

(-) Title: Out of body experiences, energy, dreams,... fundamentals, experiences and methods. Everything, what I know about supernatural things. In short: "**Analysis of the supernatural**" (Maintext of proyect_outzone). This is probably the most complete systematic work to the topic "supernatural" and parapsychology in the whole internet (or if you got the book version of this text, it is one of the best sorted books). Please read **first** the usage instructions in "0.4".

This text from germany has also been translated in English by me. The english translation is good, but not perfect. Please excuse the remaining mistakes.

The english version is sentence for sentence identical with the german version. Example: The 5th sentence of an specific point in the english version is identical with the 5th sencence of the same point in the german version. The most words in these sentences are also identical or similar.

(0) Introduction: A brief introduction to this text. Here is everything mentioned, what belongs in front of a text. Notes, preface, table of contents and a few basics, which do not directly belong to the content but must be mentioned.

(0.1) Notes to the text: This text is very compressed. I had to use here some special information systems to make this compression possible. And that's how it works: The most experiences have shared properties. A example is the point "1.2.2.1.5.1.1.1". To the Information of this point belongs also the fundamental property (point "1.2.2.1.5.1.1"), the parent category (point "1.2.2.1.5.1"), and so on (points "1.2.2.1.5", "1.2.2.1", "1.2.2", "1.2", "1"). The parent points are required to understand the contents of the

subordinated points. So one should always read the parent points too, if one wants to understand a point completely. One should also read the references to other points. In the HTML version of the text are these references linked. One need just to click on the number of the point in quotation marks (""), and the linked point appears at the top or bottom border of your screen (newer browsers let the point mostly appear at the top). One comes easily back to the starting point by clicking the backlinks in the right column or the "Back" button of the browser. The backlinks have also several other functions (As a help for me, for changes in the text). Therefore I have placed no backlinks to the table of contents. But one can find it easily, because it is on the top. The HTML version of the Text is, due the linking, more recommendable than a plain text version or a printed Version. A compromise is a professionally produced book version. It has no linking, but one can scroll it fast.

I tried to list every experience only once in this Text. But I had to list some experiences more than one time, to make the bigger categories (out of body experiences, energy, dreams,...) user-friendly. It is a small compromise between compactness and readability of the text. A complete waiver of the double entries of single experiences would mean, that one would have to spend in some topics (particularly in the Topic out of body experiences) more time with the clicking of links or the scrolling of pages than with the actual reading process. The double entries are mainly in the group "1.2.5" (and sub-points) and are always marked with links. But in the other groups are also some double entries. Some experiences are only listed here, other experiences are also listed in the other groups of the supernatural experiences. Such

several times mentioned experiences consist of the original entry (the point, which has been classed at the systematically appropriate place) and one or several double entries (the copies of this point, which has been entered at the places, where the contained information is also required). Points, of which double entries exist, have backlinks with corresponding abbreviations in the right column. The content of the double entries can deviate from the original entry. Such double entries have special names and abbreviations. The names and abbreviations of double entries are: double entry (D): is a identical double entry; collected double entry (Ges. D): contains informations of several points; partial double entry (Tlw. D): contains deviant informations. Referencing double entry (Verw. D): Refers to other places in this text, where the (mostly big) content is already listed.

(0.2) Table of contents Here are the most important groups and points mentioned.

"-" Title

"0" Introduction

"0.1" Notes to the text

"0.2" Table of contents

"0.3" Preface

"0.4" Instructions for the use of the informations of this text

"0.5" Common fallacies to the topics of the supernatural

"1" Experiences, basics and properties of the supernatural

"1.1" Properties and basics of the supernatural (energy properties), influences and astral beings

"1.1.1" Basic "Physical Properties of the energy

"1.1.1.1" Definitions and basics

"1.1.1.2" Properties of "free" energy

"1.1.1.3" Energy fields and energy flows (energy

links)

"1.1.1.4" Mutual influencing of energy and matter

"1.1.1.5" Theory of a 12 dimensional universe
(properties of the energy in the astral world)

**"1.1.2" Energy properties under specific
conditions**

"1.1.2.1" Properties of the body's own energy
system

"1.1.2.1.1" Definitions and basics

"1.1.2.1.2" Cycle of energy

"1.1.2.1.3" Properties of the energy intensity
(sensation)

"1.1.2.1.4" Properties of the energy storing

"1.1.2.1.5" Properties of the shifting of body's own
energy

"1.1.2.1.6" Blockades and other disruptions

"1.1.2.1.6.1" Definitions and basics

"1.1.2.1.6.2" Effects of blockades

"1.1.2.1.6.3" Effects of the removal of blockades
by exercises

"1.1.2.1.7" Properties of the controllability of the
body's own energy

"1.1.2.1.7.1" The properties of the controllability
of the own body's own energy

"1.1.2.1.7.2" The properties of the controllability
of body's own energies of several persons among
themselves.

"1.1.2.1.8" Influencing of the body's own energy
by emotions

"1.1.2.1.9" Reactions between body's own energy
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"1.1.2.1.10" Reactions of energies of several
persons among each other

"1.1.2.1.11" The layers of the thoughts

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"1.1.2.1.12" Uncertainty- and balance phenomenon

"1.1.2.1.12.1" Origin and properties of the balance

phenomenon

"1.1.2.1.12.2" Avoiding of the balance

phenomenon

"1.1.2.2" Environmental influences on the energy

"1.1.3" Basics of astral beings and astral travelers and influence of these (And of physical forms of life and other people)

"1.1.3.1" Species

"1.1.3.2" Encounters

"1.1.3.3" Basics of influencing by astral beings, astral travelers and physical living beings (Other people, animals, aliens,...)

"1.1.3.3.1" Types of influencing

"1.1.3.3.2" What one can do against unwanted influences and/or their effects

"1.1.3.4" Detection of influences of astral beings, astral travelers and physical living beings (Other people, animals, aliens,...)

"1.1.3.5" Getting rid of undesired astral beings

"1.1.4" Wishes to the "universe"

"1.1.4.1" Fulfilling by oneself

"1.1.4.2" Fulfilling by astral beings

"1.1.5" Basics of the supernatural perceptions (information gathering, receiving of telepathic communication,...)

"1.1.5.1" Kinds of application of supernatural perceptions

"1.1.5.2" Kinds of perceived informations

"1.1.5.3" The process and the reliability of supernatural perceiving of the informations

"1.1.5.3.1" Basics of the perceiving of the informations

"1.1.5.3.2" Reliability of the gathered informations

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"1.1.6.2" What can be influenced

"1.1.6.3" How one can influence
"1.1.6.3.1" Basics of the process of the influencing
"1.1.6.3.2" Reliability of the influencing
"1.1.6.4" How one influences
"1.1.7" Properties of the astral body in the astral world
"1.1.8" Properties of the body in the (real) dream world
"1.1.9" Properties of the astral world
"1.1.10" Properties of the dream world
"1.1.11" Properties of the thoughts, concentration and imagination
"1.1.11.1" Kinds of thinking and kinds of concentrations
"1.1.11.2" Remembering and memories
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"1.2.1" Tactile supernatural experiences
"1.2.1.1" (Rather) direct sensing of energy
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"1.2.1.1.1.1" Simple perceptions
"1.2.1.1.1.2" Perception of energy links
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"1.2.1.1.2.1" Changes of consciousness and similar changes of the state
"1.2.1.1.2.2" Perceptions of the position and the form of the body and the body parts
"1.2.1.1.2.3" Apparent movements
"1.2.1.1.2.4" Vibrations
"1.2.1.1.3" Temperature perceptions
"1.2.1.1.4" By separation of the astral body and the physical body caused experiences
"1.2.1.1.4.1" Smooth (and mostly only partial) separation experiences

"1.2.1.1.4.2" Faster till extreme by separation and falling back caused experiences

"1.2.1.1.4.2.1" Experiences, which occur most once or a few times at irregular intervals

"1.2.1.1.4.2.2" Rare experiences, which often occur several times in a row

"1.2.1.2" Rather indirect feeling of energy (aftereffects and side effects)

"1.2.1.2.1" Side effects under normal circumstances in the everyday live

"1.2.1.2.2" Side effects of interruptions of relaxation states

"1.2.1.2.3" By wrong charge state caused Energy side effects

"1.2.2" Visible supernatural experiences

"1.2.2.1" Visible supernatural experiences, which are not images (viewing of own energy, energy from other people (animals,...) and astral beings....)

"1.2.2.1.1" Aura 0

"1.2.2.1.2" Aura 1 A and similar effects

"1.2.2.1.3" Aura 1 B and similar effects

"1.2.2.1.4" Aura 2 and similar effects

"1.2.2.1.5" Aura 3 and similar effects (contains some visible fatigue effects)

"1.2.2.1.6" Uncertain visible supernatural experiences

"1.2.2.1.6.1" AE X3 A and B

"1.2.2.1.6.2" AE X4

"1.2.2.1.6.3" AE X5

"1.2.2.1.7" Other pointlike visible supernatural experiences and other visible supernatural experiences

"1.2.2.1.7.1" Other pointlike visible supernatural experiences

"1.2.2.1.7.2" Other visible supernatural experiences

"1.2.2.1.8" Possible transdimensional perceptions (AE X1)

"1.2.2.2" Visible supernatural experiences, which are images or contain images

"1.2.2.2.1" By supernatural influences caused images

"1.2.2.2.1.1" Energetic images, which are not bound on the environment

"1.2.2.2.1.2" By supernatural influences caused images, which are bound to the environment

"1.2.2.2.2" Dreamlike generated images

"1.2.2.2.2.1" By simple imagination triggered images

"1.2.2.2.2.1.1" Hypnagogic images

"1.2.2.3" Other experiences, which are related to the observation of visible supernatural experiences

"1.2.2.3.1" Visibility and viewing techniques

"1.2.2.3.1.1" Concentration on the field of view

"1.2.2.3.2" Visual perception changes

"1.2.3" Supernatural experiences, which are related to hearing and thinking

"1.2.3.1" Real audible supernatural experiences

"1.2.3.1.1" Experiences, which are dependent on real noises

"1.2.3.1.2" Experiences, which are independent from real noises

"1.2.3.2" Supernatural experiences, which are related to thinking

"1.2.3.2.1" Experiences, which are related to the thinking itself

"1.2.3.2.2" Experiences, which are related to the ability to remember

"1.2.3.2.3" Perception of time

"1.2.3.2.4" Vision of the future

"1.2.4" Various indirect supernatural experiences

"1.2.4.1" Physical experiences

"1.2.4.2" Emotional experiences

"1.2.4.3" Influences on dreams

"1.2.4.4" Unintentional influences on the

environment

"1.2.5" Supernatural experiences, which are related to specific abilities (and thematic basis)

"1.2.5.1" Vision of the aura

"1.2.5.2" Remote viewing (remote perception, clairvoyance, remote investigation of matter)

"1.2.5.2.1" Perception by imagination

"1.2.5.2.2" Perception by hypnagogic images

"1.2.5.2.3" Perception by the by supernatural influences caused images

"1.2.5.2.4" Perception by application of the energy shift

"1.2.5.2.5" Perception by tactile supernatural experiences

"1.2.5.2.6" Perception by mental imagination

"1.2.5.3" Out of body experiences (OBE), meditation and relaxation

"1.2.5.3.1" The relaxation process

"1.2.5.3.1.1" Tactile relaxation experiences

"1.2.5.3.1.2" Temperature perceptions during the relaxation

"1.2.5.3.1.3" Visible relaxation experiences

"1.2.5.3.1.3.1" Visible relaxation experiences, which are not images.

"1.2.5.3.1.3.2" Visible relaxation experiences, which are images or contain images.

"1.2.5.3.1.4" Relaxation experiences related to hearing and thinking

"1.2.5.3.1.4.1" Audible relaxation experiences

"1.2.5.3.1.4.2" Relaxation experiences, which are related to thinking and thoughts

"1.2.5.3.2" Vibration phase

"1.2.5.3.3" Signs of the exit phase

"1.2.5.3.4" Faster till extreme by separation and falling back caused experiences

"1.2.5.3.4.1" Experiences, which occur mostly once or a few times at irregular intervals

"1.2.5.3.4.2" Rare experiences, which often occur

several times in a row

"1.2.5.3.5" The actual exit of intentional out of body experiences

"1.2.5.3.5.1" Exiting by own action

"1.2.5.3.5.2" "Automatic" exiting

"1.2.5.3.6" Exiting and behavior during unconsciously out of body experiences (false awakening....)

"1.2.5.3.7" During the out of body experience

"1.2.5.3.7.1" Experiences, which are related to the environment and environmental events

"1.2.5.3.7.2" Experiences, which are related to encounters and contacts (with astral beings, physical people and out of body experiencing people, (the spirits / souls of) dead people,... and the own physical body)

"1.2.5.3.7.3" Actions and interactions with the environment and with objects during an out of body experience

"1.2.5.3.7.4" Kinds of locomotion and modes of locomotion

"1.2.5.3.7.5" Experiences, which are related to thinking, memories and remembering, emotions and the consciousness

"1.2.5.3.7.6" Other not visible experiences, which are related to the physical perceptions (smelling, tasting, tactile experiences)

"1.2.5.3.7.7" Other Experiences, which are related to the viewing and the sense of viewing

"1.2.5.3.7.8" Other audible experiences and Experiences, which are related to hearing

"1.2.5.3.7.9" Supernatural perceptions (supernatural experiences) and supernatural actions during an out of body experience

"1.2.5.3.7.10" Other experiences and conclusions

"1.2.5.3.7.11" Dizziness and nausea phenomenon

"1.2.5.3.7.12" Ending of out of body experiences

"1.2.5.3.8" The Return and the awakening

"1.2.5.3.9" After the Return and the awakening
"1.2.5.3.10" Sleep paralysis
"1.2.5.3.11" After sudden interruption of the out of body experience attempt
"1.2.5.3.12" Additional properties of out of body experiences and dreams
"1.2.5.3.12.1" Successive out of body experiences and dreams
"1.2.5.3.12.2" The sleep
"1.2.5.3.12.2.1" Conditions during the sleep
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"1.2.5.3.12.2.3" Amount of sleep
"1.2.5.3.12.3" Encounters
"1.2.5.3.12.4" Effects of supernatural methods and energy methods on dreams
"1.2.5.3.12.5" External and internal influences on dreams
"1.2.5.3.12.6" Periodicity
"1.2.5.3.12.7" Disruptions of the ability to act
"1.2.5.3.12.8" Repetitions
"1.2.5.4" Dreams
"1.2.5.4.1" Properties of dreams
"1.2.5.4.1.1" Basic properties of dreams
"1.2.5.4.1.2" Additional properties of out of body experiences and dreams These properties are listed in the group "1.2.5.3.12", to which this referencing double entry belongs.
"1.2.5.4.2" Kinds of dreams
"1.2.5.4.2.1" "Normal" dreams
"1.2.5.4.2.1.1" Normal single dream
"1.2.5.4.2.1.2" Episode dreams
"1.2.5.4.2.1.3" Dreams of the future
"1.2.5.4.2.2" Lucid dreams and half-lucid dreams
"1.2.5.4.2.3" Dreams with "pre OBE phenomena" and "out of body experience-experiences" (astral dreams)
"1.2.5.4.2.4" Nightmares

"1.2.5.5" Supernatural transmission (contact to hereafter, telepathy) and energy links between persons, astral beings,...

"1.2.5.5.1" Conditions for the supernatural transmission

"1.2.5.5.2" Possible applications of the supernatural transmission

"1.2.5.6" Energy shift

"1.2.5.7" Encounter with astral traveling normal persons and with astral beings and empathy (The empathy concerns also physical persons)

"1.2.5.7.3" Empathy (concerns also physical persons and currently not astral traveling persons, animals,...)

"1.2.5.8" Suspecting of future things and events

"1.2.5.9" Self-healing and healing of others

"1.2.5.10" Altering the state of consciousness

"1.2.5.11" Influencing Matter (telekinesis)

"2" Illusions

"2.1" Visible illusions

"2.2" Tactile illusions

"2.3" Audible illusions

"M" Methods

"M.1" Out of body experience Methods

"M.1.1" Tips and tricks for out of body experiences

"M.1.1.1" Before the attempt

"M.1.1.2" The out of body experience attempt

"M.1.1.3" Additional tips

"M.1.1.4" Tips for the evaluation of out of body experiences

"M.1.2" Out of body experience methods

"M.1.3" Advanced basics of the out of body experience methods

"M.1.3.1" "Active" and "passive" components

"M.1.3.2" Exit techniques

"M.1.4" Methods for the application during the out of body experience

"M.1.4.1" Methods to remove or avoid problems

"M.1.4.2" Methods for the influencing of the environment

"M.1.4.3" Methods for the locomotion during the out of body experience

"M.1.4.4" Keeping an out of body experience stable

"M.2" Energy method

"M.2.1" Building of the bodies own energy

"M.2.1.2.1" Sub exercise "Blocking of external influences"

"M.2.1.9" Sub exercises "self healing" and "removing of blockades"

"M.2.1.12" Sub exercise "Energy shift"

"M.2.2" Risks and Warnings

"M.3" Other methods

"M.3.1" See and feel aura and energy

"M.3.1.1" Simple observing

"M.3.1.2" Viewing with closed eyes

"M.3.1.3" Observing of the during light visible supernatural experiences

"M.3.1.4" Vision with the third eye

"M.3.1.5" Vision during the deep relaxation

"M.3.1.6" Vision with energy

"M.3.1.7" Observation after waking up or after sudden interruptions of relaxation states

"M.3.1.8" Vision of specific aura layers or kinds of energy

"M.3.2" Communication with astral beings (contact to hereafter)

"M.3.3" Sending and receiving of supernatural influences (telepathy)

"M.3.3.1" Image transmission

"M.3.3.2" Transmission of energy sensations and emotions

"M.3.3.2.1" Transmission of pure emotions

"M.3.3.2.2" Healing

"M.3.3.3" Transmission of thoughts (telepathy)

<p><u>"M.3.4" Silence of thoughts</u></p> <p><u>"M.3.5" Meditation</u></p> <p><u>"M.3.6" Remote viewing (remote perception, clairvoyance, remote investigation of matter)</u></p> <p><u>"M.3.6.1" The first strategy to combine the kinds of perceptions to recognize unknown targets</u></p> <p><u>"M.3.6.2" The second strategy to combine the kinds of perceptions to recognize unknown targets</u></p> <p><u>"M.3.7" Detection of telekinetic influences</u></p> <p><u>"M.3.8" Tips to prevent nightmares, to abort out of body experiences and similar</u></p> <p><u>"M.3.9" Finding and exploring of the second layer of thoughts</u></p> <p><u>"M.3.10" Concentration on points within and near of the own body</u></p> <p><u>"X" General informations about this text</u></p> <p><u>"X.1" Version and date of this text</u></p> <p><u>"X.2" Copyright</u></p> <p><u>"X.3" History of this text</u></p>	
<p><u>(0.3) Preface</u> In this text here I try to mention my entire knowledge about the supernatural (or the parapsychology). Everything, what is here written, bases on my own experiences and my own (hobby-) "research". The text is formulated completely professionally. I have not used the common spiritual and religious formulations and terms. Persons, who seek the spiritual kind of description, will find enough other sources of information (the most of the books and the most websites to the topics).</p> <p>I have endeavored in this text to show the context of the whole supernatural topics. The interested reader will note, that the most of the supernatural abilities consist of components, which can also be used for other abilities. This big context makes it possible, to put more informations in this text, than in a thick book. In this text here are informations</p>	

only then repeated, if it is necessary for the readability or the description.

Since the upgrade to V 2.45 the text has finally lost its original role as an information gap filler. It has become the probably most complete systematic work on the topic "supernatural" in the internet. I can only hope, that this situation will change soon. But I believe, that it won't happen in the next time. Yet are far too few people interested in the serious exploration of the supernatural. This text offers first basics to be able to make own serious researches. People, who are interested in some information from a part of the supernatural, will also like this text.

(0.4) Instructions for the use of the informations of this text: I assume no liability for possible damages of any kind, which arise from the application or use of the methods and informations of this text. You consent automatic, when you read this text and the contained informations. To avoid possible damage, you should read necessarily the warnings, which are mentioned in the respective methods, and follow the instructions there. Mentally- or psychic unstable people should not apply the here mentioned methods. Especially if extreme limited senses for the reality or extreme fears are present (Example: fears of the unknown or fears of changes).

I refer also to possible (mostly still not known) long-term effects, which could be caused by the application of the here described methods (especially when one ignores the warnings).

"-", "M"

The often usual use of alcohol or drugs has in the most cases not any supportive effects on the here mentioned methods. On the contrary, they limit strongly the learnability, usability and control of the methods (Apart from the hardly estimable risks, if something works with them (example: one can then not apply the methods without using these "helpers" = mental addiction)).

The content of this text may only be passed according to the rules of the copyright in "X.2".

(0.5) Common fallacies to the topics of the supernatural Here are some of the worst and most widespread misinformations mentioned. The most of them are already "classics". One will hear them more than one time. I mention these fallacies in this text due their high harming potential. I explain in addition, why these are fallacies.

Only a few gifted people can apply supernatural abilities: It is wrong. The most supernatural abilities are more or less learnable. Although many books state the contrary, everyone can experience the supernatural and even learn the application of the supernatural. The people can be talented or untalented, but everyone can learn these things. I'm self an evidence of this, because I am actually very untalented and had more problems and learning difficulties, than the most other people, whom I taught the skills. I needed much effort and patience to learn the same things, which many others learned often without any efforts. This is probably the reason, why I can describe everything in such

exact details and why this text exists.

One will never get an out of body experience, when one tries it with doggedness. Doggedness is actually important, because the out of body experiences occur mostly periodically. Very many people have only short phases of few days, in which many out of body experiences occur. Before and after these phases are long recessions, often without any successes. One got mostly a good phase, when one has ceased to believe in a success and attempts with less willpower to make out of body experiences. But one can also be successful, if one tries it doggedly. One has mostly more days in a month, where one tries it with less willpower than days, when one is fully concentrated and dogged.

Out of body experiences are only for people, who are ready for it. A small group of people tries to spread the misinformation, that out of body experiences are something for "chosen" people. Out of body experience may cause blockades and side effects, BUT everyone has out of body experiences, whether one wants or not. A big percentage of the dreams takes place out of the body (at least every tenth dream) and one moves around there with typical dream behavior, without knowing where one is and what one does. And that can not be prevented, because it is natural. Either there were people, who have thought to themselves, "We write now, one is not ready, but if one reads OUR book (for only \$ 15.99), then one can be ready soon...." or someone wanted to be someone very special and tried to "switch off" the "rivals" with such misinformation.

Out of body experiences are absolutely not for

the ego or for personal interests. The assumption, that the astral world is "reserved" for specific persons or purposes is completely wrong. It is quite snooty, if someone says that he and a few other chosen ones are "entitled" to make out of body experiences. To say, that all out of body experiences have to serve a particular purpose is not much less presumptuous. Such assertions about mystical and mysterious things has been spread since a long time. Probably people spread these informations to prevent that other people also experience such things. This ensures that "common people" think, these abilities are only available for "chosen ones".

Our souls need a physical body to do their tasks. We live in this world, and not in a other world. We do these "tasks" automatically, without the help of someone, who tells us, what we have to do. These tasks includes maybe a dealing with a other world. What these tasks are, is not the "decision" of other people, books or the Internet. Apart from this will no one spend the whole lifetime for the dealing with the astral world or with the supernatural. Nobody has enough motivation for it. Such "teachings" are not really necessary.

Out of body experiences are dangerous. One should never make them unprepared. The fact is, that a large percentage of the dreams (At least one out of ten) takes place out of the body. That means, one walks around in the astral world without knowing, that one is there and what one does there. If out of body experiences would be dangerous, would dreaming be the greatest danger.

It can happen, that one cannot find back to the

own physical body during out of body experiences. This is nonsense. Out of body experiences end sooner or later fully automatically with falling back in the own body. That will happen at the latest, when the physical body has it's natural needs (hunger, toilet,...) or events in the environment (alarm clock,...) rouses the body.

One dies, if the silver cord breaks. I have, like the most astral travelers, still not seen such a cord. And dreamers have also never seen such a cord (Although many of the dreams takes place out of the body). Consequently, it can be assumed, that this cord probably does not exist and the few sightings are just self-created changes of the astral world. Apart from that, would the risk in (astral) dreams be significantly higher, because dreamer act usually careless.

One should first consult the own guide, before one applies supernatural abilities. This misinformation is particularly harmful, because some experienced people deny to help, if one does not have contact to the own guide. They think, that one needs the advice of the guides. This happened also to me. Some experienced people denied to help me, when I started with the supernatural, because I was not able to speak with my guide (I can even today not talk with my guide). If this would be true, then would the most users of supernatural abilities probably act careless. But this is a complete misinformation. Not everyone has the ability, to have a reliable contact with the hereafter or the astral world. And even if, then is still a error rate present, which never can be completely excluded. So there would be even dangers, if one could speak with the own guide.

The supernatural can not be investigated, because it is unknowable. Assuming it is unknowable. Then would a exacter investigation show it. But I have discovered the contrary. The supernatural accords to own "natural laws", as well as the physical things do. And therefore one can explore at least a part of the supernatural. This text here is already a beginning.

The supernatural is known since a long time, so there is nothing new to discover. Books contain already everything, what one can know about. Books have been written by humans. And humans do not know everything. It is also fact, that much of our knowledge about supernatural is older than 100 years. Also in these times have the people much copied and forged. A few centuries earlier had the Inquisition done it's part. It had raged pretty thoroughly and accepted only the parts of the esoteric, which were also accepted from the church. Only a few people have written a few informations in these times. From this knowledge was also much lost. And since 100 years was the rest mostly just rewritten and copied without being tested or questioned.

(1) Experiences, basics and properties of the supernatural This group forms the actual core of the text, because here are many of the results of my systematic research. It should be noted that the experiences (on which the most of this text is based) can be perceived in different frequency and intensity from person to person. Also other factors may vary (learnability, perceiving duration, color, size, sequences,...).

(1.1) Properties and basics of the supernatural (energy properties), influences and astral beings
Here is the theoretical part. All basics and

"0.1"

<p>principles, which I know, are described here.</p>	
<p><u>(1.1.1) Basic "Physical Properties of the energy</u> Here I try to combine the various properties of the energy to an unit (Like it does the physics in the real world). Thus, general basics and laws get known and the energy becomes with them more predictable. It is also possible to get some real (for anyone easy accessible and experiencable) evidences for the energy and the supernatural. Almost everything here has been verified by my own experiences. Unverified and theoretical parts of the energy physics became appropriate notes to make the actual status clear.</p>	<p><u>"1.1.1.1"</u></p>
<p><u>(1.1.1.1) Definitions and basics</u> Currently are still no definitions for the entire group <u>"1.1.1"</u> required. Because it is very probable, that these are later needed, this point is there as a placeholder.</p>	
<p><u>(1.1.1.2) Properties of "free" energy</u> Free energy is the energy which is not bound in living organisms (of the physical and the astral world).</p>	
<p>(1.1.1.2.1) Free energy flows unbound, and is also not integrated in fields.</p>	
<p>(1.1.1.2.2) Free energy exists probably in any place of the 10th Dimension (see <u>"1.1.1.5.4.1"</u>).</p>	
<p><u>(1.1.1.3) Energy fields and energy flows (energy links)</u> The conclusions in this group bases, among other, on the experiences <u>"1.2.2.1.3.1"</u>, <u>"1.2.2.1.4.1.2"</u> and <u>"1.2.1.1.1.2.1"</u> and their respective sub-points. The conclusions are also verified by the whole group <u>"1.2.1.1.1.2"</u>.</p>	<p><u>"1.2.1.1.1.2"</u>, <u>"1.2.2.1.3.1.1"</u>, <u>"1.2.2.1.5.1.1.1"</u>, <u>"1.2.5.3.1.3.1.2.1"</u></p>
<p>(1.1.1.3.1) Energy can form energy fields. Either primary or mainly in the vicinity of life forms (astral beings and physical beings (with astral body)). In this case are these energy fields part of</p>	

the life forms. These fields are, if they are visible, similar to the magnetic fields.	
(1.1.1.3.1.1) This energy fields behave very lively and change constantly their shape. The structure of these energy fields is extremely fine. They have a similar structure and an similar appearance like the magnetic fields, as they are for example visible for telescopes and satellites, when they watch the sun (see pictures and movies of the "Soho" satellite or other solar observation telescopes).	
(1.1.1.3.1.2) These energy fields can store specific amounts of energy.	<u>"1.1.1.3.7.1", "1.1.2.1.4.1"</u>
(1.1.1.3.1.2.1) The maximum amount of energy, which can be stored, depends, among other things, on the size of the energy fields.	
(1.1.1.3.1.2.2) Energy gets lost, if the maximum amount of energy, which can be stored, is exceeded.	<u>"1.1.1.3.7.1.1", "1.1.1.3.9.6"</u>
(1.1.1.3.2) The from the energy created fields tend to create links with other energy fields.	
(1.1.1.3.2.1) These energy links are also energy fields.	
(1.1.1.3.3) The energy fields can only create links, if the distance of the starting points is less than the maximum "creation-distance", which depends from the energy content of the energy fields.	
(1.1.1.3.3.1) After the establishing of the link can the distance be increased significantly over the maximum creation-distance.	
(1.1.1.3.4) These energy links can be formed between any number of points.	
(1.1.1.3.5) The energy links remain stable as long,	

as enough energy for the sustaining is available. The links break, if the concentration of Energy is no longer sufficient.	
(1.1.1.3.6) The concentration of energy decreases, if the links are stretched by increasing the distance between the linked starting points.	
(1.1.1.3.7) If the starting points of the link are moved towards each other, increases the concentration of energy.	
(1.1.1.3.7.1) If the maximum concentration (according to <u>"1.1.1.3.1.2"</u> and sub-points) of the energy is reached, no more energy can be stored in this link.	<u>"1.1.2.1.4.1"</u>
(1.1.1.3.7.1.1) If the starting points of the link are moved towards each other and is the maximum of concentration of energy reached, gets energy from this link lost (according to <u>"1.1.1.3.1.2.2"</u>).	
(1.1.1.3.8) The starting points of the energy links attract each other, if the energy concentration is too low. They repel each other, if the energy concentration is too high. That means, the starting points of the energy links tends to a distance, which is equivalent to the energy content.	
(1.1.1.3.9) Between the starting points of the energy links gets the energy balanced. The starting points tends to have the same concentration of energy. Each starting point gives (the other starting points) or takes (from the other starting points) only so much energy, that all starting points and their links have the same stability.	<u>"1.1.2.1.4.1.1.4"</u> , <u>"1.1.2.1.4.1.2.4"</u>
(1.1.1.3.9.1) The balancing needs a specific time. The amount of the energy, which gets balanced in a specific time, depends on the difference of the stability of the starting points and energy links.	

(1.1.1.3.9.1.1) If the difference of the stability of the starting points is high, gets more energy in a specific time span balanced.	
(1.1.1.3.9.1.2) If the difference of the stability of the starting points is low, gets less energy in a specific time span balanced.	
(1.1.1.3.9.2) The length of the energy links determines also, how much energy can be balanced in a specific time span.	
(1.1.1.3.9.2.1) If the energy link is longer, less energy in a specific time span can be balanced.	
(1.1.1.3.9.2.2) If the energy link is shorter, more energy in a specific time span can be balanced.	
(1.1.1.3.9.3) The size of the cross section surface of the energy links determines also, how much energy can be balanced in specific time spans.	
(1.1.1.3.9.3.1) If the cross section surface of the energy links is smaller, less energy in a specific time span can be balanced.	
(1.1.1.3.9.3.2) If the cross section surface of the energy links is smaller, less energy in a specific time span can be balanced.	
(1.1.1.3.9.4) The maximum speed of the balancing is limited by additional factors. These factors are still unknown.	
(1.1.1.3.9.4.1) If the gap to this limit is higher, can more energy in a specific time span be balanced.	
(1.1.1.3.9.4.2) If the gap to this limit is lower, less energy in a specific time span can be balanced.	
(1.1.1.3.9.5) Due to the limitations of the maximum speed of balancing the maximum speed	

of the absorption of energy by groups of starting points can vary.	
(1.1.1.3.9.5.1) If more starting points of a group are involved, the group can absorb more energy in a specific time span.	
(1.1.1.3.9.5.2) If less starting points of a group are involved, the group can absorb less energy in a specific time span.	
(1.1.1.3.9.6) If the fed energy exceeds the maximum of energy, which can be balanced and starting points or links gets more energy as they can store, gets energy lost (according to " <u>1.1.1.3.1.2.2</u> ").	
<u>(1.1.1.4) Mutual influencing of energy and matter</u>	
<u>(1.1.1.4.1) Energy influences on matter</u> A important proof of this theory is the existence of the supernatural. Excluding the effects of these laws means, that no perception of supernatural experiences could be noticed by the physical brain.	
(1.1.1.4.1.1) Matter, which is penetrated by energy fields, can be changed by the energy (for example moved (usually just very little) or damaged).	
<u>(1.1.1.4.2) Matter influences on energy</u> A single out of body experience provided a clear verification of this law. I penetrated real matter without knowing it (passing a open astral door during an false awakening, while the real door was closed). But I noticed the effects of penetration of matter in accordance with " <u>1.2.5.3.7.9.1</u> " and sub-point.	
(1.1.1.4.2.1) An energy field, that penetrates real matter, can be changed by this matter.	

<p><u>(1.1.1.5) Theory of a 12 dimensional universe (properties of the energy in the astral world)</u> This group is one of the very few groups with a high proportion of theoretical information and therefore is the information in this group not verified. I think, that this theory of the 12 dimensional universe is at least very conclusive. Many of the dimensions are already verifiable or verified. Eventual present verifications or possibilities of verifications are in the points of the respective dimensions explained. The twelve dimensions can be divided into four basic levels (The so-called Super spaces A, B, C and D). Each of these dimensions exists everywhere and one can (in theory!) move freely along each of these dimensions. But only, if one can apply only one force in the corresponding "direction" (here is the problem of the "free" movement). Important is here, to read this group completely from the beginning to the end, even if one thinks, that one has understood some parts of it. One can get unnecessary problems in understanding of these informations, if one does not read the informations completely. This topic is very demanding!!</p>	<p><u>"1.2.1.1.4.2.1.1"</u>, <u>"1.2.2.1.8"</u>, <u>"1.2.2.1.8.1"</u>, <u>"1.2.2.1.8.2"</u>, <u>"1.2.5.3.4.1.1"</u></p>
<p>(1.1.1.5.1) The dimensions 1-3 are the "common" space dimensions. They form the super space A. One can move in the real world and in the astral world freely along these dimensions. The space dimensions seems to consist of three lines, length, width and height.</p>	
<p>(1.1.1.5.1.1) This 1st Dimension is the basis of the space. It is a line where one can just go forth and back.</p>	
<p>(1.1.1.5.1.2) If one has the possibility, to go to the right and left from the line, does one move on a surface? This is only mathematically right. But a</p>	

<p>line remains a line and we can only move along a line or in one direction (even if one goes in curves, one follows still a (curved) line). Therefore it is only possible to move freely on a surface, if one splits another lines from the first line or dimension. That is similar to a piece of a rope, that can be decomposed at one end in its cords (and flattened). Walking along the splitted cords is like walking along on a surface. Only this separation itself is now the 2nd Dimension.</p>	
<p>(1.1.1.5.1.3) One can not jump to another cord, if one is on one of the already mentioned cords of a frayed rope. A link between the cords is not present. Thus one can actually only go forth and back. But how can we go to another "cords"? Only if there is a link between these cords. One can move along these links freely between the cords and thus free in the "network" of cords of our normal space. This cross connection can actually be created between any points, so that one could theoretically emerge suddenly at other places in the universe. This network also makes the curvature of space possible. A cord network can be stretched and lengthened. This cross-connection between the cords is now our 3rd Dimension.</p>	
<p>(1.1.1.5.2) Super space B: The dimensions 4-6 are our time structure. An understanding of time requires a abstraction skill.</p>	
<p>(1.1.1.5.2.1) This dimension is the basic. It is the eternally running time. A line with past, present and future. This simple line is the time, as we know and understand. But one could actually also go back along this line. The problem is simple: How can one apply a force, to push oneself to the other direction of time? This simple problem is hard to solve, because our matter lies in the time</p>	

structure like billiard balls on a pool table (in the normal space). And if one can not shot the balls from below into the air, one can not get them into the air. The balls are "trapped" on the surface of the table, as we in the "surface" of the space are trapped. The time is our 4th dimension.

(1.1.1.5.2.2) One decides to buy some lottery tickets and wins then 12 million euros. What if one had not bought the tickets? Such events, with more than one possibility, happen constantly. One can see such things sometimes in television. There could exist parallel worlds, where one made completely other decisions than in the "own" world. The time splits at the point of decision and forms two lines. One world where the tickets was bought and one world where the tickets was not bought. Both worlds exist together since the time of decision. This separation of parallel worlds is now our 5th Dimension.

(1.1.1.5.2.3) There must be a connection, to be able to jump from one world to a parallel world (what still (unfortunately / fortunately, depending on the point of view) is not possible). Otherwise one can not jump to other "cords of the dimensions". These connections between the parallel worlds are now our 6th Dimension.

(1.1.1.5.3) Is our universe alone in the nothing of nothingness? The super space C says no. It makes a large number of universes with many exotic constants and properties possible.

(1.1.1.5.3.1) There could exist additional universes with the same constants (speed of light, gravitation and so on) like in our universe. But they must be separated somehow from each other. An arrangement on a line would be the only possibility, which accords to the organization in

<p>our continuum of super space levels. But these universes should have differences in some properties. Possible differences would be the time of beginning and end and the size (mass). But also the organisation of the mass inside of these universes can be different. This chain of universes is now the 7th Dimension.</p>	
<p>(1.1.1.5.3.2) Wouldn't it be cool, if one could reach nearly light speed during walking? Yes, but it is unfortunately also impossible, unless one creates a split of the above-mentioned line. The Essential Properties of universes (speed of light, gravitation, properties of elementary particles, such as charge,...) has to be changed on this split. Here would be an universe possible, where the speed of light is only 5 kilometers per hour. Unfortunately is in many of such universes no life possible. But exciting new species of living organisms could live in many others of these universes. In particular, because the stability of elements (see radioactivity) can change radically, if essential properties are changed. Radioactive materials may become stable and not radioactive substances may be highly unstable in such universes. And this is not the only thing, that changes. The chain of universes, where fundamental variables, like the speed of light, can be changed, is now our 8th Dimension.</p>	
<p>(1.1.1.5.3.3) How one can get from one universe to another universe? Our 9th Dimension is the way between every possible universe. Unfortunately (?) we are only billiard balls and "trapped" on a table (see above). Therefore we can not go along this way.</p>	
<p>(1.1.1.5.4) Where is our hereafter and the astral world? In the super space D is the answer.</p>	
<p>(1.1.1.5.4.1) This is the fundamental line. So-</p>	<p>"1.1.1.2.3", "1.2.2.1",</p>

called higher and lower levels form here a kind of chain. This is the 10th Dimension. This dimension is the dimension, which some people interpret as frequency, vibrations or levels. It allows to be at the same time at the same place, as someone else, but without noticing him. This would not be possible in an 4 dimensional universe. By the simultaneous owning of a physical body in the normal "frequency" (our 4 dimensional world), and one astral body in the astral world, are physical living beings simultaneously in several locations of this dimension. The verification, that the 10th dimension can be explained by the "physics", is probably the group "1.2.2.1", where many of the visible experiences correspond to the physical properties of real objects. Note in particular the lines of "1.2.2.1.8" (and sub-points), which can be only explained by the physics (wave mechanics). A part of the wave mechanics explains also the causes of image interferences of two interfering television channels. The lines of the overlapping interferences are similar to the lines of these experiences. For the merging of "real" physics and energy physics is still a lot of research necessary.

"1.2.2.1.8"

(1.1.1.5.4.2) One needs also space and possibilities in the hereafter (or the astral world,...). Each astral being has its own creation capability in these levels. This requires the possibility of parallel worlds in the hereafter (Or astral world,...). This separation of astral parallel worlds is our 11th Dimension. A possible indication for this dimension is the fact, that the people perceives "own" astral worlds, which differ from the astral worlds of other people. The individual characteristics of "own" astral worlds can be noticed by other persons only during encounters and contacts.

<p>(1.1.1.5.4.3) How can one see the creations of other beings? Quite simply, one goes there along the direct connection. Our 12th and last (known!!) Dimension is the connection between the whole "cords".</p>	
<p><u>(1.1.2) Energy properties under specific conditions</u> Here are energy laws mentioned, which are bound to specific not always present conditions or circumstances.</p>	
<p><u>(1.1.2.1) Properties of the body's own energy system</u> Here are the properties of the body's own energy mentioned.</p>	<p><u>"1.1.2.1.1"</u></p>
<p><u>(1.1.2.1.1) Definitions and basics</u> Here are general basics for the Group <u>"1.1.2.1"</u>.</p>	
<p>(1.1.2.1.1.1) The "normal" energy charge state is the amount of energy, which one has, when one has not practiced exercises which changes (temporary) the energy charge state.</p>	
<p>(1.1.2.1.1.2) Increases or falls the energy charge state (by exercises, influences) and remains this charge state constant for several days (without exercises, influences,...), then is this charge state the new normal energy charge state.</p>	
<p>(1.1.2.1.1.3) The body's own energy can be divided into two classes. One part is the not (intentional) usable and also not sensible energy. The normal charge state of this part is probably (much?) higher than the normal charge state of the sensible and usable energy. The sensible and usable energy is the other part. The most observations and perceptions can be made only with the tangible and usable energy.</p>	
<p>(1.1.2.1.1.4) The body's own energy system consists of an great amount of energy fields and</p>	

energy links. This structure is more or less uniform spreaded in the whole body.	
(1.1.2.1.1.4.1) The combined physical properties of these energy fields and energy links determine many of the properties of the body's own energy system.	
(1.1.2.1.1.4.1.1) Changes of the structure or on parts of the structure result from the changes of the physical states (charge state, linking of the single fields with the other fields, orientation,...) of the single energy fields.	
<u>(1.1.2.1.2) Cycle of energy</u>	
(1.1.2.1.2.1) The body's own energy is probably gathered continuously and unconscious from the free energy. The gathered energy is stored for the purposes of the everyday life.	
(1.1.2.1.2.1.1) The purposes of everyday life are usually not the intentional uses of energy and the supernatural abilities. This is the reason for the many problems in the perception, the interpretation, the explaining, the learnability and many other things, which concern supernatural abilities. These are problems, which are not present in physical or "worldly" things. Worldly things, like reading, driving, swimming, can be explained and taught with simple methods. Supernatural things mostly not.	
(1.1.2.1.2.2) In many applications and natural processes (for example: the balancing of too high energy charge states) gets some body's own energy lost. This means, that one gives away the control. This "lost" energy becomes again free energy.	
<u>(1.1.2.1.3) Properties of the energy intensity (sensation)</u>	

<p>(1.1.2.1.3.1) The perception of the intensity of the energy varies from person to person. What one person can hardly perceive (too weak), may be for another person unbearable (too intensive). This can be noticed in some experiments with the supernatural transmission ("<u>1.2.5.5</u>").</p>	
<p>(1.1.2.1.3.2) The intensity of energy increases with time, if one makes frequently energy exercises. The exact amount of the increase is unknown. It feels during the first learning phases, as if it increases by 100 % of the normal charge state in 3 months. It is very probable, that the actual increase is significantly lower, than the perceptions suggest. The reasons for the difference are probably a increasing sensitivity to energy sensations and a increasing ability to trigger physical sensations with the energy.</p>	
<p><u>(1.1.2.1.4) Properties of the energy storing</u> These physical laws were verified with the energy method ("<u>M.2</u>").</p>	
<p>(1.1.2.1.4.1) The amount of energy, which can be stored in energy fields and energy links, is limited (see: "<u>1.1.1.3.1.2</u>" and "<u>1.1.1.3.7.1</u>" and sub-points). The border between overcharge and undercharge is the normal charge state.</p>	<p><u>"1.1.3.3.1"</u>, "<u>1.1.3.3.2.3"</u>, "<u>M.2.1.2.1"</u></p>
<p>(1.1.2.1.4.1.1) The energy, which was loaded over the normal charge state, gets mostly lost within less than a hour. The amount of the overcharge has different effects.</p>	
<p>(1.1.2.1.4.1.1.1) Larger overcharges disappear very fast.</p>	
<p>(1.1.2.1.4.1.1.2) Smaller overcharges disappear very slowly.</p>	
<p>(1.1.2.1.4.1.1.3) Long term or frequent overcharges</p>	

lead to an adaptation of the body's own energy system. The normal charge state increases.	
(1.1.2.1.4.1.1.4) Energy gets also lost, if the energy is concentrated only in a part of the body. If the concentration of energy in this body part exceeds the normal charge state, gets energy lost. This happens even, if the rest of the body could store it. The cause is, that the balancing speed is limited (see group " <u>1.1.1.3.9</u> " to understand the causes).	
(1.1.2.1.4.1.2) If the normal charge state is not reached, will energy load automatically.	
(1.1.2.1.4.1.2.1) Larger undercharges disappear slowly.	
(1.1.2.1.4.1.2.2) Smaller undercharges disappear slowly till very slowly.	
(1.1.2.1.4.1.2.3) Long term or frequent undercharges lead to an adaptation of the body's own energy system. The normal charge state decreases.	
(1.1.2.1.4.1.2.4) Energy will also be loaded, if the energy concentration falls only in a part of the body. If the concentration of energy in this body part gets below the normal charge state, will energy be loaded. This happens even, if the rest of the body could balance the undercharge. The cause is, that the balancing speed is limited (see group " <u>1.1.1.3.9</u> " to understand the causes).	
(1.1.2.1.4.2) If one makes frequently energy exercises, increases the amount of energy, which can be stored. This depends greatly on the amount and type of the exercises. It depends on, how often, intense and frequently one makes these exercises. During longer times without exercises occurs a reverse effect. But the reduction of the amount of	

energy, which can be stored, is slower.	
(1.1.2.1.4.3) During relaxed lying, relaxing, meditating and some concentration exercises can (often much) more energy be loaded. This energy can be stored longer. The reason is: The normal charge state can increase significantly during this time. This happens in deep relaxations and particularly during the sleep. During the sleep can the amount of energy sometimes increase extremely.	
(1.1.2.1.4.3.1) The normal charge state falls rapidly when one moves and interrupts in this way the relaxation. It can be particularly during the awakening very extreme. The high energy level becomes unstable. That leads to the lost of large amounts of energy in very short time. Often gets the major part lost in the first second of the awakening. This happens especially during frightful or sudden awakening. The amount of energy falls back to the normal charge state. The energy loss can be felt particularly intensively, when one wakes up from sleep or some deep relaxation states. This process is normal and harmless.	
<p><u>(1.1.2.1.5) Properties of the shifting of body's own energy Important:</u> The energy shifting works only, if one defines the destination (and the target time) exactly enough. With increasing inaccuracy gets the results worsen. The success may not occur, if the concentration and / or the target definition are too vague. Example: "Somewhere in Africa" or "in Berlin" will not work. Also "someday 30 years ago" is too inaccurate. But "My room, left corner next to the door at actual time" or "time, when the image was taken, viewed from the position of the camera"</p>	<p><u>"1.2.5.6", "M.2.1.12"</u></p>

have good chances of success.	
(1.1.2.1.5.1) The entire body's own energy, or a part of it, can be shifted. During an energy shifting will the body's own energy be distributed at two or more places simultaneously.	
(1.1.2.1.5.2) One is during a shifting always able to control the whole energy, including the shifted energy. It remains still the body's own energy.	
(1.1.2.1.5.3) One can perceive during an partial energy shifting all locations, where body's own energy is, simultaneously (according to the laws of the energy physics).	
(1.1.2.1.5.4) An energy shifting is similar to the beaming. The entire body's own energy can be beamed literally in this way. Many spontaneous out of body experiences begin by such a "beaming".	
<u>(1.1.2.1.6) Blockades and other disruptions</u> The validity of these laws can be directly observed by observing the tactile supernatural experiences (" <u>1.2.1.1.1</u> "). I have found no evidence of stationary structures (chakras).	<u>"1.2.5.9"</u> , <u>"M.2.1.9.2"</u>
<u>(1.1.2.1.6.1) Definitions and basics</u>	
(1.1.2.1.6.1.1) Blockades are disorders in energy flow. The energy flows is often redirected within the blockades in other directions. That means often also, that the energy flow is scattered in many streams.	
(1.1.2.1.6.1.1.1) The cause of blockades are probably incorrect applied energy methods. These methods can be applied consciously and unconsciously. Blockades are often associated with emotions. The association of blockades with	

<p>emotions is realistic, because certain emotions (especially, if they are intensively) lead to a unconsciously application of energy methods. This happens also, when one does not know, what energy is or when one does not believe in supernatural things. Than does one not know, that one applies unconsciously energy methods. The incorrect application leads to a nonuniform and wrong set up of the energy system. The normal charge state of some areas can be reduced. Energy can flow in wrong directions. Energy can gather at wrong places.</p>	
<p>(1.1.2.1.6.1.2) Because of this dispersion can only small amounts of energy flow through. The energy flow accumulates in front of the blockades.</p>	
<p><u>(1.1.2.1.6.2) Effects of blockades</u></p>	
<p>(1.1.2.1.6.2.1) Blockades reduce the effect of energy-exercises (and similar exercises). These exercises can even fail.</p>	
<p>(1.1.2.1.6.2.2) The energy sensation in the blockades and in the vicinity of blockades is weak or not present.</p>	<p><u>"M.2.1.9.2"</u></p>
<p>(1.1.2.1.6.2.3) In front and behind of the blockades can often an intensified and often even unpleasant energy sensation be perceived. This happens particularly during the application of energy-exercises.</p>	<p><u>"1.1.2.1.6.3.1", "M.2.1.9.2"</u></p>
<p>(1.1.2.1.6.2.4) Negative influences on the emotions are often the result of blockades (but beware: Blockades are not always the cause!!!).</p>	
<p>(1.1.2.1.6.2.5) Some "diseases" could be the result of blockades (but beware: Blockades are not always the cause!!!).</p>	

