

There actually are super-heros among us fighting against the corrupt!

Do some people already have X-Men-like mental super powers?

- - The secrets of CERN reveal that "reality" has no limits
- - Your brain energy may be able to control the future and alter patterns
- - Scientists using "Doping" to turbo-charge their brains
- - Is the only thing stopping you from using your super-powers, your belief that they do not exist?
- - If you fully accepted your super-powers, would they pop into place
- - Are religion and "super-power"-ness the same, or different? Are they in conflict, or saying the same thing with different words?

The CERN Switzerland experiments are a global science project to confirm the fact that all of reality is made up of simple electrical energy. They have now proven that. Additionally, science has now proven that the human brain processes that same electrical energy in order to move the body and cause things to happen in the body.

Now comes the discovery that every object around us is made up of that same exact micro-electric energy. Think of "*The Force*" in Star Wars or gravity or magnetism; fact, or fiction, the concept of a pervasive plane of energy that is part of, and embedded with, everything is the new physics and science has proven that it is real.

It turns out that the same energy your brain processes to pick up a glass of water, and move all those cells and molecules, in your body, to do it, can also move that same energy outside of your body.

To pick up a glass of water and drink it, your brain needs to move at least 800 parts of atom-level energy.

Atom-level energy is, both, what you are made of, at the smallest level of matter and reality, and the same fuel that is used to power the action.

Let's say this in a different way. This basic plane of energy is made up of super tiny parts. They are so small that the electrical energy of your own brain can move them around. In fact, you are always moving them as you walk around, pick things up, breath and do other tasks.

So those 800 parts of atom-level energy that you used to drink that water are also the same parts of energy that that glass of water is made out of. This is the hard part for the average person to wrap their head around because it is not how we were taught to think. Most humans see all of the different colors, shapes, sizes, and textures of the world's objects, and people, as indicative of those things all being different. They are, in fact, not different at all. Everything is made up of the exact same stuff. The material matter in your arm, the table in front of you, the doorknob on the top of the Eiffel Tower, the sea shell on beach in Texas and the rock on the Moon, is all exactly the same stuff and that stuff is all connected to each other, everywhere.

Thus, your brain moves energy and that same energy is everywhere. The leap that one needs to take, and, in fact, they key to

accepting that you may have a super power, is realizing that all that energy moving your brain is doing can also take place beyond the reach of your hand.

This is the part where some people stop reading. The idea of moving reality beyond your reach, or adjusting the course of the future via visualization, is just too far out for most people to accept. It makes some people angry because it alters the comfort zone of control they have built around themselves. Why would the idea of “more freedom” piss people off? Because some people fear the unknown, outside of their glass bubble.

In any case, you can now go into any hospital, or university, on Earth and have them hook you up to modern medical equipment and you can watch your brain generate and control electrical energy as go through a series of tasks. There is no voodoo about brain energy. The leap of awareness comes when you want to measure the energy process between your brain, your mental plan to drive downtown, and the parking spot you are imagining appearing for you.

We all know this process as the “Doris Day” parking chant. As we approach the heavily congested area in our city, we chant “***Doris Day, Doris Day...***” usually when there are others in the car, because it is fun. This may actually work, though. Modern quantum physicists now say that a tiny energy command from your brain does not have any limits relative to the size of the task it is trying to undertake, or create. The cool thing about energy planes is that little energy movements can cause big things to happen. The dark side of the energy plane proves this. A relatively small physical energy movement inside the atomic bomb warhead, causes a relatively massive explosion to occur.

You have seen the movies. That part of little energy/big effect isn't hard to accept. The fear of that particular energy shift keeps most of us up at night. The concept of: "If you think it, it will happen" is thought, by many, to only exist in Marin County New Age Awareness cults and crazy military fantasies, as shown in George Clooney's film: "The Men Who Stare At Goats".

