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"It has literally saved me years of trial and error"

"My many years of searching for ways to tap into the flow of universal wisdom has led me to Real Mind Power Secrets. What a joy it has been to discover this material, it has literally saved me years of trial and error."

"Thanks to the team for putting this wisdom together for it sets the Gold Standard of self development knowledge." Paul Counsel

# Chapter 1 Introduction

The mind does strange things at times.

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

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

Have you noticed how young children these days appear to be developing a higher intelligence at a young age? When you really analyze this situation, it is not the intelligence that is improving...it is their conscious awareness. It is almost as if these young people were suddenly evolving to have a 360 degree "mental surround" vision as opposed to us adults who are stuck with the equivalent of a 180 degree mental vision....and this fades in and out at times!

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

Around 15 years ago a low key privately funded research project was instigated to search for answers. The discoveries literally stunned the small group of investigators.

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

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

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

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

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

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

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

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

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

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

The reports are not a theoretical "mumbo-jumbo" documents designed to merely titillate your interest, then leave you with no practical formula to follow. They are hands-on instruction manuals which have been developed by a group of serious businessmen in a dedicated research laboratory. It is designed to take you through the various mind-power disciplines step by step so that you can understand, learn and use them.

They might well turn out to be the most practical reports on personal mind-power ever written.

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

# Chapter 2 The Hidden Secrets of Mind Power Technology

My name is Jim Francis.

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

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

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

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

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

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

As a child I slowly became aware that I had strange mental abilities which other children didn't appear to have. For a start, I was always finding money on the ground. The strange thing was dozens of people might have

walked over this ground before me yet I was the only one to actually see the money. It was usually always coins, not paper money. I regularly found florins and half-crowns which, in those days, were the largest denomination coins in New Zealand in those days. A half-crown was 2 shillings and 6 pence and there were 20 shillings in a pound. I recall my father used to earn 7 pounds a week in those times so a half crown was a goodly sum of money for a youngster.

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

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

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

I also noticed as a youngster that I could influence the behavior of adults to a degree that other children could not manage. It was almost as if I was using a mild form of hypnosis to influence older people. I eventually became fascinated with the subject of hypnosis and learnt to hypnotize my classmates when I was 13 years old. This almost got me expelled from the school. At the age of 18 I was an amateur stage hypnotist and was putting on shows all over the county in which I lived.

The usual procedure was to have 5-6 hypnotized subjects sitting on chairs on the stage. I would then give them either individual instructions or occasionally give them a mass instruction....such as "everyone stand up". Very occasionally the subjects would suddenly stand up as I formed the instruction in my mind.....but just before I uttered it out loud. This happened often enough for me to realize that I was projecting my thoughts at these people.... and they were receiving and reacting to it. The

implications of this dawned on me slowly. It wasn't until I got into serious mind-power research that I recalled these incidents and started to work on the concept of remote influencing.

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

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

The direction that this research took rather astounded us. We became involved not only in the investigation of PK (psychokinetics) and remote viewing, but also in remote influencing, altered consciousness and brain frequency states.

One thing more or less led to another.

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

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

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

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



Then the results of the U.S. Government military remote viewing program became public knowledge. What this team of dedicated people at Ft. Meade had discovered was nothing short of incredible.

Basically after 20 odd years of experimentation they uncovered an extraordinary human potential ability which can be summed up as follows:

When a trained individual relaxes into a meditative state, then focuses his or her thoughts on a specific geographically distant target, they tend to mentally lock on to it, as if they were being reliably connected by a universal telephone exchange.

They can then "sense" information about this target with an accuracy that sometimes takes the breath away.

But that is nothing compared to what they subsequently discovered.

They found that they could also access the same target in the past or in the future. There is no time zone at all when retrieving psychic information.

But even more startling is the fact that they did not have to know what the target was. They had only to work off a random group of numbers that had been "mentally attached" to that specific target by the tasker who had organised that particular remote viewing session.

That is, in the tasker's mind a specific group of numbers related only to the target in question.

The whole process was based on "Intent". The remote viewer was then given that group of numbers....nothing else.....and usually managed to access the correct target. The "universal coordinates" provided as a group of mentally attached numbers was sufficient to tag that particular target, sometimes with unnerving accuracy.

The implications of this mental process are enormous. Further, the remote viewer sometimes connected with the target so well that he or she

felt they were actually at the scene. That is, they could feel the wind, detect the smells, sense the emotions, etc. This became known as "bilocation" whereby the remote viewer appeared to have most of his or her senses located at the actual site.

As this formerly secret military knowledge slowly became public, various groups of fascinated individuals started Internet newsgroups and around late 1997 several experienced individuals started giving remote viewing training.

My research group became involved with this field in late 1994 when there was no instructional material available. We carried out all sorts of experiments and concluded that it definitely worked, but was not consistent.

It was also during this time that we discovered that luck cycles appeared to be personal psychokinetic events and we were able to develop methods not only to track these luck cycles, but under certain circumstances to enhance them.

The reports within The Super Mind Evolution System (*Synchronicity Luck Program, Celestial Luck and Unlimited Luck*) explain precisely how this is done.

This was all new knowledge. There appeared to be no one anywhere researching this field.

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

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

Research at one overseas laboratory found that if you happen to start thinking intently about a distant individual, then under certain circumstances that individual's blood pressure will change measurably. This can only occur if a mental connection exists between the two parties.

Further, the military remote viewers found that if they had two or three remote viewers "working" the same target simultaneously then a "telepathic overlay" could occur, whereby one of the remote viewers would erroneously described a target....and the other remote viewers would immediately described the exact same target...which happened to be the wrong target anyway.

We struck this problem in our own remote viewing experiments when we had several people working the same target at the same time. It was genuine proof that a telepathic connection can exist between individuals.

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

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

What the remote viewers have found is that there is no need for a "dire necessity" situation to be present. This natural mental ability can be evoked at will after suitable training - (In The Super Mind Evolution System you'll be given the original *remote viewing* training procedure as given at the Stanford Research Institute).

There are rare individuals for whom this is a natural talent, but because it appears to be an inherent latent ability built into all of us then it

is considered that the vast majority of people on this planet could learn this procedure.....providing they had the interest and the belief system.

Under normal circumstances when a remote viewer locks on to a target the input "signal" from the target is buried in mental background "noise". The procedures that have been developed tend to raise the strength of the signal above the noise level so it can be mentally processed and decoded.

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

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

This is called *Subjective Communication* and is covered in The Super Mind Evolution System.

This process is probably the easiest of all mind-power techniques to learn and has been used by rank beginners with sometimes stunning success.

One of our lady subscribers had been trying to sell her house for two years with absolutely no luck. After the Subjective Communication process was explained to her she was totally stunned to find that it worked so well that she had her house under contract of sale within 5 days, at a higher price than she expected!

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

As our research progressed, I became fascinated with the potential ability of the mind to either influence, or share information with, both micro and macro systems.

The term "micro PK" refers to the apparent influence of the mind over atomic structures too small for the naked eye to detect. Macro PK refers to apparent psychokinetic events that can be observed visually.

The majority of recent experiments in this field have utilized an electronic device known as a random number generator or RNG. This device has also been referred to as a random event generator. This mechanism produces a series of rapid yes/no, or on/off pulses and can be likened to rapidly spinning a coin in the air, several thousand times a second, and seeing whether it comes down heads or tails. The random number generator can therefore be considered as a high speed electronic coin flipping mechanism.

A fair percentage of PK experiments are based on influencing the pulse output of this random number device in an attempt to produce either a higher than average number of "heads"...or alternatively a higher number of "tails".

I originally set out to build one of these devices but found problems in finding simple circuitry that produced truly random results.

Then during a trip to Las Vegas I picked up a book describing the inner workings of slot machines and realized that all slot machines have such circuitry all ready built in. In fact, the random on/off pulses are the very basis of the slot machine operation.

With this knowledge I decided to do a series of experiments using slot machines to see if PK could affect the outcome. I reasoned that if it could then the results would be immediately apparent in the form of winnings.

To say this was a success would be a gross understatement. Over the past 5 years I have personally won more than 130 individual jackpots on

slot machines. Most of these were small but there were several larger ones that created a profound impact on my rather skeptical belief system. Details as to how this was achieved are covered in *The Super Mind Evolution System*.

## Chapter 3 The Extraordinary world of 21<sup>st</sup> century mind science technology

In the same manner that it is not necessary to understand the technology behind a VCR or TV to be able to use them, so it is with the technology of mind-power.

Some of the advanced research institutions are starting to “suspect” how it works ..... it appears likely that the explanation will lie in the realms of Quantum Physics or Superstring theory.

But it is not necessary to understand - or even comprehend - this Einsteinian science to be able to use recently discovered advances in mind-power knowledge for your personal advantage.