<p><u>(1.1.2.1.6.3) Effects of the removal of blockades by exercises</u> The method for the removal of blockades is "<u>M.2.1.9.2</u>". But the energy exercises from point "<u>M.2</u>" to "<u>M.2.1.8</u>" are requirements for the detecting and the removal of the blockades.</p>	
<p>(1.1.2.1.6.3.1) The energy sensation can be according to "<u>1.1.2.1.6.2.3</u>" very intense during the application of removal-methods. Particularly at the beginning of the application. The cause are accumulations of the energy in the vicinity of the blockades.</p>	
<p>(1.1.2.1.6.3.2) During the dissolving of the blockades changes the energy sensation. The accumulation subsides. The energy can flow again.</p>	
<p>(1.1.2.1.6.3.3) The energy sensation on the areas, where the dissolving blockades are, becomes normal again. This energy sensation feels more and more (again) like the energy sensation of the other body parts.</p>	
<p>(1.1.2.1.6.3.4) At the end, if the blockades are almost completely gone, changes the whole energy sensation. It becomes significantly more pleasant. The practicing of supernatural abilities will be easier now.</p>	
<p>(1.1.2.1.6.3.5) Blockades can often "resurrect". But they can after the first removals be removed more easily. After a few removals lasts the effect longer. The reason is, that these blockades has not been removed immediately. These were repaired at the first attempts only partially. The cause may be in individual cases, that the actual cause of the blockades still exists.</p>	<p><u>"M.2.1.9.2"</u></p>
<p><u>(1.1.2.1.7) Properties of the controllability of the body's own energy</u> Here are the laws of the</p>	

<p>conscious or intentional control of the body's own energy mentioned. These laws has been verified with the application of the energy method ("<u>M.2</u>") and the observation of the tactile supernatural experiences ("<u>1.2.1.1.1</u>").</p>	
<p><u>(1.1.2.1.7.1) The properties of the controllability of the own body's own energy</u></p>	
<p>(1.1.2.1.7.1.1) The body's own energy can be controlled at least partly intentionally.</p>	
<p>(1.1.2.1.7.1.2) The controllability of the energy can be enhanced by exercises.</p>	
<p>(1.1.2.1.7.1.3) Energy gets lost, when one attempts to archive something, what not accords to the rules of the energy physics (for example the overcharging or reversing of the polarity of energy links). That means, the control of a part of the energy, which one uses for such an experiment, will be lost.</p>	
<p>(1.1.2.1.7.1.4) Body's own energy can be controlled only by the respective "owner". No one can control the energy of other people (astral beings,...) permanently without their consent.</p>	
<p><u>(1.1.2.1.7.2) The properties of the controllability of body's own energies of several persons among themselves.</u></p>	
<p>(1.1.2.1.7.2.1) If one attempts to control (steal) the body's own energy of other persons (astral beings,...), goes the (control of the) Energy back to the "owner" within a short time (few seconds till minutes). The cause is, the energy can not be stolen. During an attempt to steal energy are just influences exerted. One causes only influences on the target, if one tries to steal energy.</p>	

<p>(1.1.2.1.7.2.2) One can give the control of a part of the own energy to other persons (astral beings,...). This energy will be transferred and is then body's own energy of the receiver. This is supernatural transmission ("<u>1.2.5.5</u>").</p>	
<p><u>(1.1.2.1.8) Influencing of the body's own energy by emotions</u> These laws has been verified by specific observing of tactile supernatural experiences ("<u>1.2.1.1.1</u>") and the specific experimental application of the energy method ("<u>M.2</u>").</p>	
<p>(1.1.2.1.8.1) Emotions change the body's own energy. Especially strong emotions can sometimes cause very intensive changes.</p>	
<p>(1.1.2.1.8.2) The intensity of the perception of energy is influenced by emotions. The influencing can be very strong or weak. This depends on the kind and intensity of the emotions.</p>	
<p>(1.1.2.1.8.3) Negative emotions (anger, hate, sorrow,...) influence the normal charge state of the energy. They can reduce the normal charge state, if the influencing lasts longer. The duration of the lowered charge state can be quite long (days, weeks,...).</p>	
<p>(1.1.2.1.8.4) Positive emotions (love, joy,...) have positive effects on the normal charge state. It may elevate, if the influencing lasts longer. The normal charge state can remain on the elevated level for a longer time.</p>	
<p><u>(1.1.2.1.9) Reactions between body's own energy and matter</u></p>	
<p>(1.1.2.1.9.1) The body's own energy controls many processes in the body. The following things are some of the consequences of telekinetic processing</p>	

<p>of the body by energy: Viewing and perceiving of energy, some of the "brain functions", some "instincts", intuitions, some sensations and emotions. Furthermore: Some partially curings of diseases and the reducing of symptoms. Much of these would be impossible without energy influences. In particular the physical perception of energy.</p>	
<p>(1.1.2.1.9.2) Without the influences of the energy on the body would probably many body functions fail. Hints for this are the various interactions between energy and body (All supernatural experiences).</p>	
<p>(1.1.2.1.9.3) Energy influences the matter of the physical body. So it is also possible, that energy can influence other physical matter (telekinesis). This has been verified by me with some long runs with dices and some online available psi-tests.</p>	
<p>(1.1.2.1.9.4) One can investigate the properties of matter by the application of energy. This can be done by observing the changes of the perception of energy (remote investigation of matter, see "<u>1.2.5.2.5</u>").</p>	
<p>(1.1.2.1.9.5) The investigation and influencing of matter is possible over any distance (remote viewing, energy shifting, remote investigation of matter, see: "<u>1.2.5.2</u>").</p>	
<p><u>(1.1.2.1.10) Reactions of energies of several persons among each other</u> These laws were verified with the supernatural transmission ("<u>1.2.5.5</u>") and the tactile supernatural experiences ("<u>1.2.1.1.1</u>").</p>	
<p>(1.1.2.1.10.1) In a mutual approach of two or more persons can the energy fields of these persons react</p>	

with the energy fields of the other persons.	
(1.1.2.1.10.2) This reaction is noticeable by changes of the perception of the energy (The tactile supernatural experiences feel different, visible supernatural experiences look different,...).	
(1.1.2.1.10.3) Energy fields of several persons can form energy links among each other.	
(1.1.2.1.10.4) In joint energy exercises can the energy be transferred and felt over any distance.	
(1.1.2.1.10.5) Emotions of the sending persons can affect the energy perception of the receivers.	
(1.1.2.1.11) The layers of the thoughts These laws has been verified by own experiments (mental experiments and concentration experiments in various relaxation states) and the experience " <u>1.2.3.2.1.2</u> ". The thoughts consist of two cooperating layers.	<u>"1.1.3.4.1"</u> , <u>"1.1.3.4.2"</u> , <u>"1.1.11"</u> , <u>"1.2.3.2"</u> , <u>"1.2.3.2.1.2"</u> , <u>"1.2.5.3.1.4.2.1.1"</u> , <u>"M.1.3.1.3.1"</u> , <u>"M.3.9"</u>
(1.1.2.1.11.1) First layer The first layer is the executive layer. In this layer we think consciously and process the thoughts. This layer is the layer, which we perceive usually always. This is probably our normal physical brain. Here are the memories physically stored.	
(1.1.2.1.11.2) Second layer The second layer is the controlling layer. It controls the first layer. The second layer works very much faster than the first layer. We perceive this layer rarely conscious. This layer is possibly our astral brain. This layer stores probably all memories in the astral body. This layer is the cause of many supernatural experiences.	
(1.1.2.1.11.2.1) The second layer can also work	

<p>separated from the first layer. That means, both layers think two different things. But the layers are then not really separated. The second layer has here still the control of the first layer. But it thinks also the part, which the first layer not thinks. A correct processing of the thoughts is in this way only hardly possible. The second stream of thoughts of the second layer can only hardly be transferred into the normal physical brain, while the first stream of thought is processed there (limited processing capacity of the brain).</p>	
<p>(1.1.2.1.11.2.2) The first layer can not work without the second layer. But the second layer can work well without the first layer. But here is a higher probability, that one forgets the memories of these thoughts. The cause is probably the lack of the physical processing (in the case of the second layer is the lack of the physical processing still not surely verified).</p>	
<p>(1.1.2.1.11.2.2.1) The lack of physical processing is the cause of the frequent forgetting of out of body experiences, some dreams (the astral dreams) and other supernatural experiences. If something is experienced outside of the abilities of the physical body, must the memory be transferred to the physical brain. This leads often to problems. Especially too complex experiences (where too much happened) or experiences, that deviate too much from the real (physical) opportunities, can be problematic. Errors can also happen during the transfer into the physical brain. Especially, when the brain is not ready for receiving of thoughts or for processing of thoughts (too deep sleep, anesthesia, alcohol, drugs, wrong relaxation techniques...). The causes for the various types of memory losses are still poorly known.</p>	

<p>(1.1.2.1.11.2.2.2) The memories, which are stored in the second layer, stay possibly permanently available (even if the physical memories get lost or if they will be forgotten). But a later transfer of these stored memories back into in the first layer (to remember consciously) is more difficult (but possible). A transmission from the second layer into the first layer occurs probably in several episodes dreams (see "<u>1.2.5.4.2.1.2.2</u>" and sub-points). Many of these episode-dreams would be not possible without such a transfer. Every memory of the first layer is probably also stored in the second layer, but not every memory in the second layer will be transferred into the first layer.</p>	
<p>(1.1.2.1.11.2.2.2.1) Supernatural "memories" (and other informations, that one has (yet or at all) not seen or known) are also stored in the second layer. This includes "memories" of the future and (supernatural) memories of the past.</p>	<p><u>"1.2.5.8.3"</u></p>
<p>(1.1.2.1.12) Uncertainty- and balance phenomenon A big problem in the application, investigation and / or verification of many supernatural abilities is the balance phenomenon. This concerns especially these abilities, where one has to choose between different alternatives, or where one can generate different alternatives. Please note to the topic "influences by astral beings, other persons and animals" also the group: "<u>1.1.3</u>".</p>	<p><u>"1.1.2.1.12.2.3.1"</u>, <u>"1.1.5.3.2.2.2.3.2.1"</u>, <u>"1.1.5.3.2.4.2.3.1"</u>, <u>"1.1.5.3.2.4.3.3.1"</u>, <u>"1.1.5.3.2.5.1.2.3.1"</u>, <u>"1.1.5.3.2.5.2.3.1"</u>, <u>"1.1.6.3.2.2.2.3.2.1"</u>, <u>"1.1.6.3.2.3.2.3.1"</u>, <u>"1.1.6.3.2.3.3.3.1"</u>, <u>"1.1.6.3.2.4.1.2.3.1"</u>, <u>"1.1.6.3.2.4.2.3.1"</u>, <u>"1.2.5.3.7"</u>, <u>"1.2.5.3.7.4.10"</u>, <u>"1.2.5.3.12.7.1"</u>, <u>"1.2.5.11.8"</u></p>
<p>(1.1.2.1.12.1) Origin and properties of the balance phenomenon This phenomenon occurs, if one wishes an specific result during the application of supernatural abilities and "fears" another (undesired) result at the same time. Then occurs mostly the feared (undesired) result.</p>	

<p>(1.1.2.1.12.1.1) It can even happen, when one has no direct fear of the undesirable result. The final result can even be affected by subliminal definitions of unwanted results ("Hopefully <u>continues</u> this as good, as it is." or "I <u>can</u> do it.").</p>	
<p>(1.1.2.1.12.1.2) The more important the result is, the higher is the chance for a undesired result. Importance can mean Importance for the persons themselves or for their reputation. The cause is the higher pressure to succeed. The higher the pressure, the stronger is the balance phenomenon.</p>	
<p>(1.1.2.1.12.1.3) Other uninvolved or observing people (animals, astral beings,...) can also cause a balance phenomenon with their uncertainty or doubts. In this case is the applying person affected by the influences of the other Persons (or animals,...). This works according to "<u>1.1.3.3</u>". This happens often (But not always!!!) if other people observe supernatural experiments and if these people are uncertain or does not believe in a success. Observer influence often according to "<u>1.1.3.3.1.2</u>", if they does not believe in successes.</p>	<p><u>"1.1.3.3.1.2"</u></p>
<p>(1.1.2.1.12.2) Avoiding of the balance phenomenon The phenomenon is difficult to avoid. The best way to avoid this phenomenon is, when there is no reason to "fear" unwanted results. There are following possibilities:</p>	
<p>(1.1.2.1.12.2.1) One can produce results of maximum unimportance. These are things, which do not influence the own live, the own prestige or any "highscore" lists. If one has nothing to lose, one has nothing to fear.</p>	
<p>(1.1.2.1.12.2.2) If one makes experiments, should the test person know nothing or as less as possible about the own results, until the experiments are</p>	

<p>over. The problem with some negative hopes (like: "Hopefully <u>continues</u> this as good, as it is.") can be avoided in this way.</p>	
<p>(1.1.2.1.12.2.3) Mostly is the first "answer" or "action" (or concentration,...), which one gets or makes with supernatural abilities, the better choice. A subsequent "correction" is often modified by the balance phenomenon. The correction follows often just a split second after the first "answer" (or action,...).</p>	
<p>(1.1.2.1.12.2.3.1) But the phenomenon "knows" often, how the avoidance techniques can be avoided. This concerns mainly the techniques for the "selection" of right answers (or actions, concentrations,...). The phenomenon affects then other parts of the process of the search and selection of answers (or...). For example can the second answer (Or action...) be extremely quickly renamed to the first answer, while the real first answer will be forgotten. The selection process itself accords also to the laws of the group "<u>1.1.2.1.12</u>". The result is: The exclusion of the phenomenon by selection is often only a self-contained vicious circle.</p>	
<p>(1.1.2.1.12.2.4) The balance phenomenon can partly be avoided by distracting from the fears. One can also ensure, that one does not have time, to fear unwanted results. Some possibilities are: One can concentrate on several things simultaneously (so has one no brain capacity left for fear). One can act with a high minimum speed (so has one no time to have fear). One can also act very carefully (this distracts).</p>	
<p>(1.1.2.1.12.2.5) By observers triggered balance phenomenons are difficult to avoid (these are influences according to "<u>1.1.3.3.1.2</u>"). Influences</p>	

<p>beyond the borders of time are even more difficult to avoid. If successes lack, can one do the following things (especially, if successes were present before the observing begun): Keep the number of observers small. One can change the observers several times. Try to make some experiments without observers. One trick could be, to start the observed experiments with a few played (fake) "successes", before the real experiments starts.</p>	
<p><u>(1.1.2.2) Environmental influences on the energy</u> In some circumstances can the energy be influenced from outside. But the most circumstances are still unknown. This concerns very many supernatural experiences.</p>	<p><u>"1.2.5.3.12.6", "M.1.1.3.3"</u></p>
<p>(1.1.2.2.1) At specific times (among other: full moon) occurs a intensifying or a weakening of the perception and the frequency of many supernatural experiences.</p>	
<p>(1.1.2.2.1.1) The influencing during the full moon is not every time noticeable. The noticing of significant influences needs often a longer time.</p>	
<p>(1.1.2.2.1.2) The number of days (or even hours) of the noticeable influencing can vary much. Mostly lasts it less than 3 days.</p>	
<p>(1.1.2.2.2) A steady changing influence of some weather conditions on the energy can also be felt.</p>	
<p><u>(1.1.3) Basics of astral beings and astral travelers and influence of these (And of physical forms of life and other people):</u> Here are all known to me species and properties of the "life" in the astral world explained. This section is not as filled, as in other sources, because I used only own experiences. Who seeks for angels, fairies, elves</p>	<p><u>"1.1.2.1.12", "1.2.5.7"</u></p>

<p>and similar, will not find them in this text. But the here written informations are verified by own experiences and reliable. Some additional informations to this topic are mentioned in: "<u>1.2.5.7</u>".</p>	
<p>(1.1.3.1) Species: There are several species of astral beings. I think, a classification according to following scheme is most suitable:</p>	
<p><u>(1.1.3.1.1) Astral travelers:</u> These are other people (and animals, aliens and other physical living beings), who are astral traveling. They can basically be divided into two groups:</p>	
<p><u>(1.1.3.1.1.1) Conscious astral traveling people:</u> These are people, who know, that they make an out of body experience.</p>	
<p><u>(1.1.3.1.1.2) Unconscious astral traveling people:</u> These are people, who have a astral dream and not know, that they are out of the body. The particularity is here, that their behavior depends only from the story of the (astral) dream, in which they are.</p>	
<p><u>(1.1.3.1.2) Spirits / souls of dead people:</u> These are people (or animals, aliens and other physical life forms) who have died.</p>	
<p><u>(1.1.3.1.3) Other astral beings:</u> These are other astral beings, which do not fit in the two other groups.</p>	
<p>(1.1.3.2) Encounters: One can encounter astral beings during awakesness or in dreams, astral dreams and out of body experiences. Encounters during awakesness accord to the laws of the group "<u>1.2.5.7</u>". If the encounter happens during out of body experiences, dreams or astral dreams, apply the laws of the group "<u>1.2.5.3.7.2</u>" and of the point</p>	

<p><u>"1.2.4.3.3"</u> including its deviant double entry: <u>"1.2.5.3.12.3"</u>.</p>	
<p><u>(1.1.3.2.1) Dealing with astral beings:</u> Treat astral beings, as you would treat strangers in the town. Treat them kindly and with respect and do not trust them too much. If one already knows the astral beings (Or the astral travelers,...), one can treat them as usual. Note, that astral beings (or astral travelers,...) can pretend, to be someone else. This can happen in out of body experiences, dreams, astral dreams and in encounters during the awakeness.</p>	
<p><u>(1.1.3.2.1.1) Dealing with unfriendly or threatening astral beings.</u> There are not only good beings in the astral world. It is like in the real live. Not every being wants to do (only) good thing. It must not be mentioned, that one should not search for encounters or contacts to unfriendly or even threatening beings. Particularly because some of these beings tend to disrupt activities of mostly uninvolved people (especially, when these people seek for such contacts). But despite all precautions one can encounter sometimes such unfriendly beings.</p>	
<p><u>(1.1.3.2.1.1.1) Encounters and contacts to unfriendly astral beings during the awakeness (Contact to hereafter):</u> One should abort the contact, if the astral being is not friendly. One can also try to change the mind of the unfriendly astral beings by friendly discussions. But one should end the contact, if the being remains unfriendly.</p>	
<p><u>(1.1.3.2.1.1.2) Encounters and contacts to unfriendly astral beings during out of body experiences:</u> During an out of body experience (or a (astral) dream), it helps most likely, to ask the astral being, why it does these things. Otherwise</p>	

<p>one can apply the methods from "M.3.8" to end the situation or to turn the situation to the better.</p>	
<p>(1.1.3.3) Basics of influencing by astral beings, astral travelers and physical living beings (Other people, animals, aliens,...): Other living beings have the possibilities to applicate influences.</p>	<p>"1.1.2.1.12.1.3", "1.2.4.3.2", "1.2.5.3.12.5.1", <u>"1.2.5.3.12.7.2"</u></p>
<p>(1.1.3.3.1) Types of influencing: Astral beings (or...) have a wide selection of possibilities for influencing and contacting. This applies especially to supernatural communications, image perceptions, distance perceptions and similar supernatural information gathering methods. Dreams, out of body experiences and astral dreams can also be influenced, because these react very sensitive to supernatural influences. <u>But basically astral beings (or...) can exert all kinds of influences (for or against the influenced "targets"), which are possible according to the laws of this text. This can be made consciously and unconsciously.</u> But almost only supernatural perceptions are affected. Abilities, that one does not have, can usually not be affected or used as a source of disturbance. People, who does not have and/or does not use supernatural abilities, are thus rarely disturbed by influences. It seems, that some kind of protection against too strong influences exists (for example in television shows, where many people influence a few people (the actors,...)). This protection works probably according to the physical law of "1.1.2.1.4.1".</p>	
<p>(1.1.3.3.1.1) Conscious influencing: They can influence intentionally (if they know methods). This is rare, because the influence can only be maintained by steady concentration. Such influences disappear, if one loses the</p>	

concentration.	
<p>(1.1.3.3.1.2) Unconscious influencings: Unconscious influencings are more frequently. They are mostly caused by emotions (love, joy, happiness, fear, anger, envy, but also wishes,...). They are also not permanent, because these influences can also only be maintained by steady concentration (The thought of the emotion and the connection with the influenced "target"). The balance phenomenon can also be the cause for unconscious influences (see: "<u>1.1.2.1.12.1.3</u>").</p>	<p><u>"1.1.2.1.12.1.3"</u>, <u>"1.1.2.1.12.2.5"</u></p>
<p>(1.1.3.3.2) What one can do against unwanted influences and/or their effects: One has several options, when a communicating with the influencing person (or astral being,...) does not help. One can protect oneself against undesired influences with the here mentioned possibilities. In addition to the quick method "<u>M.2.1.2.1</u>" one can apply the following methods:</p>	
<p>(1.1.3.3.2.1) Depending on the kind of the influence one can apply a contrary method, to neutralize the influence.</p>	
<p>(1.1.3.3.2.2) One can concentrate on the own body (optional with a simultaneous concentration on the energy sensation) with the wish, that the body will be protected or gets a kind of spiritual "shield" or that it gets inaccessible for influences. <u>This method is the best choice!</u> It ensures, that one blocks the influence unconsciously.</p>	
<p>(1.1.3.3.2.3) One can load much energy and use the law of "<u>1.1.2.1.4.1</u>" to let the influence disappear.</p>	
<p>(1.1.3.4) Detection of influences of astral beings, astral travelers and physical living beings</p>	

(Other people, animals, aliens,...) The external influences affect mostly the supernatural communication skills. That means, one receives incoming supernatural transmissions ("1.2.5.5"). Fortunately, these influences can simply be recognized. These influences accord always to the laws of this text. Some influences are desired, others are undesired. Some are a mixture of both.

(1.1.3.4.1) Detection of neutral and/or desired influences of astral beings, astral travelers and physical living beings (Other people, animals, aliens,...) One needs just to pay attention to pleasant "disturbances". Desired influences occur often during or after the application of appropriate methods to contact astral beings. Desired influences will be stopped, if one says to the astral beings (or...), that one does not want to be influenced anymore. Subconscious thought processes (2nd layer, see: "1.1.2.1.11") do not meet the actual own desires. But they are pleasant or simply just interesting. But they are never unpleasant. The hypnagogic images (see: "1.2.2.2.2.1.1") show nice or interesting scenes, which one does not know. These images can be very detailed. These are also never unpleasant. The perception of the tactile supernatural experiences can change independently of the respective situation and without own action or intention. These changes are mostly pleasant. Other kinds of influences for generating of pleasant "disturbances" are also possible. But these influences accord always to the laws of this text.

(1.1.3.4.2) Detection of undesired influences of astral beings, astral travelers and physical living beings (Other people, animals, aliens,...) One needs just to pay attention to unpleasant disturbances. Undesired influences occur mostly, if

<p>they are not needed. Undesired influences will <u>not</u> be stopped, if one says to the astral beings, that one does not want to be influenced anymore. Subconscious thought processes (2nd layer, see: "<u>1.1.2.1.11</u>") do not meet the actual own desires (example: one loves plants, but one has often a subconscious thought to burn plants). The hypnagogic images (see: "<u>1.2.2.2.1.1</u>") show scenes, which one does not like (for example, if one does not like spiders and spiders occur frequently). These images can be very detailed. The perception of the tactile supernatural experiences can change independently of the respective situation and without own action or intention. These changes are mostly disturbing. Other kinds of influences for generating of unpleasant disturbances are also possible. But these influences accord always to the laws of this text.</p>	
<p>(1.1.3.5) Getting rid of undesired astral beings If one wants to get rid of an undesired astral being, one can use the following methods:</p>	
<p>(1.1.3.5.1) It is often enough to tell them simply, that they have to go, because they are undesired.</p>	
<p>(1.1.3.5.2) One can also simply concentrate and say or think to oneself, that the being has to go away. One could also add some rituals (Incense, salt, crucifix, whatever,...), <u>but the principle is the same</u>. One expresses in this way a wish, which gets fulfilled according to the laws of "<u>1.1.4</u>". The manner in which it works is still unknown. It is probable, that one unconsciously builds a barrier that repels the unwanted astral beings.</p>	
<p>(1.1.4) Wishes to the "universe" You have probably heard something about it. One expresses a wish, and it gets fulfilled. But the manner, in</p>	<p>"<u>1.1.3.5.2</u>", "<u>1.1.5.3.2.4.1.1.2.1</u>", "<u>1.1.5.3.2.4.1.2</u>",</p>

<p>which it works, is at least partly differently than one thinks. The success rate may vary, but it works at least in some cases. I learned this from personal experience. The actual "fulfillment" of the wish occurs not immediately, like the fulfillment with the help of a genie. It can be an long-term issue, but even seemingly impossible wishes can come true.</p>	<p><u>"1.1.5.3.2.5.1.1.2.1"</u>, <u>"1.1.5.3.2.5.1.1.2"</u>, <u>"1.1.5.3.2.5.2.3"</u>, <u>"1.1.6.3.2.3.1.1.2.1"</u>, <u>"1.1.6.3.2.3.1.2"</u>, <u>"1.1.6.3.2.3.3.3"</u>, <u>"1.1.6.3.2.4.1.1.2.1"</u>, <u>"1.1.6.3.2.4.1.1.2"</u>, <u>"1.1.6.3.2.4.2.3"</u></p>
<p>(1.1.4.1) Fulfilling by oneself Sometimes is oneself the cause for the fulfillment of the wishes. One does it by unconscious application of supernatural abilities according to the laws of this text.</p>	
<p>(1.1.4.2) Fulfilling by astral beings Astral beings can exert influences (according to the laws of this text) to fulfill the wish. One should consider, that the astral beings should have enough motivation for that. It is similar to the real life, were also motivation is required to help.</p>	
<p>(1.1.5) Basics of the supernatural perceptions (information gathering, receiving of telepathic communication,...) This group contains supplementary basics for all kinds of supernatural gathering or receiving of informations. This includes all supernatural perceptions and communications. This group is very detailed, because the most supernatural methods are supernatural perceptions or need supernatural perceptions as supplement. The informations of many points are logical effects of other physical laws. Other informations are partly till completely repeated. The informations offer in the here mentioned context a unique overview of supernatural perceptions. Therefore everyone should read this group. The here mentioned laws has been verified by own experiences.</p>	<p><u>"1.1.6.3.1.4"</u>, <u>"1.1.7.1"</u>, <u>"1.1.8.1"</u>, <u>"1.1.9.1"</u>, <u>"1.1.10.1"</u>, <u>"1.2.5.2"</u>, 2x: <u>"M.3.6"</u></p>

<p>(1.1.5.1) Kinds of application of supernatural perceptions: Every kind of supernatural perception is a kind of information gathering. Here is detailed explained, where supernatural perceptions are used.</p>	
<p><u>(1.1.5.1.1) Every kind of remote perception.</u> Remote viewing, remote investigation of matter or supernatural remote diagnosis of illnesses are methods for supernatural perception. One perceives things from greater distance.</p>	
<p><u>(1.1.5.1.2) Every kind of supernatural contact.</u> Telepathy and contact to hereafter are also supernatural perception methods. Contacts are exchange of informations. The supernatural receiving of informations during the communication is supernatural perception.</p>	
<p><u>(1.1.5.1.3) Local perceiving of supernatural experiences.</u> The perception of supernatural things and events at the own location are also kinds of the supernatural perception. Examples for local supernatural perceptions are the vision of the own aura and the vision of the aura of other persons at the own location. The vision and feeling of astral beings is also supernatural perception. The perceived supernatural experiences are gathered informations.</p>	
<p><u>(1.1.5.1.4) Supernatural methods and their feedbacks.</u> During the sending of energy and during the application of distant healing one notices, whether the receiver accepts the transmitted energy (or healing) or not. During the attempt to make out of body experiences one notices during the course of the relaxation, whether one can exit or not. These so called feedbacks (see "<u>1.1.6.3.1.3</u>") are supernatural perceptions. These feedbacks are also gathered informations.</p>	

<p><u>(1.1.5.1.5) Dreams, astral dreams and out of body experiences.</u> During these experiences one perceives supernatural informations. Astral worlds and many till all dream environments are, including all there happening events, supernatural informations.</p>	
<p>(1.1.5.2) Kinds of perceived informations. The here mentioned kinds of perceptible informations are only examples to give a impression of the possibilities. The actual range of the perceptible informations is so diverse, that it can not be completely mentioned. One can theoretically get every information, if one understands the rules of receiving. Here is explained, which informations one can receive.</p>	
<p><u>(1.1.5.2.1) Informations about oneself.</u> One can gather informations about the own energy and aura. One can gather informations about methods, which one applicates (feedback, see: "<u>1.1.6.3.1.3</u>"). For example, whether the blockade removal works or not or whether energy gathers in the desired areas of the body or not. One can also gather informations about the places, where one has been. Informations in connection with events, which concern somehow oneself. That could be events, which one had consciously or unconsciously triggered, caused, planned or influenced in some other way. One can gather past, present and future informations. One can gather informations about, who or what influences oneself. One can also gather informations about the kind of the influences.</p>	
<p><u>(1.1.5.2.2) Informations about other persons and other intelligent physical living beings.</u> One can gather informations about the person. For example the appearance, state, illnesses and the emotional</p>	

state. One can also gather informations about the energy and the aura of the person. In addition one can gather informations about their living or deceased relatives and informations about the live and the environment of the relatives. One can gather informations about, whether and how applied methods (supernatural transmission ("1.2.5.5"), healing,...) takes effect (feedback, see: "1.1.6.3.1.3"). Informations in relation with events, which concern somehow the person himself, can also be gathered. That could be events, which the person had consciously or unconsciously triggered, caused, planned or influenced in some other way. One can also gather informations, which the other person had defined or informations which the other person knows, even if they does not concern the other person. One can gather past, present and future informations. One can gather the informations directly, what means, that the other person does not send. The gathering can also be done as telepathic transmission (consciously and unconsciously). The advantage of this kind of supernatural perception is, that the person can verify the gathered informations, if the person knows these informations. One needs just to ask the person. If one can not ask the person, the informations can be verified by other persons, whose gather the same informations. This kind of verification is not completely reliable. Especially disruptions of the supernatural perception and protection against information gathering can affect all persons, whose gather these informations. Other persons can know supernatural abilities or also have supernatural abilities. Then are they able to notice the information gathering and to disrupt intentionally the information gathering by supernatural transmission and other appropriate methods.

(1.1.5.2.3) Informations about living animals. One can gather informations about the animal. For example the appearance, state, illnesses and the emotional state. One can also gather informations about the energy and the aura of the animal. In addition one can gather informations about the living or deceased relatives of the animal and informations about the live and the environment of the relatives. One can gather informations about, whether and how applied methods (supernatural transmission ("1.2.5.5"), healing,...) takes effect (feedback, see: "1.1.6.3.1.3"). Informations in relation with events, which concern somehow the animal itself, can also be gathered. That could be events, which the animal had consciously or unconsciously triggered, caused, planned or influenced in some other way. One can also gather informations, which the animal knows, even if they does not concern the animal. One can gather past, present and future informations. One can gather the informations directly, what means, that the animal does not send. The gathering can also be done as telepathic transmission (probably only unconsciously). But animals are only partly able to verify the gathered informations. One can verify the informations by other persons, whose gather the same informations. This kind of verification is not completely reliable. Especially disruptions of the supernatural perception and protection against information gathering can affect all persons, whose gather these informations. Animals have probably not the possibility and the interest to notice or disrupt information gathering. Animals are probable not able to send energy consciously. They can then only unconsciously send energy.

(1.1.5.2.4) Informations about non physical living beings (astral beings). One can gather informations about the astral being. For example the appearance,

state and the emotional state. One can also gather informations about the energy and the aura of the astral being. In addition one can gather informations about their living or deceased relatives and informations about the live and the environment of the relatives (important in the case of the contact to hereafter). One can gather informations about, whether and how applied methods (supernatural transmission ("1.2.5.5"),...) takes effect (feedback, see: "1.1.6.3.1.3"). Informations in relation with events, which concern somehow the astral being itself, can also be gathered. That could be events, which the astral being had consciously or unconsciously triggered, caused, planned or influenced in some other way. One can also gather informations, which the astral being had defined or informations which the astral being knows, even if they does not concern the astral being. One can gather past, present and future informations. One can gather the informations directly, what means, that the astral being does not send. The gathering can also be done as telepathic transmission (consciously and unconsciously). Astral beings have usually much better supernatural abilities. They can notice and disrupt the information gathering much better. One can contact astral beings only with supernatural perception methods. Therefore, the informations can be verified only with supernatural methods (exception: contact to hereafter, where living relatives, friends and acquaintances can verify some informations). One can verify the informations by other persons, whose gather the same informations. This kind of verification is not completely reliable. Especially disruptions of the supernatural perception and protection against information gathering can affect all persons, whose gather these informations.

(1.1.5.2.5) Informations about physical living targets. One can gather informations about every place, every event and every object. One can gather all possible with the target related informations. Who or what was at the target and what happened at the target. Which properties the target has (material, state, damages) and for what the target was used. If the target contains informations (CDs, computers, hard discs, records,...) one can gather also these informations. Physical not living targets can only partly verify the gathered informations. One can verify the informations by other persons, whose gather the same informations. This kind of verification is not completely reliable. Especially disruptions of the supernatural perception and protection against information gathering can affect all persons, whose gather these informations.

(1.1.5.2.6) Informations about not physical not living targets. One can gather informations about every place, every event and every object. One can gather all possible with the target related informations. Who or what was at the target and what happened at the target. Which properties the target has (material, state, damages) and for what the target was used. If the target contains informations one can gather also these informations. Physical not living targets can only partly verify the gathered informations. One can reach not physical targets only with supernatural methods. Therefore, the informations can be verified only with supernatural methods. One can verify the informations by other persons, whose gather the same informations. This kind of verification is not completely reliable. Especially disruptions of the supernatural perception and protection against information gathering can affect all persons, whose gather these informations.

(1.1.5.3) The process and the reliability of supernatural perceiving of the informations. Here are basics about the actual process of the perception of supernatural informations and the reliability of the gathered informations. These basics are supplemental informations to the methods.

(1.1.5.3.1) Basics of the perceiving of the informations. Here is explained, how the perception works and how it is influenced.

(1.1.5.3.1.1) Definition of the target. Supernatural perception is like the visiting of a giant library. If one does not know, what one wants to know, one has to search in millions of books. But, if one knows, which information one wants, is it easier. The more exact one knows, what one wants to know, the less books one has to read. But then one gets mostly a not interesting or not understandable book. Supernatural perception works similar. But one can not search in the whole books. One says, what one wants to reduce the number of possible books. Then one gets only a few randomly choosed pages, which has been choosed from this number of books. If the number of books is to big, one gets often simply nothing. To prevent, that one gets only useless informations, one must define exactly what one wants to know. If one wants to know "something about France", one will get rarely useful informations. France contains unbelievable many informations. Even if one wants to know "something about the Eiffel Tower", one gets few useful informations. This tower contains extreme many facts and informations. For example the number and size of the single rivets or the color of the chewing gum, which one visitor left there 5 years ago. Or about the weather on the coldest day there. One must think before the perception

exactly, if the request for informations is really exactly. Even the informations, which one could get about a common park bench, are enough to fill a small library. A good target definition is: "How looks the Eiffel Tower now, if one sees it from a far distance?". It would be better, if one defines also exactly the place, from which one wants to see the Tower.

(1.1.5.3.1.1) Not existing targets: One can not gather informations, if the target does not exists. Of the target does not exists, one gets either no informations or wrong informations.

(1.1.5.3.1.2) How one concentrates: One concentrates on the information, which one wants to know. One should notice the gathered informations without letting oneself getting distracted by them. If one lets oneself get distracted by gathered informations, one gets only informations about the things and events, which distract. One example is, if one concentrates on a car and gets distracted by the driver. One gets then only informations about the driver. Only if one takes care, that one gets not distracted and if one always keeps the exact target definition in mind, one will get the desired informations.

(1.1.5.3.1.3) Kinds of informations and the for the gathering suitable experiences. One should notice, that for the gathering of physical informations other experiences are suitable, than for the gathering of nonphysical informations. The here mentioned kinds of possible informations are just examples to give a impression about the possibilities. The actual amount of kinds of gatherable informations is very big. One can theoretically get any possible information, if one just knows the manner in which it can be received.

<p>Here are basic examples of receivable informations mentioned to offer a insight of the possibilities. A complete listing of all gatherable kinds of informations would require too much space. This group contains also a summary of for the receiving suitable experiences. If one chooses the right experience, one can get much easier the desired informations. But, if one chooses a wrong experience, could the receiving be hard or impossible.</p>	
<p><u>(1.1.5.3.1.3.1) Pictures (physical, supernatural):</u> One can receive informations based on pictures with very many different experiences. One can gather by the receiving of pictures very many informations in very short time.</p>	
<p>(1.1.5.3.1.3.1.1) Physical informations: One can receive informations about the physical appearance and all other visible properties of a target. One can get informations about whether the target is in motion or not.</p>	
<p>(1.1.5.3.1.3.1.2) Supernatural informations: One can get informations about the non physical appearance of a target. This includes auras and energies of other beings.</p>	
<p><u>(1.1.5.3.1.3.2) Tactile experiences (physical, supernatural):</u> Tactile properties, like hardness, structure and similar can also be received.</p>	
<p>(1.1.5.3.1.3.2.1): Physical informations: Only a few experiences are suitable for the receiving of physical tactile informations. One can feel, whether a animal has a fur, whether a engine is hot or cold, or whether a unknown substance is hard and brittle or wet and oily.</p>	
<p>(1.1.5.3.1.3.2.2) Supernatural informations: Very</p>	

many experiences are suitable for the receiving of non physical tactile informations. One can feel the auras and the energies of other beings.	
<u>(1.1.5.3.1.3.3) Audible informations and informations based on thoughts (physical, supernatural)</u>	
(1.1.5.3.1.3.3.1) Physical informations: One can receive all possible audible informations. This includes tape recordings, spoken texts and the music on a compact disc.	
(1.1.5.3.1.3.3.2) Supernatural informations: Thoughts can also be received. Sounds and noises of the astral world can also be perceived.	
<u>(1.1.5.3.1.3.4) Emotions</u>	
(1.1.5.3.1.3.4.1) Emotions are non physical. They can be received easily.	
<u>(1.1.5.3.1.3.5) Conversion and indirect receiving of physical informations</u>	
(1.1.5.3.1.3.5.1) The conversion of informations: A kind of information can be converted in another kind of information without changes of the content. A visible information can also be explained with words. For example: One can receive the color of a target as a word (red, blue,...). One can find out the condition of a target in words. One can find out the position of a target by seeing the target on its position or by seeing a mark on a map.	
(1.1.5.3.1.3.5.2) Aftereffects and indirect informations: A information can also be gathered indirectly by interpreting of other informations. If one sees symptoms of a illness on a person, one sees not the illness itself. But one knows then, that	

<p>the person is ill, because one has seen the symptoms. One gathered the information about the illness indirectly by its aftereffects. The position of a fire can be found out by the smell of burning.</p>	
<p>(1.1.5.3.1.3.6) Conversion and indirect receiving of non physical informations</p>	
<p>(1.1.5.3.1.3.6.1) Conversion of informations: The non physical informations can also be converted. The state of the aura can also be heard in words. The charge state of a target can be seen indirectly as image of a charge level indicator.</p>	
<p>(1.1.5.3.1.3.6.2) Aftereffects and indirect informations: One can gather also non physical informations indirectly by interpreting of other informations. The position of a person can be determined by noticing of the aura.</p>	
<p><u>(1.1.5.3.1.4) Functioning of the reception of informations:</u> Here is explained, how the reception of informations works.</p>	
<p>(1.1.5.3.1.4.1) Direct reception by the (physical) senses of the body: The direct reception by the senses is the first possibility. Here are the supernatural informations "entered" directly in the senses of the body. This kind of reception of informations is mostly very reliable. One sees the own aura or the aura of other persons with open eyes. One feels the energy of a nearby person in the own hand. One feels the own energy in the own body.</p>	
<p>(1.1.5.3.1.4.2) Indirect reception by the (physical) senses of the body: The indirect reception of informations by the senses of the body is another alternative. Here are the senses used to receive informations, which are not present in this form.</p>	

<p>One perceives properties indirectly. One sees the aura and estimates the charge state. One feels energy and estimates the health status of a person. One feels the energy of a person and estimates the kind and intensity of a emotion of this person. Here are directly in the senses entered informations evaluated to gather other informations. One interprets the informations. One comparison from the real live is, when one notices a noise or a shaking during a ca ride. One interprets, that a tire is broken. One sees the tire not directly, but one perceives the aftereffects and interprets, that the tire is broken.</p>	
<p>(1.1.5.3.1.4.3) Reception from greater distances: Here are informations entered in the senses of the body, which are not present at the own position. The informations have to travel a certain distance to reach the senses of the body. One sees the aura of a person in a other town. One feels the emotion of a person at the own position (The information about the emotion has to travel a distance, because the body records it not directly on the spot).</p>	
<p>(1.1.5.3.1.4.3.1) Signal delivery: The informations are delivered from a distance without own action. This includes supernatural transmission ("<u>1.2.5.5</u>") and telepathy.</p>	
<p>(1.1.5.3.1.4.3.2) Signal pick up: Oneself picks up the informations from a distance. This includes the charging of energy from a distance.</p>	
<p>(1.1.5.3.1.4.3.3) Energy shift: One shifts a part of the own energy to the target to record informations there. This includes the remote viewing or the viewing of the aura from a distance.</p>	
<p>(1.1.5.3.1.4.4) Direct reception by the thoughts: These are informations entered directly in the</p>	

thoughts. One receives telepathic transmitted words.	
(1.1.5.3.1.4.4.1) Reception in (real) dreams: Informations, which one receives during real dreams, belong to the directly by thoughts received informations.	
(1.1.5.3.1.4.5) Reception in out of body experiences and astral dreams: This are informations, which are received during astral dreams and during out of body experiences. One is out of body, while one receives the informations.	
<u>(1.1.5.3.2) Reliability of the gathered informations:</u> Not every information, which one gets, is correct. Here is explained, how and why informations can differ from the truth.	
<u>(1.1.5.3.2.1) What means reliability:</u> It is important to know, in which kind a information can be wrong.	
(1.1.5.3.2.1.1) Correct informations: A completely correct information would be optimal. Example: The target could be a thick blue book. And one sees a thick blue book. Unfortunately are completely correct informations a bit rare.	
(1.1.5.3.2.1.2) Deviating informations: A information can deviate from the truth. Stated amounts can be wrong. Colors can be different. Example: The target is a tree with green leaves. But one sees several trees with red leaves. But the object can also be wrong, while the other informations are right. Example: One sees 12 silver bullions. But the targets were 12 silver coins. Every detail can be right or wrong. Deviating informations contain truth and untruths. The most informations, which one gets, contain smaller till	

bigger deviations.	
(1.1.5.3.2.1.3) Wrong informations: Completely wrong informations are also possible. Example: The target is a red car. But one sees two yellow snakes. Wrong informations are not as frequently as deviating informations.	
(1.1.5.3.2.2) Own influences on the reliability: Here are the own influences on the reliability explained.	
(1.1.5.3.2.2.1) Expectations: The own expectations are the biggest problem. If one expects (consciously or unconsciously) a certain information, one will get the expected information. Example: One expects a car. One sees a car. The kind of the target does not matter.	<u>"M.3.6.1"</u> , <u>"M.3.6.2"</u>
(1.1.5.3.2.2.1.1) Expectations, which are caused by already get (parts of the) informations: Expectations can result, if one gets certain informations. Example: The target is a red frog. One sees the color red and expects a Car. Then one sees a red Car.	<u>"M.3.6.1"</u> , <u>"M.3.6.2"</u>
(1.1.5.3.2.2.2) Distraction during the information gathering: If one gets distracted during the gathering of informations, the informations can be changed by the distraction.	
(1.1.5.3.2.2.2.1) Disruptions during the information gathering: A disruption during the gathering of informations directs the attention to the cause of the disruption. One gets than often many or even only informations about the cause of the disruption. Disruptions worsen also the concentration.	
(1.1.5.3.2.2.2.2) Trivial and irrelevant informations: One gets often several informations	

<p>at once. Trivial informations can often attract the full attention. Example: The target is a packed backpack (in this example with a camera, some clothes and food). One sees first a camera, which is in the backpack. Now it can be, that one sees only informations about this camera. But, one can also see a backpack full of camera accessories.</p>	
<p>(1.1.5.3.2.2.2.3) The unconscious: Not only conscious disruptions can change informations. Unconscious expectations and thoughts can also disrupt the gathering of informations.</p>	
<p>(1.1.5.3.2.2.2.3.1) Connections of the informations with own memories: The gathering of informations, which has similarities or connections with own memories, can be problematic. Example: The target is a car, which stands in a service station. One sees cars mostly on streets and parking lots. Now it can be, that one sees the car on a street. It is also possible, that one sees only a street.</p>	
<p>(1.1.5.3.2.2.2.3.2) Influences of fears and worries on the information gathering: Fears and worries are very strong confounders. Who fears something, causes often due this fear, that the feared event occurs. Who fears to get no informations, will get no informations.</p>	
<p>(1.1.5.3.2.2.2.3.2.1) Balance phenomenon: The balance phenomenon (see the group "1.1.2.1.12") influences also the information gathering. This phenomenon is caused by unconscious fears and worries.</p>	
<p>(1.1.5.3.2.2.3) Confusions: It is possible, that one confuses during the information gathering a object with another object. The cause of the confusion can vary. Example: One sees a puddle of water, but</p>	

<p>the target is a lake seen from far away. One sees a big round object, and thinks that this is a rocket. But it is a pipe.</p>	
<p><u>(1.1.5.3.2.3) Influences of the Target on the reliability:</u> The target influences also the reliability.</p>	
<p>(1.1.5.3.2.3.1) Similarities: A target can resemble another object. Objects, which resemble other objects, can be confused. One sees a mushroom. But the target is a mushroom of plastic. One sees a car. But the target is a toy car. One sees a diamond. The target is a piece of glass.</p>	
<p>(1.1.5.3.2.3.2) Modifications of the target: Things, which has been chosen as target, can modify or be modified. Example: One sees a big stone. But the stone will then be built into a building. People can change clothes. Objects can be moved, modified, built-in or consumed.</p>	
<p><u>(1.1.5.3.2.4) Additional influences of living physical and non physical targets on the reliability:</u> Living targets have additional possibilities to influence the information gathering.</p>	
<p>(1.1.5.3.2.4.1) Repulse of the information gathering: It can be, that living targets does not want to be a target of a information gathering. They have then several possibilities to disrupt or to prevent the information gathering.</p>	
<p>(1.1.5.3.2.4.1.1) Consciously repulsing: Who not want to be a target of a information gathering, can disrupt this by consciously used means.</p>	
<p>(1.1.5.3.2.4.1.1.1) Disruption by supernatural transmission: The target has several possibilities to disrupt or prevent the information gathering by supernatural transmission ("1.2.5.5").</p>	

<p>(1.1.5.3.2.4.1.1.1.1) Sending of wrong informations: One can send deviant or completely wrong informations to disrupt the information gathering.</p>	
<p>(1.1.5.3.2.4.1.1.1.2) Sending of distracting disruptions: One can send disruptions, which distract from the information gathering. Tactile supernatural experiences, emotions and any other transfers can disrupt the concentration.</p>	
<p>(1.1.5.3.2.4.1.1.2) Disruption by conscious blocking: One can block the process of information gathering directly.</p>	
<p>(1.1.5.3.2.4.1.1.2.1) One concentrates on the wish or thought, to prevent that the receiver gets informations. This wish will be fulfilled according to the laws of the wishes to the universe (see: "1.1.4").</p>	
<p>(1.1.5.3.2.4.1.1.2.2) One can try to keep hold of the information to prevent in this kind, that the information gets to the receiver. The information is energy. One can attract a certain energy intentionally. One applies the energy method ("M.2"). During this one concentrates on the wish to attract exactly the energy, which contains the information.</p>	
<p>(1.1.5.3.2.4.1.2) Unconsciously repulsing: The information gathering will be repulsed or prevented unconsciously, if a live form does not want, that someone else gets a certain information about it. This wish of this live form will be fulfilled according to the laws of the wishes to the universe (see: "1.1.4").</p>	
<p>(1.1.5.3.2.4.2) Influences of the living target on the information gathering: The living target can</p>	

influence the information gathering. This can happen consciously and unconsciously.	
(1.1.5.3.2.4.2.1) Thoughts of the living targets: Thoughts of the living targets can also be transferred or received as wrong informations. Example: The target is a child. This child thinks of a zoo. It can be, that one sees animals.	
(1.1.5.3.2.4.2.2) Expectations of the living targets: If the living target expects, that the receiver gets certain informations, it can send unconsciously exactly these informations to the receiver. Example: The target is a man with a cap. He thinks, the receiver will get informations about the cap. The man sends unconsciously informations about the cap to the receiver. The receiver sees the sended information about the cap.	
(1.1.5.3.2.4.2.3) Fears and worries of the living targets: If the living target has fears and worries, then these fears and worries influences the informations, which the receiver gets. If the target has the worry, that the receiver receives no informations, the receiver will receive no informations. Has the target the worry, that the receiver gets certain informations, it sends these informations unconsciously.	
(1.1.5.3.2.4.2.3.1) Balance phenomenon: The living target can also apply the balance phenomenon (see the group " <u>1.1.2.1.12</u> ") or it can be affected by it.	
(1.1.5.3.2.4.3) Supports: Living targets can also help the receiver to get the informations.	
(1.1.5.3.2.4.3.1) Consciously sending of the informations: The living target sends intentionally the desired information with the energy	

transmission (" <u>1.2.5.5</u> ") to the receiver.	
(1.1.5.3.2.4.3.2) Unconsciously sending of the informations: The living target sends the information unconsciously and unintentionally with the energy transmission (" <u>1.2.5.5</u> ") to the receiver.	
(1.1.5.3.2.4.3.3) Unconsciously supporting of the information gathering: The living target supports the process of information gathering unconsciously. For example with the wish, that a certain information gets to the receiver. This wish of this live form will be fulfilled according to the laws of the wishes to the universe (see: " <u>1.1.4</u> ").	
(1.1.5.3.2.4.3.3.1) Balance phenomenon: The balance phenomenon (see the group " <u>1.1.2.1.12</u> ") can also have a supporting effect on the information gathering.	
<u>(1.1.5.3.2.5) Influences of physical and non physical living beings, which are not the target, on the reliability:</u> Living beings, which are not the target or the receiver, can also influence the information gathering.	
(1.1.5.3.2.5.1) Disruptions: Living beings, which are not the target or the receiver, can disrupt the information gathering with different means.	
(1.1.5.3.2.5.1.1) Repulsing of the information gathering: Living beings, which are not the target or the receiver, can also repulse the information gathering.	
(1.1.5.3.2.5.1.1.1) Consciously repulsing: Who not wants, that one gathers information about someone or something, can disrupt this information gathering by consciously used means.	