Scientists have been secretly practicing "doping" to improve mental powers. The very experimenters, of the deterministic realities of reality have discovered: "Hey, it's there and I want some too.." Take a look at these articles, exposing the trend:

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The dope on mental enhancement

by [Susan Watts](#)

Yet another survey has revealed surprisingly large numbers of people using drugs to boost their mental powers. What should be done?

MOST of us want to reach our full potential. We might drink a cup of coffee to stay alert, or go for a run to feel on top of the job. So where's the harm in taking a pill that can do the same thing?

So-called cognitive-enhancing drugs are usually prescribed to treat medical conditions, but they are also known for their ability to [improve memory or focus](#). Many people buy them over the internet, which is risky because they don't know what they are getting. We also know next to nothing about their long-term effects on the brains of healthy people, particularly the young. But some scientists believe they could have a beneficial role to play in society, if properly regulated.

So who's taking what? The BBC's flagship current affairs show [Newsnight](#) and *New Scientist* ran an anonymous online questionnaire to find out. I also decided to [try a cognitive enhancer for myself](#).

The questionnaire was completed by 761 people, with 38 per cent saying they had taken a cognitive-enhancing drug at least once. Of these, nearly 40 per cent said they had bought the drug online and 92 per cent said they would try it again. Though not representative of society, the survey is an interesting, anecdotal snapshot of a world for which there is little data. The drugs people said they had taken included modafinil, normally prescribed for sleep disorders, and Ritalin and Adderall, taken for ADHD. The range of experiences is striking. One respondent wrote: "It helps me extend my concentration. I can study a topic for six hours, for example, that would have me bored to tears in two." Another wrote: "Did not help me do anything but feel anxious and excited, could not sit still even 15 hours later."

When asked about the drugs' potential impact on society, people reported concerns beyond safety, for example warning that the drugs might create a two-tier education system in which some can afford the drugs and others can't. They voiced wider concerns too, such as: "If society has come to the point that we have to take cognitive enhancers to function or perform to certain expected levels, then it is a society that has placed performance over happiness and health."

Laurie Pycroft, a student at the University of Oxford, talked to Newsnight about his experiences with modafinil. "I've taken it a few times, primarily for its ability to increase wakefulness and allow me to concentrate and stay awake for very extended periods of time. I don't take it very often but if I want to stay awake for 20 or 30 hours working on an essay it's very useful," he said.

Keen to learn more, I contacted [Barbara Sahakian](#), a neuroscientist at the University of Cambridge. She and her team work with people who have conditions such as Alzheimer's and Parkinson's disease. One area of their research is testing whether cognitive-enhancing drugs such as modafinil help.

Sahakian thinks these drugs could play a wider role in society. Her most recent research showed that sleep-deprived surgeons performed better on modafinil. "I do think we've undervalued [the drugs]. As a society we could perhaps move forward if we all had a form of cognitive enhancement that was safe," she told me.

Before I could self-experiment with the drug I had to satisfy Sahakian's colleague James Rowe that there were no risks. We also had trained medical staff nearby.

I took a tablet on two separate days without knowing which one was modafinil and which was a placebo. I then did an hour or so of tests involving memory, strategy, planning and tests of impulsiveness.

On the second day I felt more focused and in control and thought I performed better in the tests. That was the day I had been given modafinil. Rowe summed up my performance: "What we've seen today is some very striking improvements... in memory and, for example, your planning abilities and on impulsivity."

It's human nature to want to push against our limitations, but what about the risks? Before sanctioning a drug as a cognitive enhancer for healthy people, regulators would require long-term safety studies so they could weigh up the risks and benefits. Pharmaceutical companies are not rushing to carry out such studies, but Sahakian is calling for such work to be done before someone comes to harm.

Some cognitive enhancers, such as Ritalin, are controlled drugs. Modafinil is not, so it is legal to buy it online, though it is illegal to supply it without a prescription. The UK government, through the Medicines and Healthcare products Regulatory Agency, told Newsnight that tackling the illegal sale and supply of medicines over the internet is a priority.

