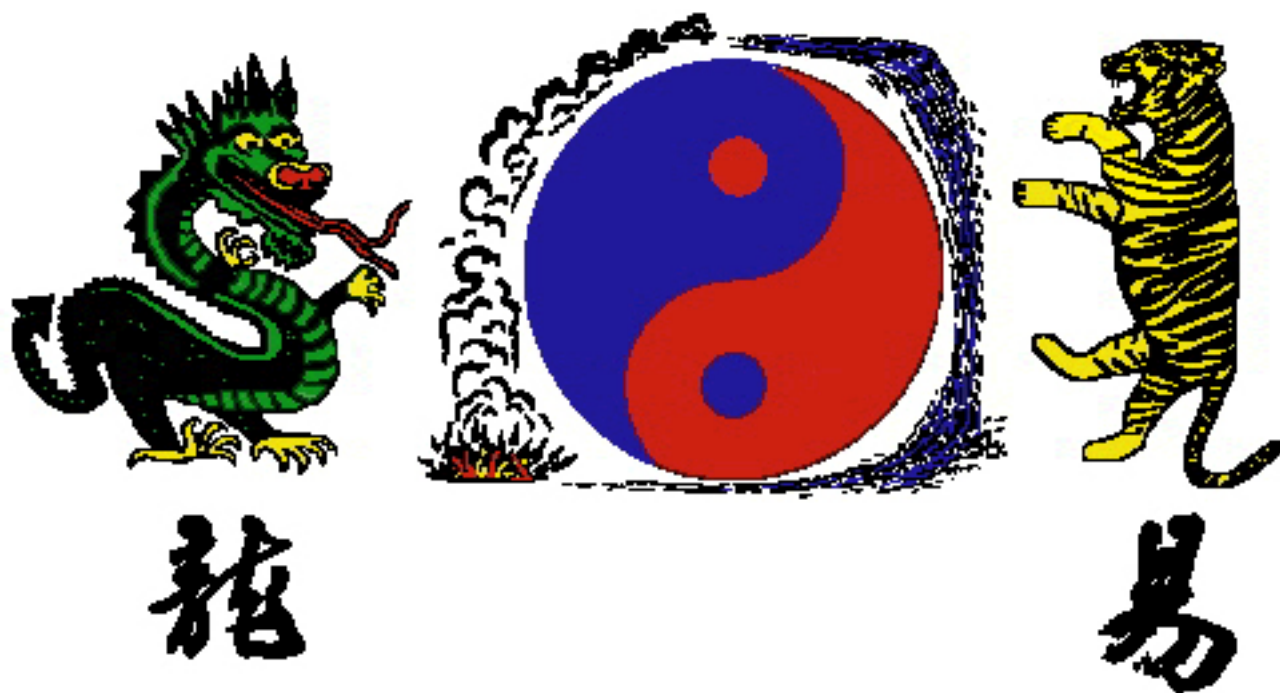


# Secrets Of Power II: THE MENTAL WARRIOR



By Bruce Everett Miller

Based on the Quan Li K'an Style of Martial Arts

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do I intend it to push one style of Martial Arts over another.

YES I reference Quan Li K'an  
But that is just because that is my personal Style.  
It doesn't mean that QLK is best for you!

I personally believe that you not only have the RIGHT  
To believe what you want  
AND you have to obligation to do so

And I also believe that this world does NOT need more Clones!

# **The Secrets of Power II**

## **The Mental Warrior**

By  
Bruce Everett Miller

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What we believe we cannot do,  
We will never be able to do.  
That is the real Limits we have.

## Foreword

The problem with mental training is that there are no set standards. Dealing with the mind is even worse than dealing with the body, at least if you are talking about a systemized description of terms and explanations. Everybody has an opinion that they consider valid and no one agrees with anyone else. Add to this confusion the natural reluctance of the mind to conform to training or control and it's no wonder that the old saying, "You can't get there from here" is almost a truism.

Realistically the problem is one of defining where "there" is more than how to get there. There are numerous books on the shelves that offer some type of dialogue on self-help. The trouble is that most of them do not fit the bill for the martial artist. Even those written for the martial artist tend to describe the aspects of mental training either just in terms of enlightenment or in terms which may have numerous different meanings. It is no wonder that almost all instructors agree that without individualized training the probability of most people reaching their goals in mental training is low to almost nil.

Hopefully, you will find that this book will allow you to accomplish your goals. I will not imply that the road will be easy. Nor will I imply that I will be able to take all the confusion away in understanding all aspects of the training you are about to embark on. The mind is just too complex. Still, I will try to keep my terms concise and yet not get carried away with medical terminology so that those of you without medical backgrounds can understand what it is I am talking about.

Right here I would wish you luck, but the fact of the matter is that your outcome will depend on your determination to practice the exercises in this book and not on luck, so instead I will wish that your journey be meaningful.

**This book is meant to be suggestions,  
NOT Rules to bind you.**

Feel free to experiment, [as long as you keep safety in mind!].

What works for you, may be very different than what other people  
say or claim.

The important thing is to keep trying!

“Can you tell me, oh great scholar,” came the question,  
“Where is the starting point of the circle?”  
“In your mind’s eye,” came the learned answer.

## The Setup

Where to begin? That, of course, is the question. There really isn’t any starting place in the mind any more than there is a beginning to a circle. That is why there is so many different approaches to mental training.

We are not going to begin at any start point. Instead we are going to concentrate on basics. I will be alternating chapters of exercises with chapters, which explain some of the mind’s workings and related matters, including explanations of what you should be getting from each exercise. The purpose of this is the same as any other technical book I have written. I still believe the premise that the more you understand about something, the better you can adapt the rules to fit your own individual circumstances.

The first, and in my opinion, most important basic is breathing. Breathing is not only a required action of staying alive, it is the key to mind control. Those of you who have read some of my other books will note the number of times I have addressed this subject in one way or another. I will not recount those explanations, except in brief where I absolutely have to.

Before we begin, let us talk about where you are going to do your exercises. The location is important. Most people find it easier to go to a special place to practice their martial arts exercises. Practicing your mental exercise should be no less an important matter. In fact, this is probably one of the main reasons why those who try to work on their own fail: they do not pick out a special place to work.

A second reason why people fail is that they do not work as hard or as often trying to develop mental skills as they do on their physical skills. For some reason most people think that mental ability is

something that should come naturally and easily. Well, mental control is definitely a natural state, but not one that is attained easily. Unfortunately, most people give up when they discover that they will have to work at getting there.

NOTE: So that you understand what the actual goals of this exercise, the purpose is not to obtain some glorious instantaneous enlightenment, but instead to lower both your physical and mental anxiety levels. Specifically, the breathing we will use will decrease the mental and physical anxiety that is always present in any conscious person.

Allowing your thoughts to wander is a relaxation technique for your mind. Mental relaxation is not a natural talent. Especially in today's world, most people are so keyed up because they never took the time to learn or have forgotten how to relax, even when they have the time or opportunity to do so. The purpose of this exercise is to teach your mind how to relax. While it is not as easy as it seems, the more you practice this exercise the better you will become at it.

In many ways resting the mind is just like a rest period for the body. When you are doing heavy labor you find that you must stop and rest your muscles every so often before you can continue onward. The mind really isn't that much different. The mind can be forced to plod forward with the bare minimum of output, just as your body can stumble forward, putting one foot in front of the other, even when you are physically exhausted. The purpose here is to give your mind a rest so that it can increase its activity and thus increase the efficiency at which it works.

If you can accomplish any of these goals, after several weeks of work, then you will be doing great. In fact, if you get nothing else out of this book then you will have gotten a great deal! If you can relax your mind, you can temporarily rid yourself of the stresses of daily living and you will be able to tackle those same stresses with a much greater efficiency when you return to them.

Here are some good rules to follow when working on mental control exercises.

1. You should pick a place where you can be alone for a while. It does very little good to try and practice your exercises at mind development if you are going to be interrupted every few seconds. Later, as you get better (i.e., develop more control), you will find that you can practice anywhere. For now find a quiet secluded area. You do not have to go out somewhere in the middle of the Amazon or another desolate place. A quiet corner in your room where



you can be alone for a few minutes will be sufficient. Make sure that the radio and the television is shut off! Turning them down is not enough. You will soon find that you will tune in to everything around you. Even a very soft radio or television in the background has a disturbing effect for the beginner.

2. The lotus, semi-lotus and tailor's seat positions give you more stability and are thus felt by many instructors to be the best. But if it is uncomfortable to get into such a position, then the discomfort from forcing yourself into such a position will far outweigh any benefits you might gain from increased stability.



3. For this exercise I suggest that you sit facing a wall; preferably a plain wall, if you can. The reason is that the wall will be boring to look at and thus not stimulate your mind directly. Your hands should be laid loosely in your lap; one on top of the other. I really don't care which one is on top. There are numerous explanations in different schools for doing it one way or the other but which is right depends on whom you talk to. [I think most of the reasons are just because someone wanted to be in control, not because of facts.] For this exercise it really doesn't matter and whichever hand is more comfortable to you should be on top of the other hand.

4. Lighting should be at a comfortable level. Personally, I recommend that the lights turned down, but not off. You want restful, indirect lighting; lighting which is not bright but not so dark that it lulls you to sleep.

5. Get a pillow or a rug to sit on. Some people/trainers feel that the sensations of discomfort put you more in tune with your body. These people thus place you in uncomfortable positions or at times will even strike students to enhance these feelings.

Personally, I disagree with this concept. I do not believe that you can't work on your controlling mind [at least at the start,] if your body is screaming at you that it is in pain. Therefore, find a comfortable place to sit. Again, the concept is not to fall asleep so do not pick something that will make it too hard to stay awake.

6. The clothes you wear should be loose and comfortable. If you wear tight clothes which bind you will be back into the uncomfortable situation again. The clothes you wear to the

Dojo are usually a very good choice. Not only are they reasonably comfortable, they are associated with a working mindset.