<p>(1.1.5.3.2.5.1.1.1.1) Disruption by supernatural transmission: One has the possibility to disrupt or to prevent the information gathering by supernatural transmission ("<u>1.2.5.5</u>").</p>	
<p>(1.1.5.3.2.5.1.1.1.1.1) Sending of wrong informations: One can send deviant or completely wrong informations to disrupt the information gathering.</p>	
<p>(1.1.5.3.2.5.1.1.1.1.2) Sending of distracting disruptions: One can send disruptions, which distract from the information gathering. Tactile supernatural experiences, emotions and any other transfers can disrupt the concentration.</p>	
<p>(1.1.5.3.2.5.1.1.1.2) Disruption by conscious blocking: One can block the process of information gathering directly. The blocking by living beings, which are not the target or the receiver, is only partially possible. The wish of a uninvolved influences less, than the wish of the target or the receiver.</p>	
<p>(1.1.5.3.2.5.1.1.1.2.1) One concentrates on the wish or thought, to prevent that the receiver gets informations. This wish will be fulfilled according to the laws of the wishes to the universe (see: "<u>1.1.4</u>").</p>	
<p>(1.1.5.3.2.5.1.1.1.2.2) One can try to keep hold of the information to prevent in this kind, that the information gets to the receiver. The information is energy. One can attract a certain energy intentionally. One applies the energy method ("<u>M.2</u>"). During this one concentrates on the wish to attract exactly the energy, which contains the information.</p>	
<p>(1.1.5.3.2.5.1.1.2) Unconsciously repulsing: The</p>	

<p>information gathering will be repulsed or prevented unconsciously, if a live form does not want, that someone else gets certain informations. This wish of this live form will be fulfilled according to the laws of the wishes to the universe (see: "1.1.4").</p>	
<p>(1.1.5.3.2.5.1.2) Influences on the information gathering: One can influence the information gathering , even when one is not the target or the receiver. This can happen consciously and unconsciously.</p>	
<p>(1.1.5.3.2.5.1.2.1) Thoughts of life forms, which are not the target or the receiver: Thoughts of living beings, which are not the target or the receiver, can also be transferred or received unconsciously as wrong information. Example: The target is a car. The friend of the receiver observes the information gathering and thinks of music. The receiver will get probably also informations about this music. This kind of influencing happens also, if someone does not observe the information gathering, but thinks of the receiver.</p>	
<p>(1.1.5.3.2.5.1.2.2) Expectations of life forms, which are not the target or the receiver: If a living being, which is not target or receiver, expects, that the receiver gets certain informations, it can send unconsciously exactly these informations to the receiver.</p>	
<p>(1.1.5.3.2.5.1.2.3) Fears and worries of life forms, which are not the target or the receiver: If a living being, which is not target or receiver, has fears and worries, then these fears and worries influences the informations, which the receiver gets. If such a living being has the worry, that the receiver receives no informations, the receiver will receive</p>	

<p>no informations. Has this live from the worry, that the receiver gets certain informations, it sends these informations unconsciously.</p>	
<p>(1.1.5.3.2.5.1.2.3.1) Balance phenomenon: Life forms, which are not target or receiver, can also apply the balance phenomenon (see the group "1.1.2.1.12") or be affected by it.</p>	
<p>(1.1.5.3.2.5.2) Supports: Life forms, which are not target or receiver, can also help the receiver to get the informations.</p>	
<p>(1.1.5.3.2.5.2.1) Consciously sending of the informations: A living being, which is not target or receiver, sends intentionally the desired information with the energy transmission ("1.2.5.5") to the receiver.</p>	
<p>(1.1.5.3.2.5.2.2) Unconsciously sending of the informations: A living being, which is not target or receiver, sends the information unconsciously and unintentionally with the energy transmission ("1.2.5.5") to the receiver.</p>	
<p>(1.1.5.3.2.5.2.3) Unconsciously supporting of the information gathering: A living being, which is not target or receiver, supports the process of information gathering unconsciously. For example with the wish, that a certain information gets to the receiver. This wish of this live form will be fulfilled according to the laws of the wishes to the universe (see: "1.1.4").</p>	
<p>(1.1.5.3.2.5.2.3.1) Balance phenomenon: The balance phenomenon (see the group "1.1.2.1.12") can also have a supporting effect on the information gathering.</p>	
<p>(1.1.5.4) How one receives informations: Here are the general basics of the gathering of informations</p>	

<p>explained. The here mentioned procedure is part of every method of supernatural perception and information gathering.</p>	
<p>(1.1.5.4.1) Choosing of the experience: Every information can be received in different ways. Mostly some experiences are more appropriate than other experiences. Examples: For the receiving of the appearance of a object is a pictorially perception the most appropriate possibility. Appropriate possibilities to receive a text are as spoken or read words. The right choice of the suitable experience is crucial, when one wants to get good informations. For the choice of the experience is also important, that one knows this experience and that one can deal with it.</p>	
<p>(1.1.5.4.2) Know how to use the experience: One should be able to experience the chosen experience intentionally. If one can not do it, one can learn it. To learn it, one should read all informations about the experience. In this text are all experiences described, which I know. Furthermore, here are methods and instructions, which describe how one can experience these experiences intentionally. The information gathering works only, when one reads and learns. If one is here lazy, one will probably have no success. One tries first to learn, how one can experience the experience intentionally. One trains then to trigger and experience the experience intentionally. Then one trains the passive observing of the experience. That means, one tries to perceive the experience and tries to avert a influence by own thoughts. One notices a influence by the thoughts on the response of the experience to these thoughts. Such responses must be avoided or at least recognized. The better one can deal with the experience, the better will the perception work.</p>	

<p>(1.1.5.4.3) The actual receiving: One concentrates exactly on the target definition. Then one triggers the experience. Then one experiences the experience passively, while one concentrates on the target definition. One concentrates also on the wish to get the desired information from the experience. One observes the information, which this experience shows.</p>	
<p>(1.1.6) Basics of the supernatural influencing: Here are the basics of all kinds of supernatural influencing and modification described. This group is very detailed, because it concerns all methods, with can influence objects, oneself or other living beings. It can be, that the informations of single points is repeated partly or completely at other parts of this text. The here mentioned informations offer in the here present context a unique overview of the topic supernatural influences. The here mentioned laws has been verified by own experiences.</p>	<p>"1.1.7.2", "1.1.7.4", "1.1.7.4.3.1", "1.1.8.2", "1.1.9.2", "1.1.9.4.4", "1.1.9.4.6", "1.1.10.2", "1.1.10.4.4", "1.1.10.5", "1.1.10.5.2", "1.1.10.5.3", "1.1.10.5.4"</p>
<p><u>(1.1.6.1) Where are supernatural influences applied:</u> Here is explained, where supernatural influences are applied. The here mentioned things are just a small selection of the possibilities.</p>	
<p>(1.1.6.1.1) Methods, which modify oneself: Every kind of method, which modifies oneself, is a kind of supernatural influencing. Oneself is the own target. This includes self healing, removal of blockades and the application of the energy method. Furthermore this includes also the out of body experience attempts and the charging of the own aura.</p>	
<p>(1.1.6.1.2) Every kind of supernatural contact: Outgoing supernatural transmissions ("<u>1.2.5.5</u>") are supernatural influencings. One influences the perception of the receiver by these supernatural</p>	

contacts.	
(1.1.6.1.3) Methods, which modify other life forms: Healing of other living beings and the removal of their blockades are also influencings.	
(1.1.6.1.4) Supernatural interaction with the physical environment and physical objects: Every supernatural moving or modification of physical objects, like telekinesis or the unintentional supernatural damaging of electronic devices are supernatural influencings.	
(1.1.6.1.5) Interaction with environments in the astral world and in dreams: Every interaction, which one makes during out of body experiences or during dreams, are supernatural influencings. This includes also physical (touching walls) and pseudophysical (going through walls) interactions during dreams and out of body experiences.	
(1.1.6.2) <u>What can be influenced:</u> Here are some examples mentioned to show, what can be influences. The actual range of the possible influences is so big, that it can not be completely mentioned here. Influences beyond the borders of time are possible. Things, of which one knows, that they already happened, can not or only hardly be changed.	
(1.1.6.2.1) Influencing of oneself: One can influence the own energy and apply the energy method. The removal of own blockades and the charging of the own aura are also influences on oneself.	
(1.1.6.2.2) Influencing of intelligent physical life forms: One can contact them or influence their energy. One can heal them. One can change their emotions. One can send informations to them. One	

can ask intelligent physical living beings easily about the success of a influencing.	
(1.1.6.2.3) Influencing of animals: One can contact them or influence their energy. One can heal them. One can change their emotions. One can send informations to them. One can ask animals hardly about the success of a influencing.	
(1.1.6.2.4) Influencing of non physical life forms: One can contact them or influence their energy. One can heal them. One can change their emotions. One can send informations to them. One can ask non physical living beings only with supernatural methods about the success of a influencing.	
(1.1.6.2.5) Influencing of physical objects: One can influence physical objects in varying degrees. But in practice, the influences are mostly low. Examples: One can get during a dice game more desired numbers. Electronic devices can get damaged.	
(1.1.6.2.6) Influencing of non physical non living objects: Non physical environments can be completely modified. New objects can be added. Objects can be moved telekinetically.	
<u>(1.1.6.3) How one can influence:</u> Here are basics about the influencing. The are also a supplement to the in this text mentioned methods.	
<u>(1.1.6.3.1) Basics of the process of the influencing:</u> Here is explained, how the supernatural influencing works and how it is influenced.	
(1.1.6.3.1.1) Definition of the target of the influencing: The target of the influence should be defined sufficiently. To apply a desired influence successfully, one must define a exact target. The more inexact the target definition is, the more will	

<p>the influence be scattered and the smaller is its effect. Therefore one should concentrate exactly on the object or the life form, which one wants to influence. One can concentrate also on several life forms or objects.</p>	
<p>(1.1.6.3.1.1.1) Specific of the influencing of life forms (target definition of the receiver): Receiving life forms can influence the influencing by participation or non participation. Receiving living beings should also concentrate on kind and target of the influence. Example: If one wants to influence the hand, the receiving living being should concentrate on this hand.</p>	
<p>(1.1.6.3.1.1.1.1) Specific of the influencing of animals and other living beings, which can not communicate with the influencer: One can not tell every life form, what one wants to do. If one wants, that they concentrate on a specific area of the body, one must use a trick. If one touches a area of the body of a life form, the life form concentrates mostly on this area.</p>	
<p>(1.1.6.3.1.1.1.2) Specific of the influencing of oneself: To influence oneself, one must concentrate on the kind of influence and on the receiving of the influence.</p>	
<p>(1.1.6.3.1.1.1.3) Disruption of the target defining of the receiving living beings: If a live form concentrates on a other target (area of the body or the aura or...) than the sender of the influence, the influence will be also attracted by this target. Example: The receiver concentrates during a attempt to remove headache on the hand and not on the head. The influence gets then partly till completely into the hand. Mostly, the sender of the influence can do nothing to prevent this.</p>	

<p>(1.1.6.3.1.1.2) Not existing targets: If one defines a target, which not exists (anymore), does the influence not arrive. The transferred energy comes then mostly back.</p>	
<p>(1.1.6.3.1.2) Definition of the kind of the Influence: The kind of the influencing must also be defined exactly. If one defines a influence not exactly, the result may differ from the desired result.</p>	
<p>(1.1.6.3.1.2.1) Specific of the influencing of live forms (influence definition of the receiver): The life form, which receives the influence, must also define the kind of the influence. This concerns in particular the supernatural communication. It works significantly better, if the receiver knows and defines, which kind of influence arrives.</p>	
<p>(1.1.6.3.1.2.1.1) Specific of the influencing of animals and other life forms, which can not communicate with the influencer: One can not tell every life form, what one wants to do. Therefore they can not always define the kind of the influence correctly. Nevertheless healings often work well, because live forms automatically concentrate on (self) healing. If one wants to apply another kind of influence, one has mostly no possibility to persuade the life form to a cooperation. Nevertheless a receiving of the influence is possible, however the success rate is lower.</p>	
<p>(1.1.6.3.1.2.1.2) Specific of the influencing of oneself: To influence oneself, one must concentrate also during the receiving on the kind of influence to cause the desired effect.</p>	
<p>(1.1.6.3.1.2.1.3) Disruption of the defining of the kind of influence of the receiving living beings: A</p>	

<p>live form, which expects another kind of influence, than the sender of the influence sends, can get another (the expected) kind of influence. A lacking definition can lead to a random kind of influence. Example: A telepathic transfer arrives as a healing or a emotion transfer.</p>	
<p>(1.1.6.3.1.3) Feedbacks: Feedbacks are informations, which one gets or gathers during a influencing. They give informations about the course of the influencing. Particularly important informations are whether the information arrives or is repelled or just comes back (if the target does not exist). Feedbacks accord to the laws of information gathering. There are two kinds of feedback:</p>	<p><u>"1.1.5.1.4"</u>, <u>"1.1.5.2.1"</u>, <u>"1.1.5.2.2"</u>, <u>"1.1.5.2.3"</u>, <u>"1.1.5.2.4"</u>, <u>"1.1.6.3.1.4"</u>, <u>"1.1.6.3.2.2.1.1"</u>, <u>"1.1.6.3.2.2.2.3.3"</u>, <u>"1.1.6.3.2.3.1.1.1.1"</u>, <u>"1.1.6.3.2.3.2.1"</u>, <u>"1.1.6.3.2.4.1.1.1.1.1"</u>, <u>"1.1.6.3.2.4.1.2.1"</u></p>
<p>(1.1.6.3.1.3.1) Passive feedback: One gets these information even, when one does not concentrate on their gathering. Example: If one sends energy, and this energy comes back or comes not back.</p>	
<p>(1.1.6.3.1.3.2) Active feedback: These informations must be picked up by concentration (no matter if consciously or unconsciously). The checks, whether a charged aura is brighter or whether blockades are removed, are active feedback.</p>	
<p>(1.1.6.3.1.4) How one concentrates during the influencing: One concentrates on the target, which one wants to influence. Furthermore one concentrates on the kind of the desired influencing. One must keep these definitions of the target and the kind of the influencing in the head during the whole time. But one should concentrate only and exactly on these definitions. One should not let oneself get distracted. Possibly received feedbacks (see <u>"1.1.6.3.1.3"</u>) should only be noticed. Feedbacks are gathered informations. Important:</p>	

Feedbacks can sometimes be wrong (according to the laws of the information gathering, see "1.1.5").	
(1.1.6.3.1.4.1) Specific of the influencing of life forms (concentration of the receiver): The life form must also concentrate. It must concentrate on the target (area of the body or...) and the kind of the influence to get the optimal desired result of the influencing. If the receiving life form concentrates not or only inaccurately, the result may deviate from the desired result.	
(1.1.6.3.1.5) Kinds of influencings: There exist following kinds of influencings.	
(1.1.6.3.1.5.1) Local kinds of the application of influencings	
(1.1.6.3.1.5.1.1) Local influencing (approximations, effects of the aura,...): These influencings are applied on the spot and by approximation or contact.	
(1.1.6.3.1.5.1.1.1) Consciously influencing: Is the intentional utilization of local possibilities of the influencing. Example: The touching of the aura or the laying of hands to heal.	
(1.1.6.3.1.5.1.1.2) Unconsciously influencing: Is the unwanted or unintentional influencing by local effects. If a person approximates another person, are their auras mutually influencing each other. During the handshaking is always also a unconscious kind of mutual influencing applied.	
(1.1.6.3.1.5.1.2) Influencing from a distance (supernatural transmission, communication): These influences are caused by supernatural transmission ("1.2.5.5") to a distant target.	
(1.1.6.3.1.5.1.2.1) Consciously influencing: Is the	

intentional influencing from a distance. This includes the supernatural communication and the sending of energy.	
(1.1.6.3.1.5.1.2.2) Unconsciously influencing: Is the unwanted or unintentional influencing. Example: The unintentional sending of emotions during the telepathic sending of images.	
(1.1.6.3.1.5.1.3) Indirect influencing and transformation of influences	
(1.1.6.3.1.5.1.3.1) Transformation of influences: Receiver of influences can transform the received influence in another kind of influence.	
(1.1.6.3.1.5.1.3.2) Aftereffects and indirect influences: One can apply a influence to cause a certain aftereffect. Example: Who wants to let the aura of somebody else glow, can send energy to this person and the aura will then maybe start to glow.	
<u>(1.1.6.3.2) Reliability of the influencing:</u> Not every influencing works as planned. Here is explained, what reliability of the influencing means and how and why the results of influencings can deviate.	<u>"1.1.7.4.3.1", "1.1.9.4.6", "1.1.10.5.4"</u>
<u>(1.1.6.3.2.1) What reliability means:</u> It is important to know, how the result can deviate.	
(1.1.6.3.2.1.1) Full success: The influence has exactly the effect, which was planned. Example: A healing heals and a emotion transfer transfers the correct emotion. If one performs the influencings correctly, full successes are common.	
(1.1.6.3.2.1.2) Partial success: The result deviates partly from the planned result. Additional influences can be send together with the planned influence. Other influences can occur at the	

receiver. Some of the planned results can lack. Partial successes are most common, if one does not concentrate exactly.	
(1.1.6.3.2.1.3) No success: A total failure is also possible. A total failure is when the desired effect does not occur. But a completely different effect, than one has planned, can also occur. It is also possible, that no influence arrives or that the influence arrives at another target, than one has planned. Failures happen especially during disruptions and / or if the concentration is insufficient.	
<u>(1.1.6.3.2.2) Own influences on the reliability:</u> Here are the own influences on the reliability of influencings explained.	
(1.1.6.3.2.2.1) Expectations: Own expectations are the biggest problem. If one expects (consciously or unconsciously) a certain result, one will send the expected influence. Example: One expects a failure and the influencing fails. One expects, that the target person perceives the own emotions and one sends the own emotions.	
(1.1.6.3.2.2.1.1) Expectations, which are caused by received feedbacks: If a feedback indicates a certain result, one can get on these indicated results based expectations (see "1.1.6.3.1.3"). Example: A feedback indicates a extreme amount of energy at the receiver. One expects then, that the influence does not arrive due a overcharge. Then does the influence not arrive.	
(1.1.6.3.2.2.2) Distraction: If one gets distracted during the influencing, the result can deviate from the desired result.	
(1.1.6.3.2.2.2.1) Disruptions: A Disruption during	

<p>the influencing directs the attention to the cause of the disruption. Often one influences then the cause of the disruption instead of the target. Disruptions worsen also the concentration.</p>	
<p>(1.1.6.3.2.2.2.2) Disruptions by received informations: One gets during the influencing often informations (intentionally and unintentionally). These informations can often attract the full attention. If a information attracts the attention, it (the content of the information) can become the target of the influence.</p>	
<p>(1.1.6.3.2.2.2.3) The unconscious: The unconscious: Not only conscious disruptions can change influences. Unconscious expectations and thoughts can also disrupt the influencing.</p>	
<p>(1.1.6.3.2.2.2.3.1) Connections of the influencing with own memories: Memories can be connected with the target or with the action. These memories can lead to a disruption of the influencing. Example: Someone has often (intentionally) transferred emotions during the transfer of tactile supernatural experiences. If this person sends tactile supernatural experiences without emotions, sends this person often nevertheless (unintentionally) emotions. A person was scared during a influencing by something (fireworks,...). If this person sends again influences, this person sends maybe together with the influence also the feeling of fear (of a scare).</p>	
<p>(1.1.6.3.2.2.2.3.2) Influences of fears and worries on the influencing: Fears and worries are very strong confounders. Who fears something, causes often due this fear, that the feared event occurs. Who fears to send no influences, will send no influences. Who fears to send another kind of influence, than planned, will send another kind of</p>	

influence.	
(1.1.6.3.2.2.2.3.2.1) Balance phenomenon: The balance phenomenon (see the group " <u>1.1.2.1.12</u> ") influences also the influencing. This phenomenon is caused by unconscious fears and worries.	
(1.1.6.3.2.2.2.3.3) Wrong interpretation of feedbacks: If one interprets a feedback (see " <u>1.1.6.3.1.3</u> ") incorrectly, it can be that this wrong interpretation leads one to change the kind of the influence or to stop the influencing.	
<u>(1.1.6.3.2.3) Additional influences of living physical and non physical targets on the reliability:</u> Living targets have additional possibilities to influence the influencing.	
(1.1.6.3.2.3.1) Repulsing of the influencing: It can be, that living targets does not want to be a target of a influencing. They have then several possibilities to disrupt or to prevent the influencing.	
(1.1.6.3.2.3.1.1) Consciously repulsing: Who not want to be a target of a influencing, can disrupt this by consciously used means.	
(1.1.6.3.2.3.1.1.1) Disruption by supernatural transmission: The target has several possibilities to disrupt or prevent the influencing by supernatural transmission (" <u>1.2.5.5</u> ").	
(1.1.6.3.2.3.1.1.1.1) Sending of wrong feedback-informations: One can send deviating or completely wrong feedbacks (see " <u>1.1.6.3.1.3</u> "). When the influencer gets wrong feedbacks, the influencing becomes harder.	
(1.1.6.3.2.3.1.1.1.2) Sending of distracting disruptions: One can send disruptions, which	

distract from the influencing. Tactile supernatural experiences, emotions and any other transfers can disrupt the concentration.	
(1.1.6.3.2.3.1.1.2) Disruption by conscious blocking: One can block the process of influencing directly.	
(1.1.6.3.2.3.1.1.2.1) One concentrates on the wish or thought, to prevent that one gets the influence. This wish will be fulfilled according to the laws of the wishes to the universe (see: " <u>1.1.4</u> ").	
(1.1.6.3.2.3.1.1.2.2) One can try to keep hold of the influencing transfer or to redirect it. One can prevent in this kind, that the influence causes the by the influencer planned effect. The method blocking of external influences (see " <u>M.2.1.2.1</u> ") is such a method. One redirects the signal during the application of this method into the hand and keeps it there.	
(1.1.6.3.2.3.1.2) Unconsciously repulsing: The influencing will be repulsed or prevented unconsciously, if a live form does not want, that someone else influences it. This wish of this live form will be fulfilled according to the laws of the wishes to the universe (see: " <u>1.1.4</u> ").	
(1.1.6.3.2.3.2) Influencing of the influencing by living targets: A living target can also influence the influencing.	
(1.1.6.3.2.3.2.1) Thoughts of the living targets: Thoughts of the living targets can be transferred unconsciously as disruption or wrong feedback (see " <u>1.1.6.3.1.3</u> ").	
(1.1.6.3.2.3.2.2) Expectations of the living targets: If a living target expects, that one applies a certain influence, it can convert unconsciously the	

received influence into the expected influence.	
(1.1.6.3.2.3.2.3) Fears and worries of the living targets: If the living target has fears and worries, then these fears and worries influences the incoming influences, which it gets. If the target has the worry, that it receives no influence, it will receive no influence. Has the target the worry, that it gets certain influence, it converts unconsciously the incoming influence into this feared influence.	
(1.1.6.3.2.3.2.3.1) Balance phenomenon: The living target can also apply the balance phenomenon (see the group " <u>1.1.2.1.12</u> ") or it can be affected by it.	
(1.1.6.3.2.3.3) Supports: Living targets can also help the influencer to apply the influence.	
(1.1.6.3.2.3.3.1) Consciously influencing: The target helps the influencer and applies also the desired influence.	
(1.1.6.3.2.3.3.2) Unconsciously influencing: The target influences itself unconsciously. Example: Life forms heal themselves, if they are ill.	
(1.1.6.3.2.3.3.3) Unconsciously supporting of the influencing: The living target supports the process of influencing unconsciously. For example with the wish, that a certain influence arrives. This wish of this live form will be fulfilled according to the laws of the wishes to the universe (see: " <u>1.1.4</u> ").	
(1.1.6.3.2.3.3.3.1) Balance phenomenon: The balance phenomenon (see the group " <u>1.1.2.1.12</u> ") can also have a supporting effect on the influencing.	
<u>(1.1.6.3.2.4) Influences of physical and non physical living beings, which are not the target, on</u>	

<p><u>the reliability</u>: Living beings, which are not the target or the influencer, can also influence the influencing.</p>	
<p>(1.1.6.3.2.4.1) Disruptions: Living beings, which are not the target or the influencer, can disrupt the influencing with different means.</p>	
<p>(1.1.6.3.2.4.1.1) Repulsing of the influencing: Living beings, which are not the target or the receiver, can also repulse the influencing.</p>	
<p>(1.1.6.3.2.4.1.1.1) Consciously repulsing: Who not wants, that one influences someone or something, can disrupt this influencing by consciously used means.</p>	
<p>(1.1.6.3.2.4.1.1.1.1) Disruption by supernatural transmission: One has the possibility to disrupt or to prevent the influencing by supernatural transmission ("<u>1.2.5.5</u>").</p>	
<p>(1.1.6.3.2.4.1.1.1.1.1) Sending of wrong feedback-informations: Live forms, which are not the target or the influencer, can also send deviating or completely wrong feedbacks (see "<u>1.1.6.3.1.3</u>"). When the influencer gets wrong feedbacks, the influencing becomes harder.</p>	
<p>(1.1.6.3.2.4.1.1.1.1.2) Sending of distracting disruptions: Live forms, which are not the target or the influencer, can also send disruptions, which distract from the influencing. Tactile supernatural experiences, emotions and any other transfers can disrupt the concentration.</p>	
<p>(1.1.6.3.2.4.1.1.1.2) Disruption by conscious blocking: One can block the process of influencing directly. The blocking by living beings, which are not the target or the influencer, is only partially possible. The wish of a uninvolved influences less,</p>	

than the wish of the target or the influencer.	
(1.1.6.3.2.4.1.1.1.2.1) One concentrates on the wish or thought, to prevent that the target gets influenced. This wish will be fulfilled according to the laws of the wishes to the universe (see: " <u>1.1.4</u> ").	
(1.1.6.3.2.4.1.1.1.2.2) One can try to keep hold of the influence to prevent in this kind, that the influence gets to the target. The influence is energy. One can attract a certain energy intentionally. One applies the energy method (" <u>M.2</u> "). During this one concentrates on the wish to attract exactly the energy of the influence.	
(1.1.6.3.2.4.1.1.2) Unconsciously repulsing: The influencing will be repulsed or prevented unconsciously, if a live form does not want, that someone else gets certain influences. This wish of this live form will be fulfilled according to the laws of the wishes to the universe (see: " <u>1.1.4</u> ").	
(1.1.6.3.2.4.1.2) Influencing of the influencing: Life forms, which are not the target or the influencer, can also influence the influencing.	
(1.1.6.3.2.4.1.2.1) Thoughts of live forms, which are not the target or the influencer: Thoughts of live forms, which are not the target or the influencer, can be transferred as wrong feedback (see " <u>1.1.6.3.1.3</u> ") or disruption.	
(1.1.6.3.2.4.1.2.2) Expectations of live forms, which are not the target or the influencer: If a live form, which is not the target or the influencer, expects, that the influencer causes a certain influence, it can send unconsciously exactly this influence.	
(1.1.6.3.2.4.1.2.3) Fears and worries of life forms,	

<p>which are not the target or the influencer: If a living being, which is not target or influencer, has fears and worries, then these fears and worries influences the influences, which the target gets. If such a living being has the worry, that the target gets no influence, the target will get no influence. Has this live from the worry, that the target gets a certain influence, it sends this influence unconsciously to the target.</p>	
<p>(1.1.6.3.2.4.1.2.3.1) Balance phenomenon: Life forms, which are not target or influencer, can also apply the balance phenomenon (see the group "<u>1.1.2.1.12</u>") or be affected by it.</p>	
<p>(1.1.6.3.2.4.2) Supports: Life forms, which are not target or influencer, can help the influencer to apply influences.</p>	
<p>(1.1.6.3.2.4.2.1) Consciously sending: The life form, which is not the target or the influencer, sends also the desired influence.</p>	
<p>(1.1.6.3.2.4.2.2) Unconsciously sending: The life form, which is not the target or the influencer, sends the desired influence unconsciously.</p>	
<p>(1.1.6.3.2.4.2.3) Unconsciously supporting of the influencing: A living being, which is not target or Influencer, supports the process of influencing unconsciously. For example with the wish, that a certain influence gets to the target. This wish of this live form will be fulfilled according to the laws of the wishes to the universe (see: "<u>1.1.4</u>").</p>	
<p>(1.1.6.3.2.4.2.3.1) Balance phenomenon: The balance phenomenon (see the group "<u>1.1.2.1.12</u>") can also have a supporting effect on the influencing.</p>	
<p>(1.1.6.4) <u>How one influences</u>: Here are the general</p>	

<p>basics of the influencing explained. The here mentioned procedure is part of every method of supernatural influencing. But there exist also many sometimes very big differences. The detailed descriptions of the different kinds of influences are listed in the respective methods and experiences in this text.</p>	
<p>(1.1.6.4.1) Choosing of the kind of influencing: There exist influences, which can be done in different ways and influences, which can be done only in one way. One chooses a appropriate kind of influencing and a appropriate method to get this influence to the target.</p>	
<p>(1.1.6.4.2) Knowing, how one uses methods and experiences: One should be able to experience required experiences intentionally. If one can not do it, one can learn it. To learn it, one should read all informations about these experiences. In this text are all experiences described, which I know. Furthermore, here are methods and instructions, which describe how one can experience these experiences intentionally. To every kind of influence are methods mentioned in this text.</p>	
<p>(1.1.6.4.3) The actual influencing: One concentrates first on the target and on the kind of influence and the for the influencing necessary actions. One applies these actions according to the instructions of the method. Living receivers of influences should know of the influencing and these should have approved.</p>	
<p>(1.1.7) Properties of the astral body in the astral world: Here are the properties of the astral body in the astral world explained, which I know. Please note also "<u>1.1.11.5.6.2</u>".</p>	<p><u>"1.2.5.3.7"</u></p>
<p>(1.1.7.1) All perceptions during out of body</p>	

experiences are supernatural perceptions according to " <u>1.1.5</u> ".	
(1.1.7.1.1) The perceptions during an out of body experience are very realistic. They can be more clear and more detailed than the perceptions of the real (physical) world. The cause is, that the influences, which cause the supernatural perceptions, are not dependent from the limited abilities of the own brain. The astral world can be as real, as the reality. This includes all perceptions of all senses from the body.	
(1.1.7.1.2) Physical perceptions, which the physical body has during the sleep, influence rarely (or never) the out of body experience. But they can rouse the physical body and terminate in this way the out of body experience.	
(1.1.7.1.3) Supernatural perceptions during an out of body experience are only partly caused by oneself. The out of body experience responds only partly to consciously and unconsciously thoughts!	
(1.1.7.2) Interactions with all things and living beings (also oneself) in the astral world are supernatural influencings according to " <u>1.1.6</u> ".	
(1.1.7.3) Existence of the astral body in the out of body experience.	
(1.1.7.3.1) There exist not only the parts of the astral body, on which one concentrates. Parts of the astral body, on which one does not concentrate, can also exist. But they must have been defined. But parts of the astral body, which exist, can also cease to exist, if one does not concentrate on them. But this happens during out of body experiences slower and more rare than during dreams.	<u>"1.1.11.5.6.2"</u>
(1.1.7.3.1.1) Parts of the astral body, which cease	

to exist, must be created again to be perceived again. The consequences are:	
(1.1.7.3.1.2) These re-created parts of the astral body are not the same parts of the astral body, as the parts of the astral body, which they replace. Therefore they can deviate partly till completely from the original. This includes every property (also the number,...).	
(1.1.7.3.2) One perceives not only things, on which one concentrates.	
(1.1.7.3.3) The rare lack of the existence during the lack of concentration makes very rarely out of body experiences without a own body possible.	
(1.1.7.3.3.1) One can be passive spectator of the events.	
(1.1.7.3.3.2) One can not see oneself.	
(1.1.7.3.3.3) One can not become someone else. One can never become someone, who one encounters.	
(1.1.7.4) Modification by definition: The properties of the astral body can be modified. One needs just to define the desired properties. This definition is a supernatural influencing (according to "1.1.6"), which modifies the astral body.	
(1.1.7.4.1) Matching of the defined properties with the properties, which exist in the real (physical) world. A defined property of the astral body does not need to exist or work in the real world. It is also not necessary, that the defined property can exist or work in the real world. The existence and functionality of a property of the astral body can be made possible solely by the definition.	

<p>(1.1.7.4.1.1) The own fantasy or imagination limits the possibilities of the definitions of the properties of the astral body according to "1.1.11".</p>	
<p>(1.1.7.4.2) What can be defined: Here are the properties explained, which can be modified.</p>	
<p>(1.1.7.4.2.1) The shape of the astral body can be defined. This includes these examples: Size, flexibility, proportions, number of arms, gender,... All "physical" properties of the astral body can be modified.</p>	
<p>(1.1.7.4.2.2) The senses of the astral body can be defined. One can define in which kind one perceives the environment. The kinds of perception must not be as the kinds of perception in the physical (real) world.</p>	
<p>(1.1.7.4.2.3) The abilities of the astral body can be defined. One can define, what the astral body can do. Oneself decides, whether the own astral body is able to do something or not.</p>	
<p>(1.1.7.4.2.3.1) Not supernatural abilities of the astral body: One can define all physical and not supernatural abilities of the astral body. This includes the abilities to jump, fly, run, talk,... but also manual skills, sporting skills and similar.</p>	
<p>(1.1.7.4.2.3.2) Supernatural abilities of the astral body: One can define all supernatural abilities of the astral body. This includes all supernatural abilities, which are mentioned in this text.</p>	
<p>(1.1.7.4.3) Problems, which can be caused by the defining.</p>	
<p>(1.1.7.4.3.1) Definitions are supernatural influences according to "1.1.6". The result of the definition can deviate from the desired result</p>	

according to <u>"1.1.6.3.2"</u> .	
<p>(1.1.7.4.3.2) Problems at the beginning of an out of body experience. The properties of the astral body must be defined. Properties, which are not defined, does not exist. Without a sufficient definition of the senses and abilities the astral body is not able to do or perceive anything. When one relaxes to try to make an out of body experience, one concentrates not on the own physical body. But one does often also not concentrate on any senses or abilities. During the sleep or the application of out of body experience methods (exit phase) is only a part of the functions and memories of the brain available. The astral body gets automatically only this part of functions and memories. The lack of this definitions causes, that one begins the out of body experience without or with insufficient abilities. One can not see much and one can only hardly move. If this happens, one needs to concentrate on proper definitions to get the abilities (viewing, moving, concentration and memories....). Then one gets the full abilities.</p>	<p><u>"1.1.11.5.6.2"</u>, <u>"1.2.5.3.7"</u>, <u>"1.2.5.3.7.4.10"</u>, <u>"1.2.5.3.7.7.3"</u></p>
<p>(1.1.8) Properties of the body in the (real) dream world. Here are the properties of the body in the dream world explained, which I know. Please note also <u>"1.1.11.5.6.1"</u>.</p>	
<p>(1.1.8.1) The most perceptions in the dream world are direct imaginations according to <u>"1.1.11"</u>. Only a part of the perceptions in the dream world are supernatural perceptions according to <u>"1.1.5"</u>. A part of the perceptions is caused by common physical perceptions, which the physical body has during the sleep.</p>	
<p>(1.1.8.1.1) Imaginations during a dream are not much more realistic than imaginations while one is awake. The causes are the limited abilities of the</p>	

own brain. The consequences are:	
(1.1.8.1.1.1) Some kinds of perceptions are not realistic or not present. The only exception is the part of the perceptions, which is caused by common physical perceptions, which the physical body has during the sleep.	
(1.1.8.1.1.1.1) Physical sensations, like heat, coldness, pain, movement, falling,... are not present. They are partly replaced by artificial sensations, which the physical body creates. These sensations are created by breathing techniques, emotional reactions of the body, tensing and relaxing of muscles. These artificial sensations can be sometimes intense, but they are not realistic.	
(1.1.8.1.1.1.2) Optical perceptions (viewing) are strongly limited. One can see only a certain number of details, objects and actions simultaneously.	
(1.1.8.1.1.1.3) Audible perceptions are mostly only own thoughts. Real audible perceptions in dreams are a bit rare and mostly not realistic. The rare by supernatural influences caused audible perceptions can sometimes be realistic.	
(1.1.8.1.1.1.4) Smelling and tasting are rare in dreams. Sometimes one tastes during the attempt to perceive a taste the saliva in the mouth of the sleeping physical body. This is the reason, why food in dreams has a weak and not realistic taste. Smells in dreams are the smells of the real environment, where the own physical body sleeps.	
(1.1.8.1.2) Imaginations are own thoughts . Oneself makes (the biggest part of) the own dream. One controls the own dream consciously and unconsciously. The dream responds to every	

consciously and unconsciously thought!	
(1.1.8.2) The most interactions with all things and living beings (also oneself) in the dream world are direct imaginations according to "1.1.11". Only a part of these interactions in the dream world are supernatural influencings according to "1.1.6".	
(1.1.8.3) Existence of the own body in the dream.	"1.1.8.4.2"
(1.1.8.3.1) There exist only the parts of the body, on which one concentrates. Parts of the body, on which one does not concentrate, does not exist. If one does not concentrate on a own body, there exist no own body.	
(1.1.8.3.1.1) Parts of the body, which cease to exist, must be created again to be perceived again. The consequences are:	
(1.1.8.3.1.1.1) These re-created parts of the body are not the same parts of the body, as the parts of the body, which they replace. Therefore they can deviate partly till completely from the original. This includes every property (also the number,...).	
(1.1.8.3.1.2) One perceives mostly only the things, on which one concentrates.	
(1.1.8.3.1.3) The lack of the existence during the lack of concentration makes dreams without a own body possible. The consequences are:	
(1.1.8.3.1.3.1) One can be spectator of the own dream.	
(1.1.8.3.1.3.1.1) One can see then also oneself.	
(1.1.8.3.1.3.2) One can become someone else. One can become anyone, who one encounters.	
(1.1.8.4) Modification by definition: The	

properties of the body can be modified. One needs just to define the desired properties. This definition is a imagination, which modifies the body.	
(1.1.8.4.1) Matching of the defined properties with the properties, which exist in the real (physical) world. A defined property of the body does not need to exist or work in the real world. It is also not necessary, that the defined property can exist or work in the real world. The existence and functionality of a property of the body can be made possible solely by the definition.	
(1.1.8.4.1.1) The own fantasy or imagination limits the possibilities of the definitions of the properties of the body according to " <u>1.1.11</u> ".	
(1.1.8.4.2) What can be defined: Here are the properties explained, which can be modified. The definitions are limited according to the laws of " <u>1.1.8.3</u> ".	
(1.1.8.4.2.1) The shape of the body can be defined. This includes these examples: Size, flexibility, proportions, number of arms, gender,... All "physical" properties of the body can be modified.	
(1.1.8.4.2.2) The senses of the body can be defined. One can define in which kind one perceives the environment. The kinds of perception must not be as the kinds of perception in the physical (real) world.	
(1.1.8.4.2.3) The abilities of the body can be defined. One can define, what the body can do. Oneself decides, whether the own body is able to do something or not.	
(1.1.8.4.2.3.1) Not supernatural abilities of the body: One can define all physical and not supernatural abilities of the body. This includes the	

abilities to jump, fly, run, talk,... but also manual skills, sporting skills and similar.	
(1.1.8.4.2.3.2) Supernatural abilities of the body: One can define all supernatural abilities of the body. This includes all supernatural abilities, which are mentioned in this text.	
(1.1.8.5) Problems, which can be caused by the defining.	
(1.1.8.5.1) The results of definitions by imagination can also deviate from the desired result. The causes are own expectations, fears and sorrows, insufficient or inaccurate concentration and disruptions of the concentration (see " <u>1.1.11</u> ").	
(1.1.9) Properties of the astral world: Here are the properties of the astral world mentioned. One experiences many dreams, while one is out of the body. These dreams are then in the astral world according to this group.	<u>"1.2.5.3.7"</u>
(1.1.9.1) All perceptions in the astral world are supernatural perceptions according to " <u>1.1.5</u> ".	
(1.1.9.1.1) The perceptions during an out of body experience are very realistic. They can be more clear and more detailed than the perceptions of the real (physical) world. The cause is, that the influences, which cause the supernatural perceptions, are not dependent from the limited abilities of the own brain. <u>The astral world can be as real, as the reality. This includes all perceptions of all senses from the body.</u>	
(1.1.9.1.2) Supernatural perceptions during an out of body experience are only partly caused by oneself. The dream responds only partly to consciously and unconsciously thoughts!	

<p>(1.1.9.2) Interactions with all things and living beings (also oneself) in the astral world are supernatural influencings according to "1.1.6".</p>	
<p>(1.1.9.3) Existence of the astral world.</p>	
<p>(1.1.9.3.1) There exist not only the parts of the environment, on which one concentrates. Parts of the environment, on which one does not concentrate, can also exist. But they must have been created by influences. But parts of the environment, which exist, can also cease to exist, if one does not concentrate on them. But this happens during out of body experiences slower and more rare than during dreams.</p>	
<p>(1.1.9.3.1.1) Things, which cease to exist, must be created again to be perceived again. The consequences are:</p>	
<p>(1.1.9.3.1.1.1) These re-created things are not the same things, as the things, which they replace. Therefore they can deviate partly till completely from the original. This includes every property (also the number,...). Example: One sees a red car. One looks somewhere else. One looks again to the car. But now it is green and much smaller. One looks again somewhere else and then to the car. But there are five dogs.</p>	
<p>(1.1.9.3.1.2) One perceives not only the things, on which one concentrates.</p>	
<p>(1.1.9.3.1.3) The rare lack of the existence during the lack of concentration makes very rarely out of body experiences without a environment possible.</p>	
<p>(1.1.9.3.1.3.1) One can be somewhere else. One can be immediately at every place of which one thinks (this is no teleporting).</p>	

(1.1.9.3.1.3.2) Therefore one can be in another environment, if one closes the eyes and opens them then again.	
(1.1.9.4) Modification by influencing: The properties of the astral world can be modified. One needs just to define the desired properties and to create them by influencing.	<u>"1.2.5.3.7.1.3"</u>
(1.1.9.4.1) Matching of the by influences caused properties with the properties, which exist in the real (physical) world. A by influences caused property of the astral world does not need to exist or work in the real world. It is also not necessary, that the by influences caused property can exist or work in the real world. The existence and functionality of a property of the astral world can be made possible solely by the causing by influences.	
(1.1.9.4.2) The own fantasy or imagination limits the possibilities of the own influencings of the properties of the astral world according to <u>"1.1.11"</u> .	
(1.1.9.4.3) What can be influenced: Here are the properties explained, which can be modified.	
(1.1.9.4.3.1) The environment can be influenced.	
(1.1.9.4.3.2) The weather and other events (earth quakes, fires, blooming of flowers,...) in the environment can be influenced.	
(1.1.9.4.3.3) Objects can be influenced.	
(1.1.9.4.3.4) Living beings can be influenced.	
(1.1.9.4.3.4.1) Living beings can be created by influences. These living beings are then a kind of objects. But one can mostly not distinguish them from real living beings.	

(1.1.9.4.4) How the astral world can be influenced. The term things includes also real and unreal living beings. Real living beings can (according to " <u>1.1.6</u> ") only partly be influenced.	
(1.1.9.4.4.1) Things can be modified or transformed in something completely different.	
(1.1.9.4.4.2) Things can be moved.	
(1.1.9.4.4.3) Things can be created or removed.	
(1.1.9.4.5) Who can influence the astral world.	
(1.1.9.4.5.1) The astral world can be influenced by oneself.	
(1.1.9.4.5.2) The astral world can be influenced by astral beings and other not physical living beings.	
(1.1.9.4.5.3) The astral world can be influenced by other physical living beings.	
(1.1.9.4.6) Influencings of the astral world are supernatural influences according to " <u>1.1.6</u> ". The result of the definition can deviate from the desired result according to " <u>1.1.6.3.2</u> ".	
(1.1.10) Properties of the dream world: Here are the properties of the real dream world mentioned. One experiences many dreams, while one is out of the body. These dreams are then in the astral world.	
(1.1.10.1) The most perceptions in the dream world are direct imaginations according to " <u>1.1.11</u> ". Only a part of the perceptions in the dream world are supernatural perceptions according to " <u>1.1.5</u> ". A part of the perceptions is caused by common physical perceptions, which the physical body has during the sleep.	

<p>(1.1.10.1.1) Imaginations during a dream are not much more realistic than imaginations while one is awake. The causes are the limited abilities of the own brain. The consequences are:</p>	
<p>(1.1.10.1.1.1) Some kinds of perceptions are not realistic or not present. The only exception is the part of the perceptions, which is caused by common physical perceptions, which the physical body has during the sleep.</p>	
<p>(1.1.10.1.1.1.1) Physical sensations, like heat, coldness, pain, movement, falling,... are not present. They are partly replaced by artificial sensations, which the physical body creates. These sensations are created by breathing techniques, emotional reactions of the body, tensing and relaxing of muscles. These artificial sensations can be sometimes intense, but they are not realistic. Therefore one notices in the dream environment no wind, no heat, no wetness and also no other physical perceptions of the environment.</p>	
<p>(1.1.10.1.1.1.2) Optical perceptions (viewing) are strongly limited. One can see only a certain number of details, objects and actions simultaneously. Therefore one notices only few details of the environment. Unimportant things, like weather and actions in the background, are rare.</p>	
<p>(1.1.10.1.1.1.3) Audible perceptions are mostly only own thoughts. Real audible perceptions in dreams are a bit rare and mostly not realistic. The rare by supernatural influences caused audible perceptions can sometimes be realistic. Therefore one can only rarely hear events of the environment. Hearing of voices is a bit more frequent (supernatural influences!).</p>	

<p>(1.1.10.1.1.4) Smelling and tasting are rare in dreams. Sometimes one tastes during the attempt to perceive a taste the saliva in the mouth of the sleeping physical body. This is the reason, why food in dreams has a weak and not realistic taste. Smells in dreams are the smells of the real environment, where the own physical body sleeps. Therefore one does rarely notice smells of the environment.</p>	
<p>(1.1.10.1.2) Imaginations are own thoughts. Oneself makes (the biggest part of) the own dream. One controls the own dream consciously and unconsciously. The dream responds to every consciously and unconsciously thought! Therefore the environment changes constantly.</p>	
<p>(1.1.10.2) The most interactions with all things and living beings (also oneself) in the dream world are direct imaginations according to "1.1.11". Only a part of these interactions in the dream world are supernatural influencings according to "1.1.6".</p>	
<p>(1.1.10.3) Existence of the environment in the dream.</p>	
<p>(1.1.10.3.1) There exist only the parts of the environment, on which one concentrates. Parts of the environment, on which one does not concentrate, does not exist. If one does not concentrate on the environment, there exist no environment.</p>	
<p>(1.1.10.3.1.1) Things, which cease to exist, must be created again to be perceived again. The consequences are:</p>	
<p>(1.1.10.3.1.1.1) These re-created things are not the same things, as the things, which they replace. Therefore they can deviate partly till completely</p>	

<p>from the original. This includes every property (also the number,...). Example: One sees a red car. One looks somewhere else. One looks again to the car. But now it is green and much smaller. One looks again somewhere else and then to the car. But there are five dogs.</p>	
<p>(1.1.10.3.1.2) One perceives mostly only the things, on which one concentrates.</p>	
<p>(1.1.10.3.1.3) The lack of the existence during the lack of concentration makes dreams without a environment possible.</p>	
<p>(1.1.10.3.1.3.1) One can be somewhere else. One can be immediately at every place of which one thinks (this is no teleporting).</p>	
<p>(1.1.10.3.1.3.2) Therefore one can be in another environment, if one closes the eyes and opens them then again.</p>	
<p>(1.1.10.4) Modification by imagination and influencing: The properties of the dream world can be modified. One needs just to define the desired properties and to create them by imagination. Other living beings can modify the properties of the dream world by supernatural influencing.</p>	
<p>(1.1.10.4.1) Matching of the by imagination or influencing caused properties with the properties, which exist in the real (physical) world. A by imagination or influencing caused property of the astral world does not need to exist or work in the real world. It is also not necessary, that the by imagination or influencing caused property can exist or work in the real world. The existence and functionality of a property of the astral world can be made possible solely by the causing by imagination or influencing.</p>	

(1.1.10.4.2) The own fantasy or imagination limits the possibilities of the own influencings of the properties of the dream world according to " <u>1.1.11</u> ".	
(1.1.10.4.3) What can be influenced: Here are the properties explained, which can be modified.	
(1.1.10.4.3.1) The environment can be influenced.	
(1.1.10.4.3.2) The weather and other events (earth quakes, fires, blooming of flowers,...) in the environment can be influenced.	
(1.1.10.4.3.3) Objects can be influenced.	
(1.1.10.4.3.4) Living beings can be influenced.	
(1.1.10.4.3.4.1) Living beings can be created by influences. These living beings are then a kind of objects. But one can mostly not distinguish them from real living beings.	
(1.1.10.4.4) How the dream world can be influenced. The term things includes also real and unreal living beings. Real living beings can (according to " <u>1.1.6</u> ") only partly be influenced.	
(1.1.10.4.4.1) Things can be modified or transformed in something completely different.	
(1.1.10.4.4.2) Things can be moved.	
(1.1.10.4.4.3) Things can be created or removed.	
(1.1.10.5) Who can influence the dream world. The dream world is mostly the result of own imagination according to " <u>1.1.11</u> ". Only a part of the dream world is the result of incoming supernatural influencings according to " <u>1.1.6</u> ".	
(1.1.10.5.1) Oneself can influence the dream world	

by imagination.	
(1.1.10.5.2) Astral beings and other not physical living beings can influence the dream world by supernatural influencings according to " <u>1.1.6</u> ".	
(1.1.10.5.3) Other physical living beings can influence the dream world by supernatural influencings according to " <u>1.1.6</u> ".	
(1.1.10.5.4) Supernatural Influencings of the dream world are supernatural influences according to " <u>1.1.6</u> ". The result of the definition can deviate from the desired result according to " <u>1.1.6.3.2</u> ".	
(1.1.10.5.5) The results of influencings by imagination can also deviate from the desired result. The causes are own expectations, fears and sorrows, insufficient or inaccurate concentration and disruptions of the concentration.	
(1.1.11) Properties of the thoughts, concentration and imagination: <u>The thoughts influence directly the results of the application of every supernatural ability.</u> Therefore it is important to understand the own thoughts. Here are the processes, structures and functions of thoughts described, which I identified. This list is maybe not scientifically correct, but it shows clearly all for this text relevant properties of the thoughts. Please note also the group " <u>1.1.2.1.11</u> ".	"1.1.7.4.1.1", " <u>1.1.8.1</u> ", " <u>1.1.8.2</u> ", " <u>1.1.8.4.1.1</u> ", " <u>1.1.8.5.1</u> ", " <u>1.1.9.4.2</u> ", " <u>1.1.10.1</u> ", " <u>1.1.10.2</u> ", " <u>1.1.10.4.2</u> ", " <u>1.1.10.5</u> "
(1.1.11.1) <u>Kinds of thinking and kinds of concentrations.</u> One uses these kinds of thinking. These kinds can also be combined!	
(1.1.11.1.1) Thinking in Words: The most thoughts are simple words. The reading of a common text is thinking in words.	
(1.1.11.1.2) Pictorial thinking: Thoughts can also	

be images. Example: If I say, a square has four corners, one imagines a square. This is pictorial thinking.	
(1.1.11.1.3) Calculating (and mathematical) thinking: This kind of thinking is used to find solutions. The results of this thinking are calculated and not only loaded from the memories.	
(1.1.11.1.4) Simulations: Simulations are the imaginations of perceptions, actions and events. Every kind of perceptions, actions and events can be simulated.	<u>"1.2.5.4.1.1.6"</u>
(1.1.11.1.4.1) Active simulations (simulations of own actions): Active simulations are the imaginations of actions in first-person. It is used often for the planning of work steps.	
(1.1.11.1.4.2) Passive simulations (simulation as spectator): Passive simulations are imaginations of actions and events, which one does not think in first-person. Example: One can use them for the imagination of movie scenes or for the imagination how a car can fit in a parking lot.	
<u>(1.1.11.2) Remembering and memories.</u> Here are the properties of memories and the process of remembering described.	
(1.1.11.2.1) Kinds of remembering: There exist several possibilities to remember a certain memory.	
(1.1.11.2.1.1) Remembering random things. One remembers often random things. These random memories come into mind, when one does not need them. Often is a remembering of random things actually another kind of remembering.	
(1.1.11.2.1.2) Connections of the memories.	