In the same way that micro-electronics evolved from a couple of significant discoveries in Silicon Valley some 20 years ago, so it is with mind-power research.

There are now isolated scientific organizations all over the world doing research in this direction. At one point, in recent history the second highest portion of the Soviet budget was for mind-power research.

And the western world is fast catching up, because of the technical disciplined procedures and protocols being incorporated into the research methods.

The reports in the Super Mind Evolution System give an indication of what is now not only possible, but also what is now being used commercially.

Where is mind-power research leading?

Most of it is aimed at isolating and controlling at will, our 6th sense: intuition.

Let me explain. We have all been brought up to trust our 5 normal senses - sight, touch, taste, hearing and smell.

But ..... any single one of these senses can be tricked! That is, under certain circumstance, they are not accurate. We normally trust our sense of sight because when we observe something with our eyes we know it to be true. However, a good magician can totally trick our sense of sight and what we absolutely believe we are seeing can be 100% wrong!

Likewise under hypnosis we can be made to see things that just don't exist.

For example, if somebody opens a jar of Vegemite and places it on a table before us, we can detect exactly what it is by using one or more of our 5 senses.

However if somebody placed the same open jar of Vegemite in another room and asked us to "intuitively guess" what was on the table in the other room, our chances of getting it right would probably be less than 1 in 1000 ..... under normal circumstances!!

And this is where mind-power training comes to the fore via the Princeton University and Stanford Research Institute remote viewing processes.

People who have trained in intuitive remote viewing, would have better than a 50/50 chance of "guessing" that the object was indeed an open vegemite jar.

This 6th sense ..... intuition ..... is available to all of us but we have never been trained to use it.

This is what the commercial mind courses touch upon. They make you aware that your intuition can not only be trained ..... but can be relied



upon! A recent survey of the top executives in the large American Fortune 500 companies revealed that almost without exception they had a highly developed 6th sense. (Intuition is measurable).

This intuition, or the ability of your subconscious mind to “know” something which is undetectable via your normal 5 senses, can also be taught to manifest itself via your nervous system. The term “gut feeling” is an example of your nervous system giving you a message from your subconscious mind.

The method that has been used for thousands of years and which is now exploding in popularity is the use of “dowsing” via a pendulum or divining rod. This is what water diviners use and a good diviner has a 90% success rate. The chance of the average person walking over a paddock and correctly “guessing” where the water is, at what depth it is, what the flow rate will be and how potable it will be is round about one chance in 20,000.

What these dowsing devices do is to convert a subconscious response via the nervous system into a hand “twitch” or similar involuntary movement. This “twitch” directs the pendulum or divining rod. Many top American businessmen and women have now learnt to use a pendulum as a back-up for intuitive answers. So instead of having the occasional involuntary “gut feeling” the same nervous response can be induced at will ..... when required! The accuracy of a pendulum when providing intuitive answers can be better than 80% which is about all we can realistically expect from any of our other 5 senses, when you think about



it.

In other words, the scientific research into intuition has now reached a point where the average person can not only learn it .... but reliably use it!

The personal benefit of being able to induce triggerable and accurate “hunches” at will is absolutely enormous!

Also the intuitive side of ourselves, via the simple pendulum, is being increasingly used to locate and identify health problems, such as specific vitamin or mineral deficiencies. (Full step by step details on how to tap into your intuition without the need for a device are available within *The Amazing Mental Pendulum* report in The Super Mind Evolution System)

This intuitive business is merely one aspect of personal mind power. Another side is the psychokinetic control of our interaction with the environment ..... better known as luck!

Let us revert back to one of the most useful aspects of personal mind-power - intuition.

Imagine this scenario:

Since birth you have been blind.

You have never had the use of your sight during your entire life. Your total existence and interaction with reality around you has been restricted to only 4 of your 5 senses. But you cope well with this because you have never experienced anything better.

Then one morning you wake up and suddenly, you can see!! A whole new world of experience has opened up. Your 5th sense is now working as it was intended to!

For months, you are totally overawed by your new ability,

New dimensions are now available to you ..... for the first time in your life!!

NOW IMAGINE THIS SCENARIO - All your life you have been restricted to the use of only 5 of your 6 available senses and suddenly you wake up one morning with the full use of your 6th sense ..... intuition!

The effect on your life will be about the same as suddenly gaining full vision!!!!

After you have experienced the magic of your 6th sense for a couple of months you wonder how you ever got along in the world without it.

With this new-found 6th sense you find amazing things happen. For example, you suddenly develop the “urge” to go down to the local newsagency and buy a \$1 scratch-it ticket. And ..... you find you have won the first prize of \$25,000.

Or take the case of the Perth businessman (interviewed on a national TV program recently) who dreamt in 3 separate dreams that he was going to win an overseas trip being offered as a prize by a local Perth Radio Station. He not only renewed his passport and told all his associates that he was going to win this trip but he arranged a baby-sitter in advance.

This was before the prize was drawn.

To everyone’s total amazement (but not his) he won the trip! The radio announcer, his wife, and various associates were interviewed on this Australian made documentary - it was a 100% genuine case of highly accurate intuition.

Once you start getting your 6th sense to work for you, a strange thing happens ..... you always seem to be in the right place at the right time. It seems to manifest itself in the form of “urges”. If you listen to these, good things seem to happen. Also a side effect of training your intuition to work is that you seem to have the occasional dream which is so strong that you can remember it for weeks afterwards, for weeks and it seems to be directing you towards a certain course of action. One of the more amazing aspects of the Silva Mind Course for example, is the way they teach you to program up the

dreams you want .....and then actually remember them (this technique is available in the *The Psychokinetic Problem Solving Program* report and comes with accompanying audio in The Super Mind Evolution System).

When I have a business problem I simply program up a dream that will provide an answer. It never fails and I've been doing it for years. What happens is that you program your intuition, while in an alpha state, to supply an answer. It is yet another way to make your intuition work for you!

There are many other aspects to the use of the right-hemisphere intuitive brain including subjective communication. Intuition is tied in directly with our right-hemisphere brain that seems to be responsible for our 6th sense. The problem is that our entire society and education is geared to training and encouraging us to use our left-hemisphere brain. The normal schooling system does not teach us specifically to use our intuitive brain. However, it must be remembered, when talking about left and right-hemisphere brain activities, that these are generalisations. We use our whole brain, but some activities utilise more of one brain hemisphere, than the other.

This "intuition" ability of ours can be put to use in the form of remote viewing. You will hear a lot about this over the coming years.

Basically remote viewing involves a person closing their eyes, relaxing and visualizing a specific scene some distance away.

They are then read out a checklist and are asked to verbally identify a number of aspects of the pictures they are "seeing".

For example they are asked: are there any trees ..... any animals ..... any water ..... any power lines ..... etc. All these items are then correlated to produce a final "score". Amazingly enough after a little practice the average person can identify up to 70-80% of these points accurately and geographical distance appears to present no complication.

Any situation, anywhere on or off the planet can be remote viewed.

Also the “viewing” can be done precognitively! That is, the viewer can see some scenes that will take place some days ahead! He or she “sees” them before they happen. Likewise the past can be remote viewed.

At least one group in the States used remote viewing commercially for looking at the silver commodities prices 3-5 days into the future. Their accuracy was such that they are reportedly made substantial profits. And remote viewing is a relatively easy process to learn! I have seen rank beginners achieve amazingly accurate results on their first try!

Yet another aspect of right-brain intuition possibly deals with psychokinetic abilities. This is the power of the mind to influence matter - either directly or indirectly. The Princeton University PEAR Lab experiments use both a random number generator (like an electronic heads/tails coin tossing device) and a mechanical cascade device. A cascade of small ping-pong type balls is dropped down a vertical panel covered with small pegs like golf-tees. The whole cascade device is enclosed in a box type frame with a transparent front.

Hundreds of these balls are trickled out of a hole at the top centre and after bouncing down through the pegs ended up in a heap at the bottom, in something like a small mountain shape. Obviously the top of this pile would normally lie directly under the hole from which the balls fell.

However it was discovered that mind-power could influence this pile to assemble either to the right or the left of the centerline by a statistically significant amount.

Repeated experiments over 8 years proved conclusively that mind power, under certain conditions, exerted enough pressure on these falling balls to marginally modify their vertical descent trajectory.

Similarly it is now well known that directed mind-power can affect computer devices and there is a small handful of people who are able to

mentally influence the outcome of gaming machines such as slot and poker machines.

One of the most useful of the intuitive right-brain facilities is the ability to gently influence other minds at a distance. This is called Subjective Communication and I cover the techniques in a report.

This mind technique can literally change your life when used properly!

