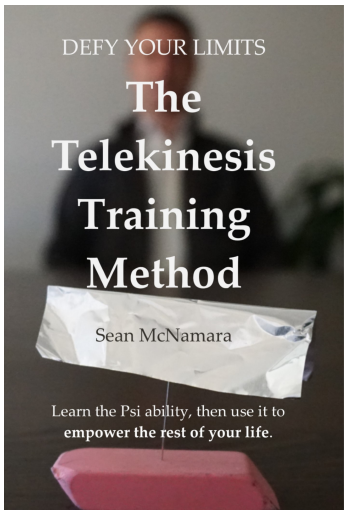
From the book:



3. Training Supplies and Recommendations

For Level One

- A long sewing needle or pin.

- A base to insert the upright needle into. You could use a pencil eraser, a cork, a small bar of soap, or a candle. It should not be any kind of material that could carry a static electrical charge. Stick the needle or pin into the base so that the sharpest tip is *up*. This is where the object will be placed. The reason for putting the sharpest tip up is to minimize friction between the object and the needle tip as much as possible.

- A rectangular piece of tinfoil the length of a finger, and about half as wide. Fold the tinfoil lengthwise so that it is shaped like a tent. Then balance the tinfoil upon the needle. Be careful not to pierce or indent the tin foil in the least. Placing it as gently as possible on the

needle should prevent it from getting stuck. The piece of tin foil is now your "object."

You could use a similarly sized piece of paper instead, but it may prove more difficult than the tin foil. I weighed both types of objects on an electronic scale and was surprised to see how much heavier paper is than tin foil. Both are extremely lightweight objects, yet the *relative difference* is significant. I recommend starting as light as possible, with tinfoil. After becoming successful through Level Four, you could repeat the exercises with paper.

- A painter's mask, handkerchief, or something else that you can use to cover your nose and mouth to prevent your breath from interfering with the object.

Find a table and chair in a room where there is as little air movement as possible. Close any windows and turn off any devices like fans, air conditioners, or heaters. The air needs to be as still as possible. The table should be cleared of any other objects, especially electronic devices or anything else that could raise doubt about what's causing the object's movement.

For Levels Two, Three, and Four

- A glass container with a straight, even lip. You won't need to cover your nose and mouth anymore or close windows because at these levels, the object will be

encased in the glass container. I recommend a clear, cylindrical flower vase. The glass should be fairly thin, not thick like a mixing bowl. These types of vases are available in hobby stores, flower shops, and thrift stores.

Be sure that there is no static charge on the glass whatsoever. You can test this by seeing if hair, small pieces of Styrofoam or paper cling to it. If these materials cling to the glass, you'll need to remove the static. The easiest way is to rub a dryer sheet over the interior and exterior surface of the glass.

The reason we want to remove any static charge isn't because it might make the object move, but because *it will prevent it from moving*. Think of it like the needle of a compass, always pointing to the northern pole of the earth's electromagnetic field. We don't want your object to be fixed in one position because of nearby static.

Most glass containers are well designed and will prevent air from passing between the edge and the surface of the table. If you want to be sure that external air movement won't affect the object, you can use masking tape to seal the edge of the container to the table after you've placed it over the object.

When you lower the glass container over the object, do it slowly. The air disturbance will cause the object to spin somewhat, and if it moves too quickly it will fall off the needle. Also, when finally landing the glass onto the table surface, do it gently to prevent a hard impact, causing the object to fall off the needle.

At all levels, the object and the glass container should stay out of direct sunlight or other ambient sources of heat. You should even avoid placing your hot mug of coffee or tea anywhere nearby. Even though these are unlikely to heat the air inside the container, we need to avoid any alternative causes of movement. We're eliminating *doubt* step by step.

Your clothing

You probably know which of your shirts or sweaters accumulate static easily. Don't wear them during telekinesis training. Avoid wearing any clothing that might hold a static charge. Until you're successful, try to wear short sleeved shirts to be sure that your clothes aren't affecting the object. Again, we want to eliminate any alternative causes for the object's movement, or non-movement in the case of static.
After you've proven to yourself that the object is moving due to your mental and energetic influence, you can continue your training sessions with any clothing you'd like to wear, and with that hot cup of java nearby. By then, you'll be certain that these things are not causing the object's movements.

Your appetite

It's best not to be distracted by hunger, thirst, or other bodily needs during a session. Have a snack and go to the bathroom before you begin. That way, you'll be able to sit in front of the object for a sufficient period of time without needing to get up for any reason. Fighting an urge during the session can weaken your will and attention.

Sleepiness

Sleepiness is a sign that your energy is depleted. You should be well rested before beginning a telekinesis session. Otherwise, you will be easily distracted or discouraged, and give up too soon.

Playing videos or music during a training session

Keep your training room silent and free of distraction. You might think that playing comforting or inspirational music during training might be helpful. However, your intention will be directed toward *perceiving that sound* and listening. Your intentional energy will be divided between two interests, the music and the object.

Your attention will also be directed toward the meaning of the lyrics, how it makes you feel, etc. At that point your energy will go into your mental experience of that song instead of toward the object. The same applies for video. You can't watch a video and successfully do this training at the same time, at least in the very beginning.

We want as much intention to be directed toward the object as possible.