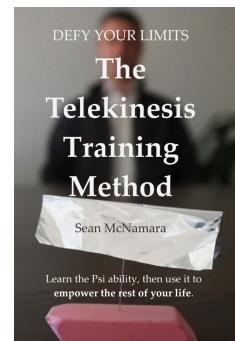


From the book:

32. What to Know Before You Show



Potential to Advance Others' Capabilities

You may already know who Roger Bannister is. Until May 6, 1954, most people believed that it was impossible to run a mile in under four minutes. Bannister believed that he could, and on that date, he ran a mile in three minutes, fifty-nine and fourth tenths of a second.

What is more amazing than this new speed record is that only two months later when Bannister raced against John Landy, *both* of them broke it, surpassing the four-minute mile. Soon after that, more and more people joined the sub-4 club. Once everyone had evidence that it could be done, they *believed that they could do it too*, and they did.

Every time I have shown family members or friends what I could do in person, they were able to reproduce the effect themselves within the hour, and often much quicker than that. In these instances, I was using Level Two for its speed of effect. Doing Level Three and Four with an audience takes far too long to keep them interested.

Whereas it had taken me several weeks to succeed with Level Two, it only took *eye witnesses* less than an hour.

I believe this is largely due to the Bannister Effect. If I had only *told* them that I could move an object from a distance, they probably wouldn't believe me. They might believe *that I believed* I was using telekinesis, and probably feel sorry for me. "Why can't he see that he's fooling himself?" they'd ask.

In person, though, they could not only verify the movement, but also observe the setup, the environment, and what I was doing. They would try it themselves, and because they now believed it was really possible, they'd succeed.

Cierra was the first person I showed this to. She succeeded on her first attempt*, which I must admit frustrated the heck out of me because I had worked for so long to do what she was instantly capable of. I was also excited for her of course, and intrigued about what this could mean for other people.

[Choosing Whom to Share This With](#)

I don't think Cierra succeeded merely because she witnessed me doing it. As my loving wife, she believed in me, trusted me, and supported my exploration with her sense of humor and encouragement. These are the same traits shared by the friends and family I've shown this to in person. They trusted me, they were open to the possibility of telekinesis, and they genuinely wanted to see if they could replicate the effect.

People can be fickle though.

After Cierra's success, we decided to demonstrate it for two friends, a married couple. Not only did they watch me do it, they watched Cierra do it too. Then they tried.

The wife succeeded that same evening, but the husband did not. A few days later I asked them if they tried the experiment again on their own, and they responded that they had, but that it didn't work. Also, they ultimately concluded that wind or some other factor had been involved the first time they tried it with us.

Even after our demonstration, they remained unconvinced that telekinesis is real. We could say that their *inner skeptics* and their *inner believers* had been overcome by their *inner non-believers*. Once they decided it wasn't real, there was no reason for them to put the time and effort in to keep trying on their own, and possibly changing their point of view.

If I were to show a person telekinesis, specifically someone who didn't share my first successful friends' positive traits, I'm certain they wouldn't believe their own eyes. It is well known that even intelligent scientists upon obtaining data which contradict their personal belief system will either ignore that data, argue that there is a flaw in the experiment, or accuse the experimenter of fraud.

* Those readers who have had dreams in which they performed telekinesis would be interested to know that Cierra had had several lucid dreams before this, in which she moved objects in her dream environment with her intention. We suspect it may have assisted her when the time came to try in waking reality.

This phenomenon is also known to behavioral economists, people who study human behavior. They study our decision making, preferences, and buying habits. When they assume that humans are rational, logical, and intelligent, the data shows that our behavior indicates otherwise. People are not rational creatures.

We prove over and over to be instinctual and emotional beings whose decisions are influenced by group behavior and environmental cues as much, if not more than, our individual minds.

If you show telekinesis to someone who doesn't believe in it, whose family attitude toward the "paranormal" is negatively biased,* or who would love to have a reason to ridicule you, you'll realize very quickly that you've made a grave mistake.