I used it years ago when I was selling Real Estate. This was at a time in Australia when the property market was really depressed. However buyers for these hard-to-sell properties would appear as if by magic and I had unusually high successes. What I was intentionally doing was to broadcast subjectively, positive details of the property and at the same time I visualized a “sold” sign in front of it. I had some stunning successes.

If this process is handled correctly, the results can be totally phenomenal.

The potential ability to do this is something that everybody has but virtually nobody is aware of! After you read this book you will understand the basics of this form of communication. If you learn the techniques and use them your life will change for the better.

In fact after reading through the reports in *The Super Mind Evolution System*, you might find yourself in a state of mild shock because the implications of the knowledge you have gained is enormous.

Possibly there will be some readers who will find it all quite unnerving but just remember you were born with these natural abilities. It is just that nobody has told you that you have them and shown you how to use them.

Until now!

And the serious scientific research in this field has not come from some fringe UFO group - it has come from some of the world’s leading educational institutions and universities.

It all boils down to this:

When you start training in mind power techniques you get your "6th sense abilities" operating - probably for the first time since you were a child and the end result is that you start having a lot of "hunches" which turn out to be amazingly accurate.

This is the result of your intuition slowly coming back to life!

If these "hunches" appear in your imagination in visual form it is a form of Remote Viewing.

If they appear in a gambling environment it is probably connected with psychokinetic manipulation which is basically your own personal mental resonance with the gambling mechanisms.

If these hunches appear in the form of "urges" it usually results in good luck.

The 6th sense can manifest itself in many different ways. As you get into alpha self-control amazing coincidences start to happen. These days a series of apparently unrelated coincidences which all appear to have a common denominator, are termed "synchronicity".

As you get deeper into personal mind control you will start to notice a lot of this synchronicity appearing in your life. Some of it might have been there before but the alpha training gives you a new awareness and you really notice these unusual events.

I tend to get it a lot these days and it sometimes startles me. But each and every event that I have consciously noticed has been positive. Nothing "nasty" at all. Without a shadow of doubt the more you encourage your intuitive brain to function as it was intended the more "luck" you appear to have.

You usually seem to be in the right situation where nice things happen!

Yet another technique you will learn in *The Super Mind Evolution System* is the ability, not only to order up the dreams you want, but also to actually remember them.

A normal dream memory only lasts 7 seconds or so after waking up unless you pre-program your mind to transfer the dream memory to your conscious brain immediately. By programming up specific dreams to solve problems you can obtain “dream inspired” answers. They may be in symbolic form but when programming the dream initially you instruct your subconscious mind to present the dream in a manner you will easily interpret.

It works! And it works reliably! You can actually get to the point where you can program to remember every dream you have but you may not be comfortable with this.

The actual process is similar to light hypnosis but it is not the usual form of hypnosis where you give over control of your mind to another person. In this case you are in control.



# Chapter 4 Expectation, Psychokinetics and Manifestation

Expectation (particularly the subconscious type) is absolutely vital for the construction of physical objects and events from subconscious inner data flows. It is also vital when this internal data is sifted and categorized, within the framework of the individual's personal belief system.

This individual belief system has developed and polarized over the years based upon the successes the individual has experienced in his or her life. It is the expectation, based on this belief system that enables the individual to manifest situations, events and material objects.

For example, if a person absolutely knows that they are naturally unlucky then they will never be able to successfully manifest "luck" events.

Expectation characterizes the belief system of the individual and portrays the innermost aspects of his or her personality. It represents the psychic building blocks from which the physical constructions will be successfully constructed.

Expectations are basically formed from your emotions. If you can develop "emotional excitement" about potential physical constructions (such as events) then you will find it much easier to manifest that which you desire.

Individuals who are temporarily "emotionally burnt out" will simply not be able to manifest in a satisfactory manner. In fact the reverse might happen. That is, events that you don't want may materialize.

It is therefore vital that you keep in touch with your emotions and if you should feel yourself becoming emotionally "bogged down" then it is time to take a break from your everyday activities and give yourself time to recover. Seth\* indicates that a person's expectations are the result of their

emotional heritage....and their own ability to understand and manipulate that heritage.

(\* SETH was a channeled spirit through Jane Roberts whose books sold over 7 million copies. Seth has been called the greatest spiritual teacher of our time and you can learn more [here](#))

Each and every individual is constantly receiving a stream of inner data and the individual will accept data only that is in line with their personal expectations.

If a person wants to change their fate then mere desire is not enough...it is expectation that will cause the manifestation of desires into reality. It is actually expectation that triggers inner data into physical construction.

An expectation of success will encourage success, whereas an expectation of danger will attract dangerous circumstances to the individual.

Expectation is the force that triggers psychic realities into physical realities.

Your expectations have a dramatic effect on your life. If, for example you believe that wealthy people are inherently “bad” and have obtained their wealth by fraudulent means, then in the event that you should suddenly acquire a large windfall (maybe from a lotto win) you will probably find that you lose most of it fairly rapidly, due to your expectation and belief system. This has happened many times in Australia to people who have suddenly won, then flitted away several million dollars.....and in a short period of time gone broke.

## Matter and Antimatter

All the physical objects that you see around you are constructed of energy. The atoms and subatomic particles that are part of the furniture that you have in your lounge are originally formed from energy quanta. The fact that your furniture appears to be “solid” is an illusion created by your outer senses. The matter constructing your furniture is actually switching on and off at too fast a rate for your senses to perceive. And as you know the space between the individual atoms of your furniture is vast....comparable with the spaces between the planets in our solar system. In actual fact there is almost no solidity in your furniture.....the construction is mainly empty space....with the illusion of solidity.

Seth says that there are as many intervals when our world does not exist as there are intervals when it does exist. That is, matter as we know it is switching on and off for equal periods. He explains that when it is switched off it is in the “antimatter” mode.....something that our scientists have been aware of for quite some time. Material in our field is composed of constant energy pulsations...half the time it is switched “on”.....and half the time switched “off”. Each new pulsation is an energy burst which manifests itself as matter. The basic underlying energy is always present but switches itself from “negative” to “positive” in the same manner that alternating current in Australia switches from negative to positive 50 times a second.

Seth refers to the “negative” interval where one pulsation had vanished from our reality and is about to be replaced by another. There is obviously as much negative matter (antimatter) as there is positive matter. Our particular reality universe is made up of positive matter and we have no real inkling of how the equal but opposite negative universe behaves.

Seth regards all material as energy which manifests in our physical world into patterns which have been prepared for it either by individual consciousness or by mass universal consciousness. Our own outer senses

react too slowly to perceive the on/off energy pulsations as the quantum particles of energy that create material rhythmically disappear completely and are replaced by new quantum particles.

We do not perceive the negative component of matter....only the positive.

Antimatter (negative matter) exists simultaneously with our universe and clearly would produce anti-gravity effects as we know them. It is believed that if a lump of anti-matter and ordinary positive matter collide, they would neutralize themselves in a massive explosion.

Basically matter is created and manipulated by psychic means, something that our scientists are now starting to suspect. This process operates in the subconscious realm at a level that we are not consciously aware of. The conscious mind usually has no knowledge of this process and it is almost impossible for the conscious mind to interfere with this process.

Seth considers that consciousness awareness of subconscious manipulation of matter may arise in a manner that causes the subconscious to follow the desires of the conscious mind if emotional expectation and desire are present. In this scenario the conscious desires must be parallel and resonant with subconscious expectations, along with sufficient emotional yearning. For the above to happen then the communication between the conscious and subconscious must be of a high order. This can obviously happen during deep alpha/theta meditation states.

By itself a conscious desire to achieve a specific goal may conflict with the desires and expectations of the subconscious, in which case it is unlikely that the goal will be achieved. Where the emotional need is strong and there is no conflict then the materialization of the desire is more likely, over a period of time.

The combination of thought, expectation, emotion and desire creates form which is created by subconscious manipulation of the basic energy units of the universe.

It is for this reason that if you focus strongly on some desired event in your future it is likely to happen, given that you add the necessary emotional yearning and expectation.

Matter as we know it is merely energy units converted into solid perceptible items that we can either perceive via our physical senses or measure on scientific instruments.

Once again this matter is not permanent as we understand the meaning of “permanent”, but switches itself on and off at a vibrational rate so rapid that we cannot perceive the “off” states.

If you look around you every single item that you see is switching itself on and off. It spends as much time in the anti-matter state as it does in the positive matter state that you perceive. Matter is not permanent.....it only appears to be so.

If you are able to enter an out-of-body state you will notice that everything you see in this state appears to have a glowing vibrational quality. That is, you are aware of the molecular vibrational qualities of the object matter you are observing. It is almost as if you are aware of the individual atoms from which the object is constructed. It is a very strange eerie feeling and can leave quite an awesome impression.

