

Practical Mind Reading

A Practice Guide

Development Exercises

Practice privately with the help of a few friends before trying this on anyone new. You will build confidence in your abilities when the pressure is off when interacting with friends.

It's important to select a few friends that are interested in the subject (and may want to learn too). Do not select friends that are skeptical or don't believe in mind reading because they will be distracting and hard to read.

Preparation Steps:

1. Begin by establishing a Psychic Harmony (rapport) between you (the receiver) and your friend (the transmitter). This is done through rhythmic breathing.
2. Rhythmic breathing occurs when the person breaths in a slow, measured regular rhythm.
3. Draw in your breath slowly, counting mentally to four. Then hold the breath for the count of two before exhaling for the count of four. Note that the indrawn and outgoing breath should have the same count; the holding of the breath should be half that amount.
4. Breath in unison with your friend (the transmitter) to establish a connection.

Practice Exercise: Finding the Correct Corner

1. Start by having the transmitter stand beside you, in the center of the room, you being blindfolded.
2. Have him mentally select one corner of the room, keeping it to himself. Have him concentrate his mind on that one corner, forgetting every other part of the room.
3. Have the transmitter grasp your left hand with his right hand. Grasp his fingers and lift the hand to your forehead, just above the eyes.
4. Tell him to will you to go to the corner of the room that he has selected, shutting out all other thoughts from his mind. He needs to concentrate his entire attention on the projection of his Will. He must think of the direction of that corner, as if he were going to walk there himself.
5. As the receiver, you must come into a perfectly passive and receptive state of mind. Be completely directed by the Will of the transmitter. He is active (mentally), you are passive.

6. Stand quiet for a moment or two, waiting on the impression the transmitter is sending to you. Meanwhile, in the transmitters mind, he must be commanding you with his mind: “Go there!”
7. You will begin to feel an impulse and take the first step. The first step is to “get started”, so don’t worry if it’s in the wrong direction. Obey this impulse and take the first step.
8. Once you take the first step or two, you will feel a clearer impulse toward the real selected corner and you will feel the need to swing around.
9. Advance one foot forward, slowly, resting the weight on the ball of the other foot. You will soon feel yourself being compelled to move in a certain direction. Block out everything else – quiet your mind and sense the Will of the transmitter – directing you toward the right place.
10. By practicing, you will become quite sensitive to these guiding thought-waves, and will act upon them almost automatically.
11. Practice this experiment in different rooms and with different transmitters. Don’t be discouraged when you’re starting out – remember, practice makes perfect.

Practice Exercise: Finding Locations

1. Once you’ve mastered finding the correct corner, move on to having the transmitter select other parts of the room, such as doors, mantels, windows.
2. This exercise will help you further develop your ability to pick up on the mental thought-waves of the transmitter.

Practice Exercise: Finding Large Objects

1. The next step is selecting and finding large objects in the room, such as chairs and tables.
2. Proceed as in the previous exercises.
3. Don’t neglect this exercise – this becomes important when you are trying to find hidden objects or people in a room while blindfolded.

Practice Exercise: Finding Smaller Objects

1. As above, move on to trying to locate smaller objects, like a book, a vase, or something similar.
2. The idea is to get a wide range of experiences using mind reading to find objects.

Practice Exercise: Finding Hidden Articles

1. Leave the room and have the transmitter hide a small article in the room, such as a set of keys, a lighter, or a cell phone.
2. Remain out of the room until it is hidden, then proceed as before in the previous exercises.
3. Let your transmitter exercise creativity in hiding these objects – perhaps putting a key inside of a book for you to find.
4. The transmitter must train himself to provide you with mental messages to help you, such as “up”, “down”, “to the right”, “to the left” – just as he did his old message or impulse “this way”.

General Advice on Practice

In finding hidden objects, the first thing to do is get an idea of the direction. Then the general direction of the hiding place, etc. From general direction to detailed ones, until at last the fingers are close to the object itself.

You will feel a sense of relief from the transmitter when you are about to find the object – try to practice sensing this feeling.