7. Do not attempt to do these exercises if you are unduly tired. All you will accomplish is to put yourself to sleep. Even if you do not actually fall asleep, your mind will shut itself down to a minimum and all you will have really accomplished is a short nap. It may make you feel better for a couple of hours but what have you really learned? You already know how to sleep! The purpose of these exercises is to build techniques and habits that can last and benefit you for a lifetime if you so desire.

8. Set aside a special time period in the day for your exercises. Most people who study martial arts have a routine when they work out. You need the same type of schedule for your mental exercises also. Pick a period of time when you will have ten to fifteen minutes of uninterrupted time to yourself. If you can, try to practice your exercises the same time every day, then go on to something else. With time you will find that you have built a “habit” of mental exercise at that particular time of the day and will easily be able to do them even when you are apart from your special place.

So which time of the day is best? Some people recommend that you practice early in the morning because your mind will be fresh and you will be able to stay attentive. Personally, I recommend that you find a time in the EARLY evening. This way you will have an effect on decreasing all the stresses, which have built up during the day. This also makes it easier for beginners to see what they are accomplishing because they feel somewhat better after each session.

9. Do not try to combine the exercises in this book with other exercises. An especially common mistake is to combine these exercises with subliminal stimulation. This is a total waste of the exercises presented here. The purpose of finding a secluded area is to remove external stimulation so you can relax and concentrate while you do your exercises, not to introduce more stimulation. If you want to use subliminal training, then wait until after you have practiced your exercises. You will find that your mind is in a receptive state then and that you will probably get maximal effects of such training at that time.

10. Try to avoid any stimulating or depressing substances for at least four hours before you do your exercises. If you are still under the influence of a mind altering chemical, you will find a

portion of your energies being spent on trying to fight the effects of those chemicals and not get as much benefit as you should.

The exercises presented here are a complete chronological set. If you spend energy on other exercises, you may miss the point or gain of a particular exercise. It is best if you work on one complete system before mixing in or trying other systems or exercises.

I HAVE to add a note about meditation for people with ADHD, or any variation of an active mind. Let me say it is IMPOSSIBLE to blank your mind. There is no excuse needed. That is just the way it is! However you can learn to do quite a bit of good for yourself if you practice FIRST, by learning to focus not on "nothing" but instead on just one thing. Hold your mind to focusing on ONLY one thing, whether it be your breathing, something you think of, or even the clock ticking.

It is the act of focusing on ONE thing that will help you develop control! Keep your focus, starting initially for 10 SECONDS. Yes Seconds. That is hard enough. Try to do that three times a day for at least a week. When you get fairly good at that increase the time to 15 seconds.

I seriously doubt you will ever get to the point of being able to TOTALLY blank your mind ... But that is NOT necessary to get the real benefits of meditation!

Hopefully this helps!

Beginnings are important!  
And everything is the beginning of something.

## Starting

Now as I said in the start of this exercise, you are going to breathe. I want you to practice breathing at a moderate rate in and out. Try to breathe as deeply as possible without forcing yourself to the uncomfortable point. I am not going to get into a discussion of where you should breathe from - your chest or your abdomen. For now be content with breathing. Let it happen naturally. Make full use of your lungs. For a moment quit asking all those questions! Just breathe!

Breathe in and out through your nose if at all possible. Many instructors have their students breathe in through their nose and out through their mouth but this change in pattern forces students to concentrate too much on the mechanism of their breathing. When that happens some of the gains achieved in letting the mind relax is lost.

Once you have gotten that routine down, I want you to concentrate on counting your breaths. Count each breath as it goes in and then again as it goes out. Each cycle of breathing will receive two counts. When you get to the number ten I want you to start counting all over again. Do not try to keep track of how many breaths you have counted for the number is irrelevant. It is the process of breathing slowly which is important here.

The trick here is to breathe moderately slowly. Do not breathe so slowly that you make yourself uncomfortable. On the other hand, if you breathe too fast you may become lightheaded or dizzy or find that you are losing control of your breathing. The reason this happens is because you are blowing too much carbon dioxide (CO<sub>2</sub>) from your body. If this happens, stop the deep breathing until you completely return to normal then carefully start again this time at a slower rate.

Do not try to control your thoughts during these exercises. Let thoughts come and go as they please. Try not to daydream or attempt to hang on to any particular line of thought. Instead let random patterns of thought float through your mind, as your subconscious desires. Do not worry if the

thoughts make no sense at all. If you attempt to force control over your thoughts you will be spending mental energy and will not be at full relaxation.

Lastly, do not try to or even expect to accomplish too much on the first couple of attempts. Too many people expect miracles in the first day or two and when that doesn't happen they give up. They miss the whole point. The point is that you need to learn how to breathe correctly before anything else can happen. You need to do this exercise until the pattern of deep controlled breathing becomes a habit requiring no thought. Work for three to five minutes the first day and then stop. Gradually increase the time so that your total time spent in this exercise is no more than 15 to 20 minutes per day.

Note: It may take a while before you really get the hang of what is happening here and even more time before you are comfortable with really letting your mind wander completely free.

So that you understand what the actual goals of this exercise are, the purpose is not to obtain some glorious instantaneous enlightenment, but instead to lower both your physical and mental anxiety levels. Specifically, the breathing will decrease the mental and physical anxiety that is always present in any conscious person. Allowing your thoughts to wander is a relaxation technique for your mind. Mental relaxation is not a natural talent. Especially in today's world, most people are so keyed up because they never took the time to learn or have forgotten how to relax, even when they have the time or opportunity to do so. The purpose as it seems, the more you practice this exercise the better you will become at it.



In many ways resting the mind is just like a rest period for the body. When you are doing heavy labor you find that you must stop and rest your muscles every so often before you can continue onward. The mind really isn't that much different. The mind can be forced to plod forward with the bare minimum of output, just as your body can stumble forward, putting one foot in front of the other, even when you are physically exhausted. The purpose here is to give your mind a rest so that it can increase its activity and thus increase the efficiency at which it works.

If you can accomplish, even some of these goals, then you will be doing great for yourself. In fact, if you get nothing else out of this book then you will have gotten a great deal! If you can relax your

mind, you can temporarily rid yourself of the stresses of daily living and you will be able to tackle those same stresses with a much greater efficiency when you return to them.

For those of you who say this is too simple to mean anything, I answer, “Yes, it does **seem** too simple.” That, in fact, is the main reason why so many students quit before they have really mastered this technique. Because they believe they can already breathe and/or because they expect something magical to happen with each and every session, they give up when they don’t see these special effects. Well, my friends, this is not the movies and I will tell you truthfully that staying with the breathing exercise will not only teach you ways to relax and restore the body, but will also force you to develop patience.

I know people who have been doing these exercises for years and they get wonderful results, at least in my opinion, but still are content to practice just at this level, feeling they haven’t mastered the technique yet. Personally, I guarantee you that I go back to this technique whenever I feel stress getting to me. Simple this exercise may be, but it is definitely effective. Beware, though, that if you rush through this exercise before you have attained at least partial mastery, then you will not be ready to use the rest of the exercises in this book to further your mind’s power.

Life’s mastery is learned from first doing the simple things well. Then moving on to the larger details. Any other way produces only a hollow shell.



All life creates sound;  
Even the growth of a plant produces sound  
To a sensitive enough ear.

## Confusing Complications

### **THIS IS IMPORTANT!**

Please don't be alarmed but you need to be aware that at some point in this or the next few exercises you may experience hallucinations. Do not take the occurrence of these hallucinations as meaning that you have reached mastery of this exercise. Nor do they indicate there is something wrong with your technique. Don't take the absence of the hallucinations as lack of mastery either. They literally have no special meaning!

You must not take these hallucinations, as really meaning anything real, even if they seem to make sense or give you messages. This has been a common fallacy that has led many a person down a very wrong road.

The occurrence of hallucinations in exercises of this sort is not as uncommon as what you may think. Most often when you do get some sort of message, it will be something based on what you really wanted to hear. Unfortunately, the validity of the hallucination is as false as the reality of its existence in the world outside of the brain. [It happens all the time in sensory deprivation. Thus it is well understood, and NOT magical]

The reason why you may experience these hallucinations is because when you have placed yourself into a successful relaxation state, you are decreasing the entire mental activity of the brain. We have already said that you should let your thoughts run free at this point without control. Well, your dream center may also begin to function, even though you actually are awake. In a way this situation can be thought of along the lines of sensory deprivation.

The reason for this is that your brain has an area called the Reticular Activating System which is responsible for ensuring that the correct amount of electrical activity occurs in the brain. The

Reticular Activating System functions as sort of a governor to keep the brains activity within the correct limits. The reason for this is that if there is too much activity, the brain goes into a manic state, (this is like the layman term Manic in Manic-Depressive) and doesn't function correctly. On the other extreme, if there is too little activity, the brain cannot keep operating and death results. Therefore, even in sleep the Reticular Activating System is busy ensuring that your brain maintains the minimum electrical/biological activity.

Anyhow, when the Reticular Activating System is stimulating parts of your brain to maintain its required minimum, the dream center can be stimulated. When this happens you may see or hear things which are not really there. Because the stimulus is coming from inside your brain, the sensations may seem as real as input from any other of your senses.

Note: There usually will be a preponderance of things associated with your memories because that is where your dream center has information to pull from in order which to create your dreams. That, however, does not mean that the hallucinations will be any more logical than dreams are.

So what do you do if you experience one of these hallucinations? Well, the first thing you do is stop your exercise, blink your eyes a few times and let your brain have some outside stimulus for a few seconds and everything will return back to normal. Remember these hallucinations are really only dream states, so unlike hallucinations from other (medical) causes, they can be controlled and gotten rid of easily.

There is absolutely no lasting effect unless you dwell on the hallucination and then the effects are no different than if you dwell on anything else, which bothers you. I have experienced these hallucinations many times and once you realize what they really are, you can learn to exert enough brain control to stop the dream center and then go back to your exercise. With practice you will be able to do this without hardly even breaking your breathing pattern.



