

Miracle **MASTERY**

By David DeBold



Your step by step guide to Telekinesis, Materialization
and other Tangible Psychic Abilities

Miracle
MASTERY

Miracle Mastery

Free Sample: Chapter 1

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Welcome!

This is the first of three sample Chapters from Miracle Mastery, the definitive Step-By-Step Guide for developing extreme psychic abilities so profound that they actually make physical, “miraculous” changes to the material world!

If you are looking for the other two Free chapters or if you would like to purchase the complete course so you can start practicing the *exact* techniques needed to produce incredible psychic abilities like extreme healing, materializations, and even teleportation, just click this link to get started:

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Miracle Mastery

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Welcome!

I would like to start out by thanking you for purchasing this manual. The simple act that you are reading this now shows that you are a rare individual.

The vast majority of people in the world are content to live passively, do what they are told, and ultimately believe what and how the people around them believe.

These people are content to be sheep.

They may be a part of a social herd. They may run with a Religious, Political, Economic, or even Scientific herd. They may even run with multiple herds at the same time; they are not all mutually exclusive.

One way or another, we all start as sheep. It is natural. We've been trained that way nearly from birth. If you are a child on a playground and you look or act different from the other children you are teased, ridiculed, or bullied.

Who would welcome this treatment?

We are taught early on, that there is safety in numbers and there is comfort in conformity. The individual that strays from the flock is far more likely to draw the attention of predators, so most of us have willingly chosen the relative safety of the herd for completely practical reasons... and then slowly become entangled in the subtle trap of the herd mentality.

Regardless of the amount of prestige we may accumulate within the herds, we are influenced and limited by the subtle but powerful psychological, emotional and even spiritual boundaries of the herds we run with.

The herd is not all bad. It actually serves many constructive purposes. It protects us. It supports us. It comforts us. But ultimately, the most important role that the herd provides is to show us the boundaries that we need to grow beyond in order to reach our true potential.

It is a rare occurrence, but from time to time, a sheep becomes something magnificent. It starts to change and grow, to question and learn, and ultimately it becomes something completely different than what it started as.

By purchasing this manual, you have demonstrated a willingness to take action. You show the vision to look beyond the confines of the conventional, and show the courage to step out of the comfort zone of the herd mentality.

I congratulate you for taking your first step beyond the shadow of the herd and I thank you for allowing me the privilege of being your guide as you explore beyond the boundaries that have defined your limits for so long.

You have before you, a map that will allow you to embark on the journey of a lifetime, but having the map and following it are two completely different things.

Should you decide to take this journey, it will challenge you, your assumptions, and quite likely your very perception of reality.

It won't be easy, and it probably won't be quick, but for those few that put in the time and effort required to advance on this path, it will be rewarding in ways you never dreamed possible.

- Dave

Chapter 1: Introduction

What to expect from this book

You are holding in your hands a manual unlike any you have ever encountered. The world that you live in is more spectacular than you could possibly imagine and I am going to teach you how to interact with it in ways that will seem a lot like magic.

This book is about tangible, physical, "miraculous" abilities. There are many, many books written on the subject of developing psychic abilities, but the vast majority of them are written only within the context of the psychic senses and perceptions.

Of the few that touch on the tangible psychic skills, most merely offer descriptions of what the abilities are. Very few offer any techniques that have any real worth for developing the more dramatic skills.

My goal is to teach you the techniques needed to build the psychic *muscles* that you need to make real, overt, tangible changes to yourself, your environment and even your relationship between the two.

This is not to say that we won't learn some powerful techniques for developing your psychic senses as well. In most cases, you won't be able to produce physical phenomena until you develop a method of perceiving what you are doing at the more subtle psychic level first.

The good news is that the foundation methods and exercises that you will learn here will develop both your psychic perceptions and your psychic "muscles" at the same time.