<p>Memories can be connected with informations or other memories. Connections emerge, if a memory has something in common with another memory or a obtained information (which becomes a memory). Connections ease the remembering.</p>	
<p>(1.1.11.2.1.2.1) Connections with other memories. Example: A memory of a dog is mostly connected with other memories of dogs. Many memories of one trip are connected with many other memories of the same trip or similar trips. If one thinks of a memory with connections, the brain searches and loads automatically connected memories.</p>	
<p>(1.1.11.2.1.2.2) Connections with informations, which one gets (and which become memories). The brain searches automatically in every new information for similarities with already existing memories. If the brain finds similarities, it loads automatically these memories and creates connections to them.</p>	
<p>(1.1.11.2.1.3) Instinctively automatically remembering: Some kinds of memories are instinctively. Such memories are: how one can breathe, fear of known dangers, responses to certain odors (good and bad odors). Some instinctively memories require additional informations, which must be learned during the own live (which things are dangerous) and others does not require any additional information (some bad odors, fear of death). Instinctively remembering causes often strong responses of the brain and the physical body (emotions).</p>	
<p>(1.1.11.2.1.4) By learning caused automatically: Some kinds of automatically remembering can be learned intentionally. This includes: swimming, bicycling, reading. The frequently application during the learning lets the brain know the learned</p>	

things automatically, when they are needed.	
(1.1.11.2.2) Clarity of the memories. Not every memory will be stored forever. The brain forgets many memories. This forgetting begins often partly and continues until the whole memory is deleted.	
(1.1.11.2.2.1) Complete memories: Complete memories are memories of certain things, which does not contain major gaps. Example (Compare with the other examples of this group!): The cake of the last birthday was red, had twenty candles and a good taste of strawberry.	
(1.1.11.2.2.2) Incomplete memories: Incomplete memories are memories of certain things, which contain some major gaps. Example (Compare with the other examples of this group!): The cake of the last birthday was red, had many candles and a good taste.	
(1.1.11.2.2.3) Parts of memories: Parts of memories are memories of certain things, which contain only few informations. Example (Compare with the other examples of this group!): The cake of the last birthday was red.	
(1.1.11.2.2.4) Fragments of memories: Fragments of memories are memories of certain things, which contain only extremely few informations. Example (Compare with the other examples of this group!): Red cake.	
(1.1.11.3) <u>Abilities of the concentration:</u> Here are the properties of the abilities of the concentration described.	
(1.1.11.3.1) Multitasking: The brain has the possibility to do several things simultaneously. It can run many unconsciously processes and a	

<p>limited number of consciously processes simultaneously.</p>	
<p>(1.1.11.3.2) Automation: The brain has the ability to learn to do things more or less automatically. It can not do everything automatically. The automation of an process reduces the for this process required calculating capacity. This eases the application of other processes while the automated process runs (multitasking).</p>	
<p>(1.1.11.3.3) Calculating capacity: The brain has a limited calculating capacity for consciously applications. The brain tends constantly to use a certain portion of this calculating capacity. The consequences are:</p>	
<p>(1.1.11.3.3.1) If the brain uses less than the optimal portion of the calculating capacity, it tends to start more processes of thinking. This can lead to distractions!</p>	
<p>(1.1.11.3.3.2) If the brain uses the optimal portion of the calculating capacity, it can concentrate easily on the processes of this portion.</p>	
<p>(1.1.11.3.3.3) If the brain uses more than the optimal portion of the calculating capacity, it tends to skip or to forget thoughts. The brain becomes stressed and tends to haste, which increases the issue.</p>	
<p><u>(1.1.11.4) Disruptions and errors of the concentration:</u> The concentration can be disrupted by several things.</p>	
<p>(1.1.11.4.1) Weakening of the ability to concentrate: There exist several possibilities to weaken the ability to concentrate. Weakening of the ability to concentrate makes oneself prone to distractions.</p>	

<p>(1.1.11.4.1.1) Monotony: Monotony leads to automation of thinking processes. The brain uses then less calculating capacity. This leads to a insufficient utilization of the calculating capacity.</p>	
<p>(1.1.11.4.1.2) Insufficient utilization of the calculating capacity: If the brain uses less than the optimal portion of the calculating capacity, it tends to start more processes of thinking. This can lead to distractions! Continuously insufficient utilization of the calculating capacity is exhausting, because the ignoring of the other processes is not easy.</p>	
<p>(1.1.11.4.1.3) Too long duration of the concentration: If the duration of a concentration is too long, the concentration becomes exhausting. This weakens the ability to concentrate.</p>	
<p>(1.1.11.4.2) Distractions: Distractions are disturbing things and processes, which draw the attention away from the things, on which one wants to concentrate.</p>	
<p>(1.1.11.4.2.1) Distractions, which are caused by own thoughts and memories: Many distractions are caused by the own brain.</p>	
<p>(1.1.11.4.2.1.1) Connections of memories: If other memories are connected with the information or thought, on which one concentrates, these other memories can draw the attention to themselves.</p>	
<p>(1.1.11.4.2.1.2) Automatically thinking (repeated thinking): If a process of thinking is repeated, the brain expects, that every process, which begins in the same way, is a identical repetition. It tries to continue the repetition, even when it has noticed a error. These attempts to continue the repetition can draw the attention to themselves.</p>	

<p>(1.1.11.4.2.1.3) Insufficient utilization of the calculating capacity: If the brain uses less than the optimal portion of the calculating capacity, it tends to start more processes of thinking. These additional processes can draw the attention to themselves.</p>	
<p>(1.1.11.4.2.1.4) Distraction by emotions: Emotions can force the brain to think of other things, than the things, on which one wants to concentrate.</p>	
<p>(1.1.11.4.2.2) Distractions, which are not caused by own thoughts: These distractions are not caused by the own brain.</p>	
<p>(1.1.11.4.2.2.1) Distraction by physical events: The noticing of physical events draws the attention to these noticed events. Such events can be events in the environment (odors, voices,...) or in the own physical body (itching,...).</p>	
<p>(1.1.11.4.2.2.2) Distraction by not physical events (external and internal supernatural influences): The noticing of not physical events draws the attention to these noticed events. Such events can be external influences (telepathy, emotion transfer,...) or internal influences (effects of blockades, effects of applied methods,...).</p>	
<p>(1.1.11.4.3) Expectations: There exist several kinds of possible expectations. <u>The by expectations caused thoughts are a big issue during the application of supernatural abilities.</u></p>	
<p>(1.1.11.4.3.1) Calculation of future events. The brain tries automatically to predict events by calculating. Example: If something falls down, the brain calculates the possible damage. The results of such calculations are not always correct.</p>	
<p>(1.1.11.4.3.2) Logical conclusions: If a information</p>	

<p>is incomplete, the brain tries automatically to complete it with already known informations. Example: One sees a horsetail behind a corner, the brain concludes, that a horse is behind the corner, because it has learned, that such a tail is mostly part of a horse. Such conclusions are not always correct.</p>	
<p>(1.1.11.4.3.3) Life experiences: While one experiences a certain situation, the brain searches in the memories for similar situations. If the brain finds a similar situation in the memories, it compares the both situations. The brain thinks, that the new situation could end just as the already experienced old situation from the memory. Example: A person touched some years ago a dog, and the dog has bitten his hand. If this person touches now a dog, the brain thinks, that the dog could bite.</p>	
<p>(1.1.11.4.3.3.1) Several similar situations: If one experiences a certain situation more than once, the brain assumes, that there is a higher probability, that a similar situation could end just as the already experienced old situations from the memory. Example: A postman has been often bitten by dogs. Now his brain thinks, that he will be probably bitten, if he approximates a dog.</p>	
<p>(1.1.11.4.3.3.2) Situations, which oneself has not experienced. One can get informations about situations in radio, television, newspapers or from other people. Example: A man has a new job as postman. He heard often, that postmen has been often bitten by dogs. Now his brain thinks, that he will be probably bitten, if he approximates a dog.</p>	
<p>(1.1.11.4.3.4) Wishes: If one wishes, that a certain situation has a certain end, the brain can begin to think, that the wish can probably become true</p>	

<p>(even if the probability is extremely low). Example: Someone buys a lottery ticket and expects to win the jackpot.</p>	
<p>(1.1.11.4.3.5) Fears and sorrows: If one fears, that a certain situation has a certain end, the brain can begin to think, that the feared end can probably occur (even if the probability is extremely low). Example: A man does never fly with a plane, because he expects, that the plane will have a accident.</p>	
<p><u>(1.1.11.5) Concentration and thinking under certain circumstances.</u> Here are the influences of different states un the concentration of a normal person described.</p>	
<p>(1.1.11.5.1) Concentration in the normal state, while one is awake. One can concentrate well. Imaginations of images can not be generated very easily.</p>	
<p>(1.1.11.5.2) Concentration during deep relaxation. One can concentrate very well. Imaginations of images can be generated very easily.</p>	
<p>(1.1.11.5.3) Concentration, while one has emotions: Emotions force the brain to think of certain things. Emotions can reduce the ability to concentrate on a certain thought, if the emotion forces the brain to think of another thought, than the thought, on which one wants to concentrate. But they can increase this ability, if the emotion forces the brain to think of the thought on which one wants to concentrate!</p>	
<p>(1.1.11.5.4) Concentration, while one is tired or exhausted. The concentrating is not easy, while one is tired or exhausted. One can be distracted easily during the concentration and is also prone to</p>	

<p>all other kinds of disruptions and errors of the concentration.</p>	
<p>(1.1.11.5.5) Concentration during the influence of drugs or alcohol. Drugs and alcohol can change the modify the ability to concentrate. The resulting changes can be positive or negative. But they are mostly negative. Not all functions and memories of the brain are available. This affects heavily the ability to make decisions.</p>	
<p>(1.1.11.5.5.1) Positive: The brain fades several informations and processes out, while others are modified. This can ease some kinds of concentrations, if the missing informations and processes are not required and / or the modified processes and informations are modified in the right way.</p>	
<p>(1.1.11.5.5.2) Negative: The brain fades several informations and processes out, while others are modified. This can make some kinds of concentrations more difficult or impossible, if some and / or all of the missing informations and processes are required and / or the modified processes and informations are not modified in the right way.</p>	
<p>(1.1.11.5.6) Concentration, while the physical body sleeps. During the sleeping are many processes and memories faded out. This has consequences for dreams and out of body experiences.</p>	
<p>(1.1.11.5.6.1) Concentration during dreams: During dreams are only some of the faded processes and informations reactivated. Only a part of the functions and memories of the brain are available. This affects heavily the ability to make decisions.</p>	<p><u>"1.1.8"</u></p>

<p>(1.1.11.5.6.2) Concentration during out of body experiences: All out of body experiences begin, while the physical body sleeps. During the sleep or the application of out of body experience methods (exit phase) is only a part of the functions and memories of the brain available. The astral body gets automatically only this part of functions and memories (see "<u>1.1.7.4.3.2</u>"). But one can get during an out of body experience many of these functions and memories back. But functions and memories can also get lost according to "<u>1.1.7.3.1</u>".</p>	<p><u>"1.1.7"</u></p>
<p>(1.2) Supernatural experiences Here is the practical part of the text. It is a systematical listing of all supernatural experiences, which I know. I mentioned only experiences, which I have personally experienced.</p>	<p><u>"0.1"</u>, <u>"1.2.5"</u>, <u>"1.2.5.3"</u></p>
<p>(1.2.1) Tactile supernatural experiences Here are all tangible supernatural experiences listed.</p>	
<p>(1.2.1.1) (Rather) direct sensing of energy Here are the experiences listed, where one feels the energy directly during the experience.</p>	<p><u>"1.2.5.1"</u>, <u>"1.2.5.3.7.2.5"</u>, <u>"1.2.5.3.7.9.1"</u>, <u>"1.2.5.3.10"</u>, <u>"1.2.5.5.2.1"</u>, <u>"M.2.1"</u></p>
<p>(1.2.1.1.1) Surface sensations All tactile perceptions at the body surface are here listed. The causes of these experiences can be (if not other causes are mentioned) own actions (concentrations,...) or external influences (astral beings, supernatural transmission ("<u>1.2.5.5</u>"),...). The here listed experiences can be, if not otherwise described, experienced and controlled intentionally by application of the energy method (see: "<u>M.2</u>").</p>	<p><u>"1.1.2.1.6"</u>, <u>"1.1.2.1.7"</u>, <u>"1.1.2.1.8"</u>, <u>"1.1.2.1.10"</u>, <u>"1.2.5.2.5"</u>, <u>"M.2.1"</u></p>
<p>(1.2.1.1.1.1) Simple perceptions Here are the perceptions mentioned, which are not caused by energy links.</p>	

<p>(1.2.1.1.1.1) Very frequently are various forms of mild to severe tingling. This tingling can occur on by energy from inside or outside influenced (body-) areas or on areas, which are strongly loaded with energy. It can also be caused by concentration, what means, that the actual causes are triggered by concentration. This sensation can often be first perceived on the hands and feet. But it can also be felt everywhere on the body. One needs often (But not always!!!) a slight concentration on the affected areas of the body to perceive this experience. This experience can be experienced intentionally by application of the energy method. It occurs often together with <u>"1.2.1.1.1.2"</u>. This experience can also displace <u>"1.2.1.1.1.2"</u>, so that the pushing and pulling can not be perceived (anymore), but it is more frequently inversed.</p>	<p>2x: <u>"1.2.1.1.1.2"</u>, <u>"1.2.1.1.1.3"</u>, <u>"1.2.1.1.1.4"</u>, <u>"1.2.1.1.1.4.1"</u>, <u>"1.2.1.1.1.5"</u>, <u>"1.2.1.1.1.6"</u>, <u>"1.2.1.1.2.3"</u>, <u>"1.2.1.1.2.4.1"</u>, <u>"1.2.1.2.3.1.6"</u>, <u>"1.2.5.3.2.1"</u>, <u>"1.2.5.5.2.1"</u>, D: <u>"1.2.5.3.1.1.2"</u></p>
<p>(1.2.1.1.1.2) A sensation of pushing or pulling can occur on by energy from inside or outside influenced (body-) areas or on areas, which are strongly loaded with energy. It can also be caused by concentration, what means, that the actual causes are triggered by concentration. The sensation can often be first perceived on the hands and feet. But it can also be felt everywhere on the body. This sensation can come from both directions, from outside and from inside of the body. This experience can be experienced intentionally by application of the energy method. This experience occurs often together with the tingling of <u>"1.2.1.1.1.1"</u>. This experience can also displace <u>"1.2.1.1.1.1"</u>, so that this tingling can not be perceived (anymore). More rarely it is inversed. It seems, that the sensation of pushing and pulling displaces the tingling partial or even complete with increasing practice. The sensation can lead to a strongly warped perceiving of the</p>	<p>2x: <u>"1.2.1.1.1.1.1"</u>, <u>"1.2.1.1.1.1.3"</u>, <u>"1.2.1.1.1.1.4"</u>, <u>"1.2.1.1.1.1.4.1"</u>, <u>"1.2.1.1.1.1.5"</u>, <u>"1.2.1.1.1.2.1"</u>, <u>"1.2.1.1.1.2.3"</u>, <u>"1.2.1.1.2.2.2"</u>, <u>"1.2.1.1.2.4.1"</u> <u>"1.2.1.2.3.1.6"</u>, <u>"1.2.5.3.2.1"</u>, <u>"1.2.5.5.2.1"</u>, D: <u>"1.2.5.3.1.1.3"</u></p>

body and the pretense of movements (In particular during out of body experience attempts!). Often parts of the body or even the entire body are virtually "packaged" into this sensation, so that one feels like to be enclosed in concrete. One believes then, that one can hardly move. But movements are always possible and the sensation of immobility disappears instantly, if one moves. This sensation can also be confused with a strain of the muscles. A misinterpretation of this perception can lead to a kind of "force" to move the affected body parts to reduce the "pressure". But these movements are not necessary.

(1.2.1.1.1.3) Often one feels some kind of numbness on by energy from inside or outside influenced areas or on areas, which are strongly loaded with energy. It can also be caused by concentration, what means, that the actual causes are triggered by concentration. The sensation of numbness lasts only as long, as the affected body parts are not moved. After strong influence by energy remains a strange sensation after the movement, which mostly lasts less than 5 minutes. This sensation of numbness can often be first perceived on the hands and feet. But it can also be felt everywhere on the body. This numbness ends, if the cause (energy method,...) has ended and one concentrates again on the normal physical body sensations. This sensation can lead to a strongly warped perceiving of the body (In particular during out of body experience attempts!). This experience can be experienced intentionally by application of the energy method. To experience this numbness, one has to perceive intensively the experiences "1.2.1.1.1.1" and/or "1.2.1.1.1.2". Then the numbness occurs as additional effect.

"1.2.1.1.2.2.2",
"1.2.1.1.2.4.1",
"1.2.1.2.3.1.6", "1.2.5.3.2.1"

(1.2.1.1.1.4) One feels often during the attempt

to move the affected body parts, a strange sensation as if this movement is braked. The cause is probably, that the energy strives steady to build stable links and structures. These structures build a resistance against everything, which reduces this stability (for example against movements). This experience can be experienced intentionally by application of the energy method. To experience this braking of movements, one has to perceive intensively the experiences "1.2.1.1.1.1" and/or "1.2.1.1.1.2". Then the braking occurs as additional effect during slow and careful movements.

(1.2.1.1.1.4.1) During the moving of the fingers occurs often a kind of impulse. A small "lightening" often occurs immediately after this impulse. This sensation is similar to the sensation of a very weakly perceptible light electrostatic discharge into the affected body parts. The cause of this sensation seems to be a sudden change of the charge state by the movement. The cause for this is a sudden decrease of the stability, which triggers a very fast disappearance of a part of the there stored energy. This energy became immediately surplus due the reduction of the stability. This experience can be experienced intentionally by application of the energy method. To experience this experience, one has to perceive intensively the experiences "1.2.1.1.1.1" and/or "1.2.1.1.1.2". These sensation of an impulse occurs then during fast and sudden movements. Especially, if the body parts has not been moved before for some seconds till minutes.

(1.2.1.1.1.5) The tingling and the other aforementioned energy sensations can on small till large areas (especially during the application of intensive methods) be displaced by strong itching

D: "1.2.5.3.1.1.4"

<p>till mild stinging (the tingling subsides and the stinging begins). This is a process of adaptation of the own astral body. This experience occurs only very rarely. Intentional experiencing of this experience is very difficult. To experience this stinging, one has to archive a deep relaxation state and to apply the energy method. This increases the chance of experiencing of this experience. The experiences "<u>1.2.1.1.1.1.1</u>" and/or "<u>1.2.1.1.1.1.2</u>" must be perceived very intensively for an further increasing of the chance to perceive this experience.</p>	
<p>(1.2.1.1.1.1.6) A tingling sensation (similar, but not identical to "<u>1.2.1.1.1.1.1</u>") can run over parts of the body or the whole body (a kind of goose bumps). It leaves often a short lasting pleasant sensation. This experience can very often be perceived during energy experiments with other persons or astral beings and supernatural contacts with other persons or astral beings. This experience occurs often unexpected. This is also possible in situations, were one does not think about energy or similar. The intentional experiencing of this experience is difficult to achieve. It can be triggered by emotions (joy, excitement,...) and by supernatural transmission ("<u>1.2.5.5</u>") in combination with frequent practice of energy methods (for sensitizing).</p>	<p>Tlw. D: "<u>1.2.5.3.9.1</u>"</p>
<p>(1.2.1.1.1.1.6.1) This sensation can also force (in a pleasant way) to shake oneself shortly.</p>	
<p>(1.2.1.1.1.2) Perception of energy links Here are experiences mentioned, which are caused by energy links and their effects. See also the topic "energy links" ("<u>1.1.1.3</u>" and sub-points).</p>	<p><u>"1.1.1.3"</u></p>
<p>(1.2.1.1.1.2.1) If a concentration of energy is on two close together positioned body parts (for</p>	<p><u>"1.1.1.3"</u></p>

<p>example, two fingers), these seem to be linked by a flow of energy. One feels then a pushing and pulling according to "1.2.1.1.1.2". It feels almost, as if one stretches and compresses a chewing gum between the fingers. Slowly moving with and against the resistance reinforces this sensation. A resistance against the increasing of the distance and/or a resistance against the decreasing of the distance can be felt. The kind and intensity of the sensation is dependent on the distance. At a certain distance is no resistance perceptible. This resistanceless distance is dependent on several factors, like the amount and the concentration of energy. If the distance is shorter than the resistanceless distance, one can feel a resistance against further reducing of the distance. One can feel a resistance against further increasing of the distance, if the distance is bigger than the resistanceless distance.</p>	
<p>(1.2.1.1.2.1.1) The respective optimal distance, where no resistance is perceivable, changes often in the course of the experiments with this experience. This changing is slow and not suddenly.</p>	
<p>(1.2.1.1.2.1.1.1) If one holds a distance, were a resistance can be felt, reduces the resistance often (but not always) slowly, till this distance becomes the resistanceless distance.</p>	
<p>(1.2.1.1.2.1.1.2) If one accumulates energy in the affected body parts, increases the resistanceless distance.</p>	
<p>(1.2.1.1.2.1.1.3) If one reduces the energy in the affected body parts, reduces the resistanceless distance.</p>	
<p>(1.2.1.1.2.1.2) During the increasing of the</p>	

<p>distance, one can feel often slight vibrations till strong trembling. This happens particularly, if one perceives very stable energy links. One can perceive this vibrating and trembling till the deeper zones of the affected body parts.</p>	
<p>(1.2.1.1.1.2.2) Tactile supernatural experiences weaken or disappear, if one touches the affected body parts with other body parts or physical objects. Shortly after the touching returns the perception of the tactile supernatural experiences. Sometimes returns the perception even during the touch. But the energy feels often different during the touching. This is caused by a balancing of the energy during the touching and / or an interaction of the energy with the touching object or body part. A other cause is the distraction away from the perception of the energy by the physical feeling of the touch. The disturbance of the concentration, which is caused by the touch, can also be a cause.</p>	
<p>(1.2.1.1.1.2.2.1) After the ending of the touch, it mostly takes one till several seconds or even longer until the tactile supernatural experiences feel again like before the touch.</p>	
<p>(1.2.1.1.1.2.2.2) If longer (mostly more than 5 minutes) touches between body parts are interrupted, the perception of the energy on the points of touch feels, as if the energy was torn off. The tingling is different, nastier and intenser. It seems to feel like, as if energy escapes or something is open. While this experience persists, are the energy perceptions particularly in the vicinity of the affected areas significantly weaker. This experience lasts not very long.</p>	
<p>(1.2.1.1.1.2.2.2.1) This sensation can rarely also occur without previous touching. The cause is probably an external influence (astral beings,...).</p>	

<p>(1.2.1.1.1.2.3) If one holds over a longer time (some minutes or more) two fingers in very close distance to each other, one can have rarely a sensation, like a small electric discharge or like a flea, which jumps against the fingers. This happens almost only over very short distances (less than 5 millimeters). Intentional experiencing of this experience is possible by the application of the energy method. The occurrence of this experience depends a bit from coincidence. One applies the energy method and holds two fingers very close to each other. The experiences "<u>1.2.1.1.1.1.1</u>" and/or "<u>1.2.1.1.1.1.2</u>" must be then perceived very intensively. The fingers must be observed carefully, to ensure that these does not touch each other. With a bit luck, the sensation can be felt a few times.</p>	
<p>(1.2.1.1.2) Inner sensations All physical sensations, which affect not or not only the body surface, are listed here.</p>	
<p>(1.2.1.1.2.1) Changes of consciousness and similar changes of the state Here are the changes of the consciousness mentioned (Without the aid of any kind of "stuff").</p>	
<p>(1.2.1.1.2.1.1) Changes of the consciousness are possible. This state can be similar to the state after the drinking of alcohol. But during by energy caused changes of the consciousness, one is almost always sober-minded. Informations to methods are in "<u>1.2.5.10</u>" and sub-points. These changes of the consciousness can be triggered by a intentional concentration, which one has to learn by experience with the in "<u>1.2.5.10</u>" mentioned relaxation techniques. The aim of these relaxation states is to sensitize oneself for supernatural perceptions to be able to change the consciousness</p>	

<p>intentionally. These changes in consciousness can be triggered during the awakesness (If one is physically not too active, because own activity disturbs the state. Good places are schools, offices, waiting rooms, own home...) and during the relaxation.</p>	
<p>(1.2.1.1.2.2) Perceptions of the position and the form of the body and the body parts Here are experiences mentioned, which concern the perception of the position and form of the body and the body parts.</p>	
<p>(1.2.1.1.2.2.1) With closed eyes, one often can perceive a false position of the body. One believes, a body part lies elsewhere, than it really lies. As long, as one does not move the affected body part, it feels very realistic. That sensation disappears immediately if one moves the affected body parts. This experience occurs mostly during deep relaxation. An intentional experiencing is possible by asymmetric (or irregular) concentration on some body parts.</p>	<p>"1.2.1.1.2.2.2", D: <u>"1.2.5.3.1.1.7"</u></p>
<p>(1.2.1.1.2.2.2) The sensation of "<u>1.2.1.1.2.2.1</u>" can often be accompanied by a highly distorted perception of the body. The distorted perceptions can also occur alone. Some variations of this experience are caused by "<u>1.2.1.1.1.1.2</u>" and "<u>1.2.1.1.1.1.3</u>". But the most variations of this experience can also be caused by a irregular spreading of the energy (Which can be created consciously or unconsciously.). One concentrates on a part of the body and this concentration attracts energy. This energy causes more attention. This attention attracts more energy. In this way can the attention and the attracted energy lead to very extreme perceptions of the proportions of the body.</p>	<p>Tlw. D: "<u>1.2.2.3.2.1</u>", D: <u>"1.2.5.3.1.1.8"</u></p>
<p>(1.2.1.1.2.3) Apparent movements Here are</p>	

<p>experiences mentioned, which fake movements.</p>	
<p>(1.2.1.1.2.3.1) A sensation as if one moves shortly or floats shortly, can be perceived often during light relaxation. Every single movement perception lasts mostly less than a second. This sensation can be compared with being pushed by the wind. It occurs often only on small areas of the body. This experience can be experienced intentionally by application of the energy method and/or by imagination of a movement.</p>	<p><u>"1.2.1.1.2.3.2"</u>, <u>"1.2.2.1.7.2.1"</u></p>
<p>(1.2.1.1.2.3.2) If objects are observed during a slight relaxation over a longer time, they seem to move or to flow. The impression of the environment changes. If the ground flows under one, than one often feels this movement according to <u>"1.2.1.1.2.3.1"</u>. This experience occurs mostly during daylight. Probably is the perception of the movement partially dependent on the concentration on this kind of visible supernatural experiences. A tight binding of the movement to the sighting can be excluded, because the perception of the movement can also occur without a sighting of this experience. It is more probable, that one archives by the concentration on the field of view (see: <u>"1.2.2.3.1.1"</u>) and the simultaneous relaxation a state, which makes both perceptions possible. The perception of the movement and the perception of the visible experiences. Double entry to: <u>"1.2.2.1.7.2.1"</u></p>	
<p>(1.2.1.1.2.4) Vibrations Vibrations are a transition effect, which occurs during relaxations. But they do not occur always. It is more probable, that the more practice one has, the less frequent is this experience. This experience can even never occur again. The Vibrations indicate probably, that the body is still not adapted to the conditions.</p>	<p><u>"1.2.5.3.2"</u></p>

<p>Vibrations does not occur anymore, if the adaptation is complete. Note: There is an exercise or concentration, which can significantly promote the vibrations and speed up their occurrence. But this method can only hardly be described by words. I would describe the method so: One has to applicate a very strong active method (see "<u>M.1.3.1</u>") with a simultaneous very strong concentration on the inside of the body (trunk, head). Then one must build with this concentration a (partly energetic) pressure from inside to the outside. Unfortunately, these are only words, by which I can explain this technique only to those, who already know what is meant. If one applicates this technique "accidentally", then one experiences often very fast the vibrations. Most probably it comes to such accidental applications, when one concentrates strongly on the body.</p>	
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<p>(1.2.1.1.2.4.1) Vibrations: These are some, partly very unpleasant, disturbances of the perception of the body, which often occur very suddenly or fast. A kind of slight till severe trembling can often occur during the vibrations. The intensity of the tactile supernatural experiences raises rapidly (Especially: "<u>1.2.1.1.1.1.1</u>", "<u>1.2.1.1.1.1.2</u>" and "<u>1.2.1.1.1.1.3</u>" but other experiences are also possible). In addition, these supernatural experiences can build up a kind of pressure. All other supernatural perceptions can also intensify rapidly. This large number of intense perceptions can lead quickly to panic and loss of relaxation. Very often seems the breathing to be problematic. When one notices this, the breathing becomes more difficult, the deeper one gets into the vibrations. This happens, because the body falls asleep and tries to switch to the automatically sleep breathing. But this is disrupted by the vibrations and the own concentration on the breathing.</p>	<p>"<u>1.2.1.1.2.4.2</u>", D: "<u>1.2.5.3.2.1</u>"</p>
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<p>Oneself is awake and tries to breathe consciously. Simultaneously tries the automatic sleep breathing to take the control. This causes a conflict. The conscious control will be more and more taken away. This makes the breathing seemingly more difficult. That is the reason, because one believes to have problems with the breathing. With more practice, one can keep the vibration phase longer stable. The perception of vibrations may be partly very severe. Vibrations occur mostly during out of body experience attempts and other relaxation techniques. Vibrations occur less frequently during or before "normal" falling asleep or during sudden sleep interruptions (In this case often accompanied by sleep paralysis (see "<u>1.2.5.3.10</u>")).</p>	
<p>(1.2.1.1.2.4.2) More rarely one can feel during deep relaxation the heart beating. One can clearly feel the heart beat (or pulse) in the whole body. One feels the blood pressure pulsating in the whole body. This sensation can be very worrying and so force to the termination of the relaxation state. This experience occurs often when "<u>1.2.1.1.2.4.1</u>" is perceived over longer time and gets intensified by keeping up the relaxation.</p>	<p>"<u>1.2.1.1.2.4.2.1</u>", Tlw. D: "<u>1.2.5.3.2.1.1</u>"</p>
<p>(1.2.1.1.2.4.2.1) Similar to "<u>1.2.1.1.2.4.2</u>", but here can other internal body functions (digestion,...) be felt. This experience occurs rarely and forces also to a termination of the relaxation state.</p>	<p>D: "<u>1.2.5.3.2.1.1.1</u>"</p>
<p>(1.2.1.1.3) Temperature perceptions Here are all supernatural and supernatural influenced temperature sensations listed.</p>	
<p>(1.2.1.1.3.1) The temperature seems to get warmer. More rarely the temperature can get seemingly colder. The sensation during this "temperature fluctuations" can often be strange or different from "real" or physical perceptions of the temperature.</p>	<p>D: "<u>1.2.5.3.1.2.1</u>"</p>

<p>Very rapid state changes of this perception are sometimes possible. This experience can occur during slightly relaxed everyday states and also during deeper relaxation states.</p>	
<p>(1.2.1.1.3.2) Sometimes one can feel a spotty spreaded strange perception of coldness on the body. It occurs during heat (too high temperature) in combination with slight to strong relaxation.</p>	<p>D: "<u>1.2.5.3.1.2.2</u>"</p>
<p>(1.2.1.1.3.2.1) More rarely can a spotty spreaded strange perception of warmth occur. Partial double entry to: "<u>1.2.1.1.4.1.1</u>".</p>	
<p><u>(1.2.1.1.4) By separation of the astral body and the physical body caused experiences</u> Here are experiences mentioned, which are caused by the partial till complete separation of the physical body and the astral body. Not all here mentioned experiences are caused by intentional separations. Many of these experiences can also occur without intentional separation. Note: Not every separation experience is a sign, that one has reached the exit phase. Many separation experiences can even occur, if one is still far away from the actual exiting phase. Required for separation experiences is, if not otherwise specified, a deep relaxation.</p>	
<p><u>(1.2.1.1.4.1) Smooth (and mostly only partial) separation experiences</u> Here are the slower separation experiences mentioned. These experiences can often be (especially at the beginning of the occurrence) only at some parts of the body perceived.</p>	
<p>(1.2.1.1.4.1.1) Often occurs a spotty spreaded strange perception of warmth at the areas, where one leaves the body. This experience occurs mostly long before the actual exit phase. This experience does not indicate, whether one can exit the body or</p>	<p>Tlw. D: "<u>1.2.1.1.3.2.1</u>", D: "<u>1.2.5.3.5.1.1</u>"</p>

<p>not. The cause of this experience could be, that the separation is still not complete and the astral body is still bound at the physical body. Maybe causes the dragging at the binding the sensation of warmth.</p>	
<p>(1.2.1.1.4.1.2) Trembling occurs during many early exiting attempts. It can be especially during too early movement attempts quite strong till extreme. This forces usually to the abortion of the exiting attempt. This experience can be experienced intentionally during slight till deep relaxation by extremely slow moving with a simultaneous concentration on the tactile supernatural experiences during a relaxation.</p>	<p>D: "<u>1.2.5.3.5.1.2</u>"</p>
<p>(1.2.1.1.4.1.3) During an optimal exiting one does not notice anything special while one leaves the body. One feels no resistance during the moving out of the body. It is similar to the normal standing up. The most of the successful out of body experience attempts and virtually all unintentional triggered out of body experiences begin with this kind of exiting. This kind of exiting occurs during extreme deep relaxation, when the physical body is asleep.</p>	<p>D: "<u>1.2.5.3.5.1.3</u>"</p>
<p>(1.2.1.1.4.1.4) One can sometimes, during or after the exiting, be pulled back to the body. This happens especially when one is in a unstable beginning phase of an out of body experience and if one can not keep the concentration properly. The instability is often caused by early or improper exiting.</p>	<p>D: "<u>1.2.5.3.5.1.4</u>"</p>
<p>(1.2.1.1.4.1.5) The intentional movement out of the body can be very exhausting till surprisingly easy. This depends on the respective conditions.</p>	<p>D: "<u>1.2.5.3.5.1.5</u>"</p>
<p>(1.2.1.1.4.1.6) The pictures from "<u>1.2.2.2.1.1.2</u>"</p>	<p>D: "<u>1.2.5.3.5.1.6</u>", D:</p>

<p>and / or "<u>1.2.2.2.1.1.3</u>" are sometimes a kind of transition to the out of body experience. One starts to see these pictures. These pictures becomes slowly (till fast) clearer and clearer and then one can leave the body. For this one needs a lot of practice! Due to the fact, that this is an exiting experience, this experience was filed, in contrary to the systematic, also here (at the tactile supernatural experiences).</p>	<p><u>"1.2.5.3.5.2.4"</u></p>
<p>(1.2.1.1.4.1.7) During full conscious exits, one gets often before the actual exit the control of single or several astral body parts. Sometimes one can move an astral arm and sometimes an astral leg. This happens often also, if one is at the beginning of a dreaming phase and begins to move. Often the control gets quickly lost, when one notices this movement. If one is well concentrated, one gets more and more control till one can leave the body. One should note, that the movement of this experience is easy and quick. (while the movements during too early and/or incorrect movement attempts (Where one pulls the physical body by the attempt to move the astral body.) are difficult and slow (centimeter by centimeter)).</p>	<p><u>"1.2.1.1.4.1.7.2"</u>, Tlw. D: <u>"1.2.5.3.3.2"</u>, D: <u>"1.2.5.3.5.1.7"</u></p>
<p>(1.2.1.1.4.1.7.1) In many of the out of body experiences, which start with this exiting experience, are the consciousness and perceptions of the environment very limited at the beginning. One sees sometimes nothing or only small patches of the field of view. The perception of the movement lacks often or is only weak. All these limitations has to be removed by intentional concentration.</p>	<p>D: <u>"1.2.5.3.5.1.7.1"</u></p>
<p>(1.2.1.1.4.1.7.2) During mental imagination (simulation) of physical movement can the astral body suddenly start to move according to</p>	<p>D: <u>"1.2.5.3.5.1.7.2"</u></p>

<p>"1.2.1.1.4.1.7". Often ends the controllability of the movement due the noticing of this movement. With increasing practice works this exiting method better.</p>	
<p>(1.2.1.1.4.1.8) A sensation of two bodies is possible. These two bodies can often hardly be distinguished due the superposition. But clearly recognizable separated perceptions of the two bodies are also possible.</p>	<p>D: "<u>1.2.5.3.1.1.9</u>", D: "<u>1.2.5.3.5.1.8</u>"</p>
<p><u>(1.2.1.1.4.2) Faster till extreme by separation and falling back caused experiences</u> The here listed experiences are mostly caused by falling back of the astral body in the physical body. Often these experiences are triggered by interruption or disruption of relaxation states and out of body experience attempts. Probably some of them have (at least at a part of their occurrences) also other causes and triggers. This can be concluded, because some of the here listed experiences occur without disruption of the relaxation states and at regular intervals. All here described experiences are accompanied by a little till strong fright and a following pleasant, slowly decaying, in the whole body occurring sensation. These experiences can be accompanied by different noises. The kind of these noises can vary. Deviations from the here described noises are possible. The here mentioned experiences can partly occur during the returning after an out of body experience. Contrary to some rumors, one can not use these experiences as an aid to exit. The reason is, that the occurrence of these experiences is a sign, that the astral body already has fallen back into the physical body. The relaxation will be strongly reduced by these experiences and one must virtually restart the relaxation. All here mentioned experiences occur almost only during deep to very deep relaxation</p>	<p>"1.2.1.1.4.2.2.3", D: "<u>1.2.5.3.4</u>"</p>

<p>states. The possibility of intentional experiencing is limited. The best way to trigger such experiences is sudden interrupting of the relaxation by noises, touches (from other people,...) and other unexpected disruptions. Sometimes are even own actions (movements,...) the triggering disruption. Only some of these experiences can be experienced by intentional triggering. An "option", to experience specific or choosed experiences of this group, does not exist.</p>	
<p><u>(1.2.1.1.4.2.1) Experiences, which occur most once or a few times at irregular intervals:</u> The here listed experiences occur during a single relaxation state mostly once and only rarely several times. These experiences can sometimes also be experienced intentionally.</p>	<p>D: "<u>1.2.5.3.4.1</u>"</p>
<p>(1.2.1.1.4.2.1.1) Sometimes one sees during the relaxation a sudden bright flashing on the entire field of view. The whole field of view gets for a split second a uniform spreaded, bright color. This bright color has often horizontal lines. These parallel lines are often jagged. It looks like a faulty television channel. Sometimes this experience is accompanied by a often very loud noise (bang,...). Very often occurs a simultaneous and often very intensive pulse (explosion from inside), which lets the body twitch. This experience is very often triggered by disturbing noises. Rarely are own movements the trigger. The seeing of the lines is an indication of the possible existence of the super space 3 (frequency, see: "<u>1.1.1.5</u>" and sub-points).</p>	<p>D: "<u>1.2.2.1.8.2</u>", D: "<u>1.2.5.3.4.1.1</u>"</p>
<p>(1.2.1.1.4.2.1.2) Extremely strange sensation which can shoot suddenly through the whole body. It is comparable with a kind of pressure or explosion from inside. This experience is sometimes accompanied by tingling. It is often</p>	<p>D: "<u>1.2.5.3.4.1.2</u>"</p>

<p>triggered by disturbing noises. It is rarely also triggered by sudden itching.</p>	
<p>(1.2.1.1.4.2.1.3) Very sudden sensation of (very) short falling. This sensation is mostly accompanied by a impulse (explosion from inside) and a fright. The impulse and the fright forces often to a sudden movement of the limbs (wince). This experience occurs mostly shortly after the beginning of the dreaming phase. It can also occur at any other time during a astral dream. In such cases one gets roused by this experience. Mostly is this experience part of (the end of) these dreams. Example: One falls in the dream and the experience occurs. But also other dream scenes can trigger this experience. Example: One gets in the dream stung by a wasp and the experience occurs. The experience can also occur during dreamless sleeping phases and during deep relaxation states. The occurrence of this experience can be promoted by sleeping conditions according to "1.2.5.3.12.2.1.3".</p>	<p>D: "<u>1.2.5.3.4.1.3</u>"</p>
<p><u>(1.2.1.1.4.2.2) Rare experiences, which often occur several times in a row:</u> Here are rare experiences mentioned, which occur usually several times during a single relaxation state. These experiences can only hardly be experienced intentionally.</p>	<p>D: "<u>1.2.5.3.4.2</u>"</p>
<p>(1.2.1.1.4.2.2.1) Light sensation (explosion from inside), which shoots trough the body. This experience occurs at regular intervals (some minutes) and gets each time much stronger. Example: A weak experience will be followed by a medium experience and then followed by a strong experience.</p>	<p>D: "<u>1.2.5.3.4.2.1</u>"</p>
<p>(1.2.1.1.4.2.2.2) Very rarely one experiences a sensation, as if one would zoom with the eyes.</p>	<p>D: "<u>1.2.5.3.4.2.2</u>"</p>

<p>This experience occurs at irregular intervals (some minutes or more). The intensity is at every occurrence different. Example: A strong experience can be followed by a medium experience and then be followed by a very strong experience. It is accompanied by a strange sensation in the whole body, which can be described as an kind of slow explosion from inside.</p>	
<p>(1.2.1.1.4.2.2.3) Quite loud creaking and humming noise, which is accompanied by vibrations and explosions from inside. This experience has intenser pleasant after-effects and occurs at irregular intervals. Sometimes occur also other experiences of the group "<u>1.2.1.1.4.2</u>" between the intervals. A short strange beeping occurred also as noise during such an experience.</p>	<p>D: "<u>1.2.5.3.4.2.3</u>"</p>
<p><u>(1.2.1.2) Rather indirect feeling of energy (aftereffects and side effects)</u> Here are various indirect effects of energy mentioned. These experiences are usually not intentionally caused and are often also undesirable.</p>	
<p><u>(1.2.1.2.1) Side effects under normal circumstances in the everyday live</u> Here are side effects explained, which affect the everyday life (at work, on the way, at home during watching TV).</p>	
<p>(1.2.1.2.1.1) The sensitivity of the parts of the body, where one feels the energy, increases. Any physical perception can be felt more intensively during the charging/sensation of energy. This increased sensitivity ends immediately, if the causes (feeling of energy,...) have ended.</p>	
<p>(1.2.1.2.1.2) Sensation of floating, rocking or swaying. The floor sways often during walking, as if one walks in a slowly moving train. This experience can very often be perceived with closed</p>	<p><u>"1.2.1.2.2.4"</u>, <u>"1.2.5.3.11.4"</u>, <u>"1.2.5.5.2.1"</u>, Tlw. D: <u>"1.2.5.3.1.1.6"</u></p>

<p>eyes. But it is also with open eyes perceptible. This experience occurs mainly during mild relaxation. Especially, if one has a (by often or frequent dealing with energy caused) increased sensitivity to energy. Incoming supernatural transmissions ("<u>1.2.5.5</u>") cause often swaying till jerky movement perceptions. Particularly during highly emotional and sudden transfers (if the sender gets a fright or gets furious,...).</p>	
<p><u>(1.2.1.2.2) Side effects of interruptions of relaxation states</u> Too fast interruptions of relaxation states can have a few side effects. These side effects has been mentioned here.</p>	<p>"<u>M.1.1.2.2</u>"</p>
<p>(1.2.1.2.2.1) If one stands up too fast during the relaxation, one can feel dizzy and everything can get black. Supernatural experiences can often for a short time be perceived significantly more intensive. The cause is the during the relaxation reduced blood pressure. If this experience occurs, one should sit down and keep sitting for some minutes, till this experience subsides.</p>	<p>D: "<u>1.2.5.3.11.1</u>"</p>
<p>(1.2.1.2.2.2) A longer lasting after effect is a extreme tiredness, laziness or weakness. This fades usually in a few minutes till a hour.</p>	<p>D: "<u>1.2.5.3.11.2</u>"</p>
<p>(1.2.1.2.2.3) Often one has a strange dizzy or woozy sensation (slight change of consciousness). The duration is dependent on the depth of the relaxation and the rapidity of the interruption. Usually this experience lasts a few minutes till a hour. It lasts rarely longer.</p>	<p>D: "<u>1.2.5.3.11.3</u>"</p>
<p>(1.2.1.2.2.3.1) Some very strong alterations of the states of consciousness are sometimes also possible. The fading is mostly quite fast. But it can take a few minutes till more than a hour, until this experience disappears completely.</p>	<p>D: "<u>1.2.5.3.11.3.1</u>"</p>

<p>(1.2.1.2.2.4) Often occurs here an experience, which is similar to "<u>1.2.1.2.1.2</u>". One feels dizzy and gets slight disturbances of the sense of balance. That fades usually very quickly.</p>	<p>D: "<u>1.2.5.3.11.4</u>"</p>
<p><u>(1.2.1.2.3) By wrong charge state caused Energy side effects:</u> Here are experiences mentioned, which can occur when one has a false charge state. A wrong charge state means, that one has too little or too much energy. Causes for wrong charge states can be: energy methods, concentration exercises, emotions, stress and strains, diseases, incoming supernatural transmissions ("<u>1.2.5.5</u>"), external influences and much more. Wrong charge states are not a "universal diagnosis". They are only side effects or consequences of other causes. The charge state can only become and stay normal, when the causes are eliminated. Wrong charge states are not a reason to stop the application of supernatural methods. The side effects are annoying, but they fade quickly. If the exercise level increases, will the wrong charge states become rarer and easier to fix. Note to the following points: Some dizzy feelings, which are similar to the dizzy feelings, which are caused by alcohol, should be controlled. Please learn it immediately, if such experiences occur. Appropriate methods to control such experiences are the correcting of the wrong charge state and, if necessary, the removal (elimination) of the causes. A balancing of the energy of the body can also help. Especially, if only parts of the body have wrong charge states.</p>	<p><u>"M.2.2.3"</u></p>
<p><u>(1.2.1.2.3.1) During too high charge states, it can be, that one feels dangerous strong dizzy.</u> If symptoms from this group occur, one should wait till the symptoms subside, before one leaves the house. Some of the here mentioned symptoms of</p>	

too high charge states have a similar description, like the symptoms of too low charge states. They are so similar, that the differences can only hardly be described in words. In this case can the differences only be recognized by own experience.	
(1.2.1.2.3.1.1) The environment can sometimes be perceived very blurry.	
(1.2.1.2.3.1.2) Often one feels a particularly lightness.	
(1.2.1.2.3.1.3) Rarely one can also be wide awake. But one wants then still to sleep. One can have a strange sensation, to be exhausted (Despite the fact that one is "wide awake").	
(1.2.1.2.3.1.4) An rather pleasant, but strong form of mental absence can occur.	
(1.2.1.2.3.1.5) Headache is also possible.	
(1.2.1.2.3.1.6) The tactile supernatural experiences can sometimes be perceived very intensive. This concerns in particular: " <u>1.2.1.1.1.1.1</u> ", " <u>1.2.1.1.1.1.2</u> " and " <u>1.2.1.1.1.1.3</u> ". These perceptions can cause a slightly unpleasant sensation of pressure from inside.	
<u>(1.2.1.2.3.2) During too low charge states, or too high "consumption" of energy occurs:</u> If these symptoms occur, one should sleep, rest or charge energy. Some of the here mentioned symptoms of too low charge states have a similar description, like the symptoms of too high charge states. They are so similar, that the differences can only hardly be described in words. In this case can the differences only be recognized by own experience.	
(1.2.1.2.3.2.1) A increased fatigue or exhaustion occurs.	

(1.2.1.2.3.2.2) Often one feels a extreme heat during falling asleep. It happens often, that one can not sleep, despite fatigue.	
(1.2.1.2.3.2.3) Rarely one can be strangely depressed.	
(1.2.1.2.3.2.4) One feels often a strange and sometimes unpleasant lightness, if the low charge state lasts longer.	
(1.2.1.2.3.2.5) An more unpleasant form of mental absence can occur.	
(1.2.1.2.3.2.6) Headache is rarely also possible.	
<p>(1.2.2) Visible supernatural experiences: Here are all experiences mentioned, which can be seen in any way. Here are also all kinds of visual imaginations mentioned. It is important to note, that it can for beginners be difficult to distinguish the experiences. The cause is, that often can be seen a whole range of new experiences at once In addition is for the inexperienced beginner the determination of the experiences and classification of the right groups particularly difficult. Many experiences can not be interpreted exactly from plain text, despite thorough description. This will change with increasing practice, because the groups of the experiences can be distinguished by their different characteristic properties from each other. Not every experience can be observed for minutes or even hours. On the contrary. The maximum observation time for visible supernatural experiences is mostly less than 20 minutes at once. One can after this time not concentrate properly anymore. The visible supernatural experiences are fading completely away. The cause is probably the lack of energy, which is needed for further observing. A other problem is, that many</p>	<p><u>"0.1", "M.3.1"</u></p>

experiences are only for a short time visible. The most individual experiences can be perceived only for a few seconds till minutes. Some experiences are even just a split second visible. Short-term visible supernatural experiences were described in this text as such. It is probably, that the duration of the visibility of individual experiences depends on the observer. This means, that the maximum duration of the visibility could be (more or less) different from person to person. Furthermore is to note: One needs for the observing of visible supernatural experiences often a specific concentration on the field of view (see: "1.2.2.3.1.1"). This can only be discovered by one self. It can not be described with words. Only with this concentration is it possible, to see the energy intentionally. In the methods are further explanations ("M.3.1"). Visible supernatural experiences can be perceived with open eyes or with closed eyes. Some kinds of visualisations (pictorially imaginations) can also be visible supernatural experiences. The kind of perceiving is described in the respective group and / or the respective experience. All visible supernatural experiences (which are not visualisations) can be bound to the environment or bound to the eyes. Experiences, which are bound to the eyes, are independent from the environment. They appear like projections on the eyes. Experiences, which are bound to the environment, are dependent from the environment. They fit in the environment, as real (physical) visible objects. Many visible supernatural experiences have both properties. They fit partly to the environment, but behave also partly as projections. They can sometimes also have only the behavior of projections or have only the behavior of real visible objects. The kind of behavior is described in the respective group and /

or the respective experience.

