



Creation of practical thought-forms through focal meditation (Psionics)

Hey all, here is a little article for you guys. I just finished it up, and its going to be one of three in a set, here is the first.

Creation of practical thought-forms through focal meditation

In my experience focal meditation is one of the most important cornerstones of direct energy manipulation, it can be seen as vastly important because energy is directly lead, accumulated and focused by our attention. This relates to an axiom of Qi Gong, that ones Yi, or will, intent, and focus combined must be honed and strengthened, or anything done will be "lifeless and without real power." All three can be trained by proper application of and dedication to focal meditation to boost the power of astral procedures/constructs and psychic development of the conscious mind.

First of all to get our terms straight I consider a thought-form to be a specific process or procedure carried out in any way by use of various patterns and formations of energy, will and intent driven by focus. A construct as is known is a construction of various energy patterns and formations designed to carry out various processes and procedures. Etc they are all one in the same when you get down to it. A procedure, spell, thought-form. They all are direct use of energy propelled by will, intent and focus to produce an effect.

When one must do something that requires multiple astral processes to be carried out, such as

the manipulation of the population density inside of the local supermarket for example, one can make a slightly complex procedure that involves the creating multiple smaller constructs to act as pieces of a well oiled machine to carry out this process together and working off of each other to create a larger and more complex effect. This specific example may involve a process that manipulates the causal factors leading to when people show up and leave so you get there during a period when people are sparse, as well as a couple more procedures involving various telepathic suggestion commands, such as one to stay clear of the areas of the market you going to, as well as a more widespread one that will dissuade people from deciding to go to the market that day in the first place,

The aforementioned as a basic example would be a multiple procedure command that would be carried out as a computer would run a program within its operating system, so shall the procedure execute the commands into reality. Remember energy is not bound by time or space, with this understanding many things are possible and the construct can act everywhere that has importance to your goals at once. Each piece of the procedure that will be carried out will be built in the first place with focal meditation. The focus should be the objective it specifically will carry out. Through being able to focus solely on the individual objectives, one at a time without any excess thoughts you can achieve what is akin to a light trance state, and the sub-conscious mind will be able to greatly enhance the construction/programming of it around the parameters of the objective you give it through the focal meditation. The creation and application of these more complex constructs will be covered more later in the lesson plan.

First thing is first, to be able to maintain ones mental energies in such a way that is required for focal meditation a simple method should be employed in daily life that will ensure constant practice. For many of us thoughts arise constantly during our activities that have nothing to do with our present situation. At times it is good to address these thoughts; however there is a time and place for everything. While we are at school we should strive to pay 100% attention to our studies, when at our jobs we should strive to give 100% of our focus to our work, and when we are at home we should give attention to not bringing our work and too much daily drama home with us, so that we may keep a clear focused mind. The benefit of focusing all of ones attention on any activity one is doing is you will see a sharp rise in daily productivity, as well as memory and mental prowess in general, as you will pick up more details about what you are focusing on and retain them as practice deepens, and progress is had. But the main thing is that this trains your energetic focusing ability, so you as the conscious mind will be trained to guide the energy as you will.

Lesson One

Initial focal meditation: Energy accumulation, and refinement of purpose

Initially three things should be done:

1: A focal meditation is chosen, I highly recommend Dantien meditation as outlined below towards the bottom of the article, as this will cultivate your internal energy capacitance and increasing its natural energy flow. Do this at least 15-30 minutes a day in a calm relaxing place.

2: One should strive to maintain strength of imagination; we all can visualize and use internal senses, its called daydreaming, through guiding this it turns from a mess of nonsense into a meditation method of guiding ones energy. For this, during the daily focal meditation exercise of Dantien meditation, you can imagine energy being gathered in the Dantien spot from your core. The navel area is being and saturated by it, when finishing up the meditation passively watch the gathered energy when pressure of focus is released naturally flow upwards in the center of your body to your mind/ pineal gland/ third eye. Take a few deep breaths and finish.

3. Make sure you start making your best effort with keeping your attention on the moment, and try to catch your mind wandering from the matter at hand whenever you feel it start to drift. Just remember to never get frustrated.

Make sure you give yourself enough time with the three things listed above to gain some proficiency in them or you may find it harder to do the more advanced work.