With diligent application of the training found within these pages, anyone with an open mind and in good health has the potential to manifest extraordinary abilities of some sort. Unfortunately, it is impossible to tell

how long it will take before any specific person might see their first manifestation since everyone is starting from their own unique place.

Some people might already be experiencing spontaneous events, and with just a few weeks of practice can start to bring them under conscious control.

Some people are absolutely convinced that these abilities are impossible from the start, and those people are quite correct... It will be impossible for them to learn these new abilities because they have already decided they can't. If they are content to stay trapped in the prison of the herd mentality, then they will be forever safe from the growth and influx of new ideas required to step beyond what they "know".

People with a healthy skepticism will take longer to learn these skills, but they can learn them if they do the exercises regularly and with an open mind.

What often happens with these healthy skeptics is that they will start to experience more and more of the less dramatic benefits of doing these exercises, like greatly improved health, developing a photographic memory, automatically knowing the time of day without a watch, being more refreshed with less sleep or enjoying improved athletic performance. This leads them to realize that the exercises have merit, even if they don't really believe anything more will come from it.

Slowly and subtly, inexplicable positive things start happening with increasing regularity. Things like traffic lights changing in their favor, or wild animals getting surprisingly close to them without fear.

As they keep practicing one of three things usually happen. For some, so many inexplicable things happen that they eventually come to realize that they can't possibly all be coincidence.

Others may experience a more dramatic non-physical event like a lucid dream or an Out of Body Experience (OBE).

The last major group of healthy skeptics are the ones who encounter a physical spontaneous event that makes them realize that all this is for real, like a light switch getting thrown by itself the instant that person realized the room was getting dark, or a salt shaker moving to meet their hand as they reach for it.

Of these last two groups, there are two likely outcomes: The first is shock and elation, which usually results in a dramatic increase in the amount they practice, which in turn leads to the corresponding improvement in both the frequency and control of their manifestations.

The second outcome is shock and terror.

Most of these people never *really* expected anything “real” to come from these exercises. They were merely curious about the techniques and “played along”, and now that something dramatic has happened, it has shaken up their entire belief system.

Many of these people stop practicing all together and eventually manage to convince themselves that it never really happened... It was a prank, it was a dream, it was a coincidence... anything to keep the context of their life “normal” so that they are not forced to leave the safety of their comfort zone.

There is another path for the “shock and terror” crowd.

These people have their world shaken up, but won’t dismiss the significance of what happened to them. They may stop practicing until they can come to terms with what happened or they may stop practicing all together. They may choose to interpret their experience in a religious context and become fiercely devout.

Believe it or not, I myself come from the “shock and terror” path.

I started out as a “healthy skeptic”, but not a skeptic of the abilities themselves. I had studied and researched these abilities for nearly thirty years and I know that thousands of people in all walks of life and from all over the

globe have had first hand experience with them. I was even fortunate enough to witness a number of extraordinary abilities first hand and interview the people who made them happen.

I knew the powers were real, but I was a skeptic about the possibility of *me* producing one.

I *wanted* to experience these abilities but all of my research pointed to a common thread. Individuals who could produce these phenomena at will had all devoted substantial portions of their lives exclusively to mediation and study.

I was honest with myself, and I knew that with the commitments on my time for work, school and family there was no way I would be able to practice with the dedication and intensity that I knew would bring results.

I decided to practice the exercises that I had learned through research and personal experimentation for about a half-hour a day, just to see if anything would happen.

I'd been trying to make something dramatic happen for over a year with no results, so I had pretty much given up on creating a tangible manifestation with the amount of effort I was able to put into it.

Still, the exercises *were* pleasant, and they left me relaxed and energized, so I got to the point where I was doing them out of habit, or if I needed a quick pick-me-up in the middle of the day. I wasn't even thinking of trying to do anything extraordinary any more.

One day I was doing the exercises, and "BAM!"... the *most* tangible psychic event you could possibly imagine: Bi-location!

