

## Telekinesis techniques

### DANCING CANDLE FLAME

Light a candle. Relax and focus on the candle flame. Imagine that you are merging with a candle flame, becoming this candle flame, being this candle flame. What you're really doing is merging your energy field with the energy field of the candle.

In NLP terms, by focusing on the candle and tuning into the candle, you are "pacing" the candle, by directing the flame to move where you want it to move, you're "leading".

When you feel that you have established good enough "rapport" with the candle - imagine its flame extending and becoming longer. When you succeed with this, then imagine it shrinking back, becoming smaller and smaller; then bending to the side, etc.

When you're done experimenting, just imagine yourself returning back to your normal state or mind, "emerging" from the candle flame.

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### PENDULUM

This is another basic technique. You can buy a pendulum or make it - simply attach a small object (e.g. ring) to a string. You could hold it in your hand, however, this way you'd send unconscious impulses through your hand, so it's better if you have a pendulum hanging in front of you (you can attach it to a small stand (like the one's for table lamps)).

Same as in previous exercise, with a candle, focus upon the object until you create a sense of "oneness" with the object and then imagine it moving back and forth, clockwise, etc.

There are other techniques which I may post later, which involve accumulating energy (chi, ki), and projecting it to push the object. These require more practice.

And, there are still other more esoteric/occult techniques for having objects appear/disappear at remote locations.

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### MOVING SMALL OBJECTS

Choose a small, lightweight object and place it on the table in front of you.

Relax, clear your mind completely and focus on your object.

Visualize a "tunnel" between you and the object. The only thing that should be present in your awareness is the tunnel and the object at the end of the tunnel.

Now, imagine your mind's hands coming out and pulling the object in. Once you feel the pull, you might want to make sounds in your head that suggest a strong magnetic field (nnnn.... nnn.... nnnn.... )  
It may sound silly, but it works!