First we are going to choose one simple goal that we would like to achieve, this can be anything from simply gaining further control over ones own mind, to event manipulation, the imaginations the limit.

Example goals: A raise at work, or strings of green lights wherever you go, etc. Imagination is the limit.

Initially we want to simply focus on one singular point in front of ourselves, or at the location one wishes to cast the construct. See it in your minds eye, as long as the mental association is there and you are comfortable with the link. When focusing a point in front of ourselves we are going to want to put all of our effort in blocking out everything but our focus on this spot. Once again, when random thoughts arise, dismiss them patiently, and gently guide your attention fully back to the focal point. Feel with your entire being and all your senses that with every breath (calm deep and even) more and more energy is being accumulated into you and channeled into the spot chosen. Once you feel as though a sufficient amount of energy is focused at the spot continue on to the next step. This usually takes anywhere from one to several breaths.

Note: During this step it would be beneficial to the process to try to feel as though you are accumulating an energy pattern conducive to your goals. While this is not completely necessary it will eliminate the need for some programming as the procedure created will be "of this concept" Such as with attaining a raise at work the energy pattern I would use for example would be 'magnetic' in nature so as to magnetically pull the vision of your goal into your life, as well as aligned/ having the "flavor" of the reception of personal wealth. Have this precept of receiving these specific energy patterns in your mind as you are performing the exercise. This also adds a bit more complexity of the concept/thought process to be held in your mind broadening your focal meditation exercise naturally.

(The above exercise could also be used plainly as a general "pick-me-up" exercise for energy accumulation for personal use. Try not to overdo this though until your internal capacitance is established though.)

Next we begin focusing on the concept of creating the effect you desire in your mind, try to make it as simple as possible, the less complex it is during these initial phases the better it may be for you, but it differs from person to person. As any other thought patterns begin to arise that have nothing to do with the concept chosen, do not react to them in any way, and simply dismiss them. Try to focus on the chosen concept with all of your senses. Continue in this pattern until the only thought process that can be seen in your mind is this single one chosen. This stage is admittedly the hardest one in the entire course, as training ones own mind is something many have never considered, however it is one that really benefits you in all other areas of your life. It may take you weeks or months or longer to achieve perfect focal meditation, but it is something that should be strived for constantly. You can move on to more complex ideas to focus on however the simpler the better until you achieve a decent ability in dismissing random thoughts as they arise. The most important thing about this is to be patient with your self, as the emotion of impatience and frustration is a sure ticket to clouding your thought processes even further and deeply as well.

Once you have achieved focus on the outcome you desire from the operation, you apply intent and will. With your entire being know that the outcome of this operation will lead to you getting a raise at work, dispel any doubts whatsoever as they arise. The most perfect work comes when self doubt has been demolished. Make this idea a reality within your own mind; see it happening so strongly that it is as a vivid daydream. Bring the entire mental construction of what you wish to take place and place it into the energy accumulated during the initial phase. This can be then sent off to carry out your will, and can be a very potent thought-form. Powerful results can be had when ones full uncluttered focus is on each specific part of the operation one is undertaking.

It will not take you long to see the personal benefits of performing some kind of focal meditation daily. When applied to practical construct casting as well as mental and energetic cultivation small results turn into larger and larger results. Don't get stuck thinking micro-results is all you will ever get, never limit yourself and you will see that you can progress fast. Making the step from psionics / magick as a hobby to psionics / magick as a way of self betterment and a way of

life isn't as big of a step as people think; it is just all about having the fluidity to incorporate it into every aspect of your life, one at a time.

Next we are going to expand our exercises a little bit.

To continue I recommend that you must strive to gain proficiency at three more things.

4. You must be able to focus on a spot in front of you with complete focus; any thoughts that arise must be pushed down and dismissed gently.

5. You must be able to bring your intent clearly and solidly in your own mind to the exclusion of everything else.

6. You must know that your will shall be carried out. Self doubt must be squashed during an operation. Eventually you will build up enough positive personal experiences (if you have not already) that you will doubt your abilities less and less. Doubt is not the same as knowing what you can do at any given time. Let your positive and negative results guide how you view your abilities. If you are getting more negative than positive results, you must not be impatient with yourself, strive to practice harder, and with more focus.