(1.2.2.1) Visible supernatural experiences, which are not images (viewing of own energy, energy from other people (animals,...) and astral beings,...): Here are all visible supernatural experiences mentioned, which are not images. Under certain conditions it is possible, that one can "adjust" the own supernatural sight by a intentional concentration on a specific group. This makes it possible, to see only or mainly this specific group of experiences. Observed astral beings have a different frequency and intensity of the here mentioned experiences, as physical living beings (humans, animals,...). At astral beings are mainly Aura 2 and Aura 3 visible. Aura 0 seems to be missing and Aura 1 B is extremely rarely visible. These observation results must not necessarily apply to all astral beings. It may be, that these results only apply to the beings, which I have observed. In this case have the at other astral beings visible experiences a other frequency and intensity, which depend from the respective observed astral being. The auras of other people, animals and even the aura of the observer himself can be observed. At these living beings are all layers of the aura visible. It should be noted, that these layers are not or not always arranged in layers. It is even probable that some layers permeate other layers. The "outer" layers are also there, where the inner layers are. It is also probable, that the layers are parts of different "levels" of the (or parts of the astral body in) 10th Dimension (see "1.1.1.5.4.1"). These are conclusions from the fact, that the aura layers are not always visible at their "spatial" place. They are often further inside visible, as they should be. One can never perceive all layers at the same time. Only specific accompanying experiences, which

"0.1", "1.1.1.5.4.1", "1.2.5.1"

<p>depend on the respective observed layer, can be seen together with the observed layer. Each layer has its "typical accompanying layers", with which it can be seen together. The occurrence of the typical accompanying layers and their spatial arrangement made the classification of the layers possible.</p>	
<p>(1.2.2.1.1) Aura 0: There are still no characteristic properties of this group known. Probably have the experiences of this group almost only white to gray colors. These effects are visible with open eyes. Aura 0 effects has been observed with Aura 1 A ("<u>1.2.2.1.2</u>"). The aura 0 experiences are partly bound to the environment.</p>	<p>Ges. D: "<u>1.2.5.1.1</u>"</p>
<p>(1.2.2.1.1.1) Aura 0: In the core of the miraging of Aura 1 A (see "<u>1.2.2.1.2.1</u>"), is rarely a mass visible, which contains many bright light points. It is extremely close to the body. Probably it is normally within the body. That could be the explanation for the rare sightings.</p>	
<p>(1.2.2.1.1.1.1) These light points leave rarely in small swarms their area. These flow then into the area of the Aura 1 B ("<u>1.2.2.1.2</u>"). These small spreading swarms are only for a second visible.</p>	
<p>(1.2.2.1.2) Aura 1 A and similar effects: The aura 1 A is a new discovered layer of the aura. Aura 1 A has been observed with aura 1 B (see "<u>1.2.2.1.3</u>"). The undetailed aura 1 A effects are similar to the undetailed aura 1 B effects.</p>	<p>"<u>1.2.2.1.1</u>", "<u>1.2.2.1.1.1.1</u>", "<u>1.2.2.1.3</u>", "<u>1.2.2.1.6.2</u>", "<u>1.2.2.1.6.2.1</u>", Ges. D: "<u>1.2.5.1.2</u>"</p>
<p>(1.2.2.1.2.1) Aura 1 A: Around the hands is often a kind of strong "mirage" visible, which moves very slowly. This experience is very good against big weak "light sources" (window at night, perhaps with curtains fore more darkness, walls are also appropriate, if they are not too dark) visible. It</p>	<p>"<u>1.2.2.1.1.1</u>", "<u>1.2.2.1.3.1</u>"</p>

occurs usually in 5 millimeter thick layers (rare are thicker layers, extremely rare are such layers more than 5 centimeters thick). It looks like the mirage over a candle flame. The mirage can very rarely be much coarser. The layer is then much thicker. The Aura 1 B can cause in this case strong distortions of the background. During the day in bright light is aura 1 A harder to observe. Then aura 1 A is often together with AE X4 ("1.2.2.1.6.2") visible.

(1.2.2.1.2.2) The mirages of the Aura 1 A seem to create a kind of link, when one moves a hand (or a finger) to the other hand. The optimal observing distance between the hands (fingers) is 2 till 5 centimeters. The mirages can sometimes be elongated and even look striped. This experience is very good against big weak "light sources" (window at night, perhaps with curtains fore more darkness, walls are also appropriate, if they are not too dark) visible.

(1.2.2.1.2.3) The miraging of the aura 1 A can during intenser observation very rarely (!!!) change to a clearly visible striped structure. This very interesting stripes remind on the stripes of oil or gasoline on water. The stripes create, like the stripes of oil, concentric rings. The rings are, like the rings of the oil, not completely round. So these rings are not round concentric rings. They have irregular shapes. The single rings have to their adjacent rings on the whole length the same distance. These stripes are in steady motion. The distance between the stripes is different. But close together positioned stripes have similar distances. The difference of the distance is, like the difference of the distance of the stripes of oil on water, over several layers of stripes smoothly increasing. This experience has been observed together with numerous appearing single groups of

<p>lines of "<u>1.2.2.1.8.1</u>". This experience is very good against big weak "light sources" (window at night, perhaps with curtains fore more darkness, walls are also appropriate, if they are not too dark) visible.</p>	
<p>(1.2.2.1.3) Aura 1 B and similar effects: The aura 1 B effects are often very detailed. So they are especially during the first sightings very impressive. The aura 1 B effects are mostly white till gray or transparent. The here mentioned effects are very good at night visible. But one can see them also during the day. These effects are visible with open eyes. Aura 1 B has been observed with aura 1 A ("<u>1.2.2.1.2</u>") and aura 2 ("<u>1.2.2.1.4</u>"). The aura 1 B experiences are bound partly till completely to the environment. More detailed variants are more bound to the environment than less detailed.</p>	<p><u>"1.2.2.1.2"</u>, <u>"1.2.2.1.4"</u>, <u>"1.2.2.1.5"</u>, Ges. D: <u>"1.2.5.1.3"</u></p>
<p>(1.2.2.1.3.1) The miraging of the aura 1 A (see "<u>1.2.2.1.2.1</u>") can change during a intensive observation to a magnetic field like looking structure. This field is also always in motion. This experience is often visible after sudden interruptions of out of body experience attempts and interruptions of deep relaxation states. Then it will be noticed very quickly, because it behaves very lively. Sometimes one can see this experience and it's variants (sub-points) better against big weak "light sources" (window at night, perhaps with curtains fore more darkness, walls are also appropriate, if they are not too dark).</p>	<p><u>"1.1.1.3"</u></p>
<p>(1.2.2.1.3.1.1) One can often observe the build and the breaking of energy links in this structure. See also "<u>1.1.1.3</u>" and sub-points.</p>	
<p>(1.2.2.1.3.1.2) In some cases one can observe the fine structure of the aura 1 B. It begins to look like back and forth jumping stripes. These strips can</p>	

<p>rarely change into even finer structures, which reminiscent at tufts of hair. These are extremely lively and flicker like flames quickly back and forth. One can see very many fine lines. This is the fine structure of the energy fields of aura 1 B.</p>	
<p>(1.2.2.1.3.1.2.1) A very outstanding variant are very dark clusters of these lively "tufts of hair". These look very detailed and beautiful.</p>	
<p>(1.2.2.1.3.1.3) During very good relaxation one can see the aura 1 B of the own eyes. That means, one sees the aura from below! It looks like slowly moving intensively black spots or magnetic fields. Mostly are only few and large spots visible. This experience occurs often together with image scenes of "<u>1.2.2.2.1.1.3</u>".</p>	<p><u>"1.2.2.1.3.1.3.2"</u></p>
<p>(1.2.2.1.3.1.3.1) The detailed variant looks rather like some kind of net. Roundish "holes" are surrounded by grey or dark rims. Also here is the lively behavior of the aura 1 B noticeable. This experience occurs often together with image scenes of "<u>1.2.2.2.1.1.3</u>".</p>	
<p>(1.2.2.1.3.1.3.2) A additional detailed variant has finer and more uniform distributed structures than "<u>1.2.2.1.3.1.3</u>" and is mostly more transparent or completely transparent. If it is transparent, it looks like the common aura 1 B from below. Also here is the lively behavior of the aura 1 B noticeable. This experience occurs often together with image scenes of "<u>1.2.2.2.1.1.3</u>".</p>	<p><u>"1.2.2.1.8.3"</u></p>
<p>(1.2.2.1.4) Aura 2 and similar effects: The Aura 2 effects are almost always very colorful and have moderate contrasts. Mostly are blurred colors visible. The colors of the aura, which are often described in the esoteric, are the colors of the Aura 2. Many people believe, that the colors of the aura</p>	<p><u>"1.2.2.1.3"</u>, <u>"1.2.2.1.5"</u>, <u>"1.2.5.7.1"</u>, Ges. D: <u>"1.2.5.1.4"</u>, Ges. D: <u>"1.2.5.3.1.3.1.1"</u></p>

<p>depend on various states of the people. I have found no verification for the accuracy of the interpretations of the colors. But it is certain, that the colors depend from the state of the owner. The dependence of the color and brightness of the aura from emotions, the amount of energy, the state of the owner and the concentration has been verified. It is possible, that the by these factors changed energy influences the colors of the aura. These effects are visible with open eyes and with closed eyes. Aura 2 has been observed with Aura 1 B ("<u>1.2.2.1.3</u>") and Aura 3 ("<u>1.2.2.1.5</u>"). The aura 2 experiences are not till partly bound to the environment. More detailed variants are more bound to the environment than less detailed.</p>	
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<p>(1.2.2.1.4.1) Aura 2: It can be perceived as spotty spreaded and colored patterns or circles. They change slowly their shape and their color. Mostly one sees several colors at once. Rarer is only a single color visible. These colors seem to flow. During the observation with open eyes one can notice a distance to the body. These colors react, when one puts the hand into it. The colors glow mostly more intensive in the near of the hand. Especially during the observation with closed eyes, these colors "feels" as if they are glaring bright. But their optical look is not as bright. This "brightness" causes a strange sensation during the observation of these colors. During daylight the colors are more transparent than during darkness. The apparent "Brightness" of the colors is during daylight lower. During the observation with closed eyes, these colors can be misinterpreted as tunnel. Especially, if these colors have the shapes of rings. Inexperienced applicators of out of body experience methods do this very often. The colors have a special distinctive feature. They repeat their course in intervals (mostly 2 till 4 seconds). After</p>	<p><u>"1.2.2.1.5.2.1"</u>, <u>"1.2.2.2.1.1.2"</u></p>
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<p>disruptions of the concentration starts often immediately an new interval. The repetitions are not absolute exactly. Each interval is a bit different.</p>	
<p>(1.2.2.1.4.1.1) The colors of the Aura 2 can rarely get or be very detailed. In this case, the Aura 2 looks very thee-dimensional. It is reminiscent of pictures of nebulae of the space. The Aura 2 can sometimes also look spotty. This makes it often difficult to see and recognize the accompanying visible supernatural experiences.</p>	
<p>(1.2.2.1.4.1.2) Rarely is the absolute fine structure of the Aura 2 visible. This looks like tufts of long hair or threads. The individual strings are in large parallel and often curved groups (Similar are the images of the solar corona, which are made by the satellite "Soho"). These threads are part of the energy fields. These threads seem at some areas to intersect or collide. Some of the other Aura 2 effects can be observed at these areas. These are probably caused by reaction of the intersecting lines.</p>	<p><u>"1.1.1.3"</u></p>
<p>(1.2.2.1.4.1.2.1) In a few cases the structure can be perceived even finer and extremely clearly. The then visible individual "strings" or hairs seem to move slowly. They look then extremely thee-dimensional!!!</p>	
<p>(1.2.2.1.4.2) Crystals: These are rarely occurring white or rarer bluish structures. They consist of single or several parallel thinner till thicker lines. Smaller crystals occur more numerous than larger crystals. They are a long time visible and they flow with the Aura 2. They get often smaller and more numerous during longer observation. This continues until they disappear / dissolve. The</p>	

<p>striped structure of the crystals is a indication, that these crystals are very good visible parts of the field lines of the Aura 2. A indication for this is the more numerous occurrence of smaller crystals. The cause of the good visibility of these parts is unknown.</p>	
<p>(1.2.2.1.4.3) Circles in the Aura 2: These are rare and difficult recognizable objects. These are slowly growing objects, which look like circles. They have the colors and the behavior of the aura 2. They grow in a second up to a maximum size. They become weaker with increasing size. They grow, until they are so weak, that they can not be longer observed (this is the maximum size).</p>	
<p>(1.2.2.1.4.4) Luminous bigger points, which look like glittering. They have a similar behavior and a similar brightness like the colors of the Aura 2. The density and size of these points varies. They can occur in masses or as a few single points.</p>	
<p>(1.2.2.1.4.5) One can see rarely very small dark points in front of the colors of the Aura 2. They can occur as single points or in masses of points. These points and their behavior are reminiscent of pixels of poorly edited digital movies. These points are very sharply visible and move relatively independently of each other. Flows are hardly recognizable.</p>	
<p>(1.2.2.1.4.5.1) Only one time sighted was this variant of this mass of points. This mass consisted of bright and dark points. These points were significantly larger. It begun slowly pulsating to cover the field of view beginning from the borders. So becomes the free field of view smaller. On the border between the mass of points and the free field of view was always a stripe of colors of the Aura 2.</p>	

<p><u>(1.2.2.1.5) Aura 3 and similar effects (contains some visible fatigue effects):</u> The Aura 3 effects have almost only colors and structures with low contrast. Aura 3 consists rarely of more than one color. They are often spreaded over the entire field of view. The visible experiences of the aura 3 are the only aura effects, of which the distance to the body is not identifiable. Here are also some experiences listed, which are similar to the experiences of the Aura 1 B ("<u>1.2.2.1.3</u>"). But the experiences here are experiences of the Aura 3. These experiences are visible with open eyes and with closed eyes. Aura 3 experiences has been observed with Aura 2 ("<u>1.2.2.1.4</u>") and AE X1 ("<u>1.2.2.1.8</u>"). The experiences of the Aura 3 are mostly not bound at the environment.</p>	<p><u>"0.1"</u>, <u>"1.2.2.1.4"</u>, <u>"1.2.2.1.6.3.1"</u>, <u>"1.2.2.1.7.1.3"</u>, <u>"1.2.2.1.8"</u>, Ges. D: <u>"1.2.5.1.5"</u></p>
<p>(1.2.2.1.5.1) Aura 3: This is a color, which seems often to emerge from the Aura 2. It seems than to replace the aura 2 or to push it aside. But it can also occur alone. This color is very transparent, has a low or lacking contrast and is mostly blue till purple. It is very rarely red, green or yellow. These colors do not flow. They do also not react, if one holds a hand inside. During daylight is the Aura 3 harder to observe, than the Aura 2.</p>	<p><u>"0.1"</u>, Tlw. D: <u>"1.2.5.3.1.3.1.2"</u></p>
<p>(1.2.2.1.5.1.1) It seems often to be three-dimensional in this color. In this color are often structures visible.</p>	<p><u>"0.1"</u>, Ges. D: <u>"1.2.5.3.1.3.1.2.1"</u></p>
<p>(1.2.2.1.5.1.1.1) The first structure is reminiscent of grass in weak moonlight. But this "grass" consists of field lines of the energy fields. These are many single curved light grey lines. They have not much contrast to the darker background. The number of lines increases often during the observation. These lines are the field lines of energy fields. See also: <u>"1.1.1.3"</u> and sub-points.</p>	<p><u>"0.1"</u></p>

<p>(1.2.2.1.5.1.1.2) The second structure looks like little shadows, which mirages at the rims. These structures are reminiscent of amoebas or bacteria under the microscope. At the rims are hardly recognizable structures. These "shadows" are from below observed energy fields.</p>	
<p>(1.2.2.1.5.2) Rarely occur groups of spots in the aura 3. They have a very good contrast to the background. They are similar to the color spots, which are visible, if one looks in bright light sources. But these spots here flicker.</p>	
<p>(1.2.2.1.5.2.1) Rarely are single big spots of this kind visible, which are reminiscent of the Aura 2 (<u>"1.2.2.1.4.1"</u>). They are similar, but not identical with aura 2.</p>	
<p>(1.2.2.1.5.3) Sometimes one sees blue till white spots on the field of view. These spots flicker (flickering light) like a fast stroboscope (disco flash light). This flickering has always the same frequency (probable 25-35 Hertz (Flashes per second)).</p>	<p>D: <u>"1.2.5.3.1.3.1.3"</u></p>
<p>(1.2.2.1.5.4) Sometimes one sees during exhaustion a weak flickering (flickering light). This flickering covers mostly large parts of the field of view or even the whole field of view.</p>	<p><u>"1.2.2.1.5.5"</u></p>
<p>(1.2.2.1.5.5) Very rarely one sees during exhaustion a uniform mass, which consists of several fast moving spheres. These spheres have probable a similar cause like <u>"1.2.2.1.5.4"</u> and behave very similarly.</p>	
<p>(1.2.2.1.5.5.1) An uncertain variation of these spheres, which was seen only once, was arranged as regular "network" or grid. If the spheres would be connected with lines, would this result in exact</p>	

<p>squares. The grid itself seemed during the observation to be broken into several independent grids. That means, that several grids were formed, which were rotated against each other. The classification of this experience (here or as autonomous experience of free energy) is also still uncertain! This experience has been listed in this group, because it has a similar behavior. A relation of this experience with "<u>1.2.2.1.8.1</u>" is possible. Probably is this experience (due the regularity) an important indication for still unknown physical laws.</p>	
<p><u>(1.2.2.1.6) Uncertain visible supernatural experiences:</u> The here listed various effects are mostly visible during daylight (if not otherwise described). The most of these experiences can still not be classed, because the observation of these experiences is difficult. The reason is, that the observation of these experiences needs conditions, where strong influences of illusions disrupt the observation. The experiences can then not be examined thoroughly enough to be classed. The group of AE X1 has been identified and has been moved to the autonomous group "<u>1.2.2.1.8</u>". AE X2 has been identified as uncommon form of complementary color of fast moving objects. This experience has been classed as illusion.</p>	<p><u>"1.2.2.1.8"</u></p>
<p><u>(1.2.2.1.6.1) AE X3 A and B</u> are two similar and probable even identical aura parts. These experiences have no characteristic accompanies. These experiences are visible with open eyes. These experiences are bound to the environment.</p>	
<p><u>(1.2.2.1.6.1.1) AE X3 A:</u> Often one sees a energy field around birds and other physical living beings. This experience can be observed particularly against very bright backgrounds (especially the</p>	<p>D: "<u>1.2.5.1.6</u>"</p>

<p>bright blue sky). This experience is mostly visible around fast-flying birds. But one sees the effect only around the birds, on which one concentrates. This experience is not around the other birds (on which one does not concentrate) visible. It looks like a gray sphere, which surrounds the bird. This sphere elongates (apparently) during fast flight.</p>	
<p>(1.2.2.1.6.1.2) AE X3 B: One sees often a kind of wind of miraging energy around trees. Often are several trees in the same stream. This experience is particularly during daylight visible.</p>	<p>"1.2.2.1.6.2.1", D: "1.2.5.1.7"</p>
<p>(1.2.2.1.6.2) AE X4 Here are the AE X4 effects mentioned. AE X4 has been observed with Aura 1 A ("<u>1.2.2.1.2</u>"). These experiences are visible with open eyes. These experiences are partly bound to the environment.</p>	<p>"1.2.2.1.2.1", Ges. D: "1.2.5.1.8"</p>
<p>(1.2.2.1.6.2.1) Sometimes one can see streams of bright colored tiny points flowing over short distances between the fingers. The points can also be around the fingers. This Experience is often accompanied by slight mirages and flows of the Aura 1 A ("<u>1.2.2.1.2</u>"). These flows are a bit similar to the flows of the AE X3 B ("<u>1.2.2.1.6.1.2</u>"). This experience is particularly during daylight visible.</p>	
<p>(1.2.2.1.6.3) AE X5 Here are experiences mentioned, which has been seen till now only during extreme deep relaxations. A very coarse form of "<u>1.2.2.1.8.1</u>" has been observed together with these effects. These effects are visible with open eyes and with closed eyes. These experiences are almost not bound to the environment.</p>	<p>"1.2.2.1.8"</p>
<p>(1.2.2.1.6.3.1) During a single observation with open eyes during extreme deep relaxation (after the beginning of the sleep paralysis!!!) appeared a</p>	

<p>transparent yellow spot. This spot covered at the beginning a small part of the field of view and became than slowly larger. It had inside a low contrast like the aura 3 ("<u>1.2.2.1.5</u>"). But it had no sharp rim like the aura 3. It had a smooth transition to the environment. This experience had a intenser color. A second sighting with closed eyes confirmed this experience. It is possible, that this experience is a kind of free energy or a kind of supernatural perception of the environment. It is also possible, that this is another layer of the aura. This experience was accompanied by a very coarse form of "<u>1.2.2.1.8.1</u>".</p>	
<p>(<u>1.2.2.1.6.3.2</u>) Within this yellow were coarse and still not precisely identified structures visible.</p>	
<p><u>(1.2.2.1.7) Other pointlike visible supernatural experiences and other visible supernatural experiences:</u> Here are supernatural experiences mentioned, which probably not belong to the aura.</p>	
<p><u>(1.2.2.1.7.1) Other pointlike visible supernatural experiences</u> The here listed experiences are in form of single till numerous points visible.</p>	
<p>(<u>1.2.2.1.7.1.1</u>) Rarely one can see, preferably during medium daylight, flowing layers of numerous small dense packed dots. These layers seem to flow relatively quickly and occur also in superimposed layers, which have different directions of flow. They can not be confused with the natural points (Which are caused by the photoreceptor cells (See: "<u>2.1.4</u>")), which are always visible in the background of the field of view. These effects are visible with open eyes and maybe also with closed eyes. These points are almost not bound to the environment.</p>	
<p>(<u>1.2.2.1.7.1.2</u>) Extra large light points. These</p>	

<p>points are only visible at night. They are very rare and appear mostly alone. They are very bright and mostly visible at the edge of the field of view. They are mostly less than a second visible. They are everywhere equally well recognizable. These effects are visible with open eyes and with closed eyes. These points are not bound to the environment.</p>	
<p>(1.2.2.1.7.1.3) Rare is the occurrence of single bright points. This experience occurs mostly in the Aura 3 ("<u>1.2.2.1.5</u>"). These tiny points occur very rarely in small groups. These points are nearly not moving.</p>	<p><u>"1.2.2.1.7.1.3.1"</u>, <u>"1.2.2.1.7.1.3.2"</u>, 2x: <u>"1.2.2.1.7.1.4"</u>, <u>"1.2.2.2.1.1.1"</u>, D: <u>"1.2.5.3.1.3.1.4"</u></p>
<p>(1.2.2.1.7.1.3.1) The points of "<u>1.2.2.1.7.1.3</u>" rarely grow larger during longer observation. Within these points are then rarely image scenes visible (For example a illuminated window). These scenes can only be seen during deep relaxation states and some forms of the "Concentration on the field of view" (See: "<u>1.2.2.3.1.1</u>").</p>	<p>D: "<u>1.2.2.2.1.1.1</u>", Tlw. D: <u>"1.2.5.3.1.3.2.2"</u></p>
<p>(1.2.2.1.7.1.3.2) The white dots of "<u>1.2.2.1.7.1.3</u>" can leave black spots after the fading. These black spots can be visible over a longer time. It is possible, that these points, which leave such black dots, are not supernatural.</p>	
<p>(1.2.2.1.7.1.4) A to the points of "<u>1.2.2.1.7.1.3</u>" similar form of single small points of light, which seems to be smaller, has been observed in or at an astral being. There appeared two points and shortly afterwards appeared another single point. They gleamed brilliant and had a sharp contrast to the background- They were visible for a half second and they didn't move. It is possible that these points are the same as the points of "<u>1.2.2.1.7.1.3</u>", but they could be also an completely new individual experience. But the cause could be</p>	

<p>similar. These effects are visible with open eyes and with closed eyes. These points are partly till completely bound to the environment.</p>	
<p>(1.2.2.1.7.2) Other visible supernatural experiences Here are the remaining experiences mentioned, which are probably caused by free energy. These effects are visible with open eyes.</p>	
<p>(1.2.2.1.7.2.1) If objects are observed during a slight relaxation over a longer time, they seem to move or to flow. The impression of the environment changes. If the ground flows under one, than one often feels this movement according to "<u>1.2.1.1.2.3.1</u>". This experience occurs mostly during daylight. Probably is the perception of the movement partially dependent on the concentration on this kind of visible supernatural experiences. A tight binding of the movement to the sighting can be excluded, because the perception of the movement can also occur without a sighting of this experience. It is more probable, that one archives by the concentration on the field of view (see: "<u>1.2.2.3.1.1</u>") and the simultaneous relaxation a state, which makes both perceptions possible. The perception of the movement and the perception of the visible experiences.</p>	<p><u>"1.2.2.1.7.2.2"</u>, D: <u>"1.2.1.1.2.3.2"</u></p>
<p>(1.2.2.1.7.2.2) A slight flickering of the environment is also possible. This experience occurs often together with the very similar behaving experience "<u>1.2.2.1.7.2.1</u>". This experience is not bound to the environment.</p>	
<p><u>(1.2.2.1.8) Possible transdimensional perceptions (AE X1):</u> The here listed experiences are probably a kind of transitional effect between two simultaneous seen images or levels/positions of dimensions (See "<u>1.1.1.5</u>"). In this case is AE X1 most probably a transition effect between two</p>	<p><u>"1.1.1.5.4.1"</u>, "<u>1.2.2.1.5</u>", "<u>1.2.2.1.6</u>", 2x: "<u>1.2.2.2.1.1.4</u>"</p>

<p>levels of the 10th Dimension (See "<u>1.1.1.5.4.1</u>") or between levels/positions of dimensions of the Super space 3. The AE X1 experiences has been observed with Aura 3 ("<u>1.2.2.1.5</u>") and AE X5 ("<u>1.2.2.1.6.3</u>"). A exception is "<u>1.2.2.1.8.2</u>", which occurs suddenly during deep relaxation states. The term AE X1 for the experiences of this group came from the former classification as "uncertain aura and energy component" ("<u>1.2.2.1.6</u>"). These effects are visible with open eyes and with closed eyes. These experiences are not bound to the environment.</p>	
<p>(1.2.2.1.8.1) Rare and often hardly recognizable are parallel lines, which can superimpose the other effects. They move like waves. Often are several layers of differently oriented lines superimposed. These lines are transparent and absolutely straight. They are close together, like waves, which glide across the water. They have a uniform and slow speed. These lines are reminiscent of waves, which glide on a water surface. Also similar are some interferences, which occur in some not exactly adjusted television channels. These are probably the same lines as "<u>1.2.2.1.8.2</u>", but the circumstances during the observation are different. They are mostly visible in low light or darkness. They are a bit harder recognizable during daylight (These lines and the in the local sub-points mentioned other effects are an indication of the possible existence of the dimensions of the Super space 3 (Frequency, see: "<u>1.1.1.5</u>" and sub-points)).</p>	<p><u>"1.2.2.1.2.3"</u>, <u>"1.2.2.1.5.5.1"</u>, <u>"1.2.2.1.6.3"</u>, <u>"1.2.2.1.6.3.1"</u></p>
<p>(1.2.2.1.8.1.1) Rarely appears behind the lines a image scene, if these lines are spreaded over an large area. This image scene has similar characteristics, as the lines. This experience is probably only perceptible during deep relaxation</p>	<p>Tlw. D: <u>"1.2.2.2.1.1.4"</u></p>

<p>states. More informations about the image scene are in the group, where the partial double entry is listed ("<u>1.2.2.2.1.1</u>").</p>	
<p>(1.2.2.1.8.1.2) It can happen, that several layers of nearly parallel lines are superimposing. These lines look then stronger blurred.</p>	
<p>(1.2.2.1.8.1.2.1) A variant of these nearly parallel superimposed lines is more irregular and looks blurred and torn (This variant has been now confirmed by additional sightings). These lines have an very nonuniform appearance. Sharply visible borders, like the other lines have, are lacking. Probably are here more layers superimposing.</p>	
<p>(1.2.2.1.8.1.3) A once with open eyes observed kind of these lines appeared suddenly on a very large area of the field of view. The distances between the lines were very narrow. Two identical superimposing layers of lines were crossed at the exact right angle. These lines were moving also slowly. These lines were unusually bright. This experience has been clearly confirmed by a second sighting during a deep relaxation state (an out of body experience attempt). This phenomenon is still unexplainable. The cause of this experience is unfortunately not yet known. I think, that this experience could be very important for the discovery or confirmation of other laws of the energy physics.</p>	
<p>(1.2.2.1.8.1.4) A once with open eyes observed kind of these lines changed the distance to each other. At the beginning of the sighting had the lines a wide distance to each other. This distance became slowly and continuously narrower. After several seconds, the lines were very close together and disappeared. In other words: The frequency of</p>	<p><u>"1.2.2.1.8.3"</u></p>

the lines has increased, till they disappeared.	
<p>(1.2.2.1.8.2) Sometimes one sees during the relaxation a sudden bright flashing on the entire field of view. The whole field of view gets for a split second a uniform spreaded, bright color. This bright color has often horizontal lines. These parallel lines are often jagged. It looks like a faulty television channel. Sometimes this experience is accompanied by a often very loud noise (bang,...). Very often occurs a simultaneous and often very intensive pulse (explosion from inside), which lets the body twitch. This experience is very often triggered by disturbing noises. Rarely are own movements the trigger. The seeing of the lines is an indication of the possible existence of the super space 3 (frequency, see: "<u>1.1.1.5</u>" and sub-points). Double entry to: "<u>1.2.1.1.4.2.1.1</u>"</p>	<p><u>"1.2.2.1.8"</u>, <u>"1.2.2.1.8.1"</u></p>
<p>(1.2.2.1.8.3) The Existence unique experience is not certain. But I mention it, because it has been already observed by someone else and because I could recognize this experience very clearly. After the first sighting of the small spot of lines of "<u>1.2.2.1.8.1.4</u>" appeared a image scene of "<u>1.2.2.2.1.1.3</u>", which was superimposed by Aura 1 B according to "<u>1.2.2.1.3.1.3.2</u>". These experiences covered the entire field of view. Then appeared several groups of growing concentric rings, which resembled waves. They looked like the waves, which are caused by in water falling water drops. They emerged and disappeared just as fast. It looked like the view through a water surface during light rain.</p>	
<p><u>(1.2.2.2) Visible supernatural experiences, which are images or contain images</u> Here are all visible supernatural experiences mentioned, which are some sort of images or definable forms. <u>The</u></p>	

<p>definition of the word pictures include here also moving scenes!</p>	
<p><u>(1.2.2.2.1) By supernatural influences caused images</u> Here are the more realistic and by supernatural influences caused images mentioned.</p>	<p><u>"1.2.5.2.3"</u></p>
<p><u>(1.2.2.2.1.1) Energetic images, which are not bound on the environment:</u> The here mentioned images are more or less projected in the eyes or on the field of view. Therefore they are not bound on the physical environment. These effects are visible with open eyes and closed eyes. These experiences can only hardly be experienced intentionally. The best possibility is an energy shifting (see: <u>"1.2.5.6"</u>) in combination with a concentration on the field of view (see: <u>"1.2.2.3.1.1"</u>).</p>	<p><u>"1.2.2.1.8.1.1"</u></p>
<p>(1.2.2.2.1.1.1) During longer observing, the points of <u>"1.2.2.1.7.1.3"</u> can rarely grow larger. Within these points are then rarely image scenes visible (for example a illuminated window). They can only be perceived during deep relaxation states and some forms of the "Concentration on the field of view" (see: <u>"1.2.2.3.1.1"</u>). Double entry to: <u>"1.2.2.1.7.1.3.1"</u></p>	
<p>(1.2.2.2.1.1.2) Very rare are spots, which contain enigmatic images, in front of the eyes (like projections onto the eye). These images can absolutely not be influenced by concentration (in contrary to dream images of the group: <u>"1.2.2.2.2"</u>). These images behave similar like the Aura 2 (see <u>"1.2.2.1.4.1"</u>). They can be perceived more frequently with increasing exercise level.. They are absolutely not influenceable. Even the line of sight on these images can not be changed (the part, which is in the center of the field of view, stays there). They are rarely also with open eyes visible. They appear then like a projection on the</p>	<p><u>"1.2.1.1.4.1.6"</u>, 2x: <u>"1.2.2.2.1.1.3"</u>, Tlw. D: <u>"1.2.5.3.1.3.2.3"</u></p>

<p>field of view (retina). They occur rarely during relaxation states. They appear more often after interruptions of relaxation states, if one resumes then the relaxation immediately and concentrates on the field of view (see: <u>"1.2.2.3.1.1"</u>). The concentration on the field of view and (at least) a slight relaxation are required to observe this experience. These images can be observed continuously for more than a minute, but this depends very much on the stability of the relaxation state and the concentration.</p>	
<p>(1.2.2.2.1.1.3) Similar to <u>"1.2.2.2.1.1.2"</u>, but a bit more frequently, are spots of clear images, which appear so real as if they are really real (Not like real perceptions, but like projected movies on the field of view!). These images are a bit influenceable. The line of sight and the movements can be changed with slight concentration. But these images are not the same images as the images of <u>"1.2.2.2.1.1.2"</u>. They occur rarely during relaxation states. They appear more often after interruptions of relaxation states, if one resumes then the relaxation immediately and concentrates on the field of view (see: <u>"1.2.2.3.1.1"</u>). The concentration on the field of view and (at least) a slight relaxation are required to observe this experience. These images can be observed continuously for more than a minute, but this depends very much on the stability of the relaxation state and the concentration.</p>	<p><u>"1.2.1.1.4.1.6"</u>, <u>"1.2.2.1.3.1.3"</u>, <u>"1.2.2.1.3.1.3.1"</u>, <u>"1.2.2.1.3.1.3.2"</u>, <u>"1.2.2.1.8.3"</u>, Tlw. D: <u>"1.2.5.3.1.3.2.4"</u></p>
<p>(1.2.2.2.1.1.4) Rarely appears behind the lines a image scene, if these lines of <u>"1.2.2.1.8"</u> are spreaded over an large area. This image scene has similar characteristics, as the lines. This experience is probably only perceptible during deep relaxation states. More informations are in the group <u>"1.2.2.1.8"</u>. Partial double entry to: <u>"1.2.2.1.8.1.1"</u></p>	

(1.2.2.2.1.2) By supernatural influences caused images, which are bound to the environment:

The here listed experiences are bound to (or projected into) the physical environment. These effects are visible with open eyes.

(1.2.2.2.1.2.1) A special kind of images are small changes in the real physical environment that does not always look like the reality. They look absolutely real and are visible for a longer time. They dissolve after approximately a minute. They look like a dream in the reality, are clearly visible and semi-transparent. They are projected directly onto the real physical environment. The visibility fades not away, if one approaches these images and watches them closely. One can get up and go (physically, with the real body) close to these images and observe them until they dissolve. I touched one of these images and the affected part disappeared. The empty part grew slowly. This experience is still not completely investigated. These images remain stable, even when one realizes that they are not real. During another sighting has been verified, that these images are probably constantly changing. The kind of the content of the image stays the same, but the form and details of this content changes. If one concentrates intensively on the wish to let them disappear, they disappear very slowly. These images are absolutely not influencable and occur solely after interruption of deep relaxation states and sudden awakenings from (mostly very deep) sleep. One must have at least a light state of relaxation and a slight concentration on the field of view (see: "1.2.2.3.1.1") to observe these images. These very stable images disappear slowly and are visible until the remainings of the relaxation disappeared.

"1.2.2.2.1.2.2",
"1.2.2.2.1.2.1.1", D:
"1.2.5.3.1.3.2.5"

<p>(1.2.2.2.1.2.1.1) A significantly more frequently modification of these images is the occurring of single till multiple black spots and other mostly dark and small changes in the environment or projections on the environment. This experience covers rarely also larger areas. Such big forms of this experience show detailed and complex images. This experience is rarely visible after interruptions of relaxation states or after sudden wake up from deep sleep. They are also bound to the environment, but much more unstable. They dissolve much faster and they react much more sensitive to fluctuations of the concentration on the field of view (see: "<u>1.2.2.3.1.1</u>") than "<u>1.2.2.2.1.2.1</u>".</p>	
<p>(1.2.2.2.1.2.2) Not so rare are shortly visible images of complete environments, which are often crazy or weird. This experience is sometimes visible after very sudden interruptions of relaxation states or after sudden wake up from deep sleep. These fake environments are not transparent, and therefore they look extremely realistic. In contrast to the images of "<u>1.2.2.2.1.2.1</u>" disappears this experience very fast. These images fade mostly away, when one realizes that they are not real. Either way, the duration of the visibility is mostly less than 6 seconds. These images are not influencable.</p>	<p>D: "<u>1.2.5.3.1.3.2.6</u>"</p>
<p>(1.2.2.2.1.2.2.1) A only once sighted kind of this experience began with a clearly audible voice. This unintelligible but clearly audible voice scared me during an out of body experience attempt. I opened my eyes and while I heard the voice, I saw very clearly a glowing green sphere with many clear details. This sphere illuminated the environment. This experience lasted a few seconds. Then dissolved the sphere and the voice faded away.</p>	<p>D: "<u>1.2.5.3.1.3.2.6.1</u>"</p>

<p>This experience has been categorized here, because it behaved similar like the other here mentioned experiences. It is also possible, that this is an completely independent kind of experience.</p>	
<p>(1.2.2.2.1.2.3) The environment transforms sometimes into a completely different scenery. It occurs, when one observes the environment over a long time and loses the concentration due fatigue. This experience fades mostly immediately away, when one realizes that it is not real. This experience occurs also in brightly lit environments.</p>	
<p><u>(1.2.2.2.2) Dreamlike generated images:</u> Here are the images mentioned, which bases on imaginations, visualisations or dreams. They can be influenced or triggered by supernatural influences. These effects are visible with open eyes and closed eyes, but they resemble imaginations.</p>	<p><u>"1.2.2.2.1.1.2"</u></p>
<p>(1.2.2.2.2.1) By simple imagination triggered images: They can be generated quickly (as now a imagination of a pyramid) and they come normally from the physical brain. But these images can also be influenced in various ways by supernatural influences (supernatural transmission ("<u>1.2.5.5</u>"), contacts to hereafter,...).</p>	<p><u>"1.2.5.2.1", "M.1.3.1.3.4"</u></p>
<p><u>(1.2.2.2.2.1.1) Hypnagogic images</u> Hypnagogic images are dreamlike images, which can be often controlled by concentration. They are much clearer than the by simple imagination caused images. By concentration on own imagination one can play movies in these images (who wants to see a space ship, will see a space ship). These images can be clearly identified as a kind of dream images. These images can mostly, but not always (!!!), be easily controlled. The control is rarely difficult or impossible. It is probable, that the most or even all</p>	<p><u>"1.1.3.4.1", "1.1.3.4.2", "1.2.5.2.2", "2.1.5", Tlw. D: "1.2.5.3.1.3.2.1"</u></p>

hypnagogic images are generated or influenced by supernatural influences (supernatural transmission ("1.2.5.5"), contacts to hereafter,...). A indication for it is particularly their often extreme richness in details and the great amount of simultaneously visible things and actions. This richness of things can not be created with the capacity of the physical brain. These images occur particularly during relaxation states. One can see them best, if the eyes are closed. These images can also be seen with open eyes. One can see these images also in the normal state, if one is very tired, exhausted or unconcentrated (example: monotony or boredom during observing of something). The occurrence of hypnagogic images can be promoted by pictorial imagination. They often run by themselves, after they are triggered. Mostly increases their clarity during longer uninterrupted observation.

(1.2.2.2.2.1.1.1) These images can get, particularly during very deep relaxation, a frighteningly impressive clarity and richness in details.

D: "1.2.5.3.1.3.2.1.1"

(1.2.2.2.2.1.1.2) These images can be influenced by incoming supernatural transmissions (external influences). Such influences can lead to a conflict of the control of the images. While oneself tries to see a certain scene, a influence can try to change the scene. This conflict leads to repetitions of scenes, while oneself and the influence fights for the control. Example: One wants to see a car driving on the road. The influence wants to let the car drive away from the road. One sees the car driving along the street. Then the car drives left into the forest. One tries again to let the car drive on the road. It turns right into the forest. One tries again to let the car drive along the road. Then the car drives left into the forest. This can be repeated many times. This conflict can only hardly be

D: "1.2.5.3.1.3.2.1.2"

avoided.	
<p>(1.2.2.3) Other experiences, which are related to the observation of visible supernatural experiences Here are additional informations about the observation itself mentioned.</p>	
<p>(1.2.2.3.1) Visibility and viewing techniques Here are experiences mentioned, which are more or less related to the visibility of supernatural experiences.</p>	
<p><u>(1.2.2.3.1.1) Concentration on the field of view</u> One notices quickly during the observation of visible supernatural experiences, that one can influence or improve the results by some kinds of concentration. The experiences appear either immediately or at least faster. Sometimes the experiences are transformed or changed by the concentration. I call this kind of concentration "Concentration on the field of view". This concentration is a kind of access to the abilities of the astral vision. This concentration controls the "astral eyes". One can not explain, how one must concentrate and one can not learn this kind of concentration intentionally. Oneself must discover the application of this concentration. The discovery of this concentration can be promoted by the frequently application of the energy method (see: "<u>M.2</u>"). With this method, one can learn to generate the energy sensation in the face, which promotes the discovery. This promotion is not strictly necessary. For the concentration on the field of view it is necessary to relax the eyes. A method to learn this is to look in the blue sky and to try to see the illusion "<u>2.1.7</u>". If one sees this illusion, the eyes are relaxed. The same, what one does to see this illusion, must one also do, if one wants to see visible supernatural experiences. With</p>	<p><u>"1.2.1.1.2.3.2"</u>, "<u>1.2.2</u>" <u>"1.2.2.1.7.1.3.1"</u>, <u>"1.2.2.1.7.2.1"</u>, "<u>1.2.2.2.1.1"</u>, <u>"1.2.2.2.1.1.1"</u>, <u>"1.2.2.2.1.1.2"</u>, <u>"1.2.2.2.1.1.3"</u>, <u>"1.2.2.2.1.2.1"</u>, <u>"1.2.2.2.1.2.1.1"</u>, <u>"1.2.5.3.1.3.2.5"</u>, "<u>M.3.1</u>"</p>

<p>intentionally relaxed eyes one can learn easier to see visible supernatural experiences. One can also promote the discovery of this concentration by sharp concentration on one point in or above the eyes (a helpful method is "<u>M.3.10</u>").</p>	
<p>(1.2.2.3.1.1.1) Some visible supernatural experiences can be observed intentionally by this concentration, so that one does not need to wait for a "random occurrence" of these experiences.</p>	
<p>(1.2.2.3.1.1.2) Some visible energy experiences require the concentration on the field of view to become visible.</p>	
<p>(1.2.2.3.2) Visual perception changes Here are experiences mentioned, which concern the general visual perception.</p>	
<p>(1.2.2.3.2.1) The observation of visible supernatural experiences often leads to distorted perceptions. The distorted perception of the field of view is a side effect of the vision of supernatural experiences. This perception distortion causes, that one perceives the field of view of one eye sometimes extremely enlarged or downsized. Furthermore, the field of view can be seemingly strongly shifted. The cause is, that the vision of supernatural experiences requires the vision with the astral body. One adjusts during the vision (mostly unintentionally by concentration and attention) the proportions of the perception of the field of view of the astral body. The concentration of energy can also be a cause, because it draws attention to specific points. The perception of the affected areas (field of view,...) can be "enlarged" due this attention. This experience is absolutely harmless and disappears, when one ends the observation and the relaxation. Partial double entry to: "<u>1.2.1.1.2.2</u>"</p>	

<p>(1.2.2.3.2.2) A side effect which occurs mainly during the observation of free energy, is a blurring or distortion of the impression of the environment. The environment seems often to be smaller or larger, than it actually is (although there is no optical illusion). The environment can also look somehow "flat". This is often intensified by a accompanying queasy till strange sensation.</p>	
<p><u>(1.2.3) Supernatural experiences, which are related to hearing and thinking</u></p>	
<p><u>(1.2.3.1) Real audible supernatural experiences:</u> Here are (apparently!!!) real audible experiences mentioned.</p>	
<p><u>(1.2.3.1.1) Experiences, which are dependent on real noises</u> Here are experiences explained, which are triggered by real noises. These experiences are probably partly or (with low probability) even completely caused by external influences (contact to hereafter, supernatural transmission ("<u>1.2.5.5</u>"),...).</p>	
<p>(1.2.3.1.1.1) Everyone has a slight hiss or a high tone in the ear. This constant and always present noise is all natural. The volume of this noise can increase much during persistent constant concentration. The noise can also transform in completely different noises. Noises like wind noises, machine noises and many others are possible. The variety of possible kinds of noises seems to be very big. Often is a confusion with "<u>1.2.3.1.2.3</u>" possible. Real noises (own breathing and similar are included) during the concentration reduce or prevent the occurrence of this experience. This happens particularly, when the noises occur irregularly or in a too long rhythm. This experience can subside quickly, if real noises occur during the perception.</p>	<p><u>"1.2.3.1.2.3"</u>, D: <u>"1.2.5.3.1.4.1.1"</u></p>

<p>(1.2.3.1.1.2) Typical background noises (ticking of the alarm clock, noises of machinery and devices,...) can change and / or get significantly louder. These noises can get so realistic and loud, that one gets scared by it (I was once scared by an suddenly very loud ticking alarm clock).</p>	<p>D: <u>"1.2.5.3.1.4.1.2"</u></p>
<p>(1.2.3.1.2) Experiences, which are independent from real noises The here listed experiences occur completely independent from real (physical) noises. The here listed experiences can be triggered by the thinking with the second layer of thoughts ("<u>1.2.3.2.1.2</u>"). The intensity of these perceptions increases often during the continuously experiencing. This happens particularly during deeper relaxation states. The here mentioned experiences are sensitive to changes of the concentration. These experiences fade or stop, when the concentration changes. This happens often, when one notices consciously an unexpected occurrence of these experiences. These experiences are at least partially (maybe even completely) caused by external influences (contact to hereafter, supernatural transmissions ("<u>1.2.5.5</u>"),...).</p>	<p>"M.3.3.3", Ges. D: <u>"1.2.5.3.1.4.1.3"</u></p>
<p>(1.2.3.1.2.1) Hearing of all possible kinds of voices. Sometimes one hears them very real and loud, so that one opens in fright the eyes, to see who or what is there. One hears often several voices simultaneously. They are often very indistinctly, softly and unintelligibly. One can trigger this experience during deep relaxation states, if one lets a voice (I mean own thoughts) talk in the second layer of thought ("<u>1.2.3.2.1.2</u>"). By this, it can happen, that one or more voices begin to keep talking (according to this experience). This experience is particularly well suited for contacts to hereafter.</p>	

<p>(1.2.3.1.2.2) One can often hear music. Mostly one likes this music. Mostly one forgets the melody (and often also the whole music) very quickly. This experience is particularly sensitive to changes of the concentration. This music fades or stops, when the concentration changes. One can trigger this experience during deep relaxation states, if one lets a melody run in the second layer of thought ("<u>1.2.3.2.1.2</u>"). By this, it can happen, that this or another melody begins to keep running (according to this experience).</p>	
<p>(1.2.3.1.2.3) One can also hear all kinds of noises. Some constant noises can be confused with "<u>1.2.3.1.1.1</u>". One can trigger this experience during deep relaxation states, if one imagines noises in the second layer of thought ("<u>1.2.3.2.1.2</u>"). By this, it can happen, that this or another noise begins to keep running (according to this experience).</p>	<p><u>"1.2.3.1.1.1"</u></p>
<p><u>(1.2.3.2) Supernatural experiences, which are related to thinking:</u> Here are the properties of the own thoughts and the influencings of the own thoughts described. Unless otherwise stated, these experiences occur primarily during relaxation states. General information about the thoughts and the supernatural influencing of the thoughts are described in the group "<u>1.1.2.1.11</u>".</p>	
<p>(1.2.3.2.1) Experiences, which are related to the thinking itself Here are the experiences of the direct process of pondering mentioned.</p>	
<p>(1.2.3.2.1.1) Slowing of the process of pondering or "Intellectual laziness". Sometimes it is extremely difficult to think about something specific. The occurrence of this experience is promoted, if one does not ponder much during deep relaxation states. If one thinks then only few</p>	<p><u>"1.2.3.2.1.2", D:</u> <u>"1.2.5.3.1.4.2.1"</u></p>

<p>thoughts intentionally, occurs this experience often. If this experience occurs, is further intentionally pondering (due this experience) often very hard.</p>	
<p>(1.2.3.2.1.2) Often one notices a kind of "second layer of thoughts". The noticing of this layer can be promoted by "<u>1.2.3.2.1.1</u>". One can think very fast and "wordless" with this second layer. One can think in this layer a whole sentence in a fraction of a second. This layer of thoughts is probably part of the own astral body. Detailed informations about the second layer are in the Group "<u>1.1.2.1.11</u>".</p>	<p><u>"1.1.2.1.11"</u>, <u>"1.2.3.1.2"</u>, <u>"1.2.3.1.2.1"</u>, <u>"1.2.3.1.2.2"</u>, <u>"1.2.3.1.2.3"</u>, <u>"1.2.3.2.4.1"</u>, <u>"M.1.2.10.1"</u> <u>"M.3.3.3"</u>, <u>"M.3.4.1"</u>, <u>"M.3.9"</u>, D: <u>"1.2.5.3.1.4.2.1.1"</u></p>
<p>(1.2.3.2.1.2.1) This layer is exposed to supernatural influences (telepathy, contact to hereafter,..) and can thus be hard to "control". One often hears during deep relaxation or strong concentration one or several different voices and informations.</p>	
<p>(1.2.3.2.1.3) If one loses the concentration during the relaxation, one can fall fast into endless loops of completely senseless thoughts. These senseless thoughts of the loops can be forgotten very fast, if one gets the concentration back again and / or if one wakes up.</p>	<p><u>"M.3.3.3"</u></p>
<p>(1.2.3.2.2) Experiences, which are related to the ability to remember</p>	
<p>(1.2.3.2.2.1) During the relaxation (particularly during very deep relaxation) is the ability to remember things and events often greatly increased. If one thinks about specific memories, other (with these memories associated) memories come to mind and this often in rapid succession. Such many memories would never come to mind during awakesness (This experience is probably not the same, as hypnosis!).</p>	