As matter is constantly being created then what we perceive as physical growth of a living structure is not growth at all, but a constantly updating reconstruction of the structure to a newer slightly updated pattern or form. Your entire human body is constantly being updated into a new template which as time goes by tends to disintegrate so that you appear to age. My understanding of the Seth material is that as this template loses its initial psychic impetus then the template loses its “initial sharp focus” and

starts to “fray around the edges”. The body then deteriorates and loses its initial sharply defined form. As death nears in old age the template disintegrates significantly and noticeably.

The initial psychic energy behind the original pattern weakens which causes the physical pattern to blur. Each recreation of the pattern becomes less perfect until the sharpness of the original pattern is completely lost.

It can be compared to placing a good quality photo on a photocopier and making a sharp copy. This copy is then placed on the photocopier and a copy made “of the copy”. If you do this 20-30 times all definition is lost and the picture in the end might only just be recognizable.

To sum up, matter is the result of molecular composition.....the molecules being converted from pure energy by psychic pressure. This is triggered at a subconscious level by expectation, emotion and desire.

The creation and manipulation of matter might be considered as a psychokinetic event.

If you look around your lounge room and view the separate items of furniture, you will observe that the space between the items appears to be empty air. In fact the empty spaces are full of the same molecules as those constructing the furniture. It is simply that you have not subconsciously created a construction in this empty space.

This was taken from the report *Psychic Manifestation*, available in [The Super Mind Evolution System](#)

In the full report, you’ll discover why objects sometimes go missing in your home and only after hours of searching you find the object where you ORIGINALLY looked (this is very strange!)

...and why certain locations in the world can accelerate the manifestation process and provide you health and growth benefits...

# Chapter 5 Dream Programming

## An Introduction to Dreams

The mind does not make an appearance within physical reality, but the brain *is* based in physical reality. Our dreams occupy the same space as the mind ...that is, no space at all.

The images that appear in dreams appear as "forms" in other realities and they are not restricted by our physical reality rules of time, space and growth. They involve the materialization of spontaneous constructions which would normally not occur in our physical world. Dreams are continuous flowing processes which run continuously in the wide awake and the dream states.

While we are in the wide awake state they run subconsciously. The materializations we create in our dreams have no mass in our physical reality but may have the equivalent of mass in other realities.

In the dream state the personality is molded and changed via actions that do not exist in the physical universe. These dream based subjective events eventually manipulate physical matter and events for the individual concerned, depending upon how they have consciously or subconsciously programmed their dreams.

One persons dream affects another's and that person is in turn affected by the neighbor's dreams.

In many cases dreams (in slightly different formats) are shared by two or more people and in some cases close-knit communities have shared mass dreams.

SETH\* says that we have "mass" dreams that occur just above the level relating to the collective unconscious. If we are able to tune in to these dreams (and some individuals can) we would gain an impression of what our society is collectively dreaming which would then give us an indication of future events, as our dreams format our future, both individually and collectively.

(\* SETH was a channelled spirit through Jane Roberts whose books sold over 7 million copies. Seth has been called the greatest spiritual teacher of our time and you can learn more [here](#))

Sometimes these collective dreams contain enough power to significantly alter the future, for better or for worse. It is interesting to note

that the dreams of one very powerful individual can affect the dreams of thousands of other people and this type of individual is capable of becoming a leader or "Guru".

They generally become known in the dream state first and are recognized in the physical world later.

Through very intense emotional focus you can create a form then project it to another person who may then perceive it. This may be done consciously or unconsciously. The presence of this form can now be detected by sensitive scientific instruments.

During the dreaming state your awareness is focused in another reality that is in every way as permanent and valid as the physical reality universe. During sleep only a small amount of your energy is focused in the physical field enough to maintain the bodily functions only.

The dream universe is also composed of a molecular structure, but takes up no space as we know it. It is continuous but your awareness of it is normally limited to your sleep/dreaming periods.



The events in the dream reality are as meaningful as the events in your physical world and indeed are interrelated. One affects the other and vice versa. This is why it is possible (and extremely easy) to program up dreams which have an almost immediate effect in your physical universe.

One of the easiest and most effective types of dream that you can pre-program relates to your physical health. Sometimes a correctly programmed dream can cause almost miraculous improvements to your health in as little as 12 hours.

The reason we don't normally remember our dreams is because the amount of incoming sensory data would overload us and we would experience difficulty in relating to the physical world.

Concepts, ideas and creations constructed in dreams are usually constructed physically over a period of time, depending upon the necessity, expectation and emotional yearning for the event or structure to happen. So if you program your dreams for specific structures or events then over a period of time these will materialise given that you focus on a single-minded desire. The impact of any specific dream has physical, chemical, electromagnetic, psychological and psychic repercussions to that individual.

"As an individual creates his physical image and environment according to his abilities and defects, and in line with his expectations and subconscious and inner needs, so does he create his dreams; and these interact with the outer environment which he has created"

The actual individual dream world created by each individual bears a close resemblance to the physical environment created by the individual.

A person who has problems in the physical world may subconsciously attempt to solve them by playing out various possible solutions on a dream basis.

Consciously the individual may be unaware of these various potential dream solutions but when the correct solution has evolved this will then play out in his physical world and physical events will soon occur that solve the problem.

Dreams are one of your greatest natural therapies and your overriding connection between your psychic and material realities. They are usually totally misunderstood and the majority of people are unaware of how dreams can be manipulated to control your body and environment.

As mentioned earlier many physical problems are solved in your dreams. This will invariably happen if you consciously set out the problem in detail...state it clearly to your subconscious mind....then drift off to sleep. This can also happen automatically if a serious problem is really "bugging" you and you are dwelling on it non-stop. The subconscious then gets the message and solves it for you via a dream. The dream state gives you multiple alternative dreams which in effect are multiple possible solutions. It then picks on the specific dream solution which is likely to give you the best possible outcome.

It is almost certain that you will not remember this series of dreams. In fact the first you will probably know of it is when the problem is suddenly solved. Usually a whole lot of unexpected things happen which solve the problem and you can often be in awe at how "everything suddenly came together". This is your dream solution materializing events and things to achieve the required result. Other dreams can be used to solve your health problems.

The greatest single thing that you can realize is that your personal physical and health environment are *created by yourself*. No one else is responsible for your current circumstances.

If you are in the habit of blaming others for your predicament....then *give up this habit*.

It is not a valid excuse. Your belief system via your subconscious mind is responsible for every single aspect of your existence. You are not a victim of external circumstances ..... but a victim of your own personal belief and expectation system.

SETH indicates that any communications arriving via the inner senses exists in your psychological time...that is the time free zone. Psi time operates during sleep, quiet hours of consciousness and during alpha/theta/delta meditation. Some of the dreams that you recall may appear to have gone on for hours yet in actual time they may have only taken a few minutes...or seconds. They occur in Psi time.

Dreams occur during a shift in consciousness. When you suddenly "wake up" from a daydream you often realize that you were in an altered consciousness state....divorced from the world of physical reality.

In a dream a person might experience several hours apparent passage of time....in a fleeting instant. But the same person does not physically age by that several hour period. In the dream universe the self is free of the ego and is therefore relieved of the necessity of constructing ideas into physical reality.

During an overnight dream state a negative destructive attitude can be changed instantly to a positive constructive one. These type of dreams appear most often when the self feels a sense of desperation and opens up deep subconscious channels that invoke these "healing" dreams.

It is now known that dreams of this nature can be consciously evoked at will in a surprisingly simple manner. All one has to do is to request such a dream prior to falling asleep.

Occasionally you might have noticed an annoying health condition that has gone on for months. Suddenly, one morning you wake up....and it has gone. This is almost certain the result of a dream.

These healing dreams are brought on by repetitive self-suggestion prior to sleep.

SETH has mentioned several times that dreams can completely reverse depressive moods. Sometimes you might be feeling somewhat depressed for weeks then suddenly one morning you wake up feeling cheerful and positive, due to the nature of a dream you have had. These mood changing dreams can also of course be artificially induced via pre-sleep repetitive suggestion.

You can also call up dreams where you are wealthy, happy and surrounded by friends. This will eventually "break through" into your physical life and start to improve your personal situation. If you decide to evoke such a dream then ask your subconscious to retain a full conscious memory of this event, so that you can dwell on it later and marvel at the freedoms you had.

This is the best possible way to materialize events and situations that you want. All the positive thoughts and visualizations in the world will not come near the effect of a powerful "event" dream.

You can still use alpha and theta meditation states for positive visualization purposes, but one or two "event" dreams can make your desires materialize in days....rather than years.

