through a wall as easily as through smoke. Both are, after all, only different kinds of 'matter'. We can thus materialise or visualise someone, touch them, motivate them and command them easily using mind alone. They, on the other hand, will feel as if those influences are physical. Put differently, with PC and especially with PSC, we impose a new or *real* reality upon the existing reality. We enter a sub-atomic or sub-space zone at will and there work to achieve our goal. There is nothing magic or supernatural about this. It is nothing more than real physics working in a real world.

Using PC you need take no account of whether the subject is present or away. You act as if they are right in front of you. Their current position and state is ignored. You see the person exactly as you choose to see them. You always act as if in total control and as if the person is within your reach; which is, in fact, the case.

Remembering that all matter is illusory you can eliminate walls, cars and clothing equally easily. No obstacles even momentarily separate you from the subject. Conversely you can create any 'matter' or object you need equally easily.

In theory this concept may prove difficult for the non-scientific mind. In practice however, you will find it as easy as falling off a log.

* * *

Natural and Supernatural

Quite frankly 'psychic' is a rotten word,.. certainly in the context in which it appears in the title of this book. The trouble is that although the word is inappropriate it was hard to find an alternative. The reason the word is wrong is that it creates a false impression; the commonly assumed meaning of the word *psychic* is not exactly expressive of its real meaning

What does 'psychic' mean to the average man-in-the-street? It means something strange, weird, perhaps a bit magical, certainly mystical,.. something extra-sensory, even extraterrestrial and, again, certainly something supernatural. To some extent all these features have an element of truth. But to add up to the idea that PC is something that really is supernatural is not correct. PC is a perfectly natural phenomenon. There is nothing remotely supernatural about it. Indeed, the present writer has found his open-mindedness, so far, to be uncluttered by any concrete evidence whatsoever that there exists anywhere in the Universe or at any time, anything which could be even vaguely construed to be super-natural. He remains convinced, so far, that everything of which he as knowledge or experience is perfectly natural in every way. It may not be understood, measured or even named, - but natural it certainly is; unnatural it certainly is not.

So it is with Psychic Command.

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