<p>(1.2.3.2.2.2) If one wakes up from the relaxation or the state before falling asleep, it can happen that one forgets, what one has thought a few seconds ago. But one knows, that one has thought about something.</p>	
<p>(1.2.3.2.3) Perception of time Here are experiences listed, which are related to the perception of time.</p>	
<p>(1.2.3.2.3.1) The time can often be perceived greatly shortened during the relaxation. One does often not notice, that one is already for hours in deep relaxation.</p>	<p>D: "<u>1.2.5.3.1.4.2.2</u>"</p>
<p>(1.2.3.2.3.2) During the relaxation one can rarely observe a great lengthening of time. One can then believes to have been for hours in this relaxation state, while in fact just minutes have passed.</p>	<p>D: "<u>1.2.5.3.1.4.2.3</u>"</p>
<p>(1.2.3.2.4) Vision of the future Here are the kinds of the mental vision into the future explained.</p>	<p><u>"1.2.5.3.7.5.3"</u>, <u>"1.2.5.8"</u></p>
<p>(1.2.3.2.4.1) Sometimes one has spontaneous short "visions" in the next seconds of the future. Under certain circumstances it can happen, that one acts before or while something is happening (run to the stove, just before the water boils over). One knows also often if and when a event happens, before one can actually know it (money arrives at the bank account or not, arriving of deliveries, who is calling,...). This experience occurs particularly often during simple monotonous and repetitive actions, such as work or computer games. One "suspects" sometimes certain kinds of future events some seconds before they actually happen. This "suspecting" is mostly unconsciously. When one is attentive, one notices sometimes these "suspections" consciously, before they come true. If one does not notice them consciously, one</p>	<p>D: "<u>1.2.5.8.1</u>"</p>

<p>notices these "suspections" only after they became true. One can not learn the intentional experiencing of this experience properly, but this experience can be experienced more frequently, if one applicates frequently supernatural methods, relaxation techniques and silence of thoughts. The practicing of the thinking in the second layer of thoughts (see "<u>1.2.3.2.1.2</u>") can also be promoting. Monotonous and repetitive computer games and works, which make at least a bit fun, can promote a more frequent occurrence.</p>	
<p>(1.2.3.2.4.2) Sometimes one has a strange feeling of premonition of the farer future. One can not interpret this feeling correctly during the experiencing. But nevertheless one knows somehow about an event, long before it happens (rather long term events, such as jobs or relationships). This kind of prediction is very accurate, but (unfortunately?) it can rarely be interpreted correctly, before the predicted event happens. One can not learn the intentional experiencing of this experience properly, but this experience can be experienced more frequently, if one applicates frequently supernatural methods and relaxation techniques.</p>	<p>D: "<u>1.2.5.8.2</u>"</p>
<p>(1.2.3.2.4.3) Sometimes one believes during a situation, that one has seen or dreamed it, before this situation occurred (Deja Vu experience). One thinks often during such a experience, one can even say (predict) what happens next. But one remembers only rarely these future events, before they actually happen (I remembered during some of these experiences a event, seconds before it actually happened). This experience occurs particularly during unusual or uncommon situations. The causes of this experience are very varied. Sometimes one had actually dreamed of the</p>	

<p>situation, sometimes it is a other by supernatural influences (telepathy, remote viewing,...) caused experience. Mostly it is something, what one has experienced before this situation occurred. Maybe are some of such experiences direct visions into the future.</p>	
<p><u>(1.2.4) Various indirect supernatural experiences</u> Here are experiences mentioned, which are not direct effects of the supernatural methods. They are just indirectly promoted by the application of supernatural methods (dealing with energy, supernatural influencing, energy method). Thus, these experiences can have sometimes also other (not supernatural) causes.</p>	
<p><u>(1.2.4.1) Physical experiences:</u> Physical experiences are experiences, which are related to the own body.</p>	
<p>(1.2.4.1.1) During almost all energy exercises, one gets a generally improved well being.</p>	<p>D: "<u>1.2.5.3.1.1.1</u>"</p>
<p>(1.2.4.1.2) Sometimes one notices a improving of the own (not supernatural) abilities. Particularly often affected are mental skills (numeracy, ability to react...), calmness and concentration.</p>	
<p>(1.2.4.1.3) An partial improving of the stamina and power reserves (for work,...) can occur.</p>	
<p>(1.2.4.1.4) One has often less need for sleep.</p>	
<p>(1.2.4.1.5) One has much less desire for alcohol and / or drinks less alcohol. The same applies to drugs.</p>	
<p><u>(1.2.4.2) Emotional experiences:</u> Emotional experiences are experiences, which are related to Emotions.</p>	

(1.2.4.2.1) More frequently occurring good mood.	
(1.2.4.2.2) Rarely one can have overreactions to emotions and moods.	
<u>(1.2.4.3) Influences on dreams</u> Here are indirect influences of the application of supernatural methods on dreams explained.	
(1.2.4.3.1) The frequent application of supernatural methods and energy methods can cause an increasing of the number of dreams. Dreams can also get modified by the influences and side effects of these methods.	Tlw. D: " <u>1.2.5.3.12.4</u> "
(1.2.4.3.2) The own dreams and out of body experiences can also be influenced by astral beings, other people (while these are making out of body experiences, dreaming, just sleeping or awake in the physical body), animals and all other kinds of living beings. Therefore, the character or the signature of dreams and out of body experiences seems to change completely every few days till months. If these dreams would be movies, I would say: the author and the studio changes. This happens even when one does not applicate supernatural methods. More information about the possibilities of influencing are in " <u>1.1.3.3</u> ".	D: " <u>1.2.5.3.12.5.1</u> "
(1.2.4.3.3) It is possible, that one encounters in dreams other real people (both have the same dream or the other has an similar out of body experience), (the spirits / souls of) dead people, animals, astral beings, and other living beings. They influence often these dreams with their thoughts (intentionally and unintentionally).	" <u>1.1.3.2</u> ", Tlw. D: " <u>1.2.5.3.12.3</u> "
<u>(1.2.4.4) Unintentional influences on the environment</u> Influences on the Environment are events and experiences in the real and physical	

<p>environment which are caused by unintentional (unwanted) supernatural influences.</p>	
<p>(1.2.4.4.1) Electrical devices (particularly watches) can be manipulated, adjusted or damaged by unintentional supernatural influences. Other kinds of influencing of matter are also possible. This happens particularly, if one applicates frequently supernatural methods. Own emotions have also a big influence on the effectivity of this unintentional influencing of matter. A proof of the supernatural cause of individual events is often not possible. The numerous and frequent occurrence of such events in longer periods of time indicates supernatural causes. This unintentional influencing of matter happens very often at the same times as other certain events (interruptions of relaxation states, sudden awakening, application of supernatural methods, emotional reactions,...). Example: One of my watches adjusted the time often at 0:00, when I woke up quickly in the morning or when I applicated out of body experience methods. This was at this time my only watch, which lived longer than six months. Devices can be influenced from any distance. Example: It could be a computer of another chat participant or the server of a visited homepage. Such devices fail often exactly at the same times, at which certain other events (emotional reactions, agitation, anger, joy, fright...) occur, although they worked properly short time ago (like the affected local devices).</p>	
<p>(1.2.4.4.2) Unintentional supernatural influences on the complete physical environment are possible (at specific times occurring cracking in the walls, rumbling, falling objects,...). These influences are mostly very small. Example: Things, which were already loose, fall down. Wooden furnitures crack.</p>	

<p>This phenomenon can be annoying during the application of supernatural methods. Very numerous by these influences caused disruptions occur during relaxations, changes of consciousness and particularly during out of body experience attempts (this experience occurs often, when one is near the exit phase).</p>	
<p>(1.2.4.4.3) Animals, humans and other life forms are also influenced by unintentional supernatural influences. The influence is mostly minimal. Sleeping living beings react most probably with turning, coughing, snoring. This phenomenon can be annoying during the application of supernatural methods. Very numerous by these influences caused disruptions occur during relaxations, changes of consciousness and particularly during out of body experience attempts (this experience occurs often, when one is near the exit phase).</p>	
<p><u>(1.2.5) Supernatural experiences, which are related to specific abilities (and thematic basis):</u> Here are supernatural abilities and states mentioned and described. To each supernatural ability are the most important experiences (or references to these) classed, which one can experience during the application of this ability. Furthermore here are some of the associated characteristic experiences listed. Some experiences are only listed here, other experiences are also listed in the other groups of the supernatural experiences. Such several times mentioned experiences consist of the original entry (the point, which has been classed at the systematically appropriate place) and one or several double entries (the copies of this point, which has been entered at the places, where the contained information is also required). Points, of which double entries exist, have backlinks with</p>	<p><u>"0.1", "M"</u></p>

corresponding abbreviations in the right column. The content of the double entries can deviate from the original entry. Such double entries have special names and abbreviations. The names and abbreviations of double entries are: double entry (D): is a identical double entry; collected double entry (Ges. D): contains informations of several points; partial double entry (Tlw. D): contains deviant informations. The here listed points contain often basics for the respective methods. Whether and how an experience occurs depends on many things (own behavior, concentration and motivation, what one has eaten, kind of the method, incoming supernatural influences, emotions, environment, disruptions,...). Only few experiences occur only during the application of one certain ability. Example: One can see the colors of the aura also during out of body experiences and meditations. Therefore I have entered only the most characteristic and / or most important experiences in this group. All other experiences, which one can have or could have, are listed in the other groups of the supernatural experiences (the rest of the group "1.2").

(1.2.5.1) Vision of the aura: Here are all observable layers of the aura listed and shortly described. This group begins with the inner layers and continues then to the outer layers. The aura can also be felt as tactile supernatural experiences (see "1.2.1.1"). But the tactile perceptions of the aura vary so much, that a useful description is not possible. To have a better overview, here are only the basic layers explained. All in these layers of the aura occurring effects and experiences are listed in the group "Visible supernatural experiences, which are not images" (see "1.2.2.1"). The references to the double entries at the end of the respective descriptions lead to these complete descriptions of

the respective layers.	
(1.2.5.1.1) Aura 0: In the core of the miraging of Aura 1 A (see " 1.2.5.1.2 "), is rarely a mass visible, which contains many bright light points. It is extremely close to the body. Probably it is normally within the body. That could be the explanation for the rare sightings. Collected double entry to the Group: " 1.2.2.1.1 "	
(1.2.5.1.2) Aura 1 A: Around the hands is often a kind of strong "mirage" visible, which moves very slowly. This experience is very good against big weak "light sources" (window at night, perhaps with curtains fore more darkness, walls are also appropriate, if they are not too dark) visible. It occurs usually in 5 millimeter thick layers (rare are thicker layers, extremely rare are such layers more than 5 centimeters thick). It looks like the mirage over a candle flame. The mirage can very rarely be much coarser. The layer is then much thicker. The Aura 1 B can cause in this case strong distortions of the background. During the day in bright light is aura 1 A harder to observe. Collected double entry to the group: " 1.2.2.1.2 "	"1.2.5.1.1" , "1.2.5.1.3" , "1.2.5.1.8"
(1.2.5.1.3) Aura 1 B: The miraging of the aura 1 A (see " 1.2.5.1.2 ") can change during a intensive observation to a magnetic field like looking structure. This field is also always in motion. This experience is often visible after sudden interruptions of out of body experience attempts and interruptions of deep relaxation states. Then it will be noticed very quickly, because it behaves very lively. Sometimes one can see this experience and it's variants (sub-points) better against big weak "light sources" (window at night, perhaps with curtains fore more darkness, walls are also appropriate, if they are not too dark). Collected	

double entry to the Group: <u>"1.2.2.1.3"</u>	
<p>(1.2.5.1.4) Aura 2: It can be perceived as spotty spreaded and colored patterns or circles. They change slowly their shape and their color. Mostly one sees several colors at once. Rarer is only a single color visible. These colors seem to flow. During the observation with open eyes one can notice a distance to the body. These colors react, when one puts the hand into it. The colors glow mostly more intensive in the near of the hand. Especially during the observation with closed eyes, these colors "feels" as if they are glaring bright. But their optical look is not as bright. This "brightness" causes a strange sensation during the observation of these colors. During daylight the colors are more transparent than during darkness. The apparent "Brightness" of the colors is during daylight lower. During the observation with closed eyes, these colors can be misinterpreted as tunnel. Especially, if these colors have the shapes of rings. Inexperienced applicators of out of body experience methods do this very often. The colors have a special distinctive feature. They repeat their course in intervals (mostly 2 till 4 seconds). After disruptions of the concentration starts often immediately an new interval. The repetitions are not absolute exactly. Each interval is a bit different. Collected double entry to the Group: <u>"1.2.2.1.4"</u></p>	
<p>(1.2.5.1.5) Aura 3: This is a color, which seems often to emerge from the Aura 2. It seems than to replace the aura 2 or to push it aside. But it can also occur alone. This color is very transparent, has a low or lacking contrast and is mostly blue till purple. It is very rarely red, green or yellow. These colors do not flow. They do also not react, if one holds a hand inside. During daylight is the Aura 3</p>	

<p>harder to observe, than the Aura 2. Collected double entry to the Group: "<u>1.2.2.1.5</u>"</p>	
<p>(1.2.5.1.6) AE X3 A: Often one sees a energy field around birds and other physical living beings. This experience can be observed particularly against very bright backgrounds (especially the bright blue sky). This experience is mostly visible around fast-flying birds. But one sees the effect only around the birds, on which one concentrates. This experience is not around the other birds (on which one does not concentrate) visible. It looks like a gray sphere, which surrounds the bird. This sphere elongates (apparently) during fast flight. Double entry to: "<u>1.2.2.1.6.1.1</u>"</p>	
<p>(1.2.5.1.7) AE X3 B: One sees often a kind of wind of miraging energy around trees. Often are several trees in the same stream. This experience is particularly during daylight visible. Double entry to: "<u>1.2.2.1.6.1.2</u>"</p>	<p><u>"1.2.5.1.8"</u></p>
<p>(1.2.5.1.8) AE X4: Sometimes one can see streams of bright colored tiny points flowing over short distances between the fingers. The points can also be around the fingers. This Experience is often accompanied by slight mirages and flows of the Aura 1 A ("<u>1.2.5.1.2</u>"). These flows are a bit similar to the flows of the AE X3 B ("<u>1.2.5.1.7</u>"). This experience is particularly during daylight visible. Collected double entry to the Group: "<u>1.2.2.1.6.2</u>"</p>	
<p><u>(1.2.5.2) Remote viewing (remote perception, clairvoyance, remote investigation of matter):</u> Remote viewing is the ability to perceive objects from any distance. The reliability of remote viewing is not always good, but it rises with increasing exercise level. Remote viewing can be verified by tests. One can perceive many different</p>	<p><u>"1.1.2.1.9.5", "1.2.5.5.2.3", "1.2.5.6.1", "1.2.5.8", 2x: "M.3.6"</u></p>

kinds of informations about events, objects and living beings. I think, it is possible to get informations about any kind of target. One can get informations about physical and non physical properties of the target. One can also get informations about the future or the past (probably even about any place of all 12 dimensions). One can get any imaginable information. A exact target definition is required to get these informations. Remote viewing accords at least partially (if not even completely) to the laws of the energy shifting ("1.2.5.6"). Therefore, this group should also be read. Remote viewing works best, if the target object is something, what one does absolutely not expect (and if the viewer searches for such unexpected objects). Examples of unexpected objects are spare tires in the kitchen or a cake in a library. Remote viewing is a supernatural perception. The topic supernatural perception and their reliability are described very detailed in the group "1.1.5". Remote viewing can be divided into 6 groups:

(1.2.5.2.1) Perception by imagination (see "1.2.2.2.2.1"): The perception works in the same way, as one visualizes objects (as now a pyramid). To use the imagination for remote viewing, one tries to imagine a random picture, while one concentrates on the desire to see the target in this picture. The then in this picture perceivable informations are, with a certain probability, informations about the target. This probability depends on the reliability. This is the easiest and most common method. The reliability is between low till very high. This depends on the own skills and the concentration.

(1.2.5.2.2) Perception by hypnagogic images (see "1.2.2.2.2.1.1"): This method works with

<p>hypnagogic images. Therefore one should use this method only, if one is at least a bit relaxed. To use the hypnagogic images for remote viewing, one tries to generate such a picture, while one concentrates on the desire to see the target in this picture. The then in this picture perceivable informations are, with a certain probability, informations about the target. This probability depends on the reliability. This method is a bit more difficult than the perception by imagination. But one gets by this method more detailed images with a higher reliability. The reliability is moderate.</p>	
<p>(1.2.5.2.3) Perception by the by supernatural influences caused images (see "<u>1.2.2.2.1</u>"): This method is very difficult. The experiences are only visible during relaxation. Therefore one should use this method only, if one is relaxed. To use the by supernatural influences caused images for remote viewing, one tries to generate such a picture, while one concentrates on the desire to see the target in this picture. The then in this picture perceivable informations are, with a certain probability, informations about the target. This probability depends on the reliability. The received images are mostly very blurred. But one can observe them for a long time and they are very reliable. This kind of perception is also suitable to see visible supernatural experiences from a distance. This applies particularly to the aura.</p>	<p><u>"1.2.5.2.4"</u></p>
<p>(1.2.5.2.4) Perception by application of the energy shift (see "<u>1.2.5.6</u>"): This method improves the reliability of a other method by intentional shifting of own energy to the target. To use the energy shift for remote viewing, one shifts first a part of the own energy to the location of the target. Then one uses one of the other kinds of remote viewing,</p>	

while the energy is still shifted to the location of the target. The combination of conscious energy shift with a kind of remote viewing increases the reliability. This method works well together with the method: "perception by the by supernatural influences caused images" (see "[1.2.5.2.3](#)").

(1.2.5.2.5) Perception by tactile supernatural experiences (see "[1.2.1.1.1](#)") (remote investigation of matter): This method works by concentration on tactile supernatural experiences (the perceiving of tactile supernatural experiences can be learned with "[M.2](#)"). One can get informations about physical and non physical properties of the target. To use the perception by tactile supernatural experiences for remote viewing, one tries first to generate a energy sensation, while one concentrates on the desire to feel the target by this perception. Depending of the properties of the target one can perceive specific changes of this energy sensation. The strength of the differences of the perception can vary. The informations, which one can feel then, are, with a certain probability, informations about the target. This probability depends on the reliability. The reliability is between low till very high. This depends on the own skills and the concentration. The reliability of this method can be improved particularly well by frequent practice.

["1.1.2.1.9.4"](#)

(1.2.5.2.6) Perception by mental imagination (simulation). This is a special kind of energy shift (see group "[1.2.5.6](#)"). This method works with unconsciously energy shift. Therefore one does not need to learn or applicate consciously the energy shift. To use this method for remote viewing, one imagines to perceive the target. One imagines to touch the target, to smell it or...One must imagine this perception exactly and detailed. This includes

also every movement and action, which would be necessary, if one would stand personal in front of the target. One imagines it, as if one wants to plan all action mentally, before one actually does it. One imagines exactly, how one gets the searched information at the target. The during this imagination gathered (often very) subconscious perceptions of informations are, with a certain probability, informations about the target. This probability depends on the reliability. The reliability is between low till very high. This depends on the own skills and the concentration.

(1.2.5.3) Out of body experiences (OBE), meditation and relaxation: One has a out of body experience, when the astral body has left the physical body. That happens often by itself, while one is sleeping (mostly as astral dreams, see "1.2.5.4.2.3"). Out of body experiences can also be triggered intentionally by methods. Such a method has one aim. The physical body must sleep, while the consciousness of oneself is still awake. That means, that one witnesses, how one falls asleep. The out of body experiences themselves are (exactly like the real life) experienced from the first-person perspective. Out of body experiences can be as realistic as the real live (or even more realistic and clear). To achieve an out of body experience, the physical body must sleep, while the own consciousness has to be kept awake. One has many possibilities to achieve this. Because of these possibilities one can experience very many different experiences, while one tries to let the physical body fall asleep. Some people experience during out of body experience attempts many different experiences, while other people experience only very few experiences. Here are the supernatural experiences described, which can occur before or during the out of body experience.

Many of these experiences are triggered randomly, while one tries to let the body fall asleep. Because of this randomly triggering are many of these experiences actually experiences of independent abilities (seeing of aura, feeling of energy, telepathy,...). Here are only the experiences mentioned, which are particularly often randomly triggered, while one attempts to make an out of body experience. The other experiences are listed in the other parts of the group "1.2". From group "1.2.5.3.1" till the end of the group "1.2.5.3.4" can also the terms "meditation experiences" or "deep relaxation experiences" or simply "relaxation experiences" be used. The words "out of body experience attempt" and "attempt" (partial also the word "out of body experience") can then be replaced by the words "Meditation", "relaxation" or "deep relaxation". At and after the point "1.2.5.3.5" are all experiences (even if one "just" meditates or wanted to meditate) "pre obe phenomena" and "out of body experience experiences".

(1.2.5.3.1) The relaxation process Here are the experiences listed, which can occur during the relaxation process. The relaxation is a state in which the activity of the body is reduced. The relaxation promotes many supernatural experiences, because the reduced activity of the body makes it easier to perceive the supernatural experiences. The perception of supernatural experiences is during the relaxation less disrupted by physical perceptions. The relaxation experiences are divided into groups (tactile, temperature, visibility, hearing and thinking). The kind of the perceived experiences depends strongly on the concentration. Example: Who concentrates on viewing will perceive more visible experiences. The own current state, the time sequence of the

"1.2.5.3", "1.2.5.3.9.6"

<p>"activities" (or techniques) and the timing influence also the kinds of the occurring experiences.</p>	
<p>(1.2.5.3.1.1) Tactile relaxation experiences</p>	
<p>(1.2.5.3.1.1.1) During almost all energy exercises, one gets a generally improved well being. Double entry to: <u>"1.2.4.1.1"</u>.</p>	
<p>(1.2.5.3.1.1.2) Very frequently are various forms of mild to severe tingling. This tingling can occur on by energy from inside or outside influenced (body-) areas or on areas, which are strongly loaded with energy. It can also be caused by concentration, what means, that the actual causes are triggered by concentration. This sensation can often be first perceived on the hands and feet. But it can also be felt everywhere on the body. One needs often (But not always!!!) a slight concentration on the affected areas of the body to perceive this experience. This experience can be experienced intentionally by application of the energy method. It occurs often together with <u>"1.2.5.3.1.1.3"</u>. This experience can also displace <u>"1.2.5.3.1.1.3"</u>, so that the pushing and pulling can not be perceived (anymore), but it is more frequently inversed. Double entry to: <u>"1.2.1.1.1.1"</u></p>	<p>2x: <u>"1.2.5.3.1.1.3"</u>, <u>"1.2.5.3.1.1.4"</u>, <u>"1.2.5.3.1.1.5"</u></p>
<p>(1.2.5.3.1.1.3) A sensation of pushing or pulling can occur on by energy from inside or outside influenced (body-) areas or on areas, which are strongly loaded with energy. It can also be caused by concentration, what means, that the actual causes are triggered by concentration. The sensation can often be first perceived on the hands and feet. But it can also be felt everywhere on the body. This sensation can come from both directions, from outside and from inside of the</p>	<p>2x: <u>"1.2.5.3.1.1.2"</u>, <u>"1.2.5.3.1.1.4"</u>, <u>"1.2.5.3.1.1.5"</u>, <u>"1.2.5.3.1.1.8"</u></p>

body. This experience can be experienced intentionally by application of the energy method. This experience occurs often together with the tingling of "1.2.5.3.1.1.2". This experience can also displace "1.2.5.3.1.1.2", so that this tingling can not be perceived (anymore). More rarely it is inversed. It seems, that the sensation of pushing and pulling displaces the tingling partial or even complete with increasing practice. The sensation can lead to a strongly warped perceiving of the body and the pretense of movements (In particular during out of body experience attempts!). Often parts of the body or even the entire body are virtually "packaged" into this sensation, so that one feels like to be enclosed in concrete. One believes then, that one can hardly move. But movements are always possible and the sensation of immobility disappears instantly, if one moves. This sensation can also be confused with a strain of the muscles. A misinterpretation of this perception can lead to a kind of "force" to move the affected body parts to reduce the "pressure". But these movements are not necessary. Double entry to: "1.2.1.1.1.1.2"

(1.2.5.3.1.1.4) The tingling and the other aforementioned energy sensations can on small till large areas (especially during the application of intensive methods) be displaced by strong itching till mild stinging (the tingling subsides and the stinging begins). This is a process of adaptation of the own astral body. This experience occurs only very rarely. Intentional experiencing of this experience is very difficult. To experience this stinging, one has to archive a deep relaxation state and to apply the energy method. This increases the chance of experiencing of this experience. The experiences "1.2.5.3.1.1.2" and/or "1.2.5.3.1.1.3" must be perceived very intensively for an further

"1.2.5.3.1.1.8"

<p>increasing of the chance to perceive this experience. Double entry to: "<u>1.2.1.1.1.5</u>"</p>	
<p>(1.2.5.3.1.1.5) One can often perceive at the whole body or at some areas sudden appearing severe and often very rapid changes of the sensations, such as heat, pressure, pulling, tingling (Affects: "<u>1.2.5.3.1.1.2</u>", "<u>1.2.5.3.1.1.3</u>", "<u>1.2.5.3.1.2.1</u>", "<u>1.2.5.3.2.1</u>", "<u>1.2.5.3.2.1.1</u>", "<u>1.2.5.3.2.1.1.1</u>"). Oneself can be intentionally and unintentionally the cause of this experience (changes of the states). But the experience can also be caused by external influences (supernatural transmission ("<u>1.2.5.5</u>"), contact to hereafter,...).</p>	<p>"<u>1.2.5.7.2</u>", Tlw. D: "<u>1.2.5.7.2</u>"</p>
<p>(1.2.5.3.1.1.6) Sometimes one has a sensation of floating, rocking or swaying. Caution: These sensations are still not actual movements of the astral body. These perceptions are no signs of the exit phase. Partial double entry to "<u>1.2.1.2.1.2</u>"</p>	
<p>(1.2.5.3.1.1.7) With closed eyes, one often can perceive a false position of the body. One believes, a body part lies elsewhere, than it really lies. As long, as one does not move the affected body part, it feels very realistic. That sensation disappears immediately if one moves the affected body parts. This experience occurs mostly during deep relaxation. An intentional experiencing is possible by asymmetric (or irregular) concentration on some body parts. Double entry to: "<u>1.2.1.1.2.2.1</u>"</p>	<p>"<u>1.2.5.3.1.1.8</u>"</p>
<p>(1.2.5.3.1.1.8) The sensation of "<u>1.2.5.3.1.1.7</u>" can often be accompanied by a highly distorted perception of the body. The distorted perceptions can also occur alone. Some variations of this experience are caused by "<u>1.2.5.3.1.1.3</u>" and "<u>1.2.5.3.1.1.4</u>". But the most variations of this experience can also be caused by a irregular spreading of the energy (Which can be created</p>	

<p>consciously or unconsciously.). One concentrates on a part of the body and this concentration attracts energy. This energy causes more attention. This attention attracts more energy. In this way can the attention and the attracted energy lead to very extreme perceptions of the proportions of the body. Double entry to: "<u>1.2.1.1.2.2.2</u>"</p>	
<p>(1.2.5.3.1.1.9) A sensation of two bodies is possible. These two bodies can often hardly be distinguished due the superposition. But clearly recognizable separated perceptions of the two bodies are also possible. Double entry to: "<u>1.2.1.1.4.1.8</u>"</p>	
<p>(1.2.5.3.1.1.10) During early moving attempts, one tends to use motion techniques, in which one believes, that the body parts move very slowly. It feels often, as if one moves centimeter by centimeter. This movement is very exhausting. Partly occurs a straining of the affected body parts. Actually moves almost nothing and the attempt to exit is much too early. Double entry to: "<u>1.2.5.3.5.1.9</u>"</p>	
<p>(1.2.5.3.1.2) Temperature perceptions during the relaxation</p>	
<p>(1.2.5.3.1.2.1) The temperature seems to get warmer. More rarely the temperature can get seemingly colder. The sensation during this "temperature fluctuations" can often be strange or different from "real" or physical perceptions of the temperature. Very rapid state changes of this perception are sometimes possible. This experience can occur during slightly relaxed everyday states and also during deeper relaxation states. Double entry to: "<u>1.2.1.1.3.1</u>"</p>	<p>"<u>1.2.5.3.1.1.5</u>"</p>
<p>(1.2.5.3.1.2.2) Sometimes one can feel a spotty</p>	

<p>spreaded strange perception of coldness on the body. It occurs during heat (too high temperature) in combination with slight to strong relaxation. Double entry to: <u>"1.2.1.1.3.2"</u></p>	
<p>(1.2.5.3.1.3) Visible relaxation experiences</p>	
<p>(1.2.5.3.1.3.1) Visible relaxation experiences, which are not images.</p>	
<p>(1.2.5.3.1.3.1.1) Aura 2: It can be perceived as spotty spreaded and colored patterns or circles. They change slowly their shape and their color. Mostly one sees several colors at once. Rarer is only a single color visible. These colors seem to flow. During the observation with open eyes one can notice a distance to the body. These colors react, when one puts the hand into it. The colors glow mostly more intensive in the near of the hand. Especially during the observation with closed eyes, these colors "feels" as if they are glaring bright. But their optical look is not as bright. This "brightness" causes a strange sensation during the observation of these colors. During daylight the colors are more transparent than during darkness. The apparent "Brightness" of the colors is during daylight lower. During the observation with closed eyes, these colors can be misinterpreted as tunnel. Especially, if these colors have the shapes of rings. Inexperienced applicators of out of body experience methods do this very often. The colors have a special distinctive feature. They repeat their course in intervals (mostly 2 till 4 seconds). After disruptions of the concentration starts often immediately an new interval. The repetitions are not absolute exactly. Each interval is a bit different. Collected double entry to: <u>"1.2.2.1.4"</u></p>	<p><u>"1.2.5.3.1.3.1.2"</u>, <u>"1.2.5.3.1.3.2.3"</u></p>
<p>(1.2.5.3.1.3.1.2) During longer observation of the</p>	<p><u>"1.2.5.3.1.3.1.4"</u></p>

<p>colors of "<u>1.2.5.3.1.3.1.1</u>" emerges often a sharply defined spot (which is during my own sightings mostly blue till violet). One can enlarge it fast by concentration. But it also enlarges very often by itself and displaces then fast all colors of "<u>1.2.5.3.1.3.1.1</u>" out of the field of view. These are the colors of the Aura 3, to which this partial double entry belongs: "<u>1.2.2.1.5.1</u>"</p>	
<p>(1.2.5.3.1.3.1.2.1) The color in this blue spot seems often to be 3 dimensional. There are often structures visible. These structures resemble often grass in weak moonlight. This experience is probably the viewing of field lines of energy. See also: "<u>1.1.1.3</u>" and sub-points. Collected Double entry to: "<u>1.2.2.1.5.1.1</u>"</p>	
<p>(1.2.5.3.1.3.1.3) Sometimes one sees blue till white spots on the field of view. These spots flicker (flickering light) like a fast stroboscope (disco flash light). This flickering has always the same frequency (probable 25-35 Hertz (Flashes per second)). Double entry to: "<u>1.2.2.1.5.3</u>"</p>	
<p>(1.2.5.3.1.3.1.4) Rare is the occurrence of single bright points. This experience occurs mostly in the Aura 3 ("<u>1.2.5.3.1.3.1.2</u>"). These tiny points occur very rarely in small groups. These points are nearly not moving. Double entry to: "<u>1.2.2.1.7.1.3</u>"</p>	<p><u>"1.2.5.3.1.3.2.2"</u></p>
<p>(1.2.5.3.1.3.2) Visible relaxation experiences, which are images or contain images.</p>	
<p>(1.2.5.3.1.3.2.1) <u>Hypnagogic images</u> Hypnagogic images are dreamlike images, which can be often controlled by concentration. They are much clearer than the by simple imagination caused images. By concentration on own imagination one can play movies in these images (who wants to see a space ship, will see a space ship). These images can be</p>	

<p>clearly identified as a kind of dream images. These images can mostly, but not always (!!!), be easily controlled. The control is rarely difficult or impossible. Partial double entry to: "<u>1.2.2.2.1.1</u>"</p>	
<p>(1.2.5.3.1.3.2.1.1) These images can get, particularly during very deep relaxation, a frighteningly impressive clarity and richness in details. Double entry to: "<u>1.2.2.2.1.1.1</u>"</p>	
<p>(1.2.5.3.1.3.2.1.2) These images can be influenced by incoming supernatural transmissions (external influences). Such influences can lead to a conflict of the control of the images. While oneself tries to see a certain scene, a influence can try to change the scene. This conflict leads to repetitions of scenes, while oneself and the influence fights for the control. Example: One wants to see a car driving on the road. The influence wants to let the car drive away from the road. One sees the car driving along the street. Then the car drives left into the forest. One tries again to let the car drive on the road. It turns right into the forest. One tries again to let the car drive along the road. Then the car drives left into the forest. This can be repeated many times. This conflict can only hardly be avoided. Double entry to: "<u>1.2.2.2.1.1.2</u>"</p>	
<p>(1.2.5.3.1.3.2.2) The points of "<u>1.2.5.3.1.3.1.4</u>" rarely grow larger during longer observation. Within these points are then rarely image scenes visible (For example a illuminated window). Partial double entry to: "<u>1.2.2.1.7.1.3.1</u>"</p>	
<p>(1.2.5.3.1.3.2.3) Very rare are enigmatic images in front of the eyes (like projections onto the eye). These images can absolutely not be influenced by concentration (in contrary to dream images of the group: "<u>1.2.2.2</u>"). These images behave similar like the Aura 2 (see "<u>1.2.5.3.1.3.1.1</u>"). They can be</p>	<p>2x: "<u>1.2.5.3.1.3.2.4</u>", "<u>1.2.5.3.5.1.6</u>", "<u>1.2.5.3.5.2.4</u>"</p>

<p>perceived more frequently with increasing exercise level.. They are absolutely not influenceable. Even the line of sight on these images can not be changed (the part, which is in the center of the field of view, stays there). They are rarely also with open eyes visible. They appear then like a projection on the field of view (retina). Partial double entry to: "<u>1.2.2.2.1.1.2</u>"</p>	
<p>(1.2.5.3.1.3.2.4) Similar to "<u>1.2.5.3.1.3.2.3</u>", but a bit more frequently, are clear images, which appear so real as if they are really real (Not like real perceptions, but like projected movies on the field of view!). These images are a bit influenceable. The line of sight and the movements can be changed with slight concentration. But these images are not the same images as the images of "<u>1.2.5.3.1.3.2.3</u>". Partial double entry to: "<u>1.2.2.2.1.1.3</u>"</p>	<p>"<u>1.2.5.3.5.1.6</u>", "<u>1.2.5.3.5.2.4</u>"</p>
<p>(1.2.5.3.1.3.2.5) A special kind of images are small changes in the real physical environment that does not always look like the reality. They look absolutely real and are visible for a longer time. They dissolve after approximately a minute. They look like a dream in the reality, are clearly visible and semi-transparent. They are projected directly onto the real physical environment. The visibility fades not away, if one approaches these images and watches them closely. One can get up and go (physically, with the real body) close to these images and observe them until they dissolve. I touched one of these images and the affected part disappeared. The empty part grew slowly. This experience is still not completely investigated. These images remain stable, even when one realizes that they are not real. During another sighting has been verified, that these images are probably constantly changing. The kind of the</p>	<p>"<u>1.2.5.3.1.3.2.6</u>",</p>

content of the image stays the same, but the form and details of this content changes. If one concentrates intensively on the wish to let them disappear, they disappear very slowly. These images are absolutely not influencable and occur solely after interruption of deep relaxation states and sudden awakenings from (mostly very deep) sleep. One must have at least a light state of relaxation and a slight concentration on the field of view (see: "1.2.2.3.1.1") to observe these images. These very stable images disappear slowly and are visible until the remainings of the relaxation disappeared. Double entry to: "1.2.2.2.1.2.1"

(1.2.5.3.1.3.2.6) Not so rare are shortly visible images of complete environments, which are often crazy or weird. This experience is sometimes visible after very sudden interruptions of relaxation states or after sudden wake up from deep sleep. These fake environments are not transparent, and therefore they look extremely realistic. In contrast to the images of "1.2.5.3.1.3.2.5" disappears this experience very fast. These images fade mostly away, when one realizes that they are not real. Either way, the duration of the visibility is mostly less than 6 seconds. These images are not influencable. Double entry to "1.2.2.2.1.2.2"

(1.2.5.3.1.3.2.6.1) A only once sighted kind of this experience began with a clearly audible voice. This unintelligible but clearly audible voice scared me during an out of body experience attempt. I opened my eyes and while I heard the voice, I saw very clearly a glowing green sphere with many clear details. This sphere illuminated the environment. This experience lasted a few seconds. Then dissolved the sphere and the voice faded away. **This experience has been categorized here, because it behaved similar like the other here**

<p>mentioned experiences. It is also possible, that this is an completely independent kind of experience. Double entry for "<u>1.2.2.2.1.2.2.1</u>"</p>	
<p>(1.2.5.3.1.4) Relaxation experiences related to hearing and thinking</p>	
<p>(1.2.5.3.1.4.1) Audible relaxation experiences</p>	
<p>(1.2.5.3.1.4.1.1) Everyone has a slight hiss or a high tone in the ear. This constant and always present noise is all natural. The volume of this noise can increase much during persistent constant concentration. The noise can also transform in completely different noises. Noises like wind noises, machine noises and many others are possible. The variety of possible kinds of noises seems to be very big. Often is a confusion with "<u>1.2.5.3.1.4.1.3</u>" possible. Real noises (own breathing and similar are included) during the concentration reduce or prevent the occurrence of this experience. This happens particularly, when the noises occur irregularly or in a too long rhythm. This experience can subside quickly, if real noises occur during the perception. Double entry to: "<u>1.2.3.1.1.1</u>"</p>	<p><u>"1.2.5.3.1.4.1.3"</u></p>
<p>(1.2.5.3.1.4.1.2) Typical background noises (ticking of the alarm clock, noises of machinery and devices,...) can change and / or get significantly louder. These noises can get so realistic and loud, that one gets scared by it (I was once scared by an suddenly very loud ticking alarm clock). Double entry to: "<u>1.2.3.1.1.2</u>"</p>	
<p>(1.2.5.3.1.4.1.3) Hearing of all possible kinds of noises and / or voices. Sometimes one hears them very real and loud, so that one opens in fright the eyes, to see who or what is there. One hears often several voices simultaneously. Voices are often</p>	<p><u>"1.2.5.3.1.4.1.1"</u></p>

<p>very indistinctly, softly and unintelligibly. One can also often hear music. Mostly one likes this music. Mostly one forgets the melody (and often also the whole music) very quickly. This experience is particularly sensitive to changes of the concentration. It fades or stops, when the concentration changes. Some constant noises can be confused with "<u>1.2.5.3.1.4.1.1</u>". Additional details are listed in the group, to which this collected double entry belongs: "<u>1.2.3.1.2</u>"</p>	
<p>(1.2.5.3.1.4.2) Relaxation experiences, which are related to thinking and thoughts</p>	
<p>(1.2.5.3.1.4.2.1) Slowing of the process of pondering or "Intellectual laziness". Sometimes it is extremely difficult to think about something specific. The occurrence of this experience is promoted, if one does not ponder much during deep relaxation states. If one thinks then only few thoughts intentionally, occurs this experience often. If this experience occurs, is further intentionally pondering (due this experience) often very hard. Double entry to: "<u>1.2.3.2.1.1</u>"</p>	<p><u>"1.2.5.3.1.4.2.1.1"</u></p>
<p>(1.2.5.3.1.4.2.1.1) Often one notices a kind of "second layer of thoughts". The noticing of this layer can be promoted by "<u>1.2.5.3.1.4.2.1</u>". One can think very fast and "wordless" with this second layer. One can think in this layer a whole sentence in a fraction of a second. This layer of thoughts is probably part of the own astral body. Detailed informations about the second layer are in the Group "<u>1.1.2.1.11</u>". Double entry to: "<u>1.2.3.2.1.2</u>"</p>	<p><u>"1.2.5.8.1"</u></p>
<p>(1.2.5.3.1.4.2.2) The time can often be perceived greatly shortened during the relaxation. One does often not notice, that one is already for hours in deep relaxation. Double entry to: "<u>1.2.3.2.3.1</u>"</p>	

(1.2.5.3.1.4.2.3) During the relaxation one can rarely observe a great lengthening of time. One can then believe to have been for hours in this relaxation state, while in fact just minutes have passed. Double entry to: "1.2.3.2.3.2"

(1.2.5.3.2) Vibration phase The here mentioned vibration experiences must not always occur. It is even more probable that the vibrations are getting rarer with increasing exercise level. Until they even does not occur anymore. **Warning:** In contrast to the most spread informations is the time of the occurrence of vibrations the worst possible time to exit. The intensifying of vibrations is also counterproductive. This information was found by me in a YouTube video. But it is identical with my own experiences. I had also never an successful exit during a vibration phase. I had spent a sum of many hours in such states. Exits succeeded only during the application of methods, which "bypassed" the vibration phase or during the application of methods, in which it is not intended, to exit during the vibration phase. The actual time to exit is after the complete subsiding of the vibrations. Vibrations are not a "requirement". They can occur, but they do it not always! Informations about the early and intentional triggering of vibrations are in the notes in "1.2.1.1.2.4".

"M.1.1.2.7"

(1.2.5.3.2.1) Vibrations: These are some, partly very unpleasant, disturbances of the perception of the body, which often occur very suddenly or fast. A kind of slight till severe trembling can often occur during the vibrations. The intensity of the tactile supernatural experiences raises rapidly (Especially: "1.2.1.1.1.1", "1.2.1.1.1.2" and "1.2.1.1.1.3" but other experiences are also possible). In addition, these supernatural

"1.2.5.3.1.1.5", "M.1.1.2.7"

experiences can build up a kind of pressure. All other supernatural perceptions can also intensify rapidly. This large number of intense perceptions can lead quickly to panic and loss of relaxation. Very often seems the breathing to be problematic. When one notices this, the breathing becomes more difficult, the deeper one gets into the vibrations. This happens, because the body falls asleep and tries to switch to the automatically sleep breathing. But this is disrupted by the vibrations and the own concentration on the breathing. Oneself is awake and tries to breathe consciously. Simultaneously tries the automatic sleep breathing to take the control. This causes a conflict. The conscious control will be more and more taken away. This makes the breathing seemingly more difficult. That is the reason, because one believes to have problems with the breathing. With more practice, one can keep the vibration phase longer stable. The perception of vibrations may be partly very severe. Vibrations occur mostly during out of body experience attempts and other relaxation techniques. Vibrations occur less frequently during or before "normal" falling asleep or during sudden sleep interruptions (In this case often accompanied by sleep paralysis (see "1.2.5.3.10")). Double entry to "1.2.1.1.2.4.1"

(1.2.5.3.2.1.1) More rarely one can feel during deep relaxation the heart beating. One can clearly feel the heart beat (or pulse) in the whole body. One feels the blood pressure pulsating in the whole body. This sensation can be very worrying and so force to the termination of the relaxation state. Partial double entry to: "1.2.1.1.2.4.2"

(1.2.5.3.2.1.1.1) Similar to "1.2.5.3.2.1.1", but here can other internal body functions (digestion,...) be felt. This experience occurs rarely and forces also

"1.2.5.3.1.1.5",
"1.2.5.3.2.1.1.1"

"1.2.5.3.1.1.5"

<p>to a termination of the relaxation state. Double entry to: <u>"1.2.1.1.2.4.2.1"</u></p>	
<p><u>(1.2.5.3.3) Signs of the exit phase</u> Here one should pay much attention. Many states, including the seemingly movements and distortions of the body, does not indicate when one can exit the physical body. The reason is, that these states occur often also before the actual exit phase. <u>Here are the actual experiences mentioned, which indicate the time, when one can exit the physical body.</u></p>	
<p>(1.2.5.3.3.1) The (physical) sensation of the physical body disappears during the progressing approaching to the actual separation. At the end one does not feel the body anymore. Then is NO physical sensation left. No numbness and nothing other. Just nothing is left. This can sometimes happen very quickly or suddenly. This happens often first only at some areas of the body. This state without physical sensations is the state, which is closest to the separation. This is the beginning of the sleep paralysis (see: <u>"1.2.5.3.10"</u>).</p>	<p><u>"1.2.5.3.3.2"</u></p>
<p>(1.2.5.3.3.1.1) The physical sensations are not the only physical things, which disappears during this approaching to the exiting phase. Also the control over the entire body, including the breathing, disappears. The breathing will then be done completely automatically like in the normal sleep. This state can be very unfamiliar during some circumstances. The breathing becomes more difficult, the deeper one gets into the relaxation. This happens, because the body falls asleep and tries to switch to the automatically sleep breathing. But this is disturbed by the vibrations and the own concentration on the breathing. Oneself is awake and tries to breathe consciously. Simultaneously</p>	

<p>tries the automatic sleep breathing to take the control. This causes a conflict. The conscious control will be more and more taken away. This makes the breathing seemingly more difficult. That is the reason, because one believes to have problems with the breathing.</p>	
<p>(1.2.5.3.3.1.2) Caution: Often increases the perception of physical sensations temporarily very much, before one reaches the state without physical sensations. <u>Particularly often occurs temporary and very nasty itching.</u> This itching occurs mostly first only at some areas of the body. It spreads often and disrupts in this way the relaxation. But if one stays calm and awaits the end of the itching, then it will simply disappear together with the physical sensations.</p>	
<p>(1.2.5.3.3.1.2.1) Other (mostly annoying!!!) physical sensations (swallowing reflex, cough, sensation of the unpleasant-fitting clothes, coldness,...) can also be intensified.</p>	
<p>(1.2.5.3.3.2) Mostly during or after the occurrence of "<u>1.2.5.3.3.1</u>", one gets often the control of single or several astral body parts. Sometimes one can move an astral arm and sometimes an astral leg. This happens often also, if one is at the beginning of a dreaming phase and begins to move. Often the control gets quickly lost, when one notices this movement. If one is well concentrated, one gets more and more control till one can leave the body. One should note, that the movement of this experience is easy and quick. (while the movements during too early and/or incorrect movement attempts (Where one pulls the physical body by the attempt to move the astral body.) are difficult and slow (centimeter by centimeter)). The astral body feels much lighter and can often</p>	

<p>already before the separation be partly controlled by the pure imagination of a motion. After the separation one can move "normal" (But one has the perceptions of the astral body). Partial double entry to: <u>"1.2.1.1.4.1.7"</u></p>	
<p>(1.2.5.3.3.3) If one has left partly or completely the physical body, one can perceive often very heavily intensified perceptions of supernatural experiences. All kinds of supernatural experiences (tactile experiences, visible experiences,...) can be perceived very intensively. They are a side effect of the transition to the astral body, which can perceive supernatural experiences more intensive. Often one does not know during this phase, that one is already out of body. This experience occurs often during false awakening (see <u>"1.2.5.3.6"</u>).</p>	
<p><u>(1.2.5.3.4) Faster till extreme by separation and falling back caused experiences</u> The here listed experiences are mostly caused by falling back of the astral body in the physical body. Often these experiences are triggered by interruption or disruption of relaxation states and out of body experience attempts. Probably some of them have (at least at a part of their occurrences) also other causes and triggers. This can be concluded, because some of the here listed experiences occur without disruption of the relaxation states and at regular intervals. All here described experiences are accompanied by a little till strong fright and a following pleasant, slowly decaying, in the whole body occurring sensation. These experiences can be accompanied by different noises. The kind of these noises can vary. Deviations from the here described noises are possible. The here mentioned experiences can partly occur during the returning after an out of body experience. Contrary to some rumors, one can not use these experiences as an aid</p>	<p><u>"1.2.5.3"</u>, <u>"1.2.5.3.4.2.3"</u>, <u>"1.2.5.3.8.2"</u>, <u>"1.2.5.4.2.3.1"</u>, <u>"M.1.1.1.3"</u></p>

<p>to exit. The reason is, that the occurrence of these experiences is a sign, that the astral body already has fallen back into the physical body. The relaxation will be strongly reduced by these experiences and one must virtually restart the relaxation. All here mentioned experiences occur almost only during deep to very deep relaxation states. The possibility of intentional experiencing is limited. The best way to trigger such experiences is sudden interrupting of the relaxation by noises, touches (from other people,...) and other unexpected disruptions. Only some of these experiences can be experienced by intentional triggering. An "option", to experience specific or choosed experiences of this group, does not exist. Double entry to: <u>"1.2.1.1.4.2"</u></p>	
<p><u>(1.2.5.3.4.1) Experiences, which occur mostly once or a few times at irregular intervals:</u> The here listed experiences occur during a single relaxation state mostly once and only rarely several times. These experiences can sometimes also be experienced intentionally. Double entry to: <u>"1.2.1.1.4.2.1"</u></p>	
<p>(1.2.5.3.4.1.1) Sometimes one sees during the relaxation a sudden bright flashing on the entire field of view. The whole field of view gets for a split second a uniform spreaded, bright color. This bright color has often horizontal lines. These parallel lines are often jagged. It looks like a faulty television channel. Sometimes this experience is accompanied by a often very loud noise (bang,...). Very often occurs a simultaneous and often very intensive pulse (explosion from inside), which lets the body twitch. This experience is very often triggered by disturbing noises. Rarely are own movements the trigger. The seeing of the lines is an indication of the possible existence of the super</p>	

<p>space 3 (frequency, see: "<u>1.1.1.5</u>" and sub-points). Double entry to: "<u>1.2.1.1.4.2.1.1</u>"</p>	
<p>(1.2.5.3.4.1.2) Extremely strange sensation which can shoot suddenly through the whole body. It is comparable with a kind of pressure or explosion from inside. This experience is sometimes accompanied by tingling. It is often triggered by disturbing noises. It is rarely also triggered by sudden itching. Double entry to: "<u>1.2.1.1.4.2.1.2</u>"</p>	
<p>(1.2.5.3.4.1.3) Very sudden sensation of (very) short falling. This sensation is mostly accompanied by a impulse (explosion from inside) and a fright. The impulse and the fright forces often to a sudden movement of the limbs (wince). This experience occurs mostly shortly after the beginning of the dreaming phase. It can also occur at any other time during a astral dream. In such cases one gets roused by this experience. Mostly is this experience part of (the end of) these dreams. Example: One falls in the dream and the experience occurs. But also other dream scenes can trigger this experience. Example: One gets in the dream stung by a wasp and the experience occurs. The experience can also occur during dreamless sleeping phases and during deep relaxation states. The occurrence of this experience can be promoted by sleeping conditions according to "<u>1.2.5.3.12.2.1.3</u>". Double entry to: "<u>1.2.1.1.4.2.1.3</u>"</p>	<p>"<u>1.2.5.3.8.2</u>". "<u>1.2.5.3.12.2.1.3</u>"</p>
<p><u>(1.2.5.3.4.2) Rare experiences, which occur often several times in a row:</u> Here are rare experiences mentioned, which occur usually several times during a single relaxation state. These experiences can only hardly be experienced intentionally. Double entry to: "<u>1.2.1.1.4.2.2</u>"</p>	
<p>(1.2.5.3.4.2.1) Light sensation (explosion from</p>	