Repetitive suggestion can reach aspects of the self that are out of range of the ego which is why some individuals who use suggestion can change their personality totally ...a feat that would be very difficult if the ego were in control. Suggestion (also via dreams) can also be used to modify your reaction to past events maybe unpleasant ones. Suggestions shape dreams and your dreams shape your present and future. A very powerful dream can change a person overnight and it has been known to completely eradicate a serious illness overnight.

You are constantly giving your subconscious suggestions at every waking moment, by dwelling on daily events as they unfold around you. If you adopt a philosophical attitude to these maybe sometimes annoying events then you will not be feeding negative connotations into your subconscious, where they can fester and generate unhelpful dreams, which eventually reinforce the negative sentiments.

If you wish to recall your dreams then simply give yourself pre-sleep suggestions that you will wake up immediately after your first one or two dreams, or maybe immediately after your last dream.

## Programming Dreams

An eye-opening story from the writer of this report: A strange thing happened just after I retired at the end of June.

I suddenly developed a minor problem with my left shoulder known as "Bursitis" or "lazy shoulder". I could not lift my arm without pain. Some days it was bearable but other days were a serious inconvenience, especially in bed at night. That was when I really noticed it.

I figured it was something to do with the sudden release of stress after 29 years in business. I went to my doctor who told me it would go away eventually. Great help!!

Then I went to a chiropractor who made a series of adjustments which only partially helped ...temporarily.

I mentioned this to one of my clients who had rung for a general chat. He told me that he had seen something about this medical problem in a SETH book but couldn't remember which one. At that point I recalled that I had also seen that reference.

Later that day I pulled out all my SETH material and started wading through it. Sure enough, I eventually uncovered several references and at that point I emailed the SETH network to try and get further information. Finally I tracked down further unpublished SETH material relating to curing the mind and body via dream control.

After 6 weeks of putting up with this pain I tried the dream control technique on a Friday night.

The next morning I woke up feeling "different". It took a couple of minutes to figure out what it was. You guessed it... the pain was not only totally gone but my arm had full and free movement...

I was slightly amazed to say the least.

Two nights later I tried another technique which one of my SETH email contacts had suggested. I programmed up a dream which would cause me to feel happy and relaxed the next day. And sure enough from the moment I opened my eyes the next morning I felt not only happy and contented....but at peace with the world.

This to me is the most magical use of the SETH knowledge that I have yet uncovered.

A number of other applications have been suggested to me by the aforementioned SETH email user group and for the last 10 days I have been trying out things one by one.

And I have just done the "ultimate" experiment.

I am writing this report while on a cruise ship exploring the Indonesian islands. Yesterday while chewing on some Indonesian food on the beach my teeth hit a nut or something similar in the cookie. This broke the top off one of my back teeth. This was hurting like hell so I gave up scuba diving for the day and headed back to the ship to see the doctor. He

could not help me and there was no dentist available until we got back to Darwin six days later.

So...that night I programmed up a dream in an attempt to kill the pain and the next morning it was 90% free from the toothache. To say that I was impressed would be a gross understatement!

I had been totally unaware that pre-programmed dreams could be used in this manner.

The bottom line is that the Inner Self has the ability to cure the body and mind.

I obviously started to develop a serious interest in this process and during the course of a phone conversation with one of my regular clients learned that she was feeling rather depressed and miserable. As an experiment I explained the basics of this dream method and suggested she try it. She wasn't all that enthusiastic but half-heartedly agreed to "give it a try". I asked her to let me know how it went.

Two days later I received a very excited phone call from this lady....she was feeling "fantastic". All her "blues" had vanished and she told me she was feeling the best she had felt in months.

About 2 weeks after this incident a business client rang me looking for advice on how to complete a tricky business transaction that clearly meant a lot to him. He was actually after specific Subjective Communication techniques and after discussing this new dream method I suggested he give it a try. He sent me a fax a week later to tell me that the process had worked "beautifully" and that the deal he was working on had actually happened without hitches. Apparently he had been trying to put this together for 3 months and all of a sudden "everything happened", as he put it. Following is a SETH "quote" sent to me from the email group:

*"The inner senses have an electromagnetic reality and the mental enzymes act as sparks, setting off inner reactions. In the dream state*

*these reactions are easily triggered. A destructive attitude can be changed overnight in the dream state because the whole electromagnetic balance has been changed. Such healing dreams are often triggered automatically when the self feels a sense of desperation. Often there is an almost instantaneous regeneration and spontaneous cure. The same happens in less startling cases where a merely annoying health condition suddenly disappears. Through pre-programmed dreams these therapeutic results can easily be brought about with minimal practice and effort. The use of this dream self-suggestion in bringing about constructive dreams is of great benefit"...*

Dreams can completely reverse moods of depression by simply pre-programming up the necessary dreams.

The program I outline is basically brand new knowledge ...known only to a small number of Eastern practitioners and a few perceptive Western researchers.

I have a feeling that there will be some interesting breakthroughs in this dream research but in the meantime you have been given a brand new concept that you will be able to experiment with to discover the parameters.

And the real beauty is that it is the *simplest* tool I have come across

## The Technique

After you go to bed at night and are fully relaxed prior to sleep say to yourself (over and over) ..... *"I will have dreams tonight that will solve my problem of -----"*.....



Your problem might be one of an illness such as flu. In this case you would repeat over and over ..... *“I will have dreams tonight that will solve my flu problem and cure it”.....*

If your problem is one of unhappiness and discontent you would repeat over and over ..... *“I will have dreams tonight that cure my unhappiness and make me feel happy and contented”.....*

If your problem is one of a general feeling of unwellness then you would repeat over and over ..... *“I will have dreams tonight that make me feel fit, well and bursting with energy”.....*

If your problem is one of negativity then you would repeat over and over ..... *“I will have dreams tonight that make me feel positive and contented”.....*

If your problem is one of a feeling of failure then you would repeat over and over ..... *“I will have dreams tonight that make me feel successful and fearless”.....*

If your problem is one of a lack of confidence then you would repeat over and over ..... *“I will have dreams tonight that make me feel confident and dynamic”.....*

If your problem is one of aggressiveness and short temper then you would repeat over and over ..... *“I will have dreams tonight that make me feel patient and tolerant of others”.....*

If your problem is one of a general lack of interest and listlessness then you would repeat over and over ..... *“I will have dreams tonight that make me feel dynamic and interested in life”.....*

If your problem is one of financial stress then you would repeat over and over ..... *“I will have dreams tonight that cause me to have financial abundance and freedom from stress”.....*

If your problem is one of loneliness then you would repeat over and over ..... *“I will have dreams tonight that solve my loneliness*

*problems and attract emotional happiness and fulfillment”.....*

If your problem is one of a feeling of general desperation then you would repeat over and over ..... *“I will have dreams tonight that bring relief from my feelings of desperation”.....*

If your problem is one of a lack of suitable partner in life then you would repeat over and over ..... *“I will have dreams tonight that attract the ideal partner into my life”.....*

If your problem is one whereby you have a close friend or family member who has a serious problem or illness then you would repeat over and over ..... *“I will have dreams tonight that will help give (use their first name) relief from his/her current problem”.....*

If your problem is one of a general lack of *luck* then you would repeat over and over ..... *“I will have dreams tonight that cause me to have immediate runs of luck”.....*

If your problem is one whereby you need to achieve a specific goal fairly quickly then you would repeat over and over ..... *“I will have dreams tonight that will cause my goal (name it) to materialize quickly”.....*

If your problem is one whereby you want to improve your conscious awareness then you would repeat over and over ..... *“I will have dreams tonight that cause my conscious awareness and insight to improve dramatically”.....*

If your problem is one whereby you want to improve your intuition and Remote Viewing abilities then you would repeat over and over..... *“I will have dreams tonight that cause my intuition and Remote Viewing abilities to improve dramatically”.....*

If your problem is one whereby you want to give up smoking then you would repeat over and over..... *“I will have dreams tonight that cause me to increasingly lose interest in smoking until I give it up”.....*

If your problem is one whereby you want to lose weight then you

would repeat over and over..... *“I will have dreams tonight that cause me to become aware of calorie intake and lose weight naturally”*.....

If your problem is one whereby you want to feel less stressful during the day then you would repeat over and over..... *“I will have dreams tonight that cause my stress level to reduce drastically so I feel calm and peaceful all day”*.....

You may find that the desired result happens after the first night of trying.....or you may find that it takes several “bursts” to achieve that which you want.

Luck and goal-seeking aims tend to take longer.

The critical thing is to do your pre-programming thoroughly.

If you have trouble staying awake long enough to focus on this vital process then you might like to record a 10 minute message play it as you go to sleep. The tape will contain the desired program repeated over and over. Simply read your short message on to it....leave a 5 second gap....then repeat the message. If you record the same message 20-30 times this should be sufficient.