It's not just students who claim to find the drug beneficial. [Anders Sandberg](#) of the Future of Humanity Institute at the University of Oxford talks openly about using cognitive-enhancing drugs. He is about to start a study in Germany to compare the

effects of a range of cognitive enhancers, including two hormones – ghrelin, which promotes hunger, and oxytocin, which is associated with empathy – to test their powers at what he calls "moral enhancement".

"Once we have figured out how morality works as an emotional and mental system there might be ways of improving it," he told me.

The bottom line is that cognitive-enhancing pills are a reality and people are using them. But how comfortable are we with the knowledge that some of our children's classmates might be taking such drugs to perform better at school, or that one candidate for a job interview might use modafinil to outshine the others? And who was the real me, the one on modafinil, or the one not? Perhaps we should start thinking these questions through, before a drug offering far more than a few percentage points of enhancement comes our way.

Susan Watts is the science editor of the BBC TV programme *Newsnight*

1. ***Can Yoga Give You Superpowers? This Expert Thinks So***

Source: [***Bookish***](#)

Yoga diehards have long claimed that the practice can allay physical ailments, such as back pain and headaches, as well as improve mood and mental agility. But these perks may not represent the full reach of yoga's power, says parapsychology researcher Dean Radin in his new book, "Supernormal: Science, Yoga and the Evidence for Extraordinary Psychic

Abilities."

 <http://d26uv5xfwz4x6i.cloudfront.net/articles/i/51f2e447c574249ba200027c-1375206078.jpg>

Before its recent popularization as an alternative physical and mental discipline, Radin writes, "The essential goal of yoga was to achieve states of insight that revealed the true nature of Reality." This rarefied plane of consciousness offers many spiritual rewards, some of which we're familiar with--deep focus, empathy, enlightenment--and some of which sound more like the paranormal weaponry of the X-Men. By clearing their minds of static and attachments, and perfecting bare focus and attention, Radin suggests, yogis of previous eras were able to transcend their intellectual and bodily confinements to commune with—and alter—the world around them. "After thousands of years of exploration, refinement, and discussion about [yoga] techniques, advanced yoga practitioners may have advanced far beyond what science is currently capable of confirming," Radin asserts.

Radin's investigation into the supernormal potential of yoga begins with a look at ancient yogic writings called the "Yoga Sutras," which date back as far as the second century B.C. and which "provide a taxonomy of supernormal mental powers"—called siddhis—"and a means of obtaining them." He then turns to the cutting-edge field of paranormal science and parapsychology, where researchers test the validity of these ancient claims through a range of studies and experiments. We take a look at the hard science behind four yogic superpowers Radin identifies.

Clairaudience

*The "Yoga Sutras" name 25 siddhis, one of which is "knowledge of the meaning of sounds produced by all beings," or, what Radin refers to as "clairaudience." Achieved by maintaining a meditative focus on the area behind the ear (a kind of trance state known as a "samyama"), clairaudience "may be interpreted as a form of **clairvoyance, or telepathy that extends beyond human minds and includes animals, insects and other species,**" Radin writes. In other words, yogis who attain clairaudience would be able to communicate*

with--or at least understand the messages of--living beings other than humans, leaving us to wonder if Dr. Dolittle was really just an esoteric yogi extraordinaire.

Breatharianism

*According to the "Yoga Sutras," performing samyama on the throat enables some yogis to liberate themselves from the need to eat and drink, a phenomenon known in Catholicism as "inedia" and, more generally, as "breatharianism." "The implication is that the **human body can transmute ambient energy into nutrients**," Radin writes, "and through the practice of cultivating this ability one can **live comfortably for as long as one wishes without food**." He points to the case of an Indian yogic ascetic named Prahlad Jani, who claims to have lived healthily without eating or drinking from the age 11 to the present (he is now in his 80s). Jani has participated in two medical tests in India—the first in 2003 and the second in 2010—in which he was observed to go without food or drink for as many as 14 days with "no drastic changes...in his physiological condition."*