Most Holy books have stories of Saints or Prophets doing this, and I had just done it by accident. (By the way, I'm no Saint, and I'm *certainly* not a Prophet!) I was literally and physically in two different places and able to do

two different things at the same time, and let me tell you it was *weird*... and quite honestly, Terrifying!

For my very first tangible psychic event to be so dramatic was elating, but the fact that it was spontaneous and that I had no preparation for this specific and very intense manifestation had a huge drawback which I still wrestle with to this day.

I'll share the full story with you in a later chapter, along with every detail of what I was doing at the time and exactly what to expect and what **NOT** to do when you finally exercise a psychic ability.

It is my hope that my experiences will act as your guide so that you do not have to suffer through the same mistakes and setbacks that I did.

By reading this manual all the way through before trying any of the exercises, you are far more likely to be relaxed, prepared, and confident when your first manifestation finally arrives, in whatever form it takes.

The problem is that the nature of these abilities and the way you feel when they are happening are so foreign to our usual experience that I can pretty much guarantee that you will be caught off guard when an ability finally comes.

Remember, when I first experienced my event, I didn't have the advantage of a book telling me what to expect, or a teacher to guide me, and I didn't even know that I was close to causing something to happen.

“Off guard” in my case turned out to be confused, disoriented and terrified, but with a little luck, *you* will have a much easier time of things.

If your first experience with a dramatic event does fall in the “shock and terror” category and you choose to progress in your studies, you will have a special challenge to face.

As you get close to manifesting an ability, the physical, mental and emotional sensations caused by your practice will at some point start to approach the same sensations that you experienced from the event that triggered the shock and terror episode in the first place.

The subconscious mind remembers the fear, and the “fight-or-flight” response kicks in: The body releases chemicals like epinephrine and adrenaline into your system which cause the heart to race and the blood pressure to rise.

This is a natural response to fear which is designed to prepare you for a burst of physical activity to combat whatever frightened you, but in this context these physical responses are exactly the opposite of what you need in order to have an ability manifest.

The result of all this, is that you get tantalizingly close to creating an event and then get shut down by your own subconscious.

If you fall into this category as I do, you have your work cut out for you.

Not only will you face the challenges that everyone else has to overcome when developing these new abilities, but you will also need to face and conquer your own inner fears before you will ever reach that important moment when you consciously and deliberately make a miracle happen... *again*.

If you are well prepared and have a good first manifestation, you'll still have to deal with your excitement... that also raises the heart rate and can shut down an ability as it is manifesting, but this is a much easier thing to overcome than the fear response!

In any event, everyone will make their own progress at their own pace. For some it might take weeks, for others it might take years, and for some, it could take a lifetime.

You can stack the deck in your favor somewhat by being sure to practice lots of different kinds of abilities. While in theory, everyone should be able to accomplish any feat, the reality is that some people might have more psychological barriers to overcome to perform one kind of ability than for another.

For example, at some level, a person might believe it is easier to affect themselves than an external object. This person might find it easier to become invisible, heal a wound, or even teleport. Another person might think that more dramatic manifestations are more unlikely. These people might find it easier to move small objects with their mind, create phantom lights or mentally entice wild animals to approach them without fear.

All of the abilities listed on these pages, and many, many more are within the reach of the dedicated practitioner. Usually, once someone gets their first success in any skill, other skills are easier to learn since they already know that all of the mental facilities are working together correctly, and they realize that the skills are truly possible.

Still, we are only human... your own personal dedication and disposition will dictate how far and how fast you make progress.

How to use this manual

I know you are probably very excited to begin, but please: *take the time to read this entire manual from beginning to end before even starting to think about doing the exercises.*

This is important, so I'll say it again: **DO NOT skip the informational stuff and jump straight to the exercises!** Your understanding of how things need to work together is a vital component to gaining conscious control over your abilities.

Learning how to perform “miracles” is richly rewarding, but it takes dedication, practice and *patience*. If you can't take the time to read the entire

contents of this manual, then quite frankly you don't have the self discipline needed to experience the extraordinary things that I hope to show you.