“How is it that you hear a simple grasshopper at your feet?”

“How is it that you do not?”

Master Po  
Kung Fu, the movie

## Exercise 2

The second exercise to which you will progress to builds on the first exercise, as will all other exercises that you will do from now on. Therefore, if you really haven't spent enough time mastering the first exercise, then I really recommend that you do so before you jump headlong into this level. You need to be at the point where you can continue correct breathing technique without needing conscious control. When you can place your breathing on automatic, and by that I do not mean going back to the normal shallow breath on demand routine which we all naturally fall into, then you will be ready to progress to this exercise.

In this exercise I again want you to assume a sitting position. Again, face the wall so that you do not receive any direct visual stimulation. Once again I want your mind to be able to float free. This time, however, I want you to open your senses to what is around you. I want you to hear the sounds in the next room. Smell the myriad of different scents in the air. Can you feel the air currents as they float on your skin, or do they have to be of strong enough force to actually be called a light wind before you can sense them? What about people around you? Can you feel their presence without having to see or hear them? And what about your own body? What are your senses telling you about yourself?

Note: Let your mind continue to wander at random. Yes, I know this will not be easy. In fact, if you try to concentrate on absorbing input from your senses you will not be able to let your mind wander. What you must do is learn to absorb information from your senses without forcing the issue. Just let it happen, naturally. Don't Force It!

Probably the first thing you will notice, once you close your eyes, is that you will become aware of your hearing. Second to sight, hearing is the sense we use the most.

Note: Do not attempt to practice just enhancing your hearing or you will just substitute one sense for another. Try to develop all your senses.

Now I want you to focus on your other senses. Note how things smell, how they feel, the temperature of the air, the beating of your heart. Notice everything around you. The more aware you are, the better.

What you are practicing to do is to be aware of your surroundings using a balance of all your senses. You are also attempting to become aware of your own body. So many people go through life blocking out most of the sensations, which surround them, and they miss most of the information being presented to them by their surroundings. They also miss most of the information about their own body, including how everything they touch or that touches them affects their balance. More on this subject, in a minute.

One common misconception, which typifies this, is the misconception is that blind people possess better hearing than sighted people. I have actually heard someone tell me that this was because their hearing was more developed in compensation for not having the use of their eyes. The truth of the matter is that the sight-impaired person has hearing no different than anyone else. The only thing different is that they have learned to listen. Most people have not.

The same goes for the other senses. Most of the time the brain ignores the majority of the sensory input that reaches it. Most people are content to rely mostly on their sight and any overwhelming impulses which crash through the barrier the brain has setup. The rest of the sensory information received is just ignored.

The purpose of this exercise is to decrease that barrier; to make you aware of the added information you are constantly receiving. Everyone gets this information but usually ignores it. I would like to say you will be able to destroy the mental barriers which have been created, but in reality that will never happen. The brain is naturally lazy and will always try to revert to relying on one main sense, only using the other senses as it has to. Still, if you practice, you can learn to balance out your sensory input so that you take information from all of your senses.

There was an exercise, which I was taught when I was first being “prompted” to increase my sensitivity. I was blindfolded for periods of about 72 hours at a time. I was not even allowed to take the blindfold off when I slept. Without the use of my eyes, I was forced to use my other senses to get around.

At first I relied mainly on my hearing to compensate for my lack of sight. Unfortunately, Master Van Kiemp was not about to allow it to be that simple. No sooner had I begun to adjust to wearing a blindfold when he added sparring against multiple opponents while blindfolded. I won't claim that I got good at anything except getting bruises! Therefore, when he instructed other methods of attempting to increase my sensitivity, I was more than willing to pay attention and gave them my full effort.

Today I teach a higher level Quan Li K'an exercise which uses this sensitivity and demonstrates how this exercise applies directly to martial arts ability. To do this exercise, have two people to stand facing each other slightly less than an arm's length apart. One stands with their eyes closed. The other stands with their eyes open. Then the one with their eyes open attempts to push the person with their eyes closed so that they must take a step to recover their balance.

Note: This exercise needs to be supervised by an instructor until you are sure that it is not going to turn into a hitting match. Make sure that if you are going to practice this exercise, you do not try to knock your practice partner down or hit them. Just see if you can upset their balance with a shove, just enough of a shove so that they take a step. The object is not to bounce them off the floor.

The response of the person with their eyes closed is to move so that they do not lose their balance. Quickly, you will find that the best way to move is to respond to any force is by turning your body so as to let the force slide off you. There simply isn't time to step away from oncoming force once it already is upon you. The more relaxed you are, the more receptive you will be to which angle the force is coming from and which way to turn so that the force is deflected, rather than absorbed by your body.

Once you get advanced at doing this, then you can actually grade yourself on how many of the pushes you had to take straight on and how much of the force you were able to deflect. Even if you were not pushed over, did you have to absorb more than necessary of the force coming towards you? The object is, of course, to deflect all of it.

Now, it is all right to use your hands for blocking the oncoming force from your opponent/ practice partner. Amazing enough for those who are not used to using their body's senses, you will find that if you have been practicing the exercise above, your hands will find the hands of your partner much of the time. The amount of success will depend directly on how relaxed you are and how much you trust your senses. Don't try to hear your opponent move, rather feel them move.

Interestingly enough, when I have students try this exercise they shortly begin to make some of the blocks with their hands even though their eyes are still closed. However, as is typical, the emotion they begin to feel when they realize they are succeeding breaks their relaxed concentration and they go back to missing the direction of the force and take the force head on again.

It is only when they get used to succeeding at this exercise that they can continue to stay mentally relaxed and in tune with things around them.

Note: Do not attempt to deflect the force with just your hands. This is still a total body exercise and your hand blocks should just decrease the force you receive and should not alleviate you from flowing with and away from the force.

Now are you ready for the next level? Up to now you have been responding to your opponent with closed eyes. Start trying to do this with your eyes open. Quickly you will find that your success rate will go down dramatically. Why? Because most people are too used to taking sensory input from their eyes and overriding everything else as was discussed above. When that happens, you forget to use and trust your other senses.

The way out of this predicament is to practice the sitting, breathing exercise above with your eyes open and practice using your other senses even though your eyes are still open. Once you have practiced that, then go back and try the exercise again. If you can do the two person exercise and stay in your relaxed, breathing, open state, you will find that you can accomplish the same success rate as you did with your eyes closed. Eventually you will even learn to become more accomplished by taking only the correct level of information from your eyes.

You become who you pretend to be.  
So be careful what you pretend.

Gene Wilder

## Adjuncts to Training

Often the subject of hypnosis and sublimation comes up in discussions of mental training. In this section I will add some of my personal feelings and comments on subliminal training. In the section between exercises four and five I have added a chapter on hypnosis. Please skip over this section if you already have made up your mind.

Let me start by stating that there are already a lot of people with opinions and made up minds on subliminal training. Like everything else controversial, you will find some people who are adamant until death about the position they believe in, on both sides of the question. Myself, I tend to try and stay in the middle, (or out of it, if possible, if a war is going on) and keep my beliefs conservative. With that in mind let me tell you what I know and believe about sublimination.

Subliminal training is defined as information fed to the subconscious mind in such a way that the conscious mind is not aware of the information going in. The theory behind this is that the conscious mind will not block out this information before the brain stores it. Unfortunately there is something wrong with that scenario. The wrong concept is that the brain merely stores information and then uses that information without processing it. It is true that the brain stores every stimulation it receives. Every spoken word, every sensory input is stored in the brain somewhere.

Fortunately for us, the place where this information is stored is in areas that do NOT keep this information for very long. These areas are called short-term memory areas. From there, whether through repeated entry or the intensity of which the information is entered, the brain stores certain information in its long-term storage areas.

Please be aware of the **fact**, that there are definite mapped areas of the brain, for long and short term memory storage. These two areas are not the same.

Note: There are well-documented cases of head trauma, strokes, etc., where one type of memory has been lost without affecting the other area directly. In fact, Alzheimer's disease has loss of short-term memory as one of its major symptoms.

Just how information is stored and how we can train ourselves to produce long term memories from short term retention is something which Western Medicine does not claim to know. However, there seems to be a definite correlation between the amount of conscious thought which any input or memory receives and the length of time in which that memory is stored in the brain. Whether the information is actually lost or if only the ability to find it's storage location in the brain is lost is not known. Either way we no longer seem to have access to these memories.

How does this relate to subliminal training? Well, because the brain only stores sensory input in its short term memory initially, sensory input which bypasses the conscious centers of the brain will have to be called up by the conscious brain before they will be stored in long term memory, at least in a way which they can be retrieved.

Therefore the claims made by some people that you can teach yourself a new language or all the information in an encyclopedia while you sleep or wear head phones are probably false. Yes, yes. I have heard the claims. I have also heard that the moon is made of green cheese. On the other hand, I also believe that there are definitely some things which subliminal training can do. Say that you want to quit smoking. If you happen to hear subliminal messages telling you to quit smoking, then when your conscious mind reviews the subliminal input it will say, "Yes, I did want to quit smoking, now I have another reminder." Will the message actually be stored in long-term memory? Probably not, but then the purpose of reinforcing yourself not to smoke would still have been bolstered if even for a short period of time.

Please note, however, that if the mind received the message to quit smoking and did not want to quit, it would have thrown the message out, just as if someone else had been whispering to them, to quit smoking.

Also there is a factor here called the credibility factor. If you are listening to a subliminal tape on building your self-confidence and the subliminal message is telling you that you are the most

beautiful intelligent person in the entire world, your mind is not going to believe it. Even if you want to believe that filter garb, there is a part of your brain which knows that it isn't so and therefore even if the message is stored, it will be stored along with the stories of Santa Claus and magical Grinches, and so on. Not a place where you are going to be taking information from when you decide what to believe about yourself.