It is a good idea to record 5 minutes silence at the start of the tape then your repeated message.

This means that as you start to feel tired you can start your message then turn out the light and relax. The messages will start after 5 minutes or so and will catch you as you drift off to sleep.

I cannot stress how effective this method is....based on my own personal experience and that of others. It is hard to believe that a program as simple as this could possibly work. However I have been given an inkling of the deep psychological processes involved in the case of the desire to have a dream to increase happiness. SETH states that in this scenario the pre-programmed desire for happiness causes the individual to “meet” with

past and future close friends who go out of their way to create a happiness scenario. The result of this dream-meeting is that the euphoric state of happiness carries over into waking life the next day.

I would imagine all other required scenarios work in a similar manner. However you will probably not be particularly interested in exactly *how* it works.....only in the desired result.

This process has got to be the easiest SETH method I have come across to date. It doesn't matter if you drop off to sleep while the tape is running.....your subconscious will still hear and react to it.

If there is something you particularly want to achieve that is not listed here then you should be able to easily assemble the desired message from the examples given above. The beauty about this particular program is that nothing is critical. You know what it is you want to achieve and providing you convert this to an approximate message your mind will understand exactly what it is you require. Then it will arrange a dream to suit your requirements.

You will probably not remember this dream (or dreams) but you could safely assume they have occurred. Particularly if you have run the identical program several nights in a row.

I have a feeling that it is important you only run one program at a time.....don't try to double up to produce multiple results otherwise there may be confusion.

Up until recently there has not been a great amount known about dreams. There are a number of books on the market which claim to be able to "decode" your dreams but these are usually highly inaccurate. The only thing that has been widely known and accepted is that if a person is deprived of their normal dreaming cycle then they often suffer emotional problems. This ties in nicely with SETH's theory that dreams enable us to solve our problems in an *alternate reality* which stabilizes us for the physical reality in which we reside.

It seems logical then that we should be able to program up specific dreams to solve problems in our physical reality.

**Please Note:** So you don't have to record your own message we've now created 15 Dream Programming audios for you that can help improve your life in many ways.

These audios also contain relaxing hypnotic inductions to ease you into a gentle and relaxing sleep so the dream programming technique works even better....

Simply select what part of your life you want to improve, and listen to the mp3 as you fall asleep. The hypnotist's voice on the audios will communicate to your subconscious whilst you sleep, programming your dreams and helping you to create dramatic changes in your physical reality ...sometimes overnight...



- Supreme Self Confidence
- A New Zest for Life
- Quit Smoking Forever
- Financial Abundance and Freedom From Stress
- Improve Awareness and Insight
- Amazing Intuition and Remote Viewing Ability
- Lose Weight Naturally

- Patience and Tolerance
- Materialize Goals Quickly
- Reduce Stress Levels
- Attract The Perfect Partner Into Your Life
- Incredible Runs of Luck
- Effortlessly Find The Perfect Job
- Wake Up Alert, Happy and Excited Every Morning
- Improve Your Overall Health

These 15 Dream Programming audios currently sell through our main store for \$14.95 EACH ..... but now you can get all these revolutionary audios and much more for one low price in... our [best ever mind power offer](#) that contains The Super Mind Evolution System, The Brave Heart System and over \$2000 in bonuses

...They're powerful...

"I have used dream programming to cure my dizziness problem that my neurologist terms as 'partial seizure'. After the 1st night of dream programming, I witnessed my dizziness going down by more that 90%."  
Vivek, India

"I'm writing to say how my life has changed greatly since using the super mind evolution system. Since reading your reports my luck has changed completely. I frequently use the dream programming technique and within one night of using it I found a new house to live in. It's incredible!

My confidence has skyrocketed and I notice new opportunities presenting themselves to me all of the time. This system is absolutely the best that I have ever come across." Owen King, Ireland

...and our Dream Programming audios are great to listen to...

"Whoever did the voice work on the original dream programming files has got the smoothest and most calming voice that I have heard on any audio work. Maybe he could do an audio of romantic conversation for the ladies that are looking to manifest their perfect partner. That would get them visualising with intensity . lol. keep up the good work , guys. very appreciated." Lyndell Fortin, Australia

## Claim Your 2 Free Dream Programming Audios



[Click here](#) to sign up to our Free 10 Part Video series – *Unlocking The Secrets to Real Mind Power* and you'll get a number of bonus FREE gifts, including these 2 Dream programming audios...

# Chapter 6 Creating and Manipulating Your Own Reality

You must learn to listen to the voice of the inner self and work with it. You may also simply ask the inner self to make the answers to problems available on a conscious basis.

You create your reality according to your beliefs and expectations; therefore you should examine these carefully. If you do not like some aspect of your world, then examine your own expectations.

Your world is formed in faithful replica of your own thoughts... If you think positive suggestions to yourself about a situation you send telepathic ammunition for positive use. You must learn to erase a negative thought or picture by replacing it with its opposite. But do not attempt to think positive thoughts all day long. Let your emotional swings work in the normal manner.

You should tell yourself frequently "I will only react to constructive suggestions." This gives you positive ammunition against your own negative thoughts and those of others. A negative thought, if not erased, will almost certainly result in a negative condition.

Say to yourself, "That is in the past. Now in this new moment, this new present, I am already beginning to change for the better." It does not do to repress negative thoughts, such as fears, angers, or resentment. They should be recognized, faced and replaced. Recognize resentment when it is felt, and then realize that resentment can be dismissed. Initial recognition must be made. Then you must imagine removing the resentment "by its roots" and replacing it with a positive feeling.

You must watch the pictures that you paint with your imagination. Your environment and the conditions of your life at any given time are the



direct result of your own inner expectations. If you imagine dire circumstances, ill health or desperate loneliness, these will be "automatically" materialized, for these thoughts themselves bring about the conditions that will give them a reality in physical terms. If you would have good health then you must imagine this as vividly as you fearfully imagine ill health.

You create your own difficulties. This is true for each individual. The inner psychological state is projected outward, gaining physical reality - whatever the psychological state may be... The rules apply to everyone. Knowing this, you should try to realize what your psychological state is and change your conditions for your own benefit. You cannot escape your own attitudes, for they will form the nature of what you see.

If changes are to occur, they must be mental and psychic changes. These will be reflected in your environment.

Negative, distrustful, fearful, or degrading attitudes toward anyone work against the self. If an individual sees only evil and desolation in the physical world it is because he is obsessed with evil and desolation and projects them outward, closing his eyes to other aspects of reality.

If you want to know what you think of yourself, then ask yourself what you think of others and you will find the answer. True self-knowledge is indispensable for health and vitality. The recognition of the truth about the self simply means that you must first find out what you think about yourself subconsciously. If it is a good image, build upon it. If it is a poor one, recognize it as only the opinion you have held of yourself and not an "absolute state."

You are not your emotions. They flow through you, you feel them and then they disappear. When you try to hold them back they build up. You are independent of your thoughts and emotions. You have emotions. You use your thoughts and emotions in your mental composition. You must learn to trust your own spontaneous nature. Your nervous system knows

how to react. It reacts spontaneously when you allow it to. It is only when you try to deny your emotions that they become a problem. In spontaneity there is a discipline that utterly escapes you, and an order beyond any that you know. Spontaneity knows its own order. All of nature is spontaneous. Our bodies will be healthy automatically if we do not project false ideas upon them.

Action accepts all stimuli in an affirmative manner. This is why an illness is accepted by a personality structure, and once this occurs, a conflict develops. The self does not want to give up a portion of itself even while that portion may be painful or disadvantageous. Physical symptoms are communications from the inner self, indications that we are making mental errors of one kind or another.

Do not forget that you are a part of the inner self. It is not using you! What you are supposed to do, then, is change your mental attitude, search yourself for the inner problem represented by the symptoms, and measure your progress as the symptoms subside. You sell yourself short if you believe that you are only a physical organism living within the boundaries cast upon you by time and space.

You must accept life on its terms, and not demand that it behave in certain ways. You must accept life gladly, as its own reason and cause within you. Life is abundant, vigorous, and strong. Each of us has our own defence against negative suggestions and we should trust in our own immunity.

You are a unique individual. You form your physical environment. YOU MAKE AND CHANGE YOUR WORLD. You are part of all that is. There is no place within you that creativity does not exist. You must live in faith that your purpose is, and will be fulfilled. The uniqueness of your own personality is to be cherished.

The particular purpose of your present personality can only be met in the present circumstances in the way that is best overall. The people that

you can help now and the particular good that you can do can never be done in precisely the same way.