On the bright side, the exercises themselves are challenging, but not overwhelming and they get consistently easier with practice. Many of them can be done pretty much anywhere and at any time. In addition, there are the excellent, practical benefits that I mentioned earlier, like dramatically improved overall health and being more energized and invigorated while actually getting *less* sleep.

This alone amounts to putting more useable hours in your day, and in effect, adding more life to your life time. This is one of many benefits that you can expect to experience within the first few weeks of your practice.

This course is not simply a recipe for miracles. It's also an introduction to pieces of your own psyche that you may not even have known existed.

Nearly every sacred text of every major religion describes special people with the ability to do miraculous things. For lack of any better way to describe them, they are called many things: Saints, Blessed, Mystics, Prophets, Seers... "Holy" people.

In order to manifest miracles, we are going to embark on a journey to become "Holy" people ourselves, but not necessarily in the way that the religious herd would have you believe.

I am going to teach you how to become Holy, as in "Whole"-ly.

Most people go about their lives applying mere shards of their potential to the problems they face, and as a result they need to work hard to overcome those problems. That's because they are trying to fix a problem without using a complete tool.

Imagine trying to split a log with an axe that has no handle. Sure, with enough time and energy it can be done, but it won't be easy, or fast. There is a better way.

As we integrate more of our facilities, it's like adding a handle to the axe. Then learning the proper grip. Then the proper stance. Then the proper distance to the log, and finally the proper swing.

When all of the pieces come together on the same problem at the same time, it is possible to accomplish in one perfect, "Holy" swing what a week's worth of hacking could not.

In the psychic context, as in so many others, the whole is greater than the sum of the parts. This is called synergy, and it is this extra energy that "Holy" people can bring to bear that the uninitiated can't.

When all aspects of your self are working harmoniously towards the same goal amazing things become possible, and even commonplace.

This single skill, this "*focus*" alone is sufficient to change every facet of your life for the better. It will allow you to accomplish things that are seemingly impossible to those who don't understand this fundamental principle.

Since focus is so crucial to your success, realize that the informational parts of this book are designed to help your conscious mind understand the "big picture". I didn't add this information because I needed more pages in the manuscript. I added them because most people need extra help getting their conscious mind on board with things that will seem irrational without proper explanation and those doubts will sabotage your efforts later on.

Later in this book you will learn how the Sub-Conscious, Conscious, and Super-Conscious facets of your mind make up your total mental landscape... and how to get them all to work together in harmony so that you will be able to succeed at the *really* neat stuff!

While many other books on psychic development may give you exercises that might have some merit in the development of some specific psychic skills, very few of them address all of the factors that are needed for overall success.

Knowing what to do and knowing how to do it are very different things, and exercises designed to manifest one specific ability may actually be a detriment to true psychic mastery.

Exercises targeting specific areas have their place, but imagine what would happen to your physical body if you decided to start on an exercise routine focused entirely on your left arm.

Not only would your body eventually become awkward with one arm out of proportion with the other, but as your body grows less symmetric, “complications” start to develop.

Your posture suffers, your center of balance changes, your spine gets out of alignment, etc...

Now each of these primary symptoms generate secondary issues: When your posture suffers, you don't breathe correctly, which means you have less oxygen in your blood and you tend to have less energy. When your spine is out of alignment, it can pinch nerves or stress muscles in unnatural ways leading to headaches and stress...

The same is true with your psychic workouts, but the root cause of the physical symptoms created by doing psychic development exercises incorrectly will be nearly impossible for a conventional doctor to identify and fix.

Their lack of understanding of the root cause of the problem will quite likely result in them simply putting you on drugs to treat the symptoms, and quite possibly other drugs to treat the side effects of the first drugs.