You also have to be getting useful information. A subliminal message which tells you information about how someone else succeeded, and then tells you how to be like them is not going to do a wit about bolstering your own self-confidence. It might initially feel good but your brain [If functioning] will soon see through this.

To change, you need real information that directly fits with what you are trying to accomplish. An example is someone who I once knew who wanted to be thought of as cultured. To that end he read and memorized parts of the Iliad in the original Greek. Did this make him cultured? No, he was still a jerk, just one that knew parts of the Iliad in the original Greek.

Personally I feel that tapes which give you conscious information to process along with a subliminal message which is believable and which supports the subliminal message work the best. That way your conscious brain is processing the very information, which is also being fed to it on a subliminal level. Therefore, if you actually believe what is being said on the tape on the conscious level, your subconscious will have little trouble processing the subliminal message along with conscious message. Whether you store the message for long term depends on how much you work on listening to and thinking about the information you hear. How storage of this information will affect change in your life depends on how willing you are to use the information.

In short, subliminal messages cannot make you do anything, which you do not want to do. They are not a quick fix or panacea for what ails you. Subliminal messages can, however, be used as a helpful tool to enhance something you are consciously trying hard to do.

However, you must be sure of what the message is and how it fits to both you and the goals that you are trying to meet. Unless all those parameters are met, then your efforts and money spent on subliminal messages will probably be less than fully fruitful, maybe even totally worthless. My advice? Know what you are getting, before you buy!

## Exercise 3

This exercise will again build on the first relaxation techniques that were discussed earlier. You can add the sensitivity exercise to this one after you have mastered this exercise but do not try to do them both at once initially as you will just be fighting yourself.

Those who have read the book *A RATIONAL APPROACH TO CHI* will recognize this exercise that was described there in incomplete detail. You didn't need the whole exercise there as we were just trying to prove a point not jump into a major mental development program so I didn't teach the whole thing.

Once again I suggest that you begin this exercise in your special area where you have become familiar with the setting. Distractions will be as detrimental to your cause here as they were in other exercises.

Before you begin I want to describe and explain the intent of this exercise. In the last exercise you worked on developing sensitivity to the forces and stimuli, which impact you from the outside world. You learned to react so as to correctly identify, react and minimize the effects of external force being applied against you. In this exercise you will begin development of the body's internal sensitivity and energy flow.

I do not particularly like the term energy flow, coming from a scientific point of view, but that is about the best term I can use to describe what is happening. The next chapter will address what is known about this phenomenon, from a scientific viewpoint but for now it is really not important to analyze what is happening, just to learn to develop and use this internal sensitivity.

If you are ready we will begin. Once again you will start with your eyes closed. Begin your breathing techniques as you start every exercise. Now I want to change the routine you have



previously followed. This time I want you to focus on a ball of colored energy which you will call up between your eyes.

I want you to create this ball of energy and just have it float there for several minutes. The ball should form about an inch or two above and in front of the bridge of your nose. Initially, just concentrate on forming the ball into a nice spherical shape. I want you to pay attention to the effect that your breathing has on this ball of energy, also the effects of any distractions including significantly strong protruding thoughts.

Initially you should just work on summoning up this ball of colored energy, until you can do it easily and hold it steady without having to work at keeping control.

Next, I want you to SLOWLY cause the ball to move away from you. Keep the ball an equal distance from both eyes, just move it farther away from your center point. Now slowly bring it back to the starting point. When you can do this with good control, then I want you to concentrate on trying to make the ball change size and then color. Do not rush through this part of the exercise. As I said earlier the point of this exercise is to teach you internal sensitivity. Each step of this exercise will be a level in itself, and the better you learn each step before you proceed, the better your results will be.

NOTE: The biggest reason why people fail at this is their unwillingness to take time and practice this until they actually get it down.

Once you have control over the actions of your ball of energy, I want you to cause the ball of energy to touch your forehead then SLOWLY split the energy contained in the ball in half and slowly have it flow down both sides of your face, then your ears, your neck, shoulders, arm, forearms and then into your hands and finally the palms of your hands. It is important that you move the energy from the ball slowly and that you focus on touching all these separate points as it moves down your body.

Once the energy has arrived in the palms of your hands you should be able to feel the warmth and weight of the energy ball as you sit there with your eyes closed. Now SLOWLY bring your hands up, until the palms are pointed towards each other. Then bring your hands towards each other. As you get closer and closer together, you will feel a point before your hands actually touch when the energy in each of your palms will reach out and blend with the energy in the other palm. Once you have become proficient at this exercise, you near that point you will be able to feel the energy in one hand reaching for the energy in the other hand. This is probably the most important part of this exercise

and if you can't feel it, it is probably because you rushed through the earlier exercises. You will not feel the energy, or at least not in the full manner you should, if you are not relaxed and in control of yourself.

I should make you aware of the fact that many people have erroneously come to the conclusion that because the two different energy pools reach for each other they contain separate electrical charges. The fact is that this energy has nothing at all to do with electrical energy. It has no electrical charge and reaches for the other pool because they are both one and the same thing, self-attracting living energy, and as such, merely join together in attempt to recreate the whole. You created these energy pools in your palm from the same ball of energy, did you not? How, then, could they possibly have different charges or properties?

If you have been doing the exercise correctly, you will feel a sensation of warm relaxation/tiredness throughout your entire body but especially those areas where your energy was concentrated. Despite the tiredness you will also feel a sense of well-being that more than compensates for the tiredness.

## Explaining the impossible?

In the last chapter I referred to creating and learning how to use energy. Particularly, you learned how to create a ball of colored energy that you also eventually learned to split, and send to different parts of your body and then rejoin again.

Let me state definitively for those of you who believe that I am talking about Chi, I am NOT! At least not in any classical definition of Chi that is currently or was, to my limited knowledge, taught in the past.

What I am going to relate to you will be from what I have observed from my own personal experience with this energy. I cannot give you scientific backing for what I am about to say because there isn't any! Still, you will see that this energy does not fit any of the classical definitions of Chi, which have been bantered around.

First off, this energy, while it does flow, does not do so in any particular channels. In fact, you can direct it to go either up or down an extremity along the exact same pathways, something which definitely does not fit standard Chi theory.

Secondly, there is no evidence that this energy can be stored or expended. There seems to be a direct relationship with the health and well being of the individual. I can tell you for a fact that I have much greater difficulty creating a decently sized ball of energy when I am overly tired. Also, in the rare cases when I have done things to stop someone else's pain with the energy, it has not been at any specific Chi or acupuncture point.

In fact, I readily admit that while I have (deliberately) only extremely rarely used energy forces to help stop pain, I have used the sensitivity from sensing energy gained from the last chapters exercise

frequently. Let me explain. Manipulation of the spine is a concept that is accepted by Chiropractors and Doctors of Osteopathy.

Note: Actual MD's (those with a straight Medical Degree) do not officially admit that manipulation does any good at all. Individually, many have seen the effects in everyday practice too many times to disregard its use in SOME circumstances. Let me go on record to state that this is not an endorsement of manipulation in all cases. Manipulation cannot cure internal medical conditions like diabetes, or cancer. Manipulation can also make true nerve entrapment worse or permanent. Therefore, unless it is used correctly and only for the correct things, it can do more harm than good. However used correctly it is a GOOD adjunct and I refer patients for it!

So much for my official statements. The fact is that there is no official accepted explanation for what manipulation does. Even the world's best known chiropractors cannot agree on what they are actually doing to the spine of the body when they manipulate someone, Also there are no reliable, reproducible tests which can show any differences in the spine, the nerve impulses, or the muscles immediately before and after manipulation, despite the hocus pocus claims made by some practitioners,

On the other hand, most of us have had our backs "cracked". At some point in time, and if it was done correctly, it felt good. The fact is that in the right hands, manipulation can produce effects which are too reliable and numerous to discard as not being real. Add to that the wonderful sensations of well being we experience when we are the recipients of a massage and you have effects that do not need any official scientific papers or certification to be valid.

So how does manipulation relate to learning sensitivity to the body's internal energy? Well, I routinely use the sensitivity to that energy to find out where I should apply force, of the physical type, when I manipulate. I know that some people/schools of manipulation state that you should try to find a "lesion", and by that they usually mean a muscle in spasm.

Frankly, there are many times when someone is not in enough pain for any area of muscle spasm to be found. Still, I can easily find areas where there are disturbances in energy. Don't talk to me here about positive or negative energy or too little or too much energy because that is not what I feel. It just feels wrong at certain areas and when I manipulate, using standard well-established osteopathic manipulation techniques, at these points, the patient invariably get relief.

So how does it work and why does it work? I haven't the faintest idea. I know that it doesn't fit or follow any of the classical Chi theories that I have been taught or come across in my years of martial arts. Still, there are going to be some of you who read this and convince yourself that I am still talking about Chi. Whatever trips your trigger.

Personally, I am content not to name this energy. The only thing important to me is being able to sense it and thus make it useful. The exercise in the last chapter has allowed me to do this and can teach you how to be just as sensitive. How you use that sensitivity is up to you.

So how much of this energy has any basis in scientific fact? Well, some. Scientific evidence does support the existence of an aura surrounds every object. There is also some definite reporting of auras which are volatile for living things and changes in aura depending on state of health. Now I am not going to repeat the in-depth explanations I went through in my book A Rational Approach to the subject of Chi.

[Downloadable for Free, from the Quan Li Kan website, <http://quanlikan.com> go to the reference library]

In short though, just what this aura means or does, is still scientifically up for debate. I will leave the conclusions up to you. Don't make up your mind, though, until after you are good at the exercise in the previous chapter. You might be surprised at what you find.