Yes, that person will walk away with new thoughts in mind, but none of them will be positive toward you or toward what they just witnessed.

But if you teach it to the right person, someone who truly wants to learn it, it can be one of the most transformative gifts you'll ever give someone.

[Personal Ethics](#) and Demonstrating Telekinesis

People have an instinctual need for physical security, such as knowing they'll be fed, clothed, and housed. Threatening their access to those things is an assault on their security. They also have a need for *existential security*.

They need to feel secure in their place in the world, in how the world works, and what the rules of participation in life are. Politics and religion usually try to establish those rules for people, although each person ultimately makes his or her own choice about what to believe.

Therefore, we need to be aware that the vast majority of people are quite satisfied with their current belief system. They are also psychologically unprepared for evidence that contradicts what they believe to be true. It can be a profound shock to a person when they discover that things are not what they seem. This is especially true when a person has not sought out that new information through their own volition.

* Assuming that you have successfully engaged the training method through Level Four, you know now that telekinesis is *not* para-normal, it's *very* normal. We just need more time and resources to understand the mechanism behind it, to learn how it *really* works. Doing so will help to normalize it for general acceptance in society.

If you introduce the idea of telekinesis to someone, or show it to them, and if you do so without their request, you risk posing a *psychological threat* to that person. Granted, children are fairly open minded and psychologically flexible. The threat really lies with adults who have been firmly programmed by television, religion, community, politics, and their parents' values.

For your sake and theirs, please be careful when deciding whether or not to pull out your tinfoil after dinner and ask if they want to see something cool.

The Difficulty in Video Recording and Showing Others

Almost every time I pressed the *record* button on my video cameras, my telekinesis ability would fade significantly. With the most difficult experiments, it would sometimes fail entirely. The cause for this was obvious to me, it was my self-consciousness. Performance anxiety and concern about public opinion naturally arose within my conscious mind every time I turned the cameras on.

I've seen the footage of the 1973 episode of *The Tonight Show* starring Johnny Carson featuring Uri Geller*. He is world-renowned for psychic abilities such as spoon bending, remote viewing, and dowsing. His spoon-bending influence even extended into the homes of his television viewers. Silverware inside kitchens hundreds of miles away spontaneously bent during his performances.

On this episode of *The Tonight Show*, Geller hadn't been expecting to perform his feats on stage. He seemed shocked and disappointed to see a tableful of experiments waiting before him as he sat down next to his host. Even though he explained to Carson and to the audience that he needed to be in the *right frame of mind*, Carson pressured him to perform. It was plain to see that he wasn't comfortable or in the right state. He seemed uneasy for some reason.

Not surprisingly, he failed to impress Carson and many viewers across America.

The memory of what happened to Geller only adds to the hesitation and tension that arises whenever I turn on a video camera. It also affects me when showing it to others in person. It takes me longer to move the object, and the movement is less pronounced.

* Multiple video sources available by searching "Uri Geller on the Tonight Show" online.

I mention this for anyone who might consider sharing their telekinesis experience with others, either in a live performance or through making videos. If performance anxiety is an issue for you, you'll simply need to learn to relax with it, ideally in private before testing yourself in public. After you've made several videos and become comfortable with the process, it will be much less of an issue.

[Personal Risks](#)

I am happy to say that after one hundred thousand views of my online videos I've only been accused of witchcraft a handful of times. This is a welcomed indication that society is progressing.

Many people are familiar with the Salem witch-trials, which were nothing more than an event of mass hysteria used to kill innocent people, which occurred in the 17th century. Yet we should also remember that in 1944, Helen Duncan became the last person to be convicted in Britain for violation of the Witchcraft Act of 1735. That was *less than a century ago*.

Today, forward-thinking scientists have to take great care in what kind of phenomena they research, and who they share their findings with. They know too well that they risk their credentials, their teaching appointments, their funding, and their reputation for advancing psi research.

Simply put, be cautious when deciding whether or not to let your social circle know that you can move things with your mind.