Throughout the ages, some have recognized the fact that there is self-consciousness and purpose in dream and sleep states, and have maintained, even in waking life, the sense of continuity of the inner self. To such people it is no longer possible to completely identify with the ego consciousness. They are too aware of themselves as more. When such knowledge is gained, the ego can accept it, for it finds to its surprise that is not less conscious, but more, and that its limitations are dissipated.

This is taken from *How to be a Winner in life in The Super Mind Evolution System* where you'll also learn why it's crazy to remain positive all day long ....for no reason. This is emotionally UNNATURAL! ...and 9 other common mistakes and surefire ways to fail.

Plus a powerful technique to erase your negative thoughts and the mental preparation you MUST do before you can become a success (this is a reason why so many businesses fail)

# Chapter 7 Remote Influencing

**\*\*Totally confidential\*\***

How often have you felt that someone was staring at you. You probably turned around and immediately caught the gaze of the "starer".

Or maybe you've unintentionally done this to someone else.

What has not been realized until quite recently is that when you focus on another person, either within eyesight or geographically distant, then that person subconsciously picks up on your attention. Further still, their physiology changes slightly. Their blood pressure increases for a start....and there are other measurable changes.

Human minds appear to act like an international telephone exchange. When you focus on someone...you "connect" directly with them. There is no error....the connection is always made.

This fact was suspected for a long time, but until recently there had been no serious research on it.

Then along came the remote viewers. And what they discovered absolutely stunned the scientists who had an interest in this field.

The remote viewers found that not only could they "connect" with their target person in real time....but they could connect at specified times in the past and in the future!

That is...they would remote view (connect with) an individual....but before doing so would specify exactly the time and date that they wished to do so.

It was found that they could remotely influence a person's physiology in the past and in the future.

This is totally astounding knowledge.

In fact, all you have to do to remotely influence someone is to specify the exact individual...and also specify the time and date when you want contact established. You then focus intently on that person.....and follow whatever procedure you have in mind. (More about that later).

The ex-military remote viewers are ALL familiar with remote influencing.....and they will ALL totally deny that they have ever heard of it!

Let me now give you the background as to what has been discovered in the past...then I'll supply you with the latest up-to-date information.

You'll find in this report a number of different methods you can use to learn remote influencing. When you combine these methods together.....your life will totally change. Some of the methods will appeal to you....and some probably won't. It is over to you to take the knowledge contained herein and apply it. As everybody has a different mindset then no one particular method can be recommended. Something that will work for another individual may not work for you.

But the *Remote Influencing report in The Super Mind Evolution System* is complete. It is the essence of the sum total of knowledge about remote influencing.

The field is still in its infancy, so you will have to adapt the processes described to suit yourself. But if you practice some of the methods described you will start to notice increasing success.

Please remember that each and every individual affects other people all the time.

If you drive your car down the road slowly and hold up traffic behind you...then you are affecting others.

The mere fact that you are reading this means that I have affected you. You could have been doing something else right at this instant.

All we are doing with remote influencing is affecting people in a slightly different way....remotely. It is merely an extension of your day to day interaction with others.

If you happen to be in a foul mood and enter a room full of people, then they subconsciously pick this up off you and avoid you. That is uncontrolled remote influencing. What you are learning here is controlled remote influencing. You can use it to your advantage...and to the advantage of the other person. If you use it to harm them....then you are likely to have the exercise bounce back on you some time in the future...with a considerable interest percentage added on!

Once you have mastered the process....you will simply find that things go your way. This is because you are unconsciously using subjective influence without even being aware of it. It becomes an automatic process.

When you focus on a project intently then your remote influencing abilities come into play and make it happen. It will appear to you as if you are suddenly having a run of good luck. Don't knock it...ride with it.

And don't be afraid of it because it is a natural talent that you were born with. For the first time in your life you will have it under control.

Some of the more advanced martial arts gurus have learnt how to affect a person at a distance by transferring emotion based on "moving-energy".

You must be very clear in your mind exactly what it is you wish to project. Waffly half formed thoughts will go nowhere. That is the first step. The second step is in releasing the thought. You fire this compressed energy thought-ball at the target..... then promptly forget all about it. You DO NOT dwell on it.

This is the same process that is used for psychokinetic experiments. You fire the energy...then promptly think about something else. Most psychokinetic effects happen after you've stopped trying.

You really have to become aware that what you think and what you feel is changing the world outside yourself!!!

Your thoughts have energy....this has actually been measured. And when you intently focus these thoughts they develop a resonant energy. Then when you direct this resonance toward one particular person....with absolute single-minded intensity.....that energy will impact on that target person and affect them,

You can design your life circumstances by consciously designing and focusing the thought patterns and accompanying intensity.

In developing projective skills remember that whatever you project outward will be reflected in your environment so destructive projections will adversely affect your environment. This is why people who dwell on things that they fear...and impart projective energy to these thoughts ...usually self-destruct by creating their own personal disasters.

Once you learn these projective skills you must never dwell on negative destructive activities. The purpose of developing this projective ability is to firstly improve your own life...then the life of those around you that you care for.

Here is another simple exercise for training yourself in projection:

Choose someone in a room of people as a subject. Obviously don't tell them. Produce a clear focused picture in your mind of that person scratching their neck. Now this is an autonomous response so they will not always be consciously aware that they are doing it. It is the same autonomous nervous system response that allows the Mental Pendulum to work. Focus intently...then let go. Try this on various people until you get a

response. When you get your first response take a careful mental note of the exact thoughtform you projected...and use this method in the future.

This is a great exercise to do when you are sitting in a doctor's waiting room....or an airport lounge.

Another simple exercise is to focus intently on a distant friend. Visualize them picking up the phone and ringing you. Keep practicing at this until you have some success. Even one successful attempt out of ten is great for starters. As you become more adept at it....your success percentage will creep upward.

Remember that this is a new skill that you are learning and as with all new skills....it takes time.

Do not become discouraged. You have been learning new skills since day one! It probably took you weeks to learn to walk when you were a baby....but you were absolutely determined. In fact you were probably so totally focused ...that you made it happen! And this is what you have been doing throughout life.

You can also practice sending positive affirmations to loved ones who have troubles. You can "transmit" enthusiasm, encouragement, compassion, healing vibes, cheerfulness, optimism, love, and self esteem...to name just a few. You can watch their reaction to see if they received your message. You will probably find this works best when they are in a meditative or alpha state.

This was taken from the *Remote Influencing* report, available in The Super Mind Evolution System ... many more techniques in the full report.



## Chapter 8 The Best Mind Power Offer

Although we've only shown you a tiny glimpse of how The Super Mind Evolution System can help you in so many ways ...if you've seen the price, you'll understand what an incredible deal this is...

When Jim Francis first released his research he sold each individual report for \$100... You can get over 20 of his reports for less than the price of 1.

Access other programs such as *The Mindpower Jackpot System* - This world first powerful mind power program will help you change your belief system to accept financial windfalls as your right and heritage. It will help you receive amazing bursts of luck.

The program transfers your major past successes and resultant mindset into your future. You will probably develop a confidence in your future success like you've NEVER had before!

Plus *The Psychokinetic Problem Solving Program* - All you need to do is specify your goal, and this unique program will show you how to attain it...produce 'inspired' answers almost at will.

The specially recorded audio trains your subconscious mind to find a solution to your problem... while you sleep.

Once your mind becomes trained, you may find the process speeds up to the point where you can sit down at any time of the day, play the audio and get the answers you want. Eventually you may be able to do away with the audio altogether and produce inspiration on demand... Imagine how USEFUL that could be...

*Contact!* - Attract love and romance into your life with your mind

*Make a Living from Roulette* - Increase your chances of predicting the next color

*Remote Viewing* - See people, places and events in the past, present and future

*Concepts From The Edge* - Learn how to induce an out of body experience and telekinesis

Plus *Make a Living from Roulette*, *The Ultimate Visualization Exercise*, *Kahuna - Keepers of the Hidden Secret* and many more

Plus we've created 22 powerful audios inspired by his cutting edge research which are now included in this price.

Plus you also get the *Brave Heart System* included...

...and over \$2000 in bonuses...

So you get over 100 revolutionary mind power products worth well over \$5000 to transform your life for 1 VERY LOW price (If you're wondering why the price is so low, we explain why on the link below).

[Click here](#) for full details of our best ever mind power offer ...and find out why so many people are ecstatic about it, like Tony...

**"The most incredible package I have ever come across"**

*"I wanted to say that the super mind evolution system is the most incredible package I have ever come across. It seems to tie in all the so called 'way out theories' I have thought about for years. Initially I was very keen to learn hypnosis and to help others and have somehow stumbled across your material ...This is so exciting I find it difficult to put down."*

Tony Gregory (Gold Coast Kiwi)

( Click the above link and read a few of the comments in the right hand column ...just a few of our VERY happy customers...)