## Warning

Up to now the chapters and exercises in this book have given you a combination of excellent relaxation and anxiety control exercises. The remaining chapters, however, cross the threshold to what might be considered the professional levels of mind control. By this I mean that these exercises will allow you to have much greater control possibilities, but they also carry inherent risks of misuse. Used properly, and maturely, these exercises will only help. Like anything else, which has significant power, misuse and use by the immature person can result in harm. Therefore, I caution you to follow the instructions I have given, heed the warnings, and above all, practice these techniques in a mature manner.

A circle is but the rhythm of the perfect note  
Feeding back into itself

## Exercise 4

In this exercise, the goal is two-fold. The first goal is to teach you to keep your focus in spite of physical stimulation. The second goal is to learn to place your mind in a trance as you are doing this physical activity. If you learned the last exercise you were able to keep your mind focused in spite of mild external stimulation. In this exercise it gets much harder because the stimulation will be coming from your own body.

Now please do not read “harder” as impossible. In fact, if you really have learned the last exercise it won’t be that much harder at all. In some ways the last exercise was harder than this one because of the vast change from the ones before it.

The trick is to learn to listen to your body and tailor your physical activity so that your body’s oxygen and temperature needs are being met and then let your mind settle into its focused state. If you do this correctly there will be a part of your subconscious, which will still be monitoring your body’s needs, even when you are in a deeply focused state. Furthermore, since you have learned how to better listen to your internal stimulation, you can give your body, what it needs before the physical part of you needs to scream back at you, and break your focus.

Note: In this and the following chapter, I will be using the term subconscious to refer to any mental activity below the level of conscious thought, not in any emotional or psychological meaning .

Let me correct one falsity right here. Yes, there are people who can control their heart rate and oxygen demands. However, they do this by adjusting their body responses, especially physical activity to decrease the oxygen demands. They basically have learned to decrease and/or shut down all unnecessary physical activity, thereby decreasing oxygen needs of the body. This is not the

exercise! If you continue to have an unmet oxygen demand which is not met, your body can only do one of two things: figure out ways to get oxygen or die. That is simply that! The middle ground is to change your body's activity so that it doesn't need as much oxygen. This can be done from a sitting or laying position; it cannot be done [efficiently], in an active physical state. The key words here are being active.

You are, however, going to be learning to keep mental control in spite of bodily needs. You are not going to ignore those needs, which absolutely must be met. Instead, assign them to your subconscious to handle. Your subconscious will be able to figure out, with proper training, which things it can ignore and which it must respond to. Examples would be ignoring the pain from running on a simply sore muscle or being slightly over hot or moderately thirsty versus adjusting your breathing rate to increase oxygen intake, maybe to even double what it is at present, without bothering the conscious mind. Normally the subconscious can make small amounts of adjustment without conscious input. You are going to raise that level.

For some of you this may seem like what happens normally and in a way you are correct. What is different, though, is that when stress is placed on the body by some physical effort, the physical effort causes demands that break through most people's activity and causes them to focus on getting enough to breathe, or telling them that they have to stop and rest because they are tired.

In this exercise you are going to learn to adjust your physical responses, particularly breathing patterns, and learn to block out those messages that can be ignored, so that you can keep going!

This exercise will use running as an example but any exercise, which is repetitive and does not force you to keep mentally active can be used in its place. This unfortunately means that many exercises do not qualify. In a lot of ways, the mental state you will be achieving is the same as for the long distance runner in the fact that they no longer have to think about their breathing and they have learned to keep on running, sometimes way beyond the point where their muscles are experiencing pain from the amount of exercise they are doing.

Please note, however, that running or whatever exercise you choose, is a vehicle, not an end to itself. The goal here does not just to be able to run long distance but to be able to block out any impulse that is not immediately demand attention. That basically leaves only two impulses, which we have to respond to. Oxygen demand and sharp pain, and as I said, you are going to have your subconscious

handle your breathing. Therefore, unless you develop a reason for sharp pain you should mentally be oblivious to everything except what you have focused on.

**DO NOT ATTEMPT TO DO ANY PHYSICAL ACTIVITY, WHICH PUTS YOU AT  
CARDIOVASCULAR RISK.**

**SEE YOUR PHYSICIAN BEFORE YOU START ANY EXERCISE PROGRAM.**

**THIS IS ESPECIALLY TRUE IF YOU HAVE ANY MEDICAL PROBLEMS.**

[I say this for your safety, not any legal risk, because I am not legally responsible for your risks,  
but I do care, so please, do not take unnecessary chances]

Before you begin, pick an area where you can run or work out, if you have chosen some other exercise, in relative peace. Especially pick an area where you are not at risk from being hit by a car or other such danger. Once you initially begin to go onto a focused trance, you may not initially be aware of what is presenting a danger to you. After you get used to being able to go into this state, your subconscious will alert you to any dangers but initially you are at risk and you **MUST** take steps to protect yourself from harm!

The way to do this exercise is to start running. Use a moderately slow pace for you are not training for any race here. The purpose is to train your mind not to win a race. Therefore you will be able to learn better if you jog at a slower pace and keep at it for longer distances.

Feel your body's demand for oxygen begin to rise. There will be some initial and natural panic which occurs as this happens.

Note: The better the physical condition you are in, the smaller and shorter this anxiety will be, but it is still there. Look for it. Your heightened sensitivity will help. Soon you will be able to stabilize from having an abundance of oxygen to a stable level in your blood that meets your physical demands. After a little training you will be able to sense/understand what I mean if you don't already.

At this point is when you need to begin the work of putting your mind on automatic. Note: Those people who run with radios or tape players blaring in their ears are using over-stimulation to block impulses from their body and not even coming close to what we are attempting. The exercise is not really that much different mentally from the previous one, only that you have to let your



subconscious handle all the details of what is going on around you and the demands of your body plus the fact that you don't have anything to focus on. The best way I find is to build a mental picture of something in your mind and focus on that. Your eyes will be seeing but not seeing. The same goes for your other senses.

Soon, with practice, you will find that you can run whatever distance you set out to, without ever feeling the fatigue or temperature or any of the other things which surround you physically. You have established the borders of your mental world and only your conscious desires control what enters there.

Once you have learned to place yourself in this mental state easily during active physical exercise, you should have no problems accomplishing the same state for anything which you desire. At the level, which your mind is functioning, you can send messages to your subconscious directly. Thereby you can program your mind to respond or not to respond to whatever you want it to.

Temperature control, when it is hot or cold outside, and or pain control, it doesn't matter. Whatever you define are the limits and only you can decide what will limit your body. Your subconscious will obey your commands from now on. You just have to reach this state of mind and tell it to do so.

## Warnings:

- 1) At this point in training it is very possible to hurt yourself, and yet keep exercising despite the normal warning pain. Because you have learned to block off this pain, you will not feel the warning and may continue to worsen the injury until it gets very serious.
- 2) Because this state of mind is very highly developed and not really natural to the instinctive way that the mind functions, you will find that you have to continually practice this exercise or you will rapidly lose this level of control. That does not mean, however, that you have to start all over from the beginning to regain it.

Once you have learned what this control feels like and how to get there, you can re-learn it much quicker. However, your mind does forget and even though you may understand what to do on an intellectual level, it will take significant work to reach this level again; the amount

of work being directly proportional to the time from the last period when you were able to reach this state to when you begin to work towards that goal again.

What wonders the mind conceals.  
If only we could but get a glimpse.

# Hypnosis

What a wonderfully powerful word. Just mention the word hypnosis and you automatically have visions of mental quick fixes, astounding mental control, solutions for physical problems and relief of pain. You also bring up suspicions of quackery, carnival tricks and con men suckering the gullible.

How can there be such a varied response to the same subject? And even more than that, what does hypnosis really hold for the martial artist? Well, most of the reason for those reactions are due to the history of hypnosis. A small amount of history lesson is important here but I will try to keep it short.

Hypnosis comes from the Greek word meaning “to sleep” and in fact, as you will see later, that is a very important definition/description. There are various historical records of hypnotic and associated concepts around for many centuries. The date when the concept was first thought of is unknown and not really important for our discussion.

Around the early 1700's, however, hypnosis theories began to become organized into a system. The main proponent of this system was a physician by the name of Mesmer (1734-1815). Mesmer and his followers, and there were many, believed that the universe was filled with an invisible unpalatable gas and tides of magnetic material. Mesmer believed that the stars and planets of the universe influenced all life on earth by their gravitational pulls. He also believed that certain people had the ability to control this magnetic force through their will. Mesmer and his followers called this system of beliefs “animal magnetism”.<sup>1</sup>

In 1841, an English physician by the name of James Braid was able to prove that the effects of animal magnetism were not caused by any special gas, or magnetic material or force. He felt that the effects were produced within the individual themselves. He termed this new definition “hypnosis.”

The controversy didn't end at that point but, in fact, became even more heated as each side renounced the other and political battles over which side was right ensued. Each side had its well-known proponents and legal victories and official endorsements, but in the end, animal magnetism lost out to the more scientific belief called hypnotism and faded from the spotlight.

Not everything was easy for the field of hypnosis even after animal magnetism faded from the spotlight. Several well-known authorities of the late 1800's and early 1900's experimented with hypnotism, and then discarded it for one reason or another. One of the most well known was Sigmund Freud. Freud's decision and comments that hypnosis was without value in psychoanalytical treatment almost killed all research and work in the field for many years.

Slowly, after years of being ignored, hypnosis began to flourish once again and continued its progress into becoming a scientifically based tool for mental health treatment. Much prejudice still exists today, but based on repeated controlled scientific studies both the British Medical Association and the American Medical Association recognize hypnosis as a legitimate tool for clinical uses.<sup>12</sup>

So what does all this mean for the martial artist? First off, that hypnosis is real. Secondly, hypnosis is a legitimate tool for learning how to control your body in ways not possible otherwise.

Before we get into a discussion of what hypnosis can do, however, it is important to define the parameters of reality, so to speak. There are a lot of misconceptions about hypnosis fostered by false advertising and out and out lies. In order for you to understand what hypnosis really can do, it is important to know some of the main truths about hypnotism.