The first practical exercise is a variation of creation a ball of energy(psi-ball) for use in the creation of a thought-form for any purpose at all. You can use the breathing technique as an assistant for accumulation but it is not completely necessary and is mainly a traditional Qi Gong method of cultivation the energy; however it does help one focus I have found in my experience. Accumulate chi/psi into a spot nearby where it is to be used. With every inhale channeling it into the spot you are focusing on and with every exhale focus on it condensing into the space of the size of a marble. Make sure you do not hyperventilate during this. The breath should be calm, even, and deep, through your nostrils, with little to no noise being heard from the breaths. Stop when it feels like the density is getting too tight to hold it together. Every day strive for adding breaths, and amount of energy compacted, it is literally a work-out. The sphere of energy can be used for any purpose, for our purposes with this article though we want to choose an objective we wish this sphere of energy to carry out. Example here being healing a scrape we just got on our knee, or some such.

After the energy is accumulated we focus on the idea of this injury healing quicker, of white blood cells fighting off any bacteria that may cause it to get infected, and of the skin and flesh re-growing. Focus on this and nothing else for 5-10 minutes until you have it tightly in your mind that healing of the wound is taking place and then when the time feels right WILL it to move from your mental sphere/imagination into the energy you have condensed until the sphere feels as though it is humming with the intent you have given it. This sphere of healing can then be used for a further meditation, here we will be focusing on the sphere of healing energy to move to the injury, or whatever else your personal objective may be, and focus to the exclusion of everything else, the sphere carrying out its order.

For long term energetic constructs which need to persist such as healing constructs mentioned here, and any other construct really a technique known as 'tethering' will be employed.

Energy is everywhere, and in everything, however there are certain places where there are highly dense resources such as the concept of 'leylines' which can be seen as the various flows of the planets vital life energy, another good resource is the sun or any other star to be seen in the sky. To create the tether it is as simple as creating another construct to act as a tube. Gather a nice amount of energy and form it into a shape similar to a hose and hollow it out. Connect one end to the main construct and the other end to the star or other energy source chosen, one can connect the other end to oneself however this may be draining to you.

In the case of healing a scrape, move the sphere into position and focus on the energy being dispersed into the wound, visualize it healing, know it is healing, and chances are it will heal much faster than before. This of course can be done in much less time as you progress, but for our purposes it is acting as a dynamic focal meditation practice. Remember that you are meditating and practicing your ability to focus, but with a practical objective. Allow the construct

to sink into this area and do its business. In the case of any other goal the same basic operation guidelines can be used.

This is the end of part 1 of 3 of the lesson plan, below are a few exercises I recommend for self development within the lines of focal meditation, as well as energy cultivation.

A few intermediary exercises that can be done as far as focal meditation goes:

A basic one used many places is focusing on a picture on the wall, or any point in space for an extended period of time to build focus and patience. This exercise will help with energy accumulation, and directing.

A highly beneficial focal exercise is known as Dantien meditation in Qi Gong. It involves meditating on the position of your navel area and inwards, finding the center of your own body. The Dantien is also known as an 'elixir field' a point of storage of the body's internal energy capacitance. Dantien meditation done regularly is known for strengthening energy flow and storage capacitance as a result an increase health and vitality and alignment with ones own being is gained. It is good to keep good posture so the spine is straight while doing this for optimal health and flow benefits. One can combine this with conscious breathing.

Focus on breath is seen as a vital part of energy cultivation as breath is also a controlling factor in internal energy flow. By the law of analogy a direct connection can be seen between the breaths controlling blood flow, and the breaths controlling of internal energy flow. Try to focus on your breath without affecting its movements at first. Once you have become comfortable at watching your own breath, try focusing on breathing from the stomach rather than the chest as it is beneficial to health and energy flow as well. Try to fully relax your body after each exhale including your lower abdominal muscles. Much tension can be carried here throughout the day that can contribute to fatigue and stress which are very nonconductive to focus.

Breathing in concepts such as 'pure health' with every inhalation is also a viable practice of focal meditation. The idea will be impregnated from the breath to the mental sphere, actualizing into the astral, and finally the physical.

Focusing on a candle flame, trying to 'become' the flame is a popular one and often leads to attempts at controlling the movements of it.

Imagination is the limit.

I hope some find this useful, have fun all.