<p>inside), which shoots through the body. This experience occurs at regular intervals (some minutes) and gets each time much stronger. Example: A weak experience will be followed by a medium experience and then followed by a strong experience. Double entry to: "<u>1.2.1.1.4.2.2.1</u>"</p>	
<p>(1.2.5.3.4.2.2) Very rarely one experiences a sensation, as if one would zoom with the eyes. This experience occurs at irregular intervals (some minutes or more). The intensity is at every occurrence different. Example: A strong experience can be followed by a medium experience and then be followed by a very strong experience. It is accompanied by a strange sensation in the whole body, which can be described as an kind of slow explosion from inside. Double entry to: "<u>1.2.1.1.4.2.2.2</u>"</p>	
<p>(1.2.5.3.4.2.3) Quite loud creaking and humming noise, which is accompanied by vibrations and explosions from inside. This experience has intenser pleasant after-effects and occurs at irregular intervals. Sometimes occur also other experiences of the group "<u>1.2.5.3.4</u>" between the intervals. A short strange beeping occurred also as noise during such an experience. Double entry to: "<u>1.2.1.1.4.2.2.3</u>"</p>	
<p><u>(1.2.5.3.5) The actual exit of intentional out of body experiences</u> Here are the exits of intentional by methods initiated out of body experiences described.</p>	<p><u>"1.2.5.3"</u></p>
<p><u>(1.2.5.3.5.1) Exiting by own action</u> Here are experiences and actions of exitings described, during which one is active or takes part actively.</p>	
<p>(1.2.5.3.5.1.1) Often occurs a spotty spreaded strange perception of warmth at the areas, where</p>	

<p>one leaves the body. This experience occurs mostly long before the actual exit phase. This experience does not indicate, whether one can exit the body or not. The cause of this experience could be, that the separation is still not complete and the astral body is still bound at the physical body. Maybe causes the dragging at the binding the sensation of warmth. Double entry to: "<u>1.2.1.1.4.1.1</u>"</p>	
<p>(1.2.5.3.5.1.2) Trembling occurs during many early exiting attempts. It can be especially during too early movement attempts quite strong till extreme. This forces usually to the abortion of the exiting attempt. This experience can be experienced intentionally during slight till deep relaxation by extremely slow moving with a simultaneous concentration on the tactile supernatural experiences during a relaxation. Double entry to: "<u>1.2.1.1.4.1.2</u>"</p>	
<p>(1.2.5.3.5.1.3) During an optimal exiting one does not notice anything special while one leaves the body. One feels no resistance during the moving out of the body. It is similar to the normal standing up. The most of the successful out of body experience attempts and virtually all unintentional triggered out of body experiences begin with this kind of exiting. This kind of exiting occurs during extreme deep relaxation, when the physical body is asleep. Double entry to: "<u>1.2.1.1.4.1.3</u>"</p>	
<p>(1.2.5.3.5.1.4) One can sometimes, during or after the exiting, be pulled back to the body. This happens especially when one is in a unstable beginning phase of an out of body experience and if one can not keep the concentration properly. The instability is often caused by early or improper exiting. Double entry to: "<u>1.2.1.1.4.1.4</u>"</p>	
<p>(1.2.5.3.5.1.5) The intentional movement out of the</p>	

<p>body can be very exhausting till surprisingly easy. This depends on the respective conditions. Double entry to: "<u>1.2.1.1.4.1.5</u>"</p>	
<p>(1.2.5.3.5.1.6) The pictures from "<u>1.2.5.3.1.3.2.3</u>" and/or "<u>1.2.5.3.1.3.2.4</u>" are sometimes a kind of transition to the out of body experience. One starts to see these pictures. These pictures becomes slowly (till fast) clearer and clearer and then one can leave the body. For this one needs a lot of practice! Double entry to: "<u>1.2.1.1.4.1.6</u>"</p>	
<p>(1.2.5.3.5.1.7) During full conscious exits, one gets often before the actual exit the control of single or several astral body parts. Sometimes one can move an astral arm and sometimes an astral leg. This happens often also, if one is at the beginning of a dreaming phase and begins to move. Often the control gets quickly lost, when one notices this movement. If one is well concentrated, one gets more and more control till one can leave the body. One should note, that the movement of this experience is easy and quick. (while the movements during too early and/or incorrect movement attempts (Where one pulls the physical body by the attempt to move the astral body.) are difficult and slow (centimeter by centimeter)). Double entry to: "<u>1.2.1.1.4.1.7</u>"</p>	<p><u>"1.2.5.3.5.1.7.2"</u>, <u>"M.1.3.2.1"</u></p>
<p>(1.2.5.3.5.1.7.1) In many of the out of body experiences, which start with this exiting experience, are the consciousness and perceptions of the environment very limited at the beginning. One sees sometimes nothing or only small patches of the field of view. The perception of the movement lacks often or is only weak. All these limitations has to be removed by intentional concentration. Double entry to: "<u>1.2.1.1.4.1.7.1</u>"</p>	
<p>(1.2.5.3.5.1.7.2) During mental imagination</p>	

<p>(simulation) of physical movement can the astral body suddenly start to move according to "<u>1.2.5.3.5.1.7</u>". Often ends the controllability of the movement due the noticing of this movement. With increasing practice works this exiting method better. Double entry to: "<u>1.2.1.1.4.1.7.2</u>"</p>	
<p>(1.2.5.3.5.1.8) A sensation of two bodies is possible. These two bodies can often hardly be distinguished due the superposition. But clearly recognizable separated perceptions of the two bodies are also possible. Double entry to: "<u>1.2.1.1.4.1.8</u>"</p>	
<p>(1.2.5.3.5.1.9) During early moving attempts, one tends to use motion techniques, in which one believes, that the body parts move very slowly. It feels often, as if one moves centimeter by centimeter. This movement is very exhausting. Partly occurs a straining of the affected body parts. Actually moves almost nothing and the attempt to exit is much too early.</p>	<p>D: "<u>1.2.5.3.1.1.10</u>"</p>
<p><u>(1.2.5.3.5.2) "Automatic" exiting</u> Here are exits explained, which happen (more or less) by themselves.</p>	
<p>(1.2.5.3.5.2.1) One gets often dragged. This happens often on one area of the body. But sometimes even the whole body will be dragged.</p>	
<p>(1.2.5.3.5.2.2) Sensation of falling or "floating away". This can occur very suddenly.</p>	
<p>(1.2.5.3.5.2.3) Unnoticed exits are also possible. That happens also during some dreams (see also "<u>1.2.5.4.2.3</u>" and sub-points). The memory of the actual leaving of the body lacks almost always after such astral dreams. Partly also, because one does not notice optimal exitings.</p>	

(1.2.5.3.5.2.4) The pictures from "1.2.5.3.1.3.2.3" and / or "1.2.5.3.1.3.2.4" are sometimes a kind of transition to the out of body experience. One starts to see these pictures. These pictures becomes slowly (till fast) clearer and clearer and then one can leave the body. For this one needs a lot of practice! Double entry to: "1.2.1.1.4.1.6"

(1.2.5.3.6) Exiting and behavior during unconsciously out of body experiences (false awakening,...) Here are out of body experiences described, during which one believes to be actually awake. Such out of body experiences are mostly not caused by methods. But methods can promote their occurrence. These out of body experiences are also called false awakening. False awakening occurs very often, when one necessarily wants things and actions have been done, while one is still sleeping. One thinks during the sleeping about to stand up and do these actions. The deep sleep of the physical body and the own desire to resume the sleep and avoid efforts prevents this. The unconsciously thought to do this action remains even during this deep sleep in the head. One searches unconsciously for a easy way to stand up. The easiest way is to use the astral body. Example: One must go to the toilet. One can not forget this during the sleep. One forces oneself to wake up and goes to the toilet. In this situation one has often taken the astral body instead of the physical body. This happens often also, when one wants to write a dream in the dream diary. It can also happen, that one makes other ordinary and everyday actions without knowing about that one has an the out of body experience. The cause for this is the strong thought to do the things, which one does always. This thought can even be active during (unnoticed) out of body experiences. All here mentioned experiences can occur during such

"1.2.5.3.3.3", "1.2.5.3.12.1"

<p>an unnoticed out of body experience (false awakening). Apart from the here mentioned informations and details are these unnoticed out of body experiences the same as normal out of body experiences.</p>	
<p>(1.2.5.3.6.1) One has often an extreme laziness during the stand up. One does not want to stand up, because one feels too heavy.</p>	<p><u>"1.2.5.3.6.2"</u></p>
<p>(1.2.5.3.6.2) The stand up is often very exhausting. One needs often a lot of force to move. This is often a reason for the laziness of <u>"1.2.5.3.6.1"</u>. The cause is, that the leaving of the physical body is not always easy.</p>	
<p>(1.2.5.3.6.3) During the walking one feels often an unusual ease and strangeness of the movement. This experience occurs also often during normal out of body experiences (see also: <u>"1.2.5.3.7.4.6"</u>).</p>	
<p>(1.2.5.3.6.4) It can also happen, that one repeats an action several times. One executes an action and wakes up, one executes this action again and wakes up again, one executes... The cause of these repetitions is, that one has the strong desire to execute these actions. The cause for the repeated wake up in the astral body is, that the sleep of the physical body is still too deep. One wakes up in the astral body, until the physical body gets roused by the repeated wake up.</p>	
<p>(1.2.5.3.6.4.1) Such actions contain often a contact with physical matter (doorknob, light switch, window handle,...). Probably is the cause of this kind of wake up, that one notices unconsciously the failure of the action. Example: One tries to open the window and wakes up, one tries then again to open the window and wakes up...</p>	

<p>(1.2.5.3.6.4.2) Some actions are executed partly till completely before one wakes up. One notices after the wake up, that the action was not really executed and tries it again. The cause of this kind of wake up is another (normal) kind of ending of the out of body experience and not the failure of the action.</p>	
<p>(1.2.5.3.6.5) The environment seems sometimes to be blurred and unreal.</p>	
<p>(1.2.5.3.6.6) One does mostly not notice during such an unnoticed out of body experience, that one is not in the real (physical) world. One notices it, when one wakes up.</p>	
<p>(1.2.5.3.6.6.1) If one wakes up after an out of body experience in another out of body experience, one thinks often to be awakened in the physical body. The cause is the expectation to wake up in the physical body.</p>	
<p>(1.2.5.3.6.6.2) The longer such an single unnoticed out of body experience lasts, this greater is the chance that one notices the false awakening.</p>	
<p>(1.2.5.3.6.6.3) If one has several times an false awakening, increases the chance of the noticing, with increasing number of successive out of body experiences. During the first out of body experiences is the chance of the noticing low, while it is very high during later out of body experiences. One notices more from the later false awakenings, than from the earlier ones.</p>	
<p>(1.2.5.3.6.6.4) Even if one noticed during a false awakening, that one has an out of body experience, one can during the subsequent out of body experience believe again to be awakened in the real world.</p>	

<p>(1.2.5.3.6.6.4.1) An uncertainty about the state (out of body experience or awake?) remains often during every awakening until the actual wake up in the real physical world.</p>	
<p>(1.2.5.3.6.7) The out of body experiences, which begin with false awakening, can also end in a ordinary astral dream.</p>	
<p><u>(1.2.5.3.7) During the out of body experience</u> The laws of the of the energy physics apply also in the astral world. Please note also the groups "<u>1.1.7</u>" (properties of the astral body) and "<u>1.1.9</u>" (properties of the astral world). Out of body experiences have similarities and differences to dreams. Some out of body experiences are very similar to the dreams. Please note that the astral world has almost always differences to the physical world. These differences can be slightly till very greatly. The astral world can also deviate completely from the real world. All (!!!) perceptible properties of the environment can deviate. The cause of many difficulties at the beginning of an out of body experience is explained in "<u>1.1.7.4.3.2</u>". Many things are not in every out of body experience possible. Example: One can not go during every out of body experience through walls and one can also not fly every time. This is often caused by own subconscious influences (see "<u>1.1.2.1.12</u>"). Such problems can also be caused by external influences of astral beings and "default settings" of the environment. Such problems can often be circumvented by patient repeated attempting.</p>	
<p>(1.2.5.3.7.1) Experiences, which are related to the environment and environmental events Here are all events and experiences described, which are related to the environment.</p>	

<p>(1.2.5.3.7.1.1) In the astral world looks the environment almost always a bit different, if one looks to another direction and then looks again to the first direction. Example: One sees a red car. One looks in another direction. One looks again to the car. The car is now green. But mostly has the astral world a higher stability than the dream world. That means, that one can look for a longer time into the other direction, until the environment changes.</p>	<p>Tlw. D: <u>"1.2.5.4.1.1.1"</u></p>
<p>(1.2.5.3.7.1.2) If one closes the eyes and opens them again, one is very often in an different environment and situation. Example: One is in a forest. One closes the eyes. One opens the eyes and one is now in a bus. But mostly has the astral world a higher stability than the dream world. That means, that one must close the eyes for a longer time, until the environment and the situation changes.</p>	<p><u>"1.2.5.3.7.4.11"</u>, <u>"M.1.4.2.2"</u>, <u>"M.3.8.2"</u>, Tlw. D: <u>"1.2.5.4.1.1.2"</u></p>
<p>(1.2.5.3.7.1.3) One can often control the events in the environment and the environment itself by own commands and thoughts. This can be done in several ways: by saying of words, by imagination, by moving of a hand,.... Sometimes one can control the complete environment and sometimes one can only control a part of it (see <u>"1.1.9.4"</u>).</p>	
<p>(1.2.5.3.7.1.4) The environment is sometimes completely different than expected. The astral world deviates often completely from the reality. One sees often worlds with strange things, which does not exist or can not exist in the real world. Strange, astonishing and odd things are possible, such as sparkling energy or points of light on the wall or black holes (no, not these from space) in walls.</p>	
<p>(1.2.5.3.7.1.5) The astral world does not always</p>	

<p><u>match with the real world.</u> On the contrary, differences are common. Sometimes are some things somewhere else and sometimes are "new" things there or things are missing. <u>There exist also astral environments, which have nothing in common with the normal physical environments.</u> Such out of body experiences are often misinterpreted as lucid dreams. But they are (because they take place out of the body and accord to the same laws) out of body experiences.</p>	
<p>(1.2.5.3.7.1.6) The time of day during an out of body experience can deviate from the time of day in the reality. Example: One can have an out of body experience at midnight and see a sunrise.</p>	
<p>(1.2.5.3.7.2) Experiences, which are related to encounters and contacts (with astral beings, physical people and out of body experiencing people, (the spirits / souls of) dead people,... and the own physical body). Here are experiences explained, which are related with other living beings or the own physical body. One can get a small scare, when one encounters other living beings in the astral world. The scare is caused by the consciously noticing, that there really exist other living beings. One should note, that one should treat the other living beings as oneself wants to be treated. Astral beings of any kind can defend themselves very well and one can encounter them more than once.</p>	<p><u>"1.1.3.2"</u></p>
<p>(1.2.5.3.7.2.1) One can also talk with other astral travelers and astral beings in conventional manner (just speak). It is possible to use supernatural abilities to communicate, but this is not necessary.</p>	
<p>(1.2.5.3.7.2.2) Other astral travelers and astral beings appear often first in the form of fog or invisible tangible objects in the environment. They</p>	

<p>become visible, if one concentrates on them. In this way one can get scared particularly during the first encounters.</p>	
<p>(1.2.5.3.7.2.3) Other astral travelers, astral beings,... can also be "created" by own thoughts. These copies or counterfeits can be as realistic as the "original".</p>	
<p>(1.2.5.3.7.2.3.1) It can happen, that the originals are replaced by such copies during an out of body experience. This can happen even while one talks with them or while one does something together with them.</p>	
<p>(1.2.5.3.7.2.4) The own physical body can often only be perceived in the form of a mist. It can also be completely invisible. It is also possible, that the physical body has apparently a own life. That means, that one can see the physical body move and act. But after awakening one will notice, that the physical body has not done these things. The reason is, that the astral world deviates from the physical world. While one sees a copy of the physical body doing things in the astral world, the real physical body sleeps in the bed.</p>	
<p>(1.2.5.3.7.2.5) If one touches during an out of body experience people, which are in the real world, they can sometimes notice it (tingling and similar supernatural experiences of the group "1.2.1.1").</p>	
<p>(1.2.5.3.7.2.6) Astral travelers and astral beings can change the appearance. Example: They can look like relatives, movie characters, other astral beings,...</p>	
<p>(1.2.5.3.7.2.6.1) It can happen, that the originals are replaced by such copies during an out of body experience. This can happen even while one talks</p>	

<p>with them or while one does something together with them.</p>	
<p>(1.2.5.3.7.2.7) Astral traveler, astral beings,... can be friendly. But they can also be unfriendly. One encounters more rarely such unfriendly and evil astral beings. If one encounters such a unfriendly being, one should either ignore them or end the out of body experience. One can also applicate the methods of "<u>M.3.8</u>" to end bad situations.</p>	
<p>(1.2.5.3.7.3) Actions and interactions with the environment and with objects during an out of body experience. All kinds of actions are explained here. One should note, that the possible differences between the astral world and the real world can make a great variability of all kinds of actions possible. I mention here only noteworthy actions.</p>	
<p>(1.2.5.3.7.3.1) Normal actions and interactions of any kind, which one knows from the real world, are also in the astral world possible. Such actions could be: opening doors, switching light on,... but also playing computer games and watching television. The actions can be as good and realistic as in the real world, but they are sometimes limited (simple computer games, boring television shows,...).</p>	
<p>(1.2.5.3.7.3.2) During some out of body experiences one can not switch on or off some devices. One pulls the switch or pushes the button but nothing happens. One can very often not switch on the lights, what can quickly lead to an unpleasant mood.</p>	
<p>(1.2.5.3.7.3.2.1) If it succeeds after some of such fails to switch finally the devices on or off, the success is often incomplete. They are then only</p>	

<p>"partially" turned on or off. Example: The switched on light is only dim or the bright glowing light bulb does not illuminate the environment. One hears still the sound of the switched off television.</p>	
<p>(1.2.5.3.7.4) Kinds of locomotion and modes of locomotion: Here are all ways to move from place to place described. Here are also the experiences described, which are related to things which can be used for the locomotion, the teleportation and similar things.</p>	
<p>(1.2.5.3.7.4.1) One can control intentionally, whether one can penetrate matter or not. The floor can be used to go on it or it can be penetrated. Walls can also change their properties. If one wants to hold on to walls, they are solid and one can hold or lean on them. If one wants to go through them, one can go through them.</p>	
<p>(1.2.5.3.7.4.2) One can control intentionally, whether one wants to walk or to fly. If one walks, one can also fall. Sometimes is the "switching" from walking to flying a bit difficult.</p>	
<p>(1.2.5.3.7.4.3) While one flies, one can even cling in the air (it feels like a balloon, which is filled with water) and climb up in the air.</p>	
<p>(1.2.5.3.7.4.4) The energy shifting makes it possible to beam elsewhere in the astral environment. During the beaming blurs the vision often. It becomes after the beaming clear again. It is also possible, that the vision gets black or white during the teleportation.</p>	
<p>(1.2.5.3.7.4.4.1) This can also happen unintentionally. The trigger for such unwanted shiftings or teleportations can be very variable. The</p>	

triggers can be: fear, scares, concentration mistakes, sudden falling, strong emotions, and others.	
(1.2.5.3.7.4.5) One can often feel a strong resistance during the penetration of matter. The penetration of matter can also cause weakenings and strong tactile supernatural experiences. This can even force to go down onto the floor. This is often accompanied by strong altered states of the consciousness. See: " <u>1.2.5.3.7.11</u> ".	
(1.2.5.3.7.4.5.1) This can also happen, if one does not see the penetrated matter, because it is only in the physical or real world at this place. Example: One goes during the out of body experience through a open door, which is closed in the real world.	
(1.2.5.3.7.4.6) One can often only hardly move. One moves then, like a drunken person. Each motion is then very unusual or strange.	<u>"1.2.5.3.6.3"</u>
(1.2.5.3.7.4.7) One can often get somehow flowed or moved through the air and / or the environment. One could describe it as floating through the air. It is often hard or impossible to get the control of the drifting or to change the direction of this flight. One can often do nothing to influence this movement.	
(1.2.5.3.7.4.8) One can find some kinds of dimensional gates, which can lead to other astral environments. These gates occur in many variations. The kind, in which one can enter such gates, can vary widely. Some of these gates must be "switched on" (what can be done in many ways).	
(1.2.5.3.7.4.9) The use of "ordinary" means of	

transportation (cars, mopeds, bicycles,...) is also in the astral world possible. One should note the differences to the real world. Means of transportation, which deviate completely from the means of transportation of the real world, can also be found and used. Means of transportation can also be used, if one does not know them in person from the real life (rockets, space ships,...).

(1.2.5.3.7.4.10) The locomotion can sometimes be or become difficult or even completely impossible (immobility). This happens mostly at the beginning of the out of body experience and gets better later. It can be rarely vice versa. Example: Fast running becomes more exhausting until one can only hardly move. This phenomenon can only be fought with calmness and concentration. One should then stop for a short time and remember, that one is still in an out of body experience and nothing is impossible. Then one should be again able to move. It can also help, if one acts with strong concentration on the movement. This means, that one pays attention to each step (or every movement). One executes these steps with calmness and concentration. The causes of this kind of experience are often fears, which can block the own abilities. The effects of these experiences can be weakened or removed, if one gets somehow distracted from these unconscious fears. The distraction, which is caused by exactly concentration on the movement, is mostly enough. If it does not work, one can use other methods against the unconscious fears (see: "1.1.2.1.12"). The cause of such difficulties at the beginning of an out of body experience is that the astral body must be first created. The abilities of the astral body can be created by concentration. One does not concentrate on the body during the attempt to make an out of body experience. But the

<p>concentration on the properties of the body creates the astral body. The insufficient concentration creates insufficient abilities and properties (see "1.1.7.4.3.2"). This must be then reversed with some efforts.</p>	
<p>(1.2.5.3.7.4.10.1) This can also affect the flying. It can happen, that one can not lift up at the beginning of an out of body experience. It can also happen, that one can fly very well at the beginning and the flying becomes later more difficult. Then one loses altitude until one lands.</p>	
<p>(1.2.5.3.7.4.10.1.1) A very often occurring variant of this is, that one can not reach or exceed a specific height during some out of body experiences.</p>	
<p>(1.2.5.3.7.4.11) The environment looks often different after one has passed through matter. Sometimes this change happens a short time after one has passed trough the matter. This change of the environment is partly caused by "1.2.5.3.7.1.2". Another cause are the changes of the concentration, which are caused by the distraction by other side effects. Other causes (the interruption or the beginning of external influences,...) are also possible. Sometimes are the changes caused by several or all of the mentioned causes and sometimes are the changes caused by only one of the causes. This depends on the conditions.</p>	
<p>(1.2.5.3.7.5) Experiences, which are related to thinking, memories and remembering, emotions and the consciousness: Here are all experiences mentioned, which are related to thinking, memories, the consciousness and the alteration of the states of consciousness.</p>	
<p>(1.2.5.3.7.5.1) The ability to concentrate and to</p>	

<p>think can vary much during an out of body experience. Sometimes one has the full mental abilities and sometimes one has very limited mental abilities. Sometimes one can even not add up 1 + 1 and sometimes is the complete consciousness available.</p>	
<p>(1.2.5.3.7.5.2) It is possible that the state of the consciousness becomes altered. It feels often like being drunken. The alteration of the state of consciousness can be weak till strong.</p>	
<p>(1.2.5.3.7.5.2.1) The state of consciousness can also be altered intentionally during an out of body experience. One possibility to do this is to drink alcohol or to take drugs during an out of body experience (alcohol and drugs from the astral world and not from the real world). Another possibility is to applicate concentration techniques or relaxation techniques. Another possibility is to applicate "<u>1.2.5.10</u>" during an out of body experience.</p>	
<p>(1.2.5.3.7.5.3) One believes rarely during out of body experiences, that one has already been there. One can also believe, that one has traveled back in time. One believes then often to know, what will happen next. The causes can be probably the experiences of the group "<u>1.2.3.2.4</u>". But some situations can be repeated during out of body experiences (see: "<u>1.2.5.3.12.8</u>").</p>	
<p>(1.2.5.3.7.5.4) All emotions can also be perceived during out of body experiences. One can perceive them during out of body experiences even much more intense, than in the real world.</p>	
<p>(1.2.5.3.7.6) Other not visible experiences, which are related to the physical perceptions (smelling, tasting, tactile experiences). Here are</p>	

all kinds of physical perceptions described.	
(1.2.5.3.7.6.1) One can perceive during out of body experiences all kinds of physical perceptions (heat, coldness, wind, wetness (rain),...). This is a important difference between out of body experiences and dreams, in which no physical sensations are possible (but they are possible in astral dreams). The perception can be weaker or more intense, than in the reality.	
(1.2.5.3.7.6.1.1) It is also possible to breathe during the out of body experience. The sensation of breathing during a out of body experience deviates sometimes from the sensation to breathe in the reality. In the astral world one can also breathe under water and in the vacuum of the space.	
(1.2.5.3.7.6.1.2) Unpleasant physical sensations and perceptions (such as puking,...), sicknesses and nausea are also possible.	
(1.2.5.3.7.6.1.3) Any kind of perception of movements is possible. That includes the sensations of flying, running, swaying and floating. But also the sensation of falling, which can be perceived often very intense.	
(1.2.5.3.7.6.1.4) One can also taste and smell during out of body experiences. These perceptions are also very realistic. Unpleasant tastes and odors are also possible.	
(1.2.5.3.7.6.2) It is rarely possible, that one has simultaneously the perceptions of two bodies. Example: One can see through the eyes of a body and moves also with this body. But one feels simultaneously another body, which is independent from the first body.	

<p>(1.2.5.3.7.7) Other Experiences, which are related to the viewing and the sense of viewing: Here are all experiences described, which are related to the perception of visible things.</p>	
<p>(1.2.5.3.7.7.1) The viewing is in the astral world completely possible. This includes all possibilities of the vision of the physical body. This includes in particular the glare by bright light. But all imaginable deviations to the reality are possible.</p>	
<p>(1.2.5.3.7.7.2) One has very often a blurred vision. This occurs mostly at the beginning of an out of body experience.</p>	
<p>(1.2.5.3.7.7.3) Sometimes one has at the beginning of an out of body experience only a small viewing spot. The rest of the field of view is then black. It is like the view through a tunnel or a hole in dark paper. It happens more rarely, that one sees absolutely nothing at the beginning of an out of body experience. The view gets mostly better, when one looks concentrated in the environment. One can also say, that one wants to have a clear view (clarity, now). The cause of such difficulties at the beginning of an out of body experience is that the astral body must be first created. The abilities of the astral body can be created by concentration. One does not concentrate on the body during the attempt to make an out of body experience. But the concentration on the properties of the body creates the astral body. The insufficient concentration creates insufficient abilities and properties (see "1.1.7.4.3.2"). This must be then reversed with some efforts.</p>	
<p>(1.2.5.3.7.7.4) The kind of viewing during the out of body experience can deviate from the kind of viewing in the real world. Example: One can see only black and white or perceive everything in</p>	

false colors. Any other imaginable deviances to the normal view in the real world are also possible.	
(1.2.5.3.7.7.5) Even if it is dark, one can mostly see the environment. It is as would be some kind of light there. This light appears then often strange.	
(1.2.5.3.7.8) Other audible experiences and Experiences, which are related to hearing: Here are all audible events and experiences described, which are related to listening.	
(1.2.5.3.7.8.1) One can perceive every possible kind of noises or voices. These audible perceptions are during out of body experiences more frequently and more realistic than during dreams.	
(1.2.5.3.7.8.1.1) Some sounds or voices can be perceived very "intensive" (not the volume, but the intensity of the perception). They are then also much more intense than audible perceptions during dreams or in the reality.	
(1.2.5.3.7.8.2) In the astral world occurring sounds and noises does not always have a source. They can also "just" be there. They can be then perceived everywhere. It seems often, as if these noises and sounds are created in the (astral) head.	
(1.2.5.3.7.9) Supernatural perceptions (supernatural experiences) and supernatural actions during an out of body experience: Everything in the astral world, what would be called supernatural in the physical world, belongs into this group.	
(1.2.5.3.7.9.1) It is possible to perceive all kinds of supernatural experiences. But these supernatural experiences can deviate from the supernatural experiences from the real world. They can even deviate completely from the supernatural	<u>"1.1.1.4.2", "1.2.5.3.7.9.2"</u>

<p>perceptions, which one knows from the real world. One can perceive the supernatural perceptions in the astral world often much more intensive, than in the real world. This affects probably all supernatural experiences. Particularly the tactile experiences of "<u>1.2.1.1</u>" can be perceived very intensively.</p>	
<p>(1.2.5.3.7.9.2) One can have supernatural abilities also during the out of body experience. But one should note the differences between the astral world and the real world. One should also note "<u>1.2.5.3.7.9.1</u>". In the astral world, one can have supernatural abilities, which deviate completely from the supernatural abilities in the real world.</p>	
<p>(1.2.5.3.7.9.2.1) The application of supernatural methods, concentration techniques and relaxation techniques is also possible in the astral world.</p>	
<p>(1.2.5.3.7.9.2.2) One can even applicate out of body experience methods. The out of body experience methods are much more effective during an out of body experience. They are then also much more frequently successful and one can leave mostly very fast the body. But this is some kind of illusion, because one is already out of the body. Out of body experience attempts during out of body experiences lead mostly to a complete change of the location and the situation.</p>	
<p>(1.2.5.3.7.9.3) It is possible, that one sees during an out of body experience events from the future (From the astral world and from the real world).</p>	
<p>(1.2.5.3.7.10) Other experiences and conclusions: Here are experiences listed, which does not fit in the other groups.</p>	
<p>(1.2.5.3.7.10.1) One can move during out of body</p>	

<p>experiences through all dimensions (space, time, the unknown dimensions). Therefore one has probably infinite possibilities, which goes beyond the human power of imagination.</p>	
<p>(1.2.5.3.7.11) Dizziness and nausea phenomenon: This is a very frequently occurring phenomenon. I explain it here separately, because it has unique properties and it is also very important.</p>	<p><u>"1.2.5.3.7.4.5"</u>, <u>"1.2.5.4.2.3.2"</u></p>
<p>(1.2.5.3.7.11.1) This phenomenon occurs sometimes and suddenly during out of body experiences and some astral dreams. One gets then weakened by sudden dizziness, tingling, energy boosts, nausea and other disturbing till unpleasant sensations. Mostly one goes then to the ground or falls over. During that process becomes the field of view often dark. That means, that everything goes black (or rarely also white by brightening of the field of view). The view can also become blurred or foggy. These sudden changes can makes oneself very nervous. One wakes then often up due this nervousity. Then one got mostly a sleep paralysis (see <u>"1.2.5.3.10"</u>). This experience is absolutely harmless and can occur on many occasions, which one does often not notice. If one is calm and knows, that it is harmless, does it feel not so bad, as it would feel if one does not know it. The best, what one can do is to stay calm and to wait. This phenomenon fades mostly away by itself. This experience can also be triggered intentionally. One possibility is, to make an out of body experience attempt during a dream or during an out of body experience.</p>	
<p>(1.2.5.3.7.11.1.1) After the fading away one finds oneself usually in an clear out of body experience.</p>	
<p>(1.2.5.3.7.12) Ending of out of body experiences:</p>	

I explain here all kinds of terminations of out of body experiences.	
(1.2.5.3.7.12.1) If it must be, one can abort an out of body experience by closing (and letting closed) of the eyes. This can sometimes take a few seconds, which depends on the stability of the out of body experience. It is important to note, that a ending with this method leads often to a awakening in a sleeping paralysis (see " <u>1.2.5.3.10</u> "). More informations to the topic "intentional ending of out of body experiences" (and nightmares,...) are in " <u>M.3.8</u> ".	<u>"M.3.8.2.1"</u>
(1.2.5.3.7.12.2) An out of body experience can turn into a astral dream, when one loses the concentration. This happens particularly, when one lets the mind wander too much or if one gets fixed too much on something or if one stolid takes pleasure. Partial double entry to: " <u>1.2.5.4.2.3.3</u> ".	
(1.2.5.3.7.12.3) Frights, falling, joy, surprise and other sudden changes of emotions and sensations cause very often a quick termination of the out of body experience.	<u>"M.3.8.3"</u>
(1.2.5.3.7.12.4) The latest time at which an out of body experience ends is, when the physical body awakes by itself or when it gets roused (alarm clock, natural needs,...).	
(1.2.5.3.8) The Return and the awakening: Here are all Experiences described, which can occur, while one returns to the physical body.	
(1.2.5.3.8.1) Many out of body experiences ends like common sleep. One does just wake up.	
(1.2.5.3.8.2) One perceives often during (after the) return the experiences of the group " <u>1.2.5.3.4</u> ". The most frequently after an out of body experience	

occurring experience is " <u>1.2.5.3.4.1.3</u> ".	
(1.2.5.3.8.3) One does not always wake up, when one returns to the physical body. One does then often just continue the sleep.	
(1.2.5.3.8.3.1) One can also wake up in another out of body experience or in a dream or in a astral dream.	
<u>(1.2.5.3.9) After the Return and the awakening:</u> Here are the experiences described, which occur after one has woken up.	
(1.2.5.3.9.1) One perceives often a remnant of tingling. This fades very rapidly. It lasts only a few seconds. The tingling is the same tingling, as the tingling of " <u>1.2.1.1.1.1.6</u> ", to which this partial double entry belongs.	
(1.2.5.3.9.2) If one makes after the return another out of body experience attempt, one has very often another out of experience or a often very vivid and realistic dream (see: " <u>1.2.5.3.12.1</u> "). This can also happen, if one tries to sleep immediately after the return.	
(1.2.5.3.9.3) One has often a good mood after an out of body experience. One is somehow full of energy.	
(1.2.5.3.9.4) One has often after the return a strange sensation, as if one is a bit tipsy. This sensation lasts sometimes a whole day. One is a bit changed and one perceives everything somehow differently. The consciousness is altered and one feels a bit dizzy. This experience has mostly the maximum intensity directly after the return. It fades with time.	
(1.2.5.3.9.4.1) This causes often, that one thinks	

for a long time about the experienced experiences.	
(1.2.5.3.9.5) Many out of body experiences can be quickly forgotten. Sometimes are the memories even completely gone. This can even happen directly after the return. The best way to prevent this is to write the out of body experience immediately after the awakening in a suitable diary.	
(1.2.5.3.9.6) After the return, one can often perceive many supernatural experiences for a short time very intensively. The most of these intensively perceived experiences are relaxation experiences (see: " <u>1.2.5.3.1</u> "). This intensification fades mostly very quickly. It lasts only a few seconds till minutes.	
(1.2.5.3.9.6.1) One perceives after an ending of an out of body experience often also the experiences of the group " <u>1.2.5.3.11</u> ".	
(1.2.5.3.10) Sleep paralysis: This experience has here a own group, because it occurs frequently after the end of out of body experiences. It occurs also often during out of body experience attempts and relaxation states. But one can perceive the sleep paralysis sometimes also, when one awakes after a dream or common sleep. The most important sign of the sleep paralysis is, that one can not move. One has also often the sensation, that one can not breathe. One can not control the breathing and one does also not feel any breathing. During the sleep paralysis are also all physical perceptions "turned off". The immobility during the sleep is a natural protective mechanism, which prevents the sleep walking. One perceives during the sleep paralysis very often very intense tactile supernatural experiences of the group " <u>1.2.1.1</u> ". The intensified perception of supernatural	" <u>1.2.1.1.2.4.1</u> ", " <u>1.2.5.3.2.1</u> ", " <u>1.2.5.3.3.1</u> ", " <u>1.2.5.3.7.11.1</u> ", " <u>1.2.5.3.7.12.1</u> ", " <u>1.2.5.3.12.2.1.3</u> ", " <u>1.2.5.4.1.1.2.1</u> ", " <u>1.2.5.4.2.3.2</u> ", " <u>M.3.8.2.1</u> "

experiences are consequences of the immobility and the lack of physical perceptions. The experiences are often so intense, that one can hardly forget them. These very intense experiences cause, that one has often the feeling to die. Especially the combinations with the supernatural experiences can provide a increased nervousity. But this state is completely harmless! It is a protective mechanism, which is always active, while one sleeps. The sleep paralysis after awakening lasts nearly always less than 10 seconds. The sleep paralysis during relaxation states and out of body experience attempts lasts as long, as the concentration is stable. Disruptions of the concentration, emotions and attempts to move cause a fast end of the sleep paralysis. The breathing problems are consequences of a conflict between the automatic sleeping breathing and the intentional controlled breathing. The attempt to control the breathing intentionally does not work, because the breathing runs during the sleep paralysis automatically. This conflict hinders particularly inexperienced astral travelers, to experience during a out of body experience attempts the sleep paralysis. They notice sometime, that the breathing becomes difficult and try then to make the breathing easier. But this prevents also, that one archives deeper relaxation states or even the sleep paralysis.

(1.2.5.3.11) After sudden interruption of the out of body experience attempt: Here are effects and side effects of too fast interruptions of relaxation states described. Caution: If possible, one should avoid sudden interruptions of relaxation states and out of body experience attempts. An 15 minutes lasting and smoothly ended relaxation ends or weakens often these (not always pleasant) side effects.

"1.2.5.3.9.6.1"

<p>(1.2.5.3.11.1) If one stands up too fast during the relaxation, one can feel dizzy and everything can get black. Supernatural experiences can often for a short time be perceived significantly more intensive. The cause is the during the relaxation reduced blood pressure. If this experience occurs, one should sit down and keep sitting for some minutes, till this experience subsides. Double entry to: "<u>1.2.1.2.2.1</u>"</p>	
<p>(1.2.5.3.11.2) A longer lasting after effect is a extreme tiredness, laziness or weakness. This fades usually in a few minutes till a hour. Double entry to: "<u>1.2.1.2.2.2</u>"</p>	
<p>(1.2.5.3.11.3) Often one has a strange dizzy or woozy sensation (slight change of consciousness). The duration is dependent on the depth of the relaxation and the rapidity of the interruption. Usually this experience lasts a few minutes till a hour. It lasts rarely longer. Double entry to: "<u>1.2.1.2.2.3</u>"</p>	
<p>(1.2.5.3.11.3.1) Some very strong alterations of the states of consciousness are sometimes also possible. The fading is mostly quite fast. But it can take a few minutes till more than a hour, until this experience disappears completely. Double entry to: "<u>1.2.1.2.2.3.1</u>"</p>	
<p>(1.2.5.3.11.4) Often occurs here an experience, which is similar to "<u>1.2.1.2.1.2</u>". One feels dizzy and gets slight disturbances of the sense of balance. That fades usually very quickly. Double entry to: "<u>1.2.1.2.2.4</u>"</p>	
<p><u>(1.2.5.3.12) Additional properties of out of body experiences and dreams:</u> Here are some things about the appearance and behavior of out of body experiences and dreams described, which can</p>	<p>Verw. D: "<u>1.2.5.4.1.2</u>"</p>

apply to both. Therefore, these were sorted into both groups.

(1.2.5.3.12.1) Successive out of body experiences and dreams:

Out of body experiences can occur in long "chains", in which one has one out of body experience after another. Dreams can also occur in such chains. During a chain one has mostly at the beginning the clearest out of body experiences (or dreams). The following out of body experiences (or dreams) are mostly less clear than the out of body experiences (or dreams), which one had before. The later parts of the chain are less clear than the earlier parts. The clarity decreases continuously during the experiencing of a chain. The intensity of the experiences decreases. But also the lucidity fades! One has often at the beginning out of body experiences and later at the end of the chain one has often only dreams. All dreams of such chains are probably astral dreams. One can sometimes wake up for a short time. If one tries then immediately to fall asleep again, one can often continue the chain. During such chains one has often false awakenings (see "1.2.5.3.6"). One is often not sure whether one has another out of body experience or one is already awake. If one experiences such a chain, one can experience in a short time an incredibly amount of things. Chains fades by themselves. But they can also be interrupted by the methods of "M.3.8" (in particular: "M.3.8.2.1"). Chains are promoted by sleep-inhibiting methods, which require much concentration. Especially the active components (see "M.1.3.1") are very suitable to cause chains. Ordinary diseases (colds, flu,... because they are sleep-inhibiting and / or sleep-altering) and the application of energy methods can also increase the chance of the occurrence of chains. Another possibility to increase the chance is a

"1.2.5.3.9.2",
"1.2.5.3.12.2.1.4",
"1.2.5.3.12.2.1.5"

<p>uncomfortable (too cold or too warm) temperature, which increases or falls slowly at the pleasant level and then becomes too hot or too cold. The cause of such chains are continuously unstable conditions, which prevent a stable return to the body until these conditions are faded. Either the bond between the astral body and the physical body is temporarily reduced or the amount of energy in the astral body is so high, that one gets "thrown out".</p>	
<p>(1.2.5.3.12.2) The sleep: Here is explained, how various circumstances during the sleep affect the out of body experiences and the dreams.</p>	
<p>(1.2.5.3.12.2.1) Conditions during the sleep: Here are the effects of the conditions during the sleep explained.</p>	
<p>(1.2.5.3.12.2.1.1) Unfavorable sleeping conditions (air, temperature (especially if it is too hot)) can lead to short and dreamless nights without recovery effect.</p>	
<p>(1.2.5.3.12.2.1.2) Optimal sleeping conditions increase the number of dreams and out of body experiences. The recovery effect of the nights increases as well.</p>	
<p>(1.2.5.3.12.2.1.3) The chance for out of body experiences and astral dreams can be increased, if the temperature is a bit too low, when one goes to bed. Then the temperature must increase slowly until it is a bit too high. This promotes also the consciously noticing of the sleep paralysis (see "<u>1.2.5.3.10</u>") and the occurrence of the falling of "<u>1.2.5.3.4.1.3</u>".</p>	<p><u>"1.2.1.1.4.2.1.3"</u>, <u>"1.2.5.3.4.1.3"</u></p>
<p>(1.2.5.3.12.2.1.4) The chance for successive out of body experiences (and successive astral dreams) according to "<u>1.2.5.3.12.1</u>" can be increased, if the</p>	

temperature is too high, when one goes to bed. Then the temperature must prevent the falling asleep for a long time (hours!). Then the temperature must be reduced in one step (or as fast, as possible) to a pleasant level. The long time of staying awake increases the instability, which is required for the successive out of body experiences (and successive astral dreams). The recovery effect of the sleep itself is good, but the reduction of the duration of the sleeping by staying awake is not so good for the recovery.

(1.2.5.3.12.2.1.5) One has often much more out of body experiences and dreams a short time before one gets illnesses (colds, flu,...) and while one is ill. The chance for successive out of body experiences (and successive astral dreams) according to "1.2.5.3.12.1" can also be increased during this time. The reasons are probably the altered sleep and the increased fatigue.

(1.2.5.3.12.2.1.6) The chance for out of body experiences or dreams is reduced, if one eats too much and / or too heavy, before one goes to bed. The cause is, that one sleeps then too deeply. The recovery effect of the sleep is reduced, because the digestion exhausts the body.

(1.2.5.3.12.2.1.7) If too much time is between the last meal and the time, when one goes to bed, one has problems with falling asleep. The chance, to have dreams and out of body experiences, increases. But the recovery effect of the sleep is reduced, because one has then often only a light sleep. Another problem is, that one needs often more time to fall asleep. But one gets used fast to these conditions. If one goes frequently or always to bed, while one is hungry, the effect fades in less than one week. Then one notices no difference

<p>anymore to a normal falling asleep.</p>	
<p>(1.2.5.3.12.2.1.8) Alcohol, medications and drugs can influence the sleep partly very strong. The kind and the intensity of the influence can vary extremely. They can cause no influence or extreme influence. Generally applicable rules does not exist. The consumption of such things has mostly negative effects on out of body experiences and dreams. The number of dreams and out of body experiences is mostly reduced and one forgets them much faster. The content of dreams and out of body experiences can also be altered by alcohol, medications and drugs. This alterations can be good or bad. The recovery effect of sleep is mostly reduced. One notices often a positive effect, when one consumes Alcohol, medications or drugs for the first time. If one begins to consume them frequently, the positive effect fades mostly fast away. Then one will notice very often negative effects.</p>	
<p>(1.2.5.3.12.2.2) Temporal distribution of the sleeping: Here are the effects of the temporal distribution of the sleep explained.</p>	
<p>(1.2.5.3.12.2.2.1) The most out of body experiences and dreams, which one has, occur during the "nap" and in the first hours of the sleep during the night.</p>	
<p>(1.2.5.3.12.2.2.2) If one sleeps longer than one usually sleeps, one has more dreams and out of body experiences in the additional time. Example: One sleeps during the night usually from 12:00 pm until 8:00 am. If one sleeps then one time from 12:00 pm until 10:00 am, one has more out of body experiences and dreams between 8:00 am and 10:00 am. This lasts only a few times. If one gets accustomed to the times, the effect fades away.</p>	

<p>(1.2.5.3.12.2.2.3) The number of dreams and out of body experiences increases, if one splits the sleep in two or more parts. Example: One sleeps at one day for 8 hours. This sleep can be splitted in 2 hours during the day and 6 hours during the night. One can have in this way much more than 2 dreams at one average day.</p>	
<p>(1.2.5.3.12.2.2.3.1) The length of the sleep phases influences strongly the amount of dreams and out of body experiences. Even a half hour more or less can be the difference between many dreams and no dreams. Everyone has a different optimum length of sleep phases. The length does also change continuously. One should try out to find the optimum length by trying different sleeping phase lengths.</p>	
<p>(1.2.5.3.12.2.2.4) One has less or even no dreams and out of body experiences, when one does not split the sleep and goes to bed early and stands up early. This happens particularly, when one is very exhausted. The resulting dreamless nights seem then to be very short.</p>	
<p>(1.2.5.3.12.2.2.5) If one makes the out of body experience attempts frequently at the same time, increases the risk that one falls just asleep. The body gets used to this time and programs automatically the body clock to sleep. This can only be prevented by a frequently changing of the time of the sleep and the duration of the sleep.</p>	
<p>(1.2.5.3.12.2.3) Amount of sleep: Here are the effects of the amount of sleep described.</p>	
<p>(1.2.5.3.12.2.3.1) Out of body experiences and dreams are getting much rarer, if one sleeps too much per day. The recovery effect is not increasing anymore if one sleeps too much. The recovery</p>	

effect can even be negative.	
(1.2.5.3.12.2.3.2) There a risk of short dreamless nights without recovery effect, if one sleeps not enough.	
(1.2.5.3.12.3) Encounters: It is possible, that one encounters other real people during out of body experiences and dreams. Both are then in the same dream or in the same out of body experience. It can also be, that one of the both has a dream and the other has an out of body experience. One can also encounter (spirits / souls of) dead people and other astral beings. They influence the dreams often with their thoughts (intentionally and unintentionally). It could be possible, that encounters occur only in astral dreams and out of body experiences. It could also be possible, that this can happen also in real dreams. The cause would then be the transmission of thoughts and images. Partial double entry to " <u>1.2.4.3.3</u> ".	<u>"1.1.3.2"</u>
(1.2.5.3.12.4) Effects of supernatural methods and energy methods on dreams: The frequent application of supernatural methods and energy methods can cause an increasing of the number of dreams and out of body experiences. Dreams and out of body experiences can also get modified by the influences and side effects of these methods. Partial double entry: " <u>1.2.4.3.1</u> ".	
(1.2.5.3.12.5) External and internal influences on dreams: Everything, what one experiences in a dream or in an out of body experience, is caused by a mix of external and internal influences.	
(1.2.5.3.12.5.1) External influences: The own dreams and out of body experiences can also be influenced by astral beings, other people (while these are making out of body experiences,	<u>"M.1.1.4.1"</u>

<p>dreaming, just sleeping or awake in the physical body), animals and all other kinds of living beings. Therefore, the character or the signature of dreams and out of body experiences seems to change completely every few days till months. If these dreams would be movies, I would say: the author and the studio changes. This happens even when one does not applicate supernatural methods. More information about the possibilities of influencing are in "<u>1.1.3.3</u>". Double entry to: "<u>1.2.4.3.2</u>".</p>	
<p>(1.2.5.3.12.5.2) Internal influences: Own thoughts (fantasies, fears and intentional attempts to influence) does also influence the out of body experiences and dreams.</p>	
<p>(1.2.5.3.12.6) Periodicity: Dreams and out of body experiences behave somehow periodic. That means, that out of body experiences and dreams occur often clustered in regular intervals. During this clustering they are also much clearer and much more intensive. Probably this periodicity accords to the law of "<u>1.1.2.2</u>". According to this law, the periodic clustering occurs mostly during full moon. The periodicity occurs also, if one does not care about the full moon (if one does not believe in it) or when one does not know that the moon is full. No effect occurs, when one thinks it is full moon, while actually is not really full moon. It is still not possible to verificate relations between the clustering and the full moon. The actual cause of the clustering is still unknown. The only known and verified relation is that the time of clustering is often during the full moon. Several persons (myself included) reported about clustering effects during the full moon.</p>	<p><u>"M.1.1.2.9"</u></p>
<p>(1.2.5.3.12.6.1) Between the times of clustering dreams can be rare and out of body experiences</p>	

can be completely (!!!) absent.	
(1.2.5.3.12.6.1.1) These gaps can be reduced significantly by increasing exercising and experience (more out of body experiences and better dreams during the gaps). If one has the periodic occurrence, it is possible, that the effects of the gaps are always noticeable, even if one exercises very much.	
(1.2.5.3.12.6.2) The periodic occurrence is not always noticeable. The gaps between the good times and the occurrence of many out of body experiences and dreams during the good times can sometimes be absent or weak. Due this reason, the periodic occurrence can often only be noticed after a long time.	
(1.2.5.3.12.7) Disruptions of the ability to act: In some out of body experiences and dreams one can not do the things, which one can do in the other out of body experiences and dreams (Example for such things: flying, teleporting, talking or jumping). Other things are maybe even in all out of body experiences and dreams impossible. Even if one knows from other people, that these does not have this problem with these things. These disruptions have two causes:	
<u>(1.2.5.3.12.7.1) Disruption by internal influences:</u> If one is not sure, that a skill works, the application of this skill can become impossible. Example: Who believes, flying is impossible, will not fly. See also the group: "1.1.2.1.12".	
<u>(1.2.5.3.12.7.2) Disruption by external influences:</u> Many astral environments and dreams are not only influenced by oneself. Often other astral beings are also involved. They adjust often the preferences of the environment (this is only possible in astral	

environments, but not in the environments of pure dreams). These astral beings can also influence oneself directly (this is in astral environments and in the environments of dreams possible). More informations about the topic "direct influence" are in " <u>1.1.3.3</u> ".	
(1.2.5.3.12.8) Repetitions: Out of body experiences and dreams can be repeated partly till completely. That means, one experiences the same things again.	<u>"1.2.5.3.7.5.3"</u>
(1.2.5.3.12.8.1) Time of the repetition	
(1.2.5.3.12.8.1.1) These things are repeated in the same out of body experience or in the same dream.	
(1.2.5.3.12.8.2) These things are repeated in another or later out of body experience (or dream). It can take days or weeks (or longer) until the occurrence of repetitions.	
(1.2.5.3.12.8.2) Kinds of the occurrence of repetitions	
(1.2.5.3.12.8.2.1) Indirect repetitions: Frequently or often occurring repetitions, which are not directly caused or triggered by the original (which has been repeated). These repetitions occur very often. The repetitions are caused by own unconsciously influences, fears, expectations and habits. They can also be caused by external influences.	
(1.2.5.3.12.8.2.2) Direct repetition: A more rare kind of repetition, which is directly caused or triggered by the original (which has been repeated). The cause is an own or external influence, which is directly influenced by the repeated things.	