- 1) Anyone has the potential to be hypnotized. However, only 10 to 15% of the population can be placed into what is called a deep trance.
- 2) Hypnosis cannot force someone to do something against their will! In short, you cannot hypnotize someone to take off their clothes in front of an audience unless that person would have been willing to take them off without being hypnotized. In short, hypnotism cannot override moral values or even a person's logic system.

Note: Hypnotism may help an individual control their fear of doing an event, but that in no way implies that it could force a person to do something against their will.

3) A person cannot be hypnotized against their will. While everyone has the potential to be hypnotized, the person must mentally relax and thus give you permission to place them in a trance.

4) Outward signs of hypnosis are not the appearance of a trance as seen in the movies. The truth is that a hypnotized person can talk and act almost as normal. In fact, the actions a hypnotized person assumes are in response to what is expected from them by those around them and not from the hypnosis itself.

The limits we discussed in subliminal information apply for hypnosis with some significant modifications. In hypnosis, unlike with subliminal information, it is possible to reach the emotional mind without going directly through the conscious mind. This allows the ability to work directly on emotional factors and issues without the defenses of the conscious mind getting in the way.

Note: A very important point here is that many of the emotional feelings and beliefs which we all erect are defenses against emotional conflicts we have or have had in the past. Therefore attempts at any radical change in these emotional issues are bound to fail unless the underlying issue is dealt with first. If you do succeed in removing one of these defenses, the conscious mind will merely help to reinsert the same defense or another one in its place as soon as it gets activated again. This is why clinical analytical therapy is so hard and takes such a considerable amount of time even with hypnosis as a tool.

Does the above paragraph mean that hypnosis has no lasting benefit for the martial artist? Not at all. The fact is that when you are in a hypnotic state you can program yourself to not respond to most types of pain, focus all your energy on a particular muscular system of the body, or completely ignore normal body messages if you so desire.

So exactly what is hypnosis and how can we learn to use it? Well, exactly what happens in the brain has yet to be determined. It is known that hypnosis is a state of half-sleep and half-waking. As we said earlier, the term comes from the Greek word meaning "to sleep." Now there are several different so called clinical methods of hypnotizing a person, but if you have followed the meanings of the exercise I have outlined, then you realized that the intent of these exercises is to put you in a mental state where you can place yourself into an auto hypnotic trance. Once in this state you can control your body to do the things you want it to do. The next exercise will teach you how to practice that special mental state without the need for adjunct tools or physical exercises.

Let me caution you, though; there are some important considerations. The foremost is that even if you do learn this ability, you will have to continue to practice it for continued mastery to be maintained. If you do not practice, you may mentally remember how to put yourself into a hypnotic state but you will lose some of your control and have a much harder time entering a trance. This fact is just like other aspects of martial arts. Continued mastery takes continued practice.

It is the simplest things, which are the hardest.

## Exercise 5

This will be the last exercise that we will discuss in this book. This exercise will be your final step in mastering the control you set out to accomplish at the start of this book. Some of you will wish to continue on to master some other aspects of physical control beyond what has been discussed here. I wish you success.

I can tell you, however, that while I have not discussed all the things you can do with mental control, I have already given you all the tools you need to proceed to whatever level you wish. You can search through any training or teaching you want to find a perfect tool to teach you how to reach enlightenment, but you will not find much. It is not that there aren't a million books out there, but that none of which will give you an easy path to where you want to go.

Through applying the tools I have already given, though, you can learn do anything you want. The tools I gave you weren't full of bells and whistles but they work, or let me rephrase that, allow you to work in an efficient manner towards reaching your goals. If you really want to, you can learn to control your pulse, pain responses and various other functions. All it takes is the dedication and effort to make it happen.

Please do not assume that there has to be "higher or advanced lessons" to learn to do these things. As I said, you already have the tools with the exercises discussed. Also, do not be afraid to start over from the beginning, again and again in order to improve your mastery or to pursue some other goal. You will find that the exercises outlined in this book can give you the control to reach any realistic goal you desire. You just have to spend the time and effort to really learn them.

Anyway, on to the last exercise.

In Exercise 4 you learned how to place your mind in a trance state as you were exercising. This trance state was an actual separation, a disassociation, between mind and body. The initial purpose

of this exercise is to recreate that trance state. Literally to learn to cause, a mental trance, without the need for physical exercise or rhythmic stimulation.

This may seem easy but I can assure you it will not be. If all you get out of this exercise is another episode of sitting and staring, then you have completely missed the point. You must strive to be able to cause the trance whenever you want.

Begin, as always, with the initial breathing exercise so as to completely regain control of yourself and relax. Now open your eyes. For this exercise you need to have your eyes open because you need to activate and train the conscious part of the brain. This time instead of just allowing your senses to remain totally passive, you are going to pick out a point on the wall in front of you and focus on it exclusively. By that I mean that I want part of your brain to go on receiving information from everything around you, like it did in your sensitivity exercises, but that part will be the subconscious, not the conscious mind. I want you to learn to give up control of the things that can be done on automatic to the part of the brain which functions best at doing things on an automatic level.

I want all your conscious attention placed on and kept to the particular point on the wall. Now I warn you, picking a boring plain spot with no distinguishing features is the best. Do not think of anything. Let your conscious mind go blank. [Or just focus intently on only one thing!]

Note: If your mind can find anything to analyze about the place you are focusing on, it will. What I want you to do is to force your conscious mind to stay focused on that plain boring spot. Since there is nothing happening with that spot, and if you have actually chosen a boring spot, then there will be no need for thinking about the spot. It will just be there; something to look at and focus on. If you have trouble with intrusive thoughts or attempts of your mind to daydream, then go back to counting some of your breaths just like you did in the first baseline exercise. All of your conscious mind should be blank, almost asleep. Your subconscious should be paying attention to all the details you taught it to in the previous exercises.

Note: BE PATIENT! It will also take some time before you are able to keep your mind focused on any one particular spot for any length of time. That is all right. In time you will develop the ability to be completely oblivious to your surrounding on a conscious level, yet your subconscious will still be aware of everything around you for later playback or emergencies if the need should arise.



It will take some time for you to regain the subconscious awareness of everything around you. Initially, because many people have to work so hard at keeping their mind focused, they have a tendency to lose their sensitivity. When you become more proficient at this and don't have to work so hard you will be able to relax and regain the sensitivity that was learned in previous exercises. Do not let it worry you. The earlier steps were not easy and you had to work at mastering them; this level will be no different. If you really learned the exercises in the previous chapters that ability will come back to you.

You should know that probably the greatest hurdle you will need to overcome so that you can relax and regain your sensitivity, is in trusting your subconscious enough to allow your conscious mind to go blank. One of the main purposes of our earlier exercises, however, was to train your mind to be able to take over on a subconscious level when your conscious mind is not paying attention. It was not discussed then because it wasn't the right time, you had other things to work on.

If you did not hurry through the previous exercises, though, and took enough time to learn them correctly, you found that you were able to get into the right state of mind where your mind functioned automatically. You did not have to think about increasing your sensitivity, it just happened. Even when you directed your ball of energy, it became so that you only had to half-way think about directing it in some direction and it happened. You did not have to force it to move as you did when you began the exercise. Also, you would have noticed that you became much more aware of this energy when you touched yourself or even possibly on others without having to think about it.

If you did stay with that exercise long enough to reach those goals, then at this point you should easily be able to continue doing exactly the same on automatic. Just shut your conscious mind down to focusing on the particular spot on the wall and let your subconscious continue doing the things you have already trained it to do.

Once you have gotten to the point where you can create the trance on desire, I want you to pick out a goal to work on. Pick out a goal, which involved your personal internal goals, not something outside yourself. For example, you might wish to work on staying calm when speaking in public, or keeping your focus during breaking or whatever. You choose.

Whatever your goal, I want you to begin to visualize your success in this goal during your trance sessions. I want you to visualize yourself passing each obstacle and then reaching your goal. Pick goals that are realistic to reach and then begin to work on those problems bit by bit.

Visualize yourself doing whatever it is that you want. I want you to visualize the emotions you will be feeling as you get ready to do this; the way you will look, the way you will be standing, and so forth. Every little detail should be scrutinized. I want you to examine every roadblock to this goal very carefully. Look at any fear you may have. Do not ignore any fears that are there but explore why they are there and then learn how to deal with them.

Visualization has shown to be a useful clinical tool in some cases to help people reach their goals. When you add visualization to the trance state, it becomes a very powerful mental reshaping tool.

When you are in a trance, you can reach your subconscious and emotional mind without having to go through the conscious mind. In the trance, there are no excuses of “why not,” no hidden agenda, no refusal to believe.

Note: Even though you will be placing yourself in a trance and disassociating the conscious levels of your mind, you can still send information to your subconscious mind and emotional parts of the brain. Your low level conscious and upper subconscious levels are able to create input on your subconscious and emotional mind through visualization. Do not expect actual recitation of words as that is only a function of the upper conscious. Instead, visualization techniques will pass the information to the subconscious and emotional parts of the brain without the need for upper level conscious input.

Your subconscious is now open for you to program in whichever way you want. All it takes is the desire and the techniques, which have already been taught in this book. From now on nothing inside of you can hold you back. Instead of being your enemy, your mind can become your greatest asset, your most potent weapon, and your friend!

Truly, from this point forward all it takes is the effort to set your mind on any goal, for now you have become the true mental warrior!

To control yourself, is the real power!

# AUTOHYPNOSIS

In the fourth exercise you worked on developing a separation between mind and body. You used the rhythmic pattern of a simple exercise to force you to focus and block out all of the external stimulation. In the next chapter you found that the state/semi trance, which you learned to create fit into the definitions of what, is called hypnosis.

In Exercise 5 you worked on focusing on a single point on the wall in order to create the same mind-body separation, which you had produced when exercising (or using other rhythmic focus points) without the need for such aides.

In this chapter we will tie all the concepts together. By now, if you have mastered the exercises, you should realize that you are indeed placing yourself into a hypnotic state of mind.