## Chapter 9 The Super Mind Academy

### Bonus Exercise

Below are a few example of how you can transform a sentence when eliminating the Word “Is” from your vocabulary.

The car is blue. >>>> The car appears blue

Jack is feeling down. >>>> Jack's behavior seems melancholy.

Jack is unhappy. >>>> Jack appears unhappy and grouchy in the office.

That is a stupid idea. >>>> That seems like a stupid idea to me.

Jack is happy. >>>> Jack seems happy today.

This exercise that your learning about in the Super Mind Academy is actually taken from a form of English called E-prime. Although I'm not asking you learn all the details of E-prime, I am asking that you refrain from you using the word “is” for the specified amount of time each day.

In doing so, you will be refraining from assigning absolutes to things which will greatly improve many aspects of your mental wiring. There are more ways of eliminating the “isness” from language but for now we are going to concentrate on removing the word “is”.

The link below is to an excerpt from a book called Quantum Psychology by Robert Anton Wilson. I highly suggest you read. It's very short and will help you understand this exercise and some of the reason I believe it to be so important. You will also get an idea of other ways you can refrain from assigning absolutes to things by reading this document.

Here is the link: <http://www.rawilson.com/quantum.html>

Below is a few sentences I've written down for you to remove the "isness".

"There is no Life after death"

"There is Life after Death"

"Darkness is frightening"

"The Death Penalty is wrong"

"The Death Penalty is just"

Take out a piece of paper and write your answers down. Writing things down is a good way to install material in to your brain.

## What is the Super Mind Academy?

The SMA is a comprehensive training Academy dedicated to improving your quality of life through personal empowerment. The SMA was developed by Jeff Gignac and his elite consulting partners to produce rapid transformations so you can begin to take immediate control of your destiny.

Jeff is a Certified Master Practitioner of NLP Under Dr. Richard Bandler (MNLP), and a Certified Clinical Hypnotherapist (CHT), Co-Creator of Adaptive Response Training Technologies and Certified Therapeutic Touch Practitioner and Certification training with Tony Robbins.

He's worked for CEOs, top athletes, and well known celebrities such as John Assaraf - in other words, he's the real deal.

The brainwave entrainment program will guide you through to deeper states of consciousness. This will help you get the most from some of the more advanced mind power programs such as *remote viewing* and *subjective communication* in *The Super Mind Evolution System (SMES)*.

Jeff will also address specific programs in the *SMES* and give you simple ways of practising them.

During these first few months you'll also be given A.R.T and NLP strategies that help integrate the programs of the *SMES* into your life..

## Adaptive Response Training

Adaptive Response Training can have by instantly installing skills and strategies that can dramatically increase performance, raise IQ, and bring on a feeling of calm assurance. Great time, energy and resources were drawn upon to make this membership available.

Adaptive Response Training Technologies consists of 26 different exercises that even the most resistant person will be able to do. And when they do... they will magically gain an assortment of skills that most pay 10k and 3-6 years of their time to learn.

You'll also get access to some of the best Brainwave Entrainment Technology the world has ever seen or heard. I can confidently tell you that it is more effective than any commercial product on the market.

## How Brainwave Entrainment works

The primary function of brainwave entrainment audio is to help TUNE the brainwave rhythms of the person to specific states. Brain science and EEG research dating back over 100 years has shown that specific brain rhythms are associated with specific emotional and cognitive outcomes. For example; it is known that when a dominant brainwave pattern or rhythm has a frequency of 10 cycles per second, it is very likely that the brain will produce the positive brain chemical serotonin. Serotonin has a powerful effect on mood and increases sense of well being. Most depression medication works based serotonin.

This is only one example of 1000's of possibilities. Specifically, brainwave entrainment audios exerts its positive effects by offering specialized audio frequencies to the ears and skull that encourage the brains internal patterns and rhythms to match and then follow the frequencies in the audio. This is called "The Frequency Following Response".

The Frequency Following response is a natural phenomena that occurs when the right frequencies are heard. Using this natural phenomena combined with advanced audio processing technology and over 100 years of brain research, we are able to create brainwave entrainment audios to help tune and optimize the brain for an unlimited amount of possibilities.

## Benefits of Brainwave Entrainment

Brainwave entrainment comes in many varieties, colors and flavours and can be created for general purposes such as relaxation, to very specific purposes such as increasing verbal skills.

There are however, some common benefits that most brainwave entrainment audios have in common. Here they are:

- \* New neural pathway growth – increase in brain power
- \* Balancing of the brain’s electrical activity – whole brain functioning
- \* Improved memory
- \* Balancing of Emotions
- \* Mozart effect benefits multiplied
- \* Regulation of sleep cycles
- \* Positive brain chemical release such as DHEA and Serotonin
- \* Mood elevation



Each module on their own has shown to produce amazing results in peoples lives. Together, they give you the power of Self-Evolution and control of your future...

[You can now join The Super Mind Academy for just \\$4.95](#)

Membership to the academy also includes membership to 2 other clubs...

### Mind Gold...

For the first time ever - Get instant access to brainwave entrainment audios with private label rights created by Jeff Gignac worth \$100. This means you can use it and re-brand the audio, sell it and keep 100% of the profits ...pure gold... Plus you'll get Mind Gold Classics which will help you make more money... and each month you'll get a new audio with private label rights and a special bonus worth over \$100

## and *Super Mind Music*

A combination of beautiful classical and ambient music with brainwave entrainment...

As a VIP member, you'll get access to albums like this...

### Unwind Your Mind with Ambient Journey -

Boost mental alertness and sharpen focus

“This is one of my favourite tracks to use in the morning when I want to sharpen my brain and add a little shot of energy into my thinking”

– Jeff Gignac



This beautiful track that has wonderful energy and speed. The brainwave entrainment in this track is designed to lift “brain fog” and energize your thinking. The frequencies used in the track are often used to improve creativity, boost mental alertness and sharpen focus and concentration. These frequencies also have a secondary effect; they act as mood enhancers for most people.

The music is a relaxing ambient journey of chill out tunes mixed with ethereal soundscapes.

### Creative Genius with Mozart Symphonies 1 -

Boost creativity, focus and mind power

These tracks take the “IQ boosting” potential of complex classical music and adds one of the most effective creativity and focus enhancing entrainment protocols we’ve ever tested.



The result are beautiful tracks that help in 3 areas that are most influential on the ability to succeed; Mind Power, Focus and Creativity.



These tracks will help you gain the advantage when performing any tasks that require you to actively use your brain.

The music contains beautiful tracks from Mozart Symphonies 29 and 40, including the world famous movement 1 from his symphony 40.

These CD albums sell at our main Super Mind Music site for just \$19.95 each, with new albums being released every month...

*...but Super Mind VIP Club members get access to every Super Mind Music mix and access costs just \$4.95 - You'll get full details at our [Super Mind VIP Club](#)*

Or to take a free pass into the VIP Club just scroll to the bottom of the page in the link above.

...and don't forget to check out our how you can access the full stunning mind power research at its lowest price EVER...

[Click here](#) for more details

"This system is quite simply the best I have seen"

"It is simply one of the most comprehensive and well put together packages I have ever come across and is offered at a cost which is truly a fraction of its real value ...this is almost certainly the most powerful and effective 'mind power' system currently available."

"Anyone who has purchased the system, read the e-books and listened to the MP3 entrainment/hypnosis recordings will already know that the whole 'feel' of this package is different from the usual stuff... there is very little about 'universal laws' or the standard quasi-spiritual 'explanations'. Instead the emphasis is on the real cutting edge discoveries that underpins Jim Francis' system, and the practical application of his discoveries."

"The information in the 'The Super Mind Evolution System' e-books is truly powerful, but when combined with the brilliant series of MP3 recordings designed to make the whole process of change automatic, this system is quite simply the best I have seen." Peter Roe, Master Hypnotist

### "I was skeptical at first, but now I believe"

"The Super mind evolution system has taught me a lot about the mind and life. It has taught me how the mind works, therefore giving me a better awareness of life and what power I really have deep inside.

Awareness is crucial. You can read tons of stuff on awareness, yet all of it may not help. It normally happens in a "eureka" type of moment. Everything finally "clicks" and you are aware or conscious of the power you have. This system is like a stimulus for this eureka moment.

It may take a few minutes, maybe hours, days or a couple of months, depending on how much work you actually put into it and how you think. But trust me, it will work eventually. I was skeptical at first, but now I believe." Jonathan

### "The best in the marketplace"

"The mp3's offered in the Super Mind Evolution Systems package have to be hands-down, the best in the market place. They're powerful, easy to use, and I've experienced positive results within a night's sleep of using them. I would recommend them to anyone... Thank you, thank you, thank you!" Laurie J. Brenner

[Click here](#) for more details