(1.2.5.3.12.8.2.3) Vision into the future: A rare kind of repetition. This is not a real repetition. The influence, which causes this kind of repetition, is caused or influenced by the original (which has been repeated), which still not happened. In this way one sees first the repetitions and at last the original.	
(1.2.5.3.12.8.3) Kinds of repetitions	
(1.2.5.3.12.8.3.1) Certain objects are repeated. Example: One sees several times a vase. One has several times a coin.	
(1.2.5.3.12.8.3.2) Single or several details during certain Situations are repeated. Example: One sees during flying often objects in the air, which prevent further flying.	
(1.2.5.3.12.8.3.3) Certain situations are repeated. Example: One goes often to a bus and drives it.	
(1.2.5.3.12.8.3.4) Certain landscapes and environments are repeated. Example: One sees often the same town.	
(1.2.5.3.12.8.4) Accuracy of the repetition:	
(1.2.5.3.12.8.4.1) Exact repetition: The repeated things are during every repetition identical.	
(1.2.5.3.12.8.4.2) Deviant repetitions: The repeated things deviate during some or all repetitions. The deviation can be low till strong. Example: One sees during the first time a red car and during the second time a green car.	
<u>(1.2.5.4) Dreams</u>	
<u>(1.2.5.4.1) Properties of dreams</u>	
<u>(1.2.5.4.1.1) Basic properties of dreams</u>	

<p>(1.2.5.4.1.1.1) In the dream world looks the environment almost always different, if one looks to another direction and then looks again to the first direction. Example: One looks to the door. It is red and open. One looks to the window and then one looks again to the (same) door. It is now blue and closed. Partial double listing to: "<u>1.2.5.3.7.1.1</u>"</p>	
<p>(1.2.5.4.1.1.2) If one closes the eyes and opens them again, one is very often in an different environment and situation. Example: One is in a forest. One closes the eyes. One opens the eyes and one is now in a bus. Partial double entry to: "<u>1.2.5.3.7.1.2</u>"</p>	<p><u>"M.3.8.2"</u></p>
<p>(1.2.5.4.1.1.2.1) One wakes up, when one keeps the eyes closed for a longer time. If one ends dreams with this method, one wakes up often in a sleeping paralysis (see "<u>1.2.5.3.10</u>").</p>	<p><u>"M.3.8.2.1"</u></p>
<p>(1.2.5.4.1.1.3) Real physical sensations (like falling, temperature or moving) do not exist in real dreams. An exception are astral dreams. These are dreams during which one leaves the body (out of body experiences, during which one is in a dream). Noises are also almost completely missing. All these things occur only in normal (!!!) dreams if in the real world happens exactly the same. Example: If one dreams of wetness, one will only feel wetness when the real body gets wet (maybe caused by a pipe burst).</p>	<p><u>"M.3.8.1"</u></p>
<p>(1.2.5.4.1.1.4) Many absolutely normal things, such as fog or weather, lack almost always in the normal dreams (during which one is not out of body). The reason is that the brain can create only a few details simultaneously.</p>	
<p>(1.2.5.4.1.1.5) In normal dreams one can be the acting person or an observer. One can often see</p>	

<p>oneself, while one is doing something. One can also be an completely passive observer. One can probably only or almost only in normal dreams (during which one is not out of body) be an observer. The reason is, that the brain alone has just a small processing power. It tends to simply watch an act or just to see a outside perspective. I have never experienced something like that in an out of body experience.</p>	
<p>(1.2.5.4.1.1.6) In normal dreams it is even possible, that one is first a person (or an observer), which sees another person and one is then this other person. One can also become an passive observer. This happens probably only or almost only in normal dreams (during which one is not out of body). The reason is, that the brain alone has just a small processing power. It tends also to empathize into other people, which is then in dreams often taken literally. The brain also tends to simply watch an act or just to see a outside perspective (example: for planning a movement, see group "<u>1.1.11.1.4</u>"), and it does this then, because it can do it. I have never experienced something like that in an out of body experience.</p>	
<p><u>(1.2.5.4.1.2) Additional properties of out of body experiences and dreams:</u> Here are some things about the appearance and behavior of out of body experiences and dreams described, which can apply to both. Therefore, these where sorted into both groups. These properties are already listed in the group of the out of body experiences. I have not made a complete double entry, because it is a lot of text in one single block. These properties are listed in the group "<u>1.2.5.3.12</u>", to which this referencing double entry belongs.</p>	
<p><u>(1.2.5.4.2) Kinds of dreams:</u> Here are all kinds</p>	

<p>and variants of dreams described. Here are also their basic characteristics and identifying features mentioned.</p>	
<p>(1.2.5.4.2.1) "Normal" dreams: These are dreams, where one does not know, that one is dreaming. Temperature, falling or other physical sensations can here not be perceived.</p>	<p><u>"1.2.5.4.2.3"</u></p>
<p>(1.2.5.4.2.1.1) Normal single dream: The most dreams are normal single dreams. Sequels, lucidity or similar are in ordinary individual dreams not present.</p>	
<p>(1.2.5.4.2.1.2) Episode dreams: These are dreams, which are continued after a break in various ways.</p>	
<p>(1.2.5.4.2.1.2.1) Sequel after a short break or waking up. The dream continues after one has been for a short time awake. This kind of sequel occurs often. The story continues mostly exactly at the same point, where it has ended before the break. This happens often, when one is very tired.</p>	
<p>(1.2.5.4.2.1.2.1.1) A more unpleasant variant of this kind of sequel occurs sometimes, when one is very exhausted. Here one dreams mostly just of meaningless and / or monotonous actions (often the work, or solving of problems). One can be busy with little things for hours in such dreams (repairing a door, calculating something...). While one has such dreams, one wakes up often. Such sleep recovers not very much. These "side effects" of an strong exhaustion lasts mostly at least 30 minutes or longer.</p>	
<p>(1.2.5.4.2.1.2.2) Sequels after an longer interruption are much rarer. The sequels of these dreams occur often after some weeks or even years. Gaps in the story are not uncommon.</p>	<p><u>"1.1.2.1.11.2.2.2"</u></p>

<p>Sequels occur often mixed (Here is an example of the 3 dream series A, B and C: A, B, C, B, C, C, A, B). Often many different episode dreams run in this way parallel. These dreams occur in several variants. Such dreams can be best followed by the use of dream diaries.</p>	
<p>(1.2.5.4.2.1.2.2.1) Dreams, which result in a continuing story. The gaps between the pieces of the story are often big, but one can put together the story of all dreams quite well. One remembers during such a dream very often (only) the previous parts of the same series of dreams. It is, as if ones own life has only taken place in this series of dreams and the story was part of the own life.</p>	
<p>(1.2.5.4.2.1.2.2.2) Dreams, which are not really a sequel, but where one is at the same location(s) as in the previous dreams of the same series. One recognizes after the dreaming, that one has dreamed of the places already before. This happens even, if the place is boring and unimpressive and if the properties of this place does not deviate from the properties of the places of "normal dreams". It is independent from the actual existence (or not existence) of this place in the reality. One remembers during such a dream very often (only) the previous parts of the same series of dreams. It is, as if ones own life has only taken place in this dream series and the single parts of the story has been part of ones own life.</p>	
<p>(1.2.5.4.2.1.2.2.3) Dreams, which are partially or completely repeated. These are dreams in which some elements (example: often all trees fall, but the remainder of the dreams is always completely different), the story (only the same action, but not the same place) or even the whole dream (exactly the same) are repeated.</p>	

<p><u>(1.2.5.4.2.1.3) Dreams of the future:</u> These are dreams, of which some parts become true (example: one sees an unusual object from the dream later in the reality) or even the whole dream becomes true. Such dreams become almost always true in a fixed or very limited time span. Fulfillments, which does not happen in these time spans, occur virtually only, when the predicted event is in some way extreme for the dreamer. The more extreme an event for the dreamer is, the longer the time span can be, until this dream comes true. In my own dreams, the normal time span until the fulfillment is mostly less than a week. Things, which happen in such a dream, can rarely (!) be prevented or changed in the reality. Unfortunately, one recognizes only a few dreams of the future before their fulfillment. But they are more common than one believes. If everyone would write down all own dreams, everyone would find at least one or two dreams of the future. Critics theoretically might dismiss this as coincidence, because one dreams a lot in a live. But coincidences can be excluded, because almost all dreams of the future become fulfilled in a very limited time span. My own dreams of the future become almost always in less than a week true. If the fulfillments of such dreams would be based on coincidence, the distribution of the times of fulfillments would be random.</p>	
<p><u>(1.2.5.4.2.2) Lucid dreams and half-lucid dreams:</u> These are dreams, in which one knows, that one is dreaming. Physical sensations like temperature or falling can not be felt in such dreams.</p>	<p><u>"1.2.5.4.2.3"</u></p>
<p>(1.2.5.4.2.2.1) Half lucid dreams are dreams, during which one knows that everything, what happens, is not really real. This means, that one</p>	<p><u>"1.2.5.4.2.2.2"</u></p>

<p>can do, what one wants to do. But one is not really aware, that one is dreaming.</p>	
<p>(1.2.5.4.2.2.2) Lucid dreams are dreams, during which one is fully aware, that one is dreaming (in contrast to the half lucid dreams, see "1.2.5.4.2.2.1").</p>	
<p><u>(1.2.5.4.2.3) Dreams with "pre OBE phenomena" and "out of body experience-experiences" (astral dreams):</u> These are dreams, during which one is out of the body. They are a transition between dreams and out of body experiences. These dreams have in addition to the dream characteristics, also some or all characteristics of out of body experiences. Physical perceptions (temperature, air movement, wetness (rain), falling,...) can be perceived in part or completely. All kinds of dreams of the group "<u>1.2.5.4.2.1</u>" can occur combined with out of body experience experiences. This means also, that one is then out of the body. The lucid dreams ("<u>1.2.5.4.2.2</u>") during which one is out of the body, are simply real out of body experiences.</p>	<p><u>"1.2.5.3"</u>, <u>"1.2.5.3.5.2.3"</u>, <u>"1.2.5.4.2.4.2"</u></p>
<p>(1.2.5.4.2.3.1) Astral dream (dream outside of the body): These are dreams, in which one does not know, that one is currently in an out of body experience. One recognizes this only after the dreaming, when one is awake. Such dreams can be distinguished from normal dreams by the occurrence of real physical perceptions (such as temperature sensations, wind, cold, heat or falling). Some of these "dreams" can be very realistic and clear. Some during these dreams occurring pre-OBE-phenomena can often lead to a wake up with a fright. These experiences are often the experiences from the group "<u>1.2.5.3.4</u>".</p>	<p><u>"1.2.5.4.2.3.3"</u></p>
<p>(1.2.5.4.2.3.2) Out of body experience begins</p>	<p><u>"1.2.5.4.2.3.3"</u></p>

<p>during a dream: This is, if one makes an out of body experience out of a dream. The experiences of the group: "<u>1.2.5.3.7.11</u>" occur very often at the beginning of such an out of body experience. These experiences occur often without any intentional triggering. One becomes often lucid, when one perceives such experiences. These experiences can also be triggered intentionally. One possibility is to make an out of body experience attempt during the dream. Such attempts run usually much more quickly, as such attempts in the reality. If the attempt is successful, one is usually after a few seconds outside. If the attempt fails, one wakes often up in a sleep paralysis (see "<u>1.2.5.3.10</u>").</p>	
<p>(1.2.5.4.2.3.3) Out of body experience turns into a dream: This is the opposite of "out of body experience begins during a dream" (see "<u>1.2.5.4.2.3.2</u>"). This happens mostly when one loses during an out of body experience the concentration. Then one starts to act more and more like in a dream and begins to insert oneself into existing stories until it is finally a (astral) dream. The out of body experience turns then almost always a non-lucid astral dream (see: "<u>1.2.5.4.2.3.1</u>").</p>	<p>Tlw. D: "<u>1.2.5.3.7.12.2</u>"</p>
<p>(1.2.5.4.2.4) Nightmares: A familiar and tiresome topic are the nightmares. Because of their psychological effects they are, despite the existence of overlaps with the informations of the already existing points, explained separately. For nightmares apply in principle all the foregoing mentioned dream properties. Methods to prevent nightmares are listed in "<u>M.3.8</u>". Nightmares can be divided into three classes.</p>	
<p>(1.2.5.4.2.4.1) Normal common nightmare: The</p>	<p>"<u>1.2.5.4.2.4.2</u>"</p>

<p>situation is during the nightmare disturbing or scary. But at the end of the nightmare remains mostly no fright and no fear of falling asleep again. The reason is often, that this kind of nightmare ends usually at the beginning of a threatening situation by waking up.</p>	
<p>(1.2.5.4.2.4.2) Normal nightmare with out of body experience experiences: This kind of nightmares fits in the group "<u>1.2.5.4.2.3</u>" (where it belongs systematically). Such nightmares are more realistic than common nightmares (see "<u>1.2.5.4.2.4.1</u>") but also mostly without lasting (fear) effects after the awakening.</p>	
<p>(1.2.5.4.2.4.2.1) Strong nightmare with out of body experience-experiences: A very realistic situation and a lack of waking up, despite a strong fear, can make this kind of nightmare very frightening. This kind of nightmares causes often longer lasting fears. In this rare type of nightmares one is in a very stable out of body experience, while one is dreaming. Fortunately, these dreams can be effectively fought by the application of the methods of "<u>M.3.8</u>", because one notices in such dreams quickly, that one is dreaming. The Methods of "<u>M.3.8.2</u>" and "<u>M.3.8.2.1</u>" requires sometimes much more time to abort such nightmares, because the astral state can often be very stable and thus it can often only hardly be interrupted. Then it helps only to adhere to the instruction, and keep the eyes closed consistently, until one wakes up.</p>	
<p><u>(1.2.5.5) Supernatural transmission (contact to hereafter, telepathy) and energy links between persons, astral beings,...:</u> Supernatural transmissions can be done over any distance because energy can be transmitted over any desired distance. The supernatural transmission can be</p>	<p>"<u>1.1.2.1.3.1</u>", "<u>1.1.2.1.7.2.2</u>", "<u>1.1.2.1.10</u>", "<u>1.1.3.4</u>", "<u>1.1.5.2.2</u>", "<u>1.1.5.2.3</u>", "<u>1.1.5.2.4</u>", "<u>1.1.5.3.1.4.3.1</u>", "<u>1.1.5.3.2.4.1.1.1</u>", "<u>1.1.5.3.2.5.1.1.1.1</u>", "<u>1.1.5.3.2.5.2.1</u>",</p>

<p>used to exchange informations (telepathy). If the supernatural transmission is used to contact deceased people (please note also the method "<u>M.3.2</u>" and the there mentioned warnings.), applies also the term "Contact to hereafter (-experiences)".</p>	<p><u>"1.1.5.3.2.5.2.2"</u>, <u>"1.1.6.1.2"</u>, <u>"1.1.6.3.1.5.1.2"</u>, <u>"1.1.6.3.2.3.1.1.1"</u>, <u>"1.1.6.3.2.4.1.1.1.1"</u>, <u>"1.2.1.1.1"</u>, <u>"1.2.1.1.1.1.6"</u>, <u>"1.2.1.2.1.2"</u>, <u>"1.2.1.2.3"</u>, <u>"1.2.2.2.2.1"</u>, <u>"1.2.2.2.2.1.1"</u>, <u>"1.2.3.1.1"</u>, <u>"1.2.3.1.2"</u>, <u>"1.2.5.3.1.1.5"</u>, <u>"1.2.5.7.4"</u>, <u>"M.2.1.2.1"</u>, <u>"M.3.3"</u></p>
<p><u>(1.2.5.5.1) Conditions for the supernatural transmission</u></p>	
<p>(1.2.5.5.1.1) The target person should be informed prior the transmission, otherwise this person can only rarely receive the transmissions. This depends heavily on the practice and experience level. Experienced receivers can already notice many of the unannounced incoming transmissions.</p>	
<p>(1.2.5.5.1.2) To transmit the "message" it is important to concentrate on the receiving person.</p>	
<p>(1.2.5.5.1.3) The receiving person should "await" a message or expect a message, otherwise this person can only rarely receive the transmissions. The receiving without expectation (the receiving without currently running tests or practicing or...) depends heavily on the practice and experience level, the current state and the current activities of the receiver. Experienced receivers can already notice many of the unannounced incoming transmissions.</p>	
<p>(1.2.5.5.1.4) In some friendships or partnership relations, it is possible that the involved persons create unconsciously (and without intention) a kind of constant link. This means that there is then a continuous transfer of energy, for which the involved persons does not have to do anything.</p>	

<p>(1.2.5.5.1.5) Astral beings, (spirits / souls of) dead people, and any other kind of "living beings" are also able to transfer energy.</p>	
<p><u>(1.2.5.5.2) Possible applications of the supernatural transmission</u></p>	
<p>(1.2.5.5.2.1) Transmission of the tactile supernatural experiences of the group "<u>1.2.1.1</u>" (Most easy makable and also most useful are the experiences "<u>1.2.1.1.1.1.1</u>" and "<u>1.2.1.1.1.1.2</u>". The often by itself occurring "<u>1.2.1.2.1.2</u>" is good for the recognition of incoming transfers.). This kind of supernatural transmission is the most reliable. It works almost always, if the conditions are correct.</p>	
<p>(1.2.5.5.2.1.1) The physical (not emotional!) energy sensation depends strongly on the emotions, which the sender has. Strong emotions can be recognized, after some practice, by the received physical sensation.</p>	
<p>(1.2.5.5.2.1.2) Each sender transmits usually a signal, which deviates (more or less) from the signal of other senders. The received physical (not emotional) sensation deviates mostly a bit. The cause is probably the state of the sender.</p>	
<p>(1.2.5.5.2.2) Transmission of emotions. Emotions can also be transmitted by energy. This works better with increasing intensity of the emotions. But this kind of transmission is not very reliable. The reliability depends very much from the emotional state of both (!!!) participants (sender and receiver).</p>	
<p>(1.2.5.5.2.3) Transmission of images: In this method are images transmitted. This method requires maximum concentration of both participants, otherwise the message can not be</p>	

<p>received. This method is very unreliable. The operating principle of the receiving of the image transmission is similar to the Remote Viewing (see group "<u>1.2.5.2</u>", there is also more detailed information about this technique). The difference is, that one does not concentrate on the target object. One concentrates on the sending person. The sending person visualizes during the transmission an image with the desire, that the receiver sees the image. The receiver tries, with a corresponding desire, to see the image.</p>	
<p>(1.2.5.5.2.4) Transmission of thoughts (telepathy): With this method are thoughts transmitted. This method requires maximum concentration of both participants, otherwise the message can not be received. This method is very unreliable. The receiver concentrates on the sending person. During the transmission the sender thinks a thought with the desire, that the receiver hears this thought. The receiver tries, with a corresponding desire, to perceive this thought.</p>	
<p><u>(1.2.5.6) Energy shift:</u> Energy shift is the shifting of a part of ones own energy to a other place. While one does this, one keeps still the full control of the shifted energy. The energy shift is suitable to investigate the environmental properties at the destination. One can learn this by concentration on the energetic perception of a specific sense (seeing energy, feeling energy,... that means perception of visible supernatural experiences, tactile energy experiences,...). One does this with the desire to be energetically at the destination, and to perceive this place ("Physical" data about this topic are in "<u>1.1.2.1.5</u>").</p>	<p><u>"1.2.2.2.1.1"</u>, <u>"1.2.5.2"</u>, <u>"1.2.5.2.4"</u>, <u>"1.2.5.2.6"</u></p>
<p>(1.2.5.6.1) One can perceive the energy and the environment of the destination in the same way as</p>	

<p>one does during the remote viewing (see group "<u>1.2.5.2</u>"). Some (probably even all) kinds of the remote viewing are energy shifts.</p>	
<p>(1.2.5.6.2) One can investigate also the energy sensation (see method "<u>M.2</u>") of this environment. This can be done by concentration on the energy sensation of selected parts of the body (few practice required) or of the entire body (more practice needed). One can investigate some properties of the target environment by interpreting of the changes of the sensations of the energy.</p>	
<p>(1.2.5.6.3) The destination of the energy shift is freely selectable. The energy shift is possible over every distance. Any point in each dimension (according to the physics (space, time,...)) can be chosen. One has only to define the target EXACTLY during the concentration. Important: The functionality of the energy shift depends from the accuracy of the definition of the destination (and the target time). Inaccurate definitions during the concentration worsen the results. The energy shift can not work, if one concentrates inaccurate or defines the target inaccurate. Example: "Somewhere in Africa" or "in Berlin" will not work. Also "someday 30 years ago" is too inaccurate. But "My room, left corner near the door at actual time" or "time, when the image was taken, viewed from the position of the camera" have good chances of success.</p>	
<p>(1.2.5.6.3.1) Every arbitrary destination in every arbitrary time can be selected. But during the concentration are the exact definition of the place AND of the time very important.</p>	
<p>(1.2.5.6.4) The maximum amount of energy, which can be shifted, depends from the concentration and the own experience. If the proportions of the</p>	

<p>shifted energy are high, it comes to a gradual transition to an out of body experience (this is mostly only or even always only during deep relaxation possible). One can have a dual perception during the transition (as if one has two bodies).</p>	
<p><u>(1.2.5.7) Encounter with astral traveling normal persons and with astral beings and empathy (The empathy concerns also physical persons)</u> The communication with astral beings can be learned with the method "communicate with astral beings" (see <u>"M.3.2"</u>). The here listed experiences occur during encounters, during which oneself is in the own physical body (and currently not making an out of body experience). Please note also the group <u>"1.1.3"</u>, where the topic astral beings, astral travelers,... is described!</p>	<p><u>"1.1.3"</u>, <u>"1.1.3.2"</u></p>
<p>(1.2.5.7.1) One can see astral beings and astral travelers by the application of methods for the "vision of supernatural experiences". Astral beings and astral travelers show during the observation many of the visible supernatural experiences. But the frequencies and intensities of these experiences deviate from these, which can be observed at "living persons" and similar. Astral beings are inside often white or black and non-transparent. But they are not bound at the body of the observer. They move independently of the movement and the will of the observer. Outside of the astral beings are often colorful aura colors (see <u>"1.2.2.1.4"</u>) and inside are often some "movements" visible. The observing can be learned with the method "seeing the aura" (see <u>"M.3.1"</u>).</p>	
<p>(1.2.5.7.2) One perceives often at the whole body or at some areas severe and often very rapid</p>	

changes of some perceptions of tactile supernatural experiences according to "1.2.5.3.1.1.5". The perceiving can be learned with the method "building of the bodies own energy" (see "M.2"). Partial double entry to: "1.2.5.3.1.1.5"

(1.2.5.7.3) Empathy (concerns also physical persons and currently not astral traveling persons, animals,...) This is emotional perceiving of the presence of other persons, animals and astral beings. Feeling of their attitudes (whether they like you, have good or bad mood,...) to oneself. But this is also perception of their current emotional state (anger, love, sorrow,...). Oneself has then often strengthened emotional reactions to such persons (astral beings, animals,...). This can be learned with the method "supernatural transmission" (see "M.3.3"). It occurs often also as a "side effect" of the frequent application of some supernatural methods (particularly the energy method "M.2").

(1.2.5.7.4) Astral beings can apply exactly the same supernatural abilities, as we. Thus they are, according to the rules of this text, also able to contact or to influence. This manifests mainly by incoming supernatural transmissions ("1.2.5.5") and other incoming attempts to contact. They use almost every mean to draw attention to themselves. But all this is can usually only be noticed, if one has a supernatural sensitivity. Many people have it already. But the most people must learn the sensibility by frequent application of appropriate methods (the kind of methods depends on the type of the ability, to which one wants to be sensitized).

(1.2.5.8) Suspecting of future things and events
This includes two abilities. Unfortunately both can not be learned properly. They are at least

<p>detectable by own experiences. Please note also the group <u>"1.2.3.2.4"</u> (seeing of the future). Please note, that also <u>"1.2.5.2"</u> (remote viewing) can be appropriate, to look in the future.</p>	
<p>(1.2.5.8.1) Sometimes one has spontaneous short "visions" in the next seconds of the future. Under certain circumstances it can happen, that one acts before or while something is happening (run to the stove, just before the water boils over). One knows also often if and when a event happens, before one can actually know it (money arrives at the bank account or not, arriving of deliveries, who is calling,...). This experience occurs particularly often during simple monotonous and repetitive actions, such as work or computer games. One "suspects" sometimes certain kinds of future events some seconds before they actually happen. This "suspecting" is mostly unconsciously. When one is attentive, one notices sometimes these "suspections" consciously, before they come true. If one does not notice them consciously, one notices these "suspections" only after they became true. One can not learn the intentional experiencing of this experience properly, but this experience can be experienced more often if one applicates frequently supernatural methods, relaxation techniques and silence of thoughts. The practicing of the thinking in the second layer of thoughts (see <u>"1.2.5.3.1.4.2.1.1"</u>) can also be promoting. Monotonous and repetitive computer games and works, which make at least a bit fun, can promote a more frequent occurrence. Double entry for <u>"1.2.3.2.4.1"</u></p>	
<p>(1.2.5.8.2) Sometimes one has a strange feeling of premonition of the farer future. One can not interpret this feeling correctly during the experiencing. But nevertheless one knows</p>	

<p>somehow about an event, long before it happens (rather long term events, such as jobs or relationships). This kind of prediction is very accurate, but (unfortunately?) it can rarely be interpreted correctly, before the predicted event happens. One can not learn the intentional experiencing of this experience properly, but this experience can be experienced more frequently, if one applicates frequently supernatural methods and relaxation techniques. Double entry to: <u>"1.2.3.2.4.2"</u></p>	
<p>(1.2.5.8.3) It is partly possible, to "receive" with the second layer of thoughts informations about events of the future and any other desired information about it. But this happens unconsciously and seemingly randomly. Intentional querying of the second layer of thought about future events is also possible. For that one proceeds following the method of <u>"M.3.3.3"</u> as receiver with the desire, to hear the future event. The functionality is based on <u>"1.1.2.1.11.2.2.1"</u>. During the application of this method one must also to take care, that the desired information is defined as accurately as possible. Example: You are probably not able, to give a general answer to too general formulated questions, like "Tell me something from the school" or "Say something from the home town". The second layer of thoughts is also not able to answer too general or too vague formulated questions. Take care to get a maximum precision!</p>	
<p><u>(1.2.5.9) Self-healing and healing of others:</u> The ability to heal partly (!) oneself and also others (<u>But this does not replace the doctor!</u>). The described therapeutic effects appear partly quickly (reduction of pain) and partly only slowly and sometimes even never. Many diseases are not</p>	<p><u>"M.3.3.2.2"</u>,</p>

<p>curable with supernatural methods. Other diseases can only be temporarily (during the treatment and sometimes with longer-lasting effect) treated by weakening of symptoms, while then often no actual healing progress occurs. The most easy treatable diseases are many kinds of headache. A few symptoms are caused by blockades (see "<u>1.1.2.1.6</u>"). The most of these symptoms are accompanied by strong supernatural experiences.</p>	
<p>(1.2.5.9.1) If one works or practices with energy, oneself gets the ability to recover faster from diseases. This is done automatically, just because the energy has a healing effect. If one applies energy methods with the desire to heal oneself, enhances this the therapeutic effect. A good method for self-healing is a generating of an energy sensation at the diseased areas. The required perception of the energy can be learned with the "energy method" (see "<u>M.2</u>").</p>	
<p>(1.2.5.9.2) During a supernatural transmission (see "<u>M.3.3.2.2</u>"), with the desire to heal the receiver, occurs a healing effect on the receiver.</p>	<p><u>"M.3.3.2.2"</u></p>
<p><u>(1.2.5.10) Altering the state of consciousness:</u> Ability to be able to achieve always and everywhere a different state of consciousness (increased or reduced). There are several possibilities to do this (without the... uhm "helpers" (drugs, medication, psychoactive substances, alcohol...)). The supernatural alteration of the state of consciousness causes pleasant states and is not dangerous. BUT: It is important, to learn immediately at the beginning, how one can switch the state on and how one can switch the state off. Otherwise one can get problems in the everyday life. In all here mentioned possibilities it can help to concentrate sharply on a point in the body</p>	<p>2x: "<u>1.2.1.1.2.1.1</u>", <u>"1.2.5.3.7.5.2.1"</u></p>

<p>(Appropriate are head, neck or torso. Less appropriate are the limbs.). When it is pointed out, it is even a requirement. For the topic "point fixation" see "<u>M.3.10</u>". These alterations of the states of the consciousness can be triggered by a intentional concentration, which one has to learn by experience with the here mentioned techniques.</p>	
<p>(1.2.5.10.1) Option 1 is to concentrate on the (physical) energy sensation and the normal breathing and to relax. During this one concentrates sharply on a point in the body and holds the concentration there stable. The required sensing of the energy can be learned with the "energy method" (see "<u>M.2</u>").</p>	
<p>(1.2.5.10.2) Option 2 is the so-called silence of thoughts (See "<u>M.3.4</u>") in combination with the looking around in the environment or the hearing of music or the watching of television or similar passive actions (The concentration must remain stable during the choosed action or the action is (at least in the applied form) not appropriate). During this one concentrates sharply on a point in the body and holds the concentration there stable.</p>	
<p>(1.2.5.10.3) Option 3 is a often by itself or as side effect occurring variant. It works by concentration on the (physical) energy sensation (see "<u>M.2</u>"). During that one attempts to observe visible supernatural experiences over longer time spans (see "<u>M.3.1</u>"). Here the change of consciousness occurs often suddenly and is mostly accompanied by a change of the visible supernatural experiences.</p>	
<p>(1.2.5.10.4) Option 4 is the application of out of body experience methods (with open eyes or closed eyes) without actual exiting. Whether one wants to exit or not does not matter. Out of body</p>	

experience methods lead very often to changes of consciousness and an intensification can be trained. Many of the methods can also be applied during walking, sitting or standing. I do not need to mention, that one should use them only, if one can not bring oneself and others by possible (by inattention caused) wrong behavior in danger.

(1.2.5.11) Influencing Matter (telekinesis) It should be noted, that these influences can also happen unconsciously.

(1.2.5.11.1) Influences of energy on matter (telekinesis): I have found some (often strong) deviations from coincidence in hundreds of own trials (by computer (online psi tests), by Geiger counter (influencing of the reading of the background radiation) and by dice (with up to 6 different dices simultaneously, which has been thrown about 2 meters across the room, to exclude physical influences)). I was concentrated during these tests on the desire, to get a specific result. The resulting deviations has been often of the desired kind, but often also the contrary. One can choose freely, with what one makes such tests. One can roll dices, one can measure radioactivity and manipulate the reading, one can also cause cracking sounds in the apartment, one can manipulate electrical devices,.... One should note, that the chances of success can vary, which depends on the desired action.

(1.2.5.11.2) The first experiments of a series of trials show nearly always the strongest deviations and positive results.

(1.2.5.11.3) High motivation improves positive results.

(1.2.5.11.4) Poor motivation or bored executing of

<p>the series of trials provides poor results (no or only little supernatural influence detectable, often even a opposite effect (example: One wants roll more often the 6 with the dices, but one gets steadily less)).</p>	
<p>(1.2.5.11.5) The results depend strongly on the method. The more fun one method does, and the more exciting it is, the better are the results.</p>	
<p>(1.2.5.11.6) The observation of a emerging result (rolling of the dices, falling of the coins) increases the number of positive results.</p>	
<p>(1.2.5.11.7) The deviations from the coincidence can be, what one wanted (example: in a dice game one rolls more often the 6), but also the exact opposite (less often the 6).</p>	
<p>(1.2.5.11.8) "<u>Balance phenomenon</u>": During an observation of the records of own trials, it can happen, that one gets due the joy of positive results quickly strongly negative results and vice versa. This can only be avoided, if one reduces the observation of the results to a minimum. Then are the results, despite the existing tendency to the balance phenomenon, much better. Please note also the physical basics in the group: "<u>1.1.2.1.12</u>"</p>	
<p>(2) Illusions: Here are some natural phenomena mentioned, which resemble supernatural experiences. They can be confused with the real supernatural experiences. Many people think, these experiences are real supernatural experiences. Skeptics believe even more often, that users of supernatural abilities misinterpret the here listed experiences. Not mentioned are the by the various illnesses, handicaps and genetic defects caused illusions. This list is (according to my current knowledge) also complete.</p>	<p><u>"M.3.1.1", "M.3.1.3"</u></p>

<p>(2.1) Visible illusions: Not mentioned are the great numbers of possible pictures and patterns (so-called optical illusions), which pretend false movings, colors, shapes and sizes.</p>	
<p>(2.1.1) If one observes a body part or an object during bright daylight from close proximity, one sees always a apparent thin yellow brown red layer. It can be particularly clear seen against bright light. This layer seems to be extremely thin. This is a phenomenon of refraction of different wavelengths of the light at surfaces. Shorter wavelengths behave different than longer wavelengths. They behave also a little bit different during the passing of near objects. This effect can be observed on each Object.</p>	
<p>(2.1.2) If one observes an colored object for a longer time without looking away and without changing the viewing direction, and if one moves then (after a few seconds to minutes) the eye, one can see a colored spot. This spot on the field of view is for a long time visible. After the observation of red objects the spot is green, after the observation of green objects the spot is red. To every color exists such a "contrary color" or complementary color. The spot has always the respective complementary color. This is an effect of the "screen saver" of the eye.</p>	
<p>(2.1.2.1) This can even be intensified. If one stares long time exactly at one point, one sees only gray. Only after a movement of the eyes becomes the environment visible again.</p>	
<p>(2.1.2.2) Very shortly visible are dark and strong colored fields, which are sometimes during fast movements at the finger tips visible. These are under some conditions especially in the near of the rims of the field of view visible. These fields are</p>	

<p>up to 5 millimeters around the affected body parts visible. The color of these fields is a strong blue. During faster movement is the visibility much better. This is a untypical kind of the complementary colors. It is visible during fast movements!</p>	
<p>(2.1.2.2.1) Rarer one sees also a strong yellow. During faster movement the visibility is much better. The rarer yellow colors are the complementary colors of the (faded) complementary colors.</p>	
<p>(2.1.3) If one closes the eyes nearly completely and looks to a brighter light source, then one can see parallel light rays, which go seemingly out from this source of light. The rays shorten during slow opening of the eyes and they elongate during slow closing of the eyes. These are simply light reflections on the lashes.</p>	
<p>(2.1.4) In the background of the field of view is, particularly during darkness, always (!!!) a uniform pattern of colorful dots visible. These are the individual photoreceptors of the eye. Supernatural experiences are, in contrary to these points, not always visible.</p>	<p><u>"1.2.2.1.7.1.1"</u></p>
<p>(2.1.5) During extreme fatigue and / or lack of concentration the hypnagogic images (see: <u>"1.2.2.2.2.1.1"</u>) can mimic other experiences. Such illusions vanish, if one concentrates on the seen experience. Hypnagogic images do never occur during successful full (!!!) concentration on an (not of hypnagogic images consisting) supernatural experience.</p>	
<p>(2.1.6) Sometimes one sees bubble-cell-like structures, which consist only of shades of gray and have different shapes (round, long, curved,</p>	

<p>nets,...). They are always blurred and difficult to see. If one tries to look in the exact direction, where these structures are, one notices quickly, that these structures always move with each eye movement. After every eye movement, they float a bit further. The structures "fall" slowly down, when the eyes are motionless. During the tracking with the eyes accelerates their movement. These are specks of dust or dead cells on or in the eye. They are mostly completely harmless, but also no supernatural experience.</p>	
<p>(2.1.7) Points of light: They are during bright daylight good against the blue sky visible. These shortly visible in masses occurring very tiny individual points look like a bright sparkling. They behave a bit like flies. They seem to be smaller than one millimeter and are always spreaded quite evenly. This effects is with open eyes visible. These points are almost not bound to the environment. These points are a entoptical phenomenon, which is called Scheerer's phenomenon. It is caused by single white blood cells, which let the blue light pass much better than the red blood cells. These large cells are in the small blood vessels like small windows, which let pass the light to the retina behind.</p>	<p><u>"1.2.2.3.1.1"</u></p>
<p><u>(2.2) Tactile illusions</u></p>	
<p>(2.2.1) If one brings a body part in a wrong position, begins there rapidly a unpleasant tingling. If one then leaves the body part for some time in this position and moves it then again, intensifies this sensation temporarily (and this even during the motion) before it fades away slowly. Real supernatural experiences become weaker during movements. But supernatural experiences does not fade after a position change, if one continues to</p>	

<p>concentrate on the sensation (with the desire to feel these supernatural experiences). Supernatural experiences can be felt, with a little practice, in every position. This illusion is caused by nerves, which are pinched, while the body parts are in the wrong position.</p>	
<p><u>(2.3) Audible illusions</u></p>	
<p>(2.3.1) If it is completely silent, one can hear a faint noise in the ear. This is, when one can always hear it (during silence), a natural background noise in the ear.</p>	
<p>(2.3.2) Many people have a weak tinnitus, which can not always be heard. Others can hear after strong strains of the hearing (loud music, work,...) a whistling, hissing or similar.</p>	
<p><u>(M) Methods:</u> If you want to applicate the methods, note the terms of use in "<u>0.4</u>". To know all about the desired topic, and how to learn it, you should also read the basics to the respective topic (mostly mentioned in "<u>1.2.5</u>"). If a topic is not listed in the methods, I have written in the respective experience description or in the basics, which methods should be chosen and / or how it can be learned. Many of the methods can be used for multiple purposes. Some of the here listed methods require partly the experience from the application of other methods. That is the reason why some methods are linked with other methods. If your desired method refers with such links, you should adhere exactly to the instructions of the desired method. All methods should work for everybody. But it is possible, that one or two (never all!) methods do not work for some people. If a method does not work, I recommend frequent trying in a time span of at least one month (exception: during the learning of out of body</p>	

<p>experiences, it is normal, that some of the people need 1 to 3 months, or rarely even longer time, to have first successes).</p>	
<p>(M.1) Out of body experience Methods: The aim of many of these methods is, to let the body fall asleep while the consciousness is still awake. That means, that one experiences consciously the falling asleep of the own body. Some methods and tips are partially or completely there to increase the chance of accidental out of body experiences (which occur sometimes after the complete falling asleep). Choose the combination of tips and methods, which is in your opinion the most appropriate. The variety of methods is needed here, because everyone prefers or needs a different method. It can take up to 3 months until the first out of body experience. The most people have much earlier the first out of body experience, but some people have only after a longer time the first out of body experience. It is rare, that someone has, despite long trying, no out of body experience.</p>	<p><u>"M.3.5"</u></p>
<p>(M.1.1) Tips and tricks for out of body experiences Here are basics mentioned, which can increase the chance of success, if one follows them. But they are not a requirement.</p>	
<p>(M.1.1.1) Before the attempt</p>	
<p>(M.1.1.1.1) The temperature should be pleasant.</p>	
<p>(M.1.1.1.2) One should adapt to the temperature with suitable sleeping clothes. One should wear on cold days long clothes and on warm days short clothes. This minimizes bad times.</p>	
<p>(M.1.1.1.3) Possible disturbances and sources of noises should be avoided. With this I mean in particular noise sources, which are not constant.</p>	

<p>Unsteady sources of noise can be very disturbing (hamster in a cage near the place of the attempt,..). Disturbing are also sources of noises, which become active after long time spans (clock with bell). Disturbances during the attempt can lead to experiences according to "<u>1.2.5.3.4</u>".</p>	
<p>(M.1.1.1.4) If possible, the room should be dark.</p>	
<p>(M.1.1.1.5) One should make sure that one does not eat flatulence causing foods at the day of the attempt. Noises in the belly are very disturbing. Furthermore one should eat only a bit in the last two hours before the attempt. To late eating causes fast falling asleep.</p>	
<p>(M.1.1.1.6) If possible, alcohol should be avoided on days, during which one makes an attempt.</p>	
<p>(M.1.1.1.7) One should change often the time of the attempts and the bed times. Too much getting used to fixed bed times reduces the chances of success.</p>	
<p>(M.1.1.1.8) Dreamless sleep and seemingly extremely short nights or bad sleep (waking up without being really recovered) are hinds to problems. If not undue stress and fatigue are present, the causes are often just small things, such as non-compliance of one or more of the here mentioned tips. A (wrong time, wrong amount, wrong kind,...) unpropitious consumption of food, medicines, drugs,... may also be responsible for such a bad sleep.</p>	
<p>(M.1.1.1.9) If possible, one should sometimes try to pause the sleep for an attempt (at night or in the morning). That could lead to success. The then present acclimatization on the sleep state and the reduced tiredness make the conditions more</p>	

optimal.	
<u>(M.1.1.2) The out of body experience attempt</u>	
(M.1.1.2.1) When the sensation "that someone or something drags you" occurs, you should not fight against it and also not move. The dragging moves you then maybe out automatically.	
(M.1.1.2.2) One should avoid an too fast interruption of the relaxation. One should always begin slowly with the moving and let the relaxation fade "gently". If one gets up too fast from the relaxation, it can happen, that one feels dizzy and strange during this day (see also the group " <u>1.2.1.2.2</u> ").	
(M.1.1.2.3) The methods should be varied a bit from time to time. This increases the chance of success.	
(M.1.1.2.4) On days, during which a method does not work (no pre-OBE-phenomena and / or no relaxation) one should try (no later than after 30 minutes) a other method. New methods should be tested at least 2-3 times, to know, whether they work or not. It can be, that one has tested a good method at a bad day.	
(M.1.1.2.5) The effectivity of a method can mostly not be recognized by a immediate success. The kind and course of the pre-OBE-phenomena are better indicators for the recognition of the effectiveness. Goal of a method is to lead as deep as possible into the state of relaxation and to reach comfortable and free of complications the exit phase.	
(M.1.1.2.6) During some of the attempts (but not all attempts!) one can also try to lay the hands on the belly. This causes an fairly quick energy	

<p>balance. I experienced in this way my first out of body experiences. But it will loose the effect, if one does it too often or too frequently.</p>	
<p>(M.1.1.2.7) Warning: Contrary to the most spreaded informations, the time of the occurrence of vibrations (See "<u>1.2.5.3.2.1</u>") is the worst time to exit. Note the group "<u>1.2.5.3.2</u>" and the there listed instructions.</p>	
<p>(M.1.1.2.8) Many people, like me, have problems during the attempt to observe the environment or the black with closed eyes . It can happen, that the eyes begin to vibrate, flap and / or to begin to open by themselves. One can do nothing to prevent it. The only appropriate possibility is, to concentrate not on the eyes. That means, that one does not pay attention to the viewable things. During such a concentration one does not perceive any visible thing. Out of body experience attempts work also "without" viewing. That means, that one begins to see, when one is already out of the body. This is also much easier, because the transition from normal vision to astral vision is much harder than the direct beginning with the astral vision.</p>	<p><u>"M.1.2.2"</u>, <u>"M.1.2.3"</u></p>
<p>(M.1.1.2.9) If methods are suddenly very successful, it does not necessarily mean, that they will remain successful. Besides false "improvements", which one adds frequently, causes especially the periodicity (see: "<u>1.2.5.3.12.6</u>"), that inappropriate methods have good successes. This is then obviously not permanent.</p>	
<p>(M.1.1.3) Additional tips: Additional group with expensive and not always recommendable or feasible tips.</p>	
<p>(M.1.1.3.1) One can turn down the temperature</p>	

<p>before the attempt, so that it is a little bit too cold for sleeping. Directly before the attempt, one adjusts a temperature, which is a little bit too warm for sleeping. Then one starts immediately the attempt. During the relaxation the temperature will be some when extremely pleasant and it will then promote an out of body experience. Then the heat will come when awoken the physical body. The memories will remain. Unfortunately, heating costs money. So this method should be applied only on days, where one feels particularly good</p>	
<p>(M.1.1.3.2) The eating of a (whole) bar of chocolate increases the chance, to remember an out of body experience or a dream. A specific content of cocoa increases the ability to remember for a short time. The effect is clearly noticeable.</p>	
<p>(M.1.1.3.3) Use the influence of "<u>1.1.2.2</u>". The use of the energy method ("<u>M.2</u>") makes it easier to recognize such phases (by observation of changes of the supernatural experiences). Use such days.</p>	
<p>(M.1.1.4) Tips for the evaluation of out of body experiences: Here are methods listed, which are there for the recognition and evaluation of out of body experience experiences.</p>	
<p>(M.1.1.4.1) Distinguishing of "external influences" and "internal influences" on out of body experiences and dreams.</p> <p>This is one of the most difficult things, which exists in the field of out of body experiences.</p> <p>The experiences during out of body experiences are caused by a combination of internal influences (everything, which has been caused by oneself) and external influences (everything, which has not been caused by oneself). External</p>	

influences are caused by astral beings (ghosts and souls,...) or other people, memories (from someone or somewhat), real physical environment,....

It is a difficult task to separate these things. But the own thoughts follow also during out of body experiences and dreams a specific and fairly constant pattern.

If one uses a dream diary and if one evaluates this carefully, one will notice, that out of body experiences and dreams change over weeks and months. Dreams of the same week resemble mostly somehow each other, but dreams from last year are often completely different. But a portion of the patterns remains more or less similar. See also "1.2.5.3.12.5.1".

Example: One dreams at a certain time often of woods with Indians. Months later one dreams again and again of space stations and aliens. And again some months later one dreams often of prehistoric times and dinosaurs.

But often is a part of all these dreams similar. Example: All people become enemies or friends, or one has often a bright red rubber boat.

The changing components are rather outside influences and the constant components are rather internal influences.

Such an analysis makes some effort, but it is very informative.

(M.1.2) Out of body experience methods Here are different out of body experience methods described. It is recommended, that these methods

"M.3.1"

<p>are applicated, while one lies on the back. One can also lie on the side, if it is not possible, to lie on the back (example: due health reasons). The application of these out of body experience methods promotes also dreams. It is important, that one does not use pure breathing techniques (or similar) during out of body experience attempts. If one uses such techniques, one should change it before the exit phase begins. The reason is, that breathing techniques disturb the sleep near state and the transition into the astral body. The normal attempt takes 30 minutes to 1 hour. With practice and experience, can the attempting time be stretched to up to 3 hours, while this longer time increases particularly the chance of an accidental out of body experience. But attempting times of more than 1 hour are not a requirement to make out of body experiences.</p>	
<p>(M.1.2.1) Thinking method: One thinks during the attempt about something specific. Example: how the current computer game ends, or how one can solve the game, or about a movie, or.... But it should be nothing, what makes oneself worry. One should not pause the train of thought. One should also not let it slip into the senseless. Otherwise one can fall fast asleep. This method is a bit difficult.</p>	
<p>(M.1.2.2) Observation method: During this method, one hears the surroundings, and feels what happens at the own body. One can also try to see something through the eyelids (the methods of the group "<u>M.3.1</u>" can be helpful, also the methods of the group "<u>M.2</u>"). But note, that one should not begin the exit phase with the seeing (see "<u>M.1.1.2.8</u>").</p>	
<p>(M.1.2.3) "Looking into the black" - method: Look into the black (what ones see with closed eyes),</p>	

<p>and watches only, what happens there. The eyes should be moved as little as possible (the methods of the group "<u>M.3.1</u>" can be helpful, also the methods of the group "<u>M.2</u>"). But note, that one should not begin the exit phase with the seeing (see "<u>M.1.1.2.8</u>").</p>	
<p>(M.1.2.4) Music or noise-method: One listens during the attempt to music or to a constant noise (of CDs, radio channels, the environment...). The heard should not have any extreme changes of the volume (example: every few minutes occurring loud drums, bells...). If one hears music, it is recommended to hear only one song in a continuous loop. One should concentrate during this method only to the hearing.</p>	
<p>(M.1.2.5) Visualization method: One visualizes an environment and an action (example: flying). One attempts to see only this scene and with a bit luck one will fast "get out".</p>	
<p>(M.1.2.6) Energy Method: One learns the method "build of the bodies own energy" (group "<u>M.2</u>" and sub-points until the point "<u>M.2.1.6</u>"). This needs many time, but if one has mastered it, one will have much more out of body experiences (the methods of the group "<u>M.3.1</u>" can also be helpful). Under some circumstances it can be useful, to remove the blockades during the out of body experience attempt according to "<u>M.2.1.9.2</u>".</p>	<p><u>"M.2.1.6"</u></p>
<p>(M.1.2.6.1) Simple energy method: A simple method is to concentrate on a point outside of the body. Particularly appropriate is a point some centimeters above the forehead. The method "<u>M.3.10</u>" makes the concentration on this point easier. During the concentration on a point outside of the body will the attention be drawn on the astral body. This increases the chance for an out of</p>	

<p>body experience. This method works particularly good, if one combines it with other methods.</p>	
<p>(M.1.2.7) Combined attempt: This is the combining of different methods. This method increases the chance of accidental out of body experiences. The application of more than two methods in a row is also possible (but one will almost always get tired after 2-3 hours). One can try different combinations, but it takes maybe some time until one finds the optimal combination. One should not give up. An example of an two-part out of body experience attempt is: One applicates a first method, as long as it is pleasant. Then one gets up and makes a 5 minute break (toilet, smoking,...). Then one applicates a other method. One can also applicate two methods simultaneously (it it is possible, example: breathing and seeing).</p>	
<p>(M.1.2.8) Exploring Method: This method is there to learn, how the approaching of the exit phase really is.</p> <p>##Step 1## One learns to know the border between sleep and awakesness. One simple way to make this is, to try to stay mentally alerted during the falling asleep (WITHOUT special concentration or similar). One tries to find out for oneself, how it "feels" when one falls asleep. It is a bit tricky, because one will finally have been fallen asleep. So one must think about during the next day, how far one can remember and what "happened". This exercise is after a few weeks not a problem. It can happen, that some accidental out of body experiences and dreams occur as side effects.</p> <p>## Step 2: ## The actual out of body experience. Now, if one knows how the deepest relaxation</p>	

<p>state without falling asleep can be, one tries to achieve it again. One begins then exactly at this point with the out of body experience attempt. One can choose any Method. This method has brought me the most success. It is important to use no breathing techniques, because they can disturb the near