Telepathy

*Just as a samyama focused on the ear can engender clairaudience, a samyama focused on another person's mind—as in the case of trying to **send a message to another person's mind**—can engender telepathy, according to the "Yoga Sutras." Radin points to a type of test called a "ganzfeld" experiment, in which "receivers" are deprived of sensory input (in Radin's example, they wear headphones that pump in pink noise and wear halved Ping Pong balls over their eyes) while "senders" attempt to mentally communicate a specific image. The receiver then reports any images that come to mind over the course of their sensory deprivation. Radin recounts a ganzfeld experiment that he and a team of researchers conducted in 2010 in which the "sender" telepathically communicated an image of the pyramids at Giza. The "receiver," in turn, reported images of something "tall," "monolithic" and of a "rough texture." Radin classifies this experiment as a "hit."*

Psychokinesis

According to Radin, "some of the siddhis in the 'Yoga Sutras' are described as **interactions between mind and matter**." He points to an experiment in which subjects were seemingly able to influence the physical body of another person through deep meditative focus. In this "Love Study," Radin and his colleagues tested 36 adult couples, one of whom was healthy and one of whom was undergoing cancer treatment, to see if focused, channeled affection could measurably influence the physical body of another person. The sender (the healthy participant) sat in a remote chamber watching an intermittently played video of their partner, while researchers measured the skin conductivity of the receiver (the ill participant). Radin reports (with graphs showing results) how the ill patients' skin consistently displayed markedly higher rates of conductivity after the healthy patient had viewed a video of them. Radin argues that this constitutes evidence that a purely mental faculty—in this case, love—is able to influence material reality. -end-

Mental Superpowers: How to Unleash the Full Potential of Your Mind

by [Jeff Nickles](#) |

You have superpowers – it is absolutely true!

You have the power to do things so far beyond what you can even imagine right now. In fact, you are capable of things that you would probably consider bizarre or even maybe supernatural. Your mind is a vast, largely unexplained source of energy and power. In fact, your thoughts even have the power to alter reality.

Unfortunately, because we don't understand how these powers work, most people dismiss them. In so doing, we limit ourselves and our success in life. I will reveal here how you can tap into these superpowers and take advantage of them to make drastic improvements in your life.

Stay with me here. I know the tendency of many will be to immediately dismiss this as just a bunch of nutty ideas. But let me submit to you that many very successful people have believed in these powers and used them to create incredible fortunes and success. Also, if you just look at the facts, it is easy to conclude that there must be some truth to this. Where there is smoke, there is usually fire. These powers have been written about for centuries. They have been researched and

acknowledged by very notable people. They are mentioned in most of the classic wisdom literature. They exist whether you are willing to admit it and use it to your benefit or not. If you don't, then you are missing out on getting the very most out of your life.

Examples of Extreme Mental Power

There are so many powers of the mind that are not fully explained or understood. Things like telepathy, psychokinesis, and extrasensory perception (ESP) fall into this category. J.B. Rhine, a researcher at Duke University back in the 1930s, did extensive and rigorous lab tests on subjects to evaluate the existence of ESP. He concluded that many people did seem to have powers beyond the five senses to detect the thoughts and feelings of others. His research led to the coining of the term parapsychology and the founding of a research center at Duke to explore this further. Of course, there are numerous critics and skeptics of Rhine's conclusions and the results have never been repeated since. However, Rhine was not the only researcher that came to these conclusions and many people think ESP is the sixth sense. This is just one area that suggests the mind has power and emanates energy beyond our current understanding.

There are also numerous people that believe in the miracle of faith healing. Faith healing is the belief that people can be cured of diseases and abnormalities through prayer and divine or supernatural intervention. Of course, when you look objectively at prayer, it is focused thought or meditation which is directed outside ourselves to summon supernatural power to achieve an end we desire. If you plug "faith healing testimonies" into any popular Internet search engine, you will find countless stories of people that have been miraculously cured of things like cancer. It usually involves situations where no further hope was offered by medical science. The person had to believe. If they didn't, then they had to accept the fate of their medical diagnosis.