Here is a definition for those of you who do not have a full understanding of what your mental state should be when you are doing the exercises correctly. The hypnotized state is a half-awake, half-asleep condition of partial awareness. Do not expect an unconscious state here. That is defined as sleep and is not at all what we are looking for. Instead, hypnosis is a fugue-like state where there is a disassociation of the different parts of the mind. Each part still functions correctly except that communication **between** each section has been temporarily suspended.

Some people who have themselves hypnotized, by someone else complain of feeling weird or feeling a loss of control. This is probably because without their conscious defense to protect them, they feel emotionally uneasy. When you learn to produce autohypnosis by the classical method, the approach is one that is slow and steady. You have already learned to control your anxiety in the first exercise so you will be able to work on your goals without undue anxiety hampering you.

Secondly, you are setting and working toward your own goals. Therefore, you can realistically set goals, which **you** can work towards. When someone else tries to move you toward a goal, they are

actually pushing you and, of course, your mind will develop resistance. In autohypnosis, because it is you who is doing the leading, the resistance does not develop.

Third, because we have already learned to listen to our surroundings and our internal energy, (you did learn those exercises didn't you?) we can be more receptive to the feedback from our body's and tailor the hypnotic state to fit the current situation. Thus we can adjust the depth of the trance to fit how much control we need. If you have trained your mind as described in previous exercises, your subconscious will handle any outside stimulus which does not fall into certain criteria which you have instructed it to handle.

The fact is that the hypnotic state taught by classical exercise presented in this book is a special state mostly because it is a self-induced state. This self-creation opens up more potential because we are not threatened, by another person, confronting us, even if it is in a clinical manner.

There are some things that you should know about the hypnotic state of mind to use it fully.

The first thing is that contrary to popular belief you do not have to go into a deep trance in order to receive the mind control and the ability to work on emotional conflicts. In fact, there is scientific evidence that working on problems like anxiety, stress, habits or other goals is much more successful when you are in a light trance than when you are in a deep trance.

Secondly, do not be concerned if the level of trance state you are at seems to float up and down during each practice period. You are not going to be able to keep yourself at any magical rock steady level. That is not natural.

It is known that even in a person who is hypnotized by someone else, the level of their trance will float between different levels of trance state as time progresses. It is not a downward and then a back up pattern either. The trance level will progress up and down many different times in the same period depending of the physical and emotional state of the individual and the length of time the hypnosis continues.

The only real reason why a martial artist would want to go into a deep trance is to completely block off significant pain or to decrease their muscular activity to the point where there would less bodily need for oxygen. In both cases this ability is more useful for carnival tricks than for most martial arts applications and therefore is not the main point of the focus in this book.

I also have to clear up an old misconception. There is a myth that if you go into a hypnotic state, you may not be able to come out. Let me tell you for the record you can come back whenever you want to. There is no way you will stay in a hypnotized state unless you decide that you want to. As soon as you desire to wake up you will, for that is exactly all you have to do to break out of a hypnotic state, just wake up.

Those of you who practiced the exercises had no problems waking up and returning to normal. Neither will you have any problems when you call the same thing hypnosis. (Actually the term “autohypnosis” is more appropriate because it is you who is controlling the trance.) The worst-case scenario possible is that you will desire to remain in the trance that you have created. Should that happen you would remain in the trance state until you became tired and fell asleep, thus breaking the trance. There are no other possibilities.

Note: I warn you of two things. The first is that your conscious mind is only temporarily asleep in hypnosis. What this means is that if you try to input information to your subconscious which causes a highly-charged, direct conflict with a preexisting emotional issue or you try to enter information which is a gross departure from reality, you most probably will produce enough emotional stimulus to bring you out of the trance.

Secondly, if you do succeed in entering information, which causes an emotional conflict, your conscious mind will develop some defensive system to deal with the conflict when it wakes up. This problem can manifest itself in a variety of symptoms depending on how your conscious mind decides to deal with the conflict.

Generally the end result is that the problem you were trying to resolve doesn't get resolved, just manifested in another way. Only rarely does the situation occur in self-programming because the person wakes up before a significant conflict can occur. Even if some conflict does occur, the severity is not enough to produce symptoms that last more than a short time.

This situation is not the same for someone else giving you input, however, for they can produce stronger stimulation which is easier to create conflicts which can last a long time or which may be permanent. This is not implying that any clinical, professional hypnotist would ever deliberately put you in a mental conflict situation, but you know yourself much better than another person ever could, so therefore you tend to naturally soften your approaches on areas which are sensitive and

approach these same areas, if you decide to work on them, in ways which are less stressful. Because of this, the chances of causing further emotional conflict is dramatically decreased, but you must also work for a longer period at the problem or goal to get it resolved. The bottom line is that autohypnosis is much safer for you, at least as far as the possibility of creating mental conflicts is concerned, for you are at the controls, so to speak.

Note: I want to warn those of you who do these exercises for the idea of learning how to control pain, you are only blocking the mental component of the pain. The physical damage will still be there when you come out of the trance.

This is different from triggering the protective resources of the mind. These do occur but you must learn to use them. The science of psychoneuroimmunology proves that the mind can have dramatic effects on it's own healing and protection. However, the intelligent way to learn this is to practice these skills slowly with everyday events. If you deliberately incur damage to your body with the idea that you can suddenly cure it, you are going to be in for a rude surprise.

Still, properly used, hypnosis can be a definite aide for pain control. Add to pain control all the other benefits and you have one of the ultimate tools for mind control, especially if it is induced and controlled by the individuals themselves. The secret for success, however, is the same with any tool: the painstaking care and expertise of the person wielding the tool. The exercises in this book will give you the expertise you need. You must dedicate the time, effort and patience to learn them correctly and use them wisely, if they are going to work.

Anyone can be tough, cold and macho.  
The question is do you have the strength to be real?

## The Reality of Pain

Please note the differences between sharp and dull pain in the verbiage of the last exercise. The two descriptions refer to the type of pain not to the severity of the pain. You can have a small amount of sharp pain and an intense amount of dull pain. The distinctions are very important because the body handles both types of pain differently. Therefore, you must react to the two types differently.

Sharp pain is transmitted from the point where it is initiated to the spinal cord and then the brain at about the rate of 300 meters per second. Therefore the brain and the spinal cord get the message at about the same time. However, physically the body has been set up to deal with sharp pain as if it was a life or death situation. Specifically, the body has reflex arcs of nerves in the spinal cord which are designed to react to sudden changes in pain levels, particularly of the sharp pain type.

Because there are reflex arcs in the spinal cord, when we get an impulse, which qualifies as sharp pain, there are muscle actions which are initiated because of impulses sent down from the spinal cord. The brain does not have to initiate any action because the spinal cord reflex has already done the work.

Note: These reflexes are what make most pressure point techniques work. See the book and/or video Pressure Points: the Deadly Touch.

One might think, then, that the brain wouldn't pay much attention to reflex actions. In some cases this is true, but when it comes to pain, the brain instinctively pays a great deal of attention, determining that pain could be caused by something life threatening. Realize that this is an instinctive reaction, not one that you have to think about or train yourself to do.

In the last exercise what you did was to train the brain just the opposite. To let the spinal cord handle those actions without having to have conscious brain input. In some people and for some types of pain this occurs fairly easily as they have a high pain tolerance, while others have a lower pain tolerance and must work at raising theirs. By this I really do mean that the pain tolerance is trainable. It is well known that in patients with chronic pain, there are some people who can cope with intense pain without need for medicine or other treatment. Other people with the same condition may need intensive help, both with medicines and physical therapy.

Now, I will readily admit that there are a lot of factors involved with pain tolerance, especially the mental state of the individual at any point in time. However, we can definitely learn to control how we respond to most of these factors and definitely learn to control our mental state given sufficient time and effort.

Note: Pain is not the only reflex arc in the spinal cord, but it is the only one we are going to deal with at this time or in this book.

As you can see from this discussion it is possible to train your brain to handle a significant amount of pain. You can **force** your body not to move in response to sharp pain by causing enough stimulation at a different point in the body so as to override the sharp stimulation which you are receiving but this is definitely not the same as letting your subconscious acknowledge the pain and then shut it off.

Over stimulation blocking is basically a carnival trick, like the old saying, “to bite the bullet.” It is not true mental control and definitely not what we are striving for here. I am going to include a section on description of this action however so that those of you who wish to understand and do this will be able to. (See Appendix 2.)

Just as long as you know that it is not the same and really doesn’t take any mental training at all, just understanding the parameters of how the body works and what is happening.

On the other hand, the ability to place yourself in a deep trance can do the same pain blocking but with much greater potential. There is a limit to how much pain you will be able to override consciously without passing out. The exact limits of how much pain you can take which in a hypnotic state are unknown but many phenomenal episodes have been recorded.



A **personal** comment on the subject is that I personally use such techniques to block pain when I have a kidney stone. I do not usually succeed in blocking out all the pain (due to the lack of continued practice, I admit). However, I know that despite repeated passage of stones I have only needed adjunct medication to control the pain of passing a stone two times in the last 12 years. The first time was with my first stone and I didn't realize what was causing the pain, so I did not want to block it out and the other time was after passing 8 stones in a row. At which point I was too tired to continue, and succumbed to using medication to control the pain.

**Note I only use these as examples. This book is NOT about me! It is about you! I only have myself to give you verified examples, and not somebody said somebody did, nonsense.**

Generally, I personally find that any medication, which alters the mind, causes me to hurt more as it does not do as good a job as I can do myself. And also tends to interfere with my ability to control the pain.

NOW I will openly admit that there is a LIMIT to how much pain I can control but except for episodes where I needed strong Narcotics for serious damage, I have found that I personally have much, better control from my own mechanisms, than what is provided from meds that kept me from focusing

NOTE: NASIDs do not interfere with focus, thus IMHO are a good medication!