Of course, the more artificial chemicals coursing through your blood, the less likely you are to experience the natural, perfect, harmonious chemical balance that is required for truly optimal health, and not surprisingly, for our desired results of psychic manifestations as well.

If you are going to work out, do it right or you could set yourself back or even hurt yourself.

The same rules apply to psychic exercises as to physical ones:

- Do the exercises correctly
- Don't do one exercise to the exclusion of others
- Do them regularly
- Don't overdo it.

Doing a little exercise every day will have much better effects in the long run than doing a power workout once a week.

Remember, my own experiences came only after I basically gave up on chasing the goal of "making something happen" and when I just relaxed and did the exercises without any expectations.

Trust me. This was one of the first mistakes I made, and it is probably the one that set me back the most. Hopefully you will benefit from my experience. You'll reach your goals much faster by not rushing!

So who are the "Holy" ones?

There are thousands and thousands of documented cases of bizarre, inexplicable and extraordinary things happening to ordinary people.

There are many, many people who have had recent brushes with the paranormal. There are people who became spontaneously invisible. People who have disappeared out of moving vehicles only to appear a few seconds later confused and disoriented... and hundreds of miles away from where they were. People who wake up to discover they were literally sleeping on air, and then come crashing down as soon as they realize that what they are doing is "impossible."

The list goes on and on.

We've all heard the myths and legends of these sorts of things at some point in our lives, but for every story of a spontaneous occurrence that manages to stumble its way into a tabloid newspaper there are thousands of even more amazing things that are being done deliberately, carefully and quietly by an elite group of people who can do them repeatedly and at will.

These incredible happenings and many, many more are documented throughout human history.

The truth is, there are people out there doing miraculous things right now, and the people doing them are the “Whole-ly” ones.

These "whole" people have learned to recognize that humans are more than just the flesh that we wear. We are exquisite, subtle creatures of both matter *and* energy, and once we remember how to manipulate and control that energy part of ourselves, extraordinary things become possible.

“Holy” people have learned to see the world in a different way, and this new perspective lets them understand how the reality that we perceive really works.

Once you understand how things work, you will understand where and how to focus your efforts to create real, tangible, "miraculous" changes.

Most of these miraculous people have one thing in common... at one time or another they all started out pretty much just like you and me, until something or someone led them to start thinking outside the box.

Some had help like a teacher, Guru or in our case, a book. Some did not.

Some of them are deeply religious. Some of them are not. Yet all of these people have embarked on a literally miraculous journey, and one that I invite you to start as well.

Exploring the line between Faith and Science

Most of us are not fortunate enough to have had a spontaneous experience or see proof for ourselves before attempting to learn the skills listed in this book, so our natural tendencies lean towards doubt and skepticism.

Unfortunately, doubt has a valid place in our world. Its presence makes us cautious and helps to keep us safe, but sadly doubt is also a self-fulfilling prophecy in the miracle business.

The folks who run with the religious herd have a huge advantage here. They have *faith*. Faith in God. Faith in a higher power... Faith in *miracles*.

If you believe in God, and truly believe in miracles, then it doesn't take a very big leap of faith to speculate that it is *possible* that God could work a miracle through *you* if he wanted. "With God, all things are possible".

If you are religious minded, then you can read the rest of this manual within the context of the exercises being a different kind of "prayer" specifically designed to show God that you are sincere about allowing him to work miracles through you.

In this context, you are already where you need to be: open to the possibility of something literally miraculous working in your life.

That's not to say you should skip the rest of the chapter. Faith is a tremendous advantage in the production of miracles, but clearly it is not enough or every sincere priest and worshipper of every religion would be blasting out miracles all over the place and you would not have need of this manual.

Faith and science do not need to be mutually exclusive. While it's very rare to have one support the other, it is not impossible and when the two work together you will see for yourself what a tremendous power is unlocked.

I would ask that within the course of this manual that those with a spiritual disposition humor me, and follow along with the more scientific explanations of how things work.