I mention ESP and faith healing to stretch your thinking. If you are still reading (I'm sure many have probably given up by now because they are just incapable or unwilling to consider that our minds have power beyond our current understanding), then you are ready to grasp and use the superpowers of your mind. You are ready to tap into the source of energy that has propelled people like Henry Ford, Andrew Carnegie, and Oprah Winfrey to levels of extraordinary success. You can also reach these levels. No matter how you define success or what it is that you desire. You can achieve it!

Unleash Your Superpowers

So, what is it that will unleash the superpowers of your mind? It is **belief**. You have to believe without doubt in the deepest recesses of your heart and mind that you can and will fulfill your desires. You have to believe so deeply that it creates a level of intensity in your thinking so that your desire becomes a burning obsession. You have to be able to visualize it and emotionalize it vividly. It has to consume you. You have to believe at the level where you know that you can overcome any obstacles that may arise. That you will pay any price. You will give and do whatever it takes to achieve your goal. When you believe like this, you invoke the superpowers of your mind and you will alter reality.

Your intense thoughts and belief when focused in this manner will create in the physical world exactly what you desire. This concept is well documented and absolutely true. It is confirmed in every classic success book that I have read. It is the secret or magic that these writers speak of so frequently. This philosophy is thoroughly discussed in Chapters 13 and 14 of *Think and Grow Rich*, a very well-known success manual written by Napoleon Hill. In Chapter 14, Hill states the following:

“This much the author does know – that there is a power, or a First Cause, or an Intelligence, which permeates every atom of matter, and embraces every unit of energy perceptible to man... This Intelligence may, through the principles of this philosophy, be induced to aid in transmuting DESIRES into concrete, or material form. The author has this knowledge, because he has experimented with it – and has EXPERIENCED IT.”

Another confirmation that these powers exist is from *As a Man Thinketh* written by James Allen. Allen states:

“Nature helps every man to the gratification of the thoughts which he most encourages, and opportunities are presented which will most speedily bring to the surface both the good and evil thoughts.”

In other words, these authors confirm that whatever it is we most deeply believe will come to be in our lives and that outside super forces, in these instances called Intelligence and Nature, will assist us. Of course, as the quote above alludes to this principle works in both directions of thought. We must therefore focus our thoughts on the positive to move in the direction we want. We must eliminate all negative thinking and fear. These thoughts dilute the effectiveness of our superpowers and may even take us in the opposite direction. Use your powers for good and not evil!

I think W. Clement Stone says it most succinctly. He states:

“Whatever the mind of man can conceive and believe, it can achieve.”

Jesus even confirms this in the Bible when in Matthew 17:20, he states:

“I tell you the truth, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there’ and it will move. Nothing will be impossible for you.”

As you can see, this philosophy of belief is well documented. These men were not easily deceived. Napoleon Hill spent 20

years of his life researching the material in his book. These men knew the superpowers of the mind exist and they tried to document it so that others could use them too. Are you ready to believe? I could go on and on with more examples from many more books, but there is not room here to do so. You, however, can research this for yourself if you would like or you can take the leap of faith now and start benefiting immediately.

Believe and Succeed or Doubt and Do Without

I know that some will be reluctant to accept these truths. To the skeptics and critics, I say that I hope they are happy in their circumstances. No matter how hard they work or how much effort they put forth without utilizing the principle of belief they will always be severely limited in their accomplishments. If you look further into this, you will find that every person with a track record of super success has fully and whole-heartedly embraced this philosophy. Our minds do have superpowers that we can utilize to our benefit if we believe. The only question that remains is, will you believe?

I would love to hear your comments on the ideas I have expressed in this article.