Whether you have similar results or even believe the above depends on you. I can assure you though, hypnosis, regardless of the name you call it is an extremely powerful tool. For your own sake do not abuse it!

Note: Stimulation of a point that would normally be dull type pain, but which is initiated suddenly and at an appropriate threshold will temporarily produce the same responses as sharp pain.

This is because both sharp and dull pain receptors have been stimulated. However, these responses will not last even though the pain does because the type of pain will change from sharp to dull and the body will go back to handling the situation as if there is only dull pain present.

In closing I will only say that both an understanding of what you are trying to do and practice at doing just that, are all it takes to succeed in obtaining your goals. I hope that this book has given you

some insight into that understanding. The practice effort is up to you. I hope the journey has been worthwhile and rewarding.

# Appendix 1

## Explanation of notes AND References

1. This is, in my opinion, unadulterated bull chips!
2. Have you ever found that you have done something and not remembered doing it. Like driving home, or making the turn at a certain corner. No, I do not mean in a drunken state either. Most people just write these happenings as their brain being on automatic and they accomplished the feat from reflex or habit. The fact is that what was happening were your brain's top levels, the thinking part of the brain, taking a short nap. Recent research has shown that people can and do experience part of their brain going to sleep with their eyes open and the rest of their body still functioning.

The reason for this is that most people, at least in the Industrialized Western World seem to be chronically short of sleep. They get enough sleep to function at the hurried pace and demands of everyday activities but not enough to function at full mental capacity. Therefore when their brain gets a chance to rest it does so and places itself on autopilot so to speak. During this mode it is still able to handle basic functions but obviously can't handle emergencies very well. Also, because you are not functioning at normal levels, you may miss information that can significantly affect how you have to respond to your environment at a later point in time. In short, if you are tired get some sleep! Base level functioning is just playing the game; it is not really living to your potentials.

3. A good subliminal series is the Positalk series by ZANSHIN Productions.
4. It never fails to amaze me how many people who claim that they would never think of using drugs, "fortify" themselves, with coffee to start, or make it, through the day.

Like it or not, coffee is a drug. Most people intellectually agree to this but at the same time write it off as a harmless drug and therefore there is nothing wrong with it. The answer, “Well I only drink 3 cups,” or even “1 cup,” is not the answer. In fact, it is not a case of right or wrong. Right or wrong has nothing to do with the issue at hand and I am not trying to criticize your usage of any tool/chemical. You may do whatever you want. It is not my place to determine whether you are right or wrong. You should, however, know the facts so that you can understand all aspects what you are putting in to your body.

The fact is that coffee truly is a drug. It is a drug which does affect your baseline anxiety levels. Coffee, and other caffeine containing compounds, stimulates the brain. Especially stimulated is an area of the brain in the lower back part called the medulla oblongata and the reticular formation. Don't let the fancy words confuse you.

These are areas that are responsible for determining your level of wakefulness and are, of course, why people drink caffeine compounds. However, these centers of the brain also influence heart rate, blood pressure (causing both to rise) and the baseline activity level that you are functioning at. When this baseline level gets too high, we feel nervous.

Now many people's bodies have learned to detoxify (break down and dispose of) caffeine compounds rather quickly and thus they can drink copious amounts of the stuff without experiencing the nervousness that the average person would feel if they drank that much. Also their brain has learned to reset it's baseline activity level lower to compensate for caffeine stimulation so that these people actually need a stimulant to bring their activity levels up to normal.

Still, these people usually find out that they are not immune to the effects of caffeine. Eventually, the effects on the heart and blood pressure eventually add up. Or, if those effects do not show up, the fact that caffeine causes more acid production in the stomach usually does get to them with symptoms of an ulcer or gastritis from a condition called gastric reflux.

5. Chocolate is also a drug! Chocolate contains both caffeine and a substance called Theobromine. Theobromines are broken down into Xanthenes, which is the actual active ingredient in caffeine. Therefore, the actual effect of chocolate is the same as drinking a caffeine containing beverage but one which has effect which actually lasts longer, plus, of course, the effects of the copious amounts of sugar that is added to most chocolate preparations.

6. Especially the books; Secrets of Power, Technology vs. Magic, Volume I and A Rational Approach to the Subject of Chi. Both are free downloads from the QUANLIKAN.com website. As are all of my books that I have converted to .pdf format

7. A condition called “hypocapnia,” decreased blood carbon dioxide (CO<sub>2</sub>) develops if we breathe too deep too quickly. Just breathing deep will not cause this to happen but if you breathe at the same rate you do for shallow breathing and increase the quantity of air you breathe, you will blow off too much carbon dioxide (CO<sub>2</sub>).

These effects are called hyperventilation and may cause lightheadedness, dizziness, headaches, and possibly even nausea. Some people find it difficult to control their breathing if they get into a full blown hyperventilation episode and continue to breathe too fast until they pass out. Luckily, once they pass out, their brain resets itself and their breathing returns to normal. One treatment for this has been to breathe into a paper bag so as to regain some of the carbon dioxide (CO<sub>2</sub>) which has been blown off. DO NOT, however, tightly cap the bag over the face and cut off the oxygen supply or you may suffocate the person.

8. Veith, I. The Yellow Emperor’s Classic of Internal Medicine. Berkeley, Los Angeles, & London: University of California Press, 1972.

9. The Research Status of Spinal Manipulative Therapy. NINCDS Monograph No. 15 U. S. Department of HEALTH, EDUCATION and WELFARE. Public Health Service National Institutes of Health.

10. Cohen, S. S. The Magic of Touch. New York: Harper & Row, Publishers, 1987. This is but one book on the therapeutic effects of touch and massage. I am certain you can find many more, most with several crackpot theories on why their particular brand of massage works better than any other type in the world. It seems the wilder the theory, the more they charge. Or is it the other way around? Who cares, massage feels great!

11. For some of you, this may be a shocking departure from my usual stance but let me assure you that I am looking at the matter from an objective standpoint. If something happens repeatedly and reliably then even a skeptical scientist must admit to the validity of something’s existence. The tendency to go beyond and make up explanations is not scientifically acceptable behavior and

therefore I will not try to explain something that I cannot. I only report my observations and allow you to make your own conclusions, as you will.

12. Cultural factors are the main determination of the stereotypes actions found in the hypnotized person. The Malays have a syndrome called LATAH in which the hypnotized person produces bizarre imitations of everyone and everything they see. In many cultures hypnotism is part of the religious ceremonies and you get varied reactions like jumping, singing or speaking in voices, propelling themselves into acrobatic activities, etc.

13. Wolberg, L. R. Hypnosis: Is it for you? New York: Harcourt, Brace & Jovanovich, 1972.

# Appendix 2

## **GATE CONTROL THEORY**

In 1968, Wall and Malzack, two prominent physicians, presented a paper which explained the first step in the working of acupuncture. They called the new concept the Gate Theory.

<https://www.sciencedirect.com/topics/medicine-and-dentistry/gate-control-theory>

With the new conceptual framework of the Gate Theory, Western Medical Science physiologists took another, deeper look at the structures of the brain and spinal cord and began to discover many new concepts.

Along with the Gate Theory, the concept of endorphins was released to the Western Medical community and for the first time, Western Medical physicians began to get a handle on some of the actual mechanisms of pain and natural pain control.

The purpose of this appendix is to explain Gate Control Theory in a way that the average, non-medically trained reader can understand the concept. Once that occurs, you will be able to understand the basic principles of over-stimulation of a nerve area and how it works.

The first step in understanding gate theory is to realize the body, especially the skin, is full of nerves. There is no part of the undamaged skin, which does not have nerves in it to relay the sensation of touch, heat, cold, or pain.

Now the brain and spinal cord are much like a computer. At least, in the way, which it handles certain types of information. The brain and spinal cord can handle only a certain amount of information in each of its input paths before that circuit becomes overloaded.

Two things happen when pain nerves become stimulated to the overload point:

1) The involved circuit/nerve pathway shuts down, thus blocking all information conveyed by that nerve. This is the mechanism of action of the transcutaneous nerve stimulation (a device based on acupuncture) that causes enough stimulation of the nerves to lead to blockade of all information, including pain.

2) The body pain control centers are stimulated and pain blocking chemicals, called endorphins (which include several different very potent compounds). These chemicals are actually much stronger than morphine in their pain blocking action, but cause extremely little euphoria.

The trick in all this is be able to apply enough stimulation to the brain to be able to override other unpleasant sensations. Some people can do it by concentrating on something hard enough. Others can do it by gritting their teeth or clenching their muscles. Still others will induce small amounts of pain in other locations of their body by pinching themselves or digging their fingernails into their skin, etc., knowing that they can titrate that pain just enough to block out the other stimulation they are trying to ignore. The technique works, but it is definitely not a technique of mind control, merely one of pushing the body's limits.

For those of you who doubt this, let us try an experiment. First find a dermatome chart in any medical textbook and a friend to help you. You need this so that we can do this without having to stimulate so much that pain is produced. Next locate a fairly large area on your arm, which is in a single dermatome. Look on the chart.

Now have your friend touch you at two places inside of the dermatomes about two to three inches apart. Touch moderately heavily, but not enough to cause pain. You should feel both of these locations. Now have your friend touch you in a third are still inside the SAME dermatomes, again about 2 inches from either of their fingers.

If this is done correctly, you should still feel only two locations. If you feel more than that, it is probably because you have crossed dermatomes and are stimulating more than one group of nerves. Try again.



For those of you who did it right, it is because of the computer effect of the brain as stated above. This same thing works for areas not in the same dermatomes but you have to apply significantly more stimulation (i.e. pain).

This can be an interesting game, but as I said earlier it has very little real world usage, at least at this level. It is better to develop your mind and control your brain's response to that pain.

IN the End.

May Your Journey be long and worthwhile

(Which is not the same as simply being there)

May the interesting challenges that present themselves

May your continued growth never cease.

Sincerely,

Bruce Everett Miller