For those of a more scientific mindset, I ask you have a little *faith*. Ask ANY scientist and they will quickly confirm that there is a tremendous amount of *stuff* out there that we don't yet know and understand. Even the things we think we know can change as new data becomes available.

We are about to explore the grey areas between what is “common” scientific knowledge, and the spectacular unknown where miracles live.

Some of this might get a little technical, but it will be to your advantage to follow along as best you can. As I said before, you don't need to understand all the details, but if you can grasp the big picture you will have a big advantage going forward.

So Where ARE all the Miracle Workers?

I understand that this manual makes some extremely bold claims.

The skeptic is well within his rights to ask: If anyone with an open mind can eventually learn to perform tangible manifestations, then why aren't the newspapers filled with stories of miraculous events?

There are actually a lot of reasons for this.

Reason 1: There are not as many miracle workers as there should be.

Our modern way of life puts a remarkable amount of distractions before us that keep us from practicing the skills most needed to develop these abilities.

Our free time is spent on the phone, in front of the TV, listening to music, playing video games, or on pretty much ANYTHING except the kind of quiet introspective activities that develop the internal, mental and psychic strength required to manifest our true potential.

How many of us in the Western world, sit quietly and meditate for an hour a day? Of those, how many know what direction to take those meditations to develop their psychic abilities? How many teachers and role-models for this kind of development are available to us?

The answer to each of these questions is “Not enough”.

Reason 2: We seldom see or hear about miracles and miracle workers because “holy” people are far more likely to develop in less technologically developed areas of the world where there are few technological “distractions” and coincidentally fewer opportunities to be photographed or videotaped.

In addition, very few people have a true understanding of how “reality” works. An educated person requires **some kind** of believable explanation on how these things can work or the doubts from his conscious mind will sabotage his efforts.

For those who understand how a “miracle” works, it’s nothing more than the conscious application of internal energy to make external changes. In that way, it is similar to how a firefly glows, or how a chameleon can change his color. These creatures are born with an innate ability and the instinct to use them.

For those that don’t understand how a miracle works... it’s magic, and “*everyone* knows that there is no such thing as magic”.

This, of course, is the kind of thinking that cripples our potential and traps us in the herd mentality.

Unfortunately for us, at least as far as psychic development goes, much of our “instinct” is suppressed in favor of what the herds teach us from an extremely early age.

For this reason a lot of the exercises that you will learn within these pages are actually methods of getting reconnected to the subtle physical cues that

we routinely ignore from our bodies. We need to get reacquainted with sensations and habits that most of us knew intuitively when we were too young to have words to describe them.

People with little or no formal education, which again is far more common in less developed parts of the world, are often much less removed from their instincts and seldom give much thought to how reality is “supposed” to work or the “fact” that these abilities are “impossible”. For these people magic is already accepted as a part of their lives and culture.

This mind set makes it far easier for them to develop their abilities because they have so much less to *unlearn*.

Reason 3: Of the people who *can* manifest extraordinary abilities, not many of them have developed to a state where they can perform consistently, instantly and at will.

To attain this level of expertise takes a lot of training and willpower. Even if someone with real abilities were to happen upon, say, a burning building, many would not be able to muster their energy and concentration fast enough under such distracting circumstances to be of help.

Reason 4: Pretend that you personally have developed to the point where you can work a miracle at any time, under any conditions. Consider some practical considerations for why you might not want to call attention to yourself.

Once word gets out, you will never again be able to appear in public without a crowd of strangers begging for a favor... Terminally ill people would camp out on your door, curiosity seekers would demand you to perform tricks, and religious crackpots would run the range from trying to declare you as the next messiah to trying to assassinate you for being in league with the devil. It is possible that someone might even threaten your friends and loved ones in attempt to get you to perform for them.

Add to all of this, the fact that the vast majority of people would simply assume that you are a liar or a scam artist out of hand. There would be groups of people who would be *actively* making trouble for you and trying to prove you are a fake so they can protect the boundaries of their respective beliefs.

Once the cat is out of the bag, you can't put it back. So... it makes perfect sense that anyone who actually has these powers and does not want to lead a life fraught with these kinds of perils would want to keep a very low profile.

Reason 5: Another reason for the shortage of proof for miracle workers is a pretty basic and profound one. The personality types that are best suited for developing these skills simply have no desire for fame or recognition... and they have a breathtaking array of tools available to them to assist them in keeping an exceedingly low profile.

Some can influence events without even being present. Some can make themselves invisible. Some can teleport to a spot out of sight and work from there.

In short, you don't run into many obvious miracles today because there are not many practicing "holy" people out there and there are a lot of excellent reasons and methods for them to keep an extremely low profile.

A word of caution:

For the reasons I just listed, it should be obvious that ***you*** should be very careful about displaying any special abilities to people you do not trust completely. Some people get away with performing miracles in public under the guise of performing "magic tricks".

Regardless of what means you use to protect yourself, be careful to cover your tracks. Also, be aware that performing a manifestation on your own, in a quiet, safe, comfortable, familiar environment is completely different then

attempting the same act in front of an audience... even if that audience is just a friend or family member.

Understand that it is human nature to fear what is not understood. It is very possible that people you show, even people you considered close friends could become fearful of you. Be careful not to make people uncomfortable or you could even lose friendships. People like the status quo. That's why the herd mentality is so common and so hard to break away from.

If you absolutely must demonstrate an ability to someone, use the most trivial and unassuming example as that you can think of. For example changing the way the needle on a compass points without touching it is a relatively undramatic demonstration, and is less likely to promote a fearful response from your audience than, say, levitating the whole compass, or teleporting it across the room.

In addition, since your subconscious mind needs to be working with you in order for you to perform successfully, it may sabotage your efforts in order to protect you or your relationships. Trust your feelings and be careful. Remember, you can't "unshow" someone something that you have done.

You have to live with the consequences.

As you develop your psychic senses and abilities, you will start to experience things that other people will not. Be careful what you say and to whom. You may start to hear "voices" if you inadvertently tune into other people's thoughts, or perhaps you will see a blemish in someone's aura that indicates they are getting sick...

Step lightly! These are traps that could get you labeled as a "Flake", a "Freak", or if you are careless enough, could even end up with you being brought in to a hospital for observation.

It is better to be cautious and wise than to be reckless. For a friend that is about to be sick, you could always say something like "I've been feeling a

little under the weather lately, how are you feeling?” Or, play off of something less mysterious, like “You look tired. Are you feeling ok?”

In short: **Don’t flaunt your abilities!**

Some final words of caution: **Many of the training exercises listed in this book can and will alter your normal state of consciousness. They should never be done immediately before swimming, driving, operating heavy machinery or anything where a lapse of attention could be harmful to yourself or others.**

In addition, the first time you accomplish something dramatic, you will likely be filled with some mixture of fear, euphoria, nausea, disorientation, or any of a number of completely indescribable sensations, depending in part on what specific ability manifests and your own personal disposition.

Some abilities, like teleportation for example can be physically very draining at first, and should never be attempted by anyone with a weak heart, in poor health (including high blood pressure), or in any way under the influence of drugs, alcohol or even cigarettes.

This brings me to the fact that I am not a Doctor and am not qualified to speculate on any potential dangers involved in doing any of these exercises.

The reader assumes all risks associated with these exercises.

Only you can be responsible for your own well being. If you are performing an exercise from this book and something feels wrong, then STOP.

Please, please, please, use common sense while doing these exercises and when using your abilities.

Now that I have the warnings and disclaimers out of the way, if you are still interested in learning how to manifest some tangible psychic skills, then keep reading... you are in for a heck of a ride!

Are you ready to learn the actual techniques for making a literal miracle for yourself?

Just click this link to get started:

<http://AllThingsPsychic.com/miracles>