This article was written by Jeff Nickles. Please join him at [My Super-Charged Life](#) to learn more about living life to the fullest!

Learn Telekinesis Training

Telekinesis denotes the paranormal ability of the mind to influence matter, time, space, or energy without the use of any currently known type of physical means. Most people think it only refers to moving objects with your mind, but as you learn how to use telekinesis and all of the other mind powers, you will see it goes much deeper than that.

Originally however, it was a term coined in 1890 and was used exclusively when referring to the various movements of objects done by ghost, spirits, demons or other supernatural

forces. In the early 1900's the term was abused by fraudulent mediums and took on a bad reputation.

By about 1914, those wanting to learn how to do telekinesis had grown so much the term psychokinesis was coined to replace it in order to move away from the negative connotations the fake spiritualists had placed on the original term. Some would prefer the term no longer be used, preferring instead that the term psychokinesis be used exclusively when referring to a wide variety of abilities including the movement of objects, softening of metal, levitation, influencing a random number generator and much more. While the term telekinesis would only refer to the movement of objects.

So we could define psychokinesis, how to move objects with your mind and various other abilities and define telekinesis, how to move objects with your mind. But this is starting to get confusing, so just do it and don't get caught up in terminology wars, lol. It all boils down to you are here because you want to learn how to use mind to affect objects.

What the brains and big wigs of the world want is not always what the public is willing to do however and the public tends to use the two terms interchangeably. I spent many hours researching every term and combination of terms I could think of in choosing a name for this web site. Every keyword combination I researched that contained the word telekinesis instead of psychokinesis showed 3 to 6 times more in searches. So for this site, both terms will be used and before we are through you should know how to use telekinesis.

Besides, if you think about it, what you choose to call the ability really has nothing to do with your quest on how to use telekinesis. So it is best just to jump in and do!

How to Use Telekinesis

Parapsychology researchers would of course 100% disagree with the interchangeable use of the two terms, so it is always good to learn the difference between the two words no matter which you chose to use.

As you continue to learn telekinesis, we will include further discussion on these terms, plus other terms common to the parapsychology researcher including micro-PK, micro-TK, macro-PK or macro-TK and much more.

Types of Telekinesis and Psychokinesis

Telekinesis is generally considered limited to the movement of matter which would include causing an object to move, shake, vibrate, spin, break and to create heat or cold in an object via the speeding up or slowing down of the atoms an object is made of.

Psychokinesis contains all of the above plus teleportation, healing sick or injured tissue, transmutation of matter, controlling magnetism, controlling particles of light and shape shifting. Yet still, none of this comes close to telling you how to use telekinesis, so let's get to the meat of why you are here.

How to Develop Telekinesis

Anyone can learn telekinesis if they practice long enough. Chances are you will not succeed on your first attempt. It often takes hundreds of tries before you hit upon the perfect combination that give results for you.

Through out this site you will find an ever growing list of exercises you can do alone or with your family and friends to help you learn to develop telekinesis abilities.

We start by giving you telekinesis exercises you can use to learn how to use telekinesis and hints on things you can do to tweak the exercises in the way that works best for you.

Of course we start you off with a little theory and conjecture to help you understand the current line of thinking. Then we move on to a wide selection of telekinesis exercises.

Keep in mind that like everything else in life, people will learn telekinesis at different rates or levels. Some will get almost immediate results. Others will require repeated attempts before they see results. The rate you personally learn telekinesis is what is right for you and you can not judge your results on anyone else's successes or failures.

How to develop telekinesis

It all starts with you. You've heard the old saying, "practice makes perfect"? Most people have to put in effort to learn telekinesis. The big thing is to not get frustrated with yourself. Start with the small things and slowly but surely increase your abilities.

Common Misspellings

People often misspell the word telekinesis. Some of the more common misspellings include: telekenisis, telekenesis, telekenisis and telekinisis. But don't get hung up on terminology, we are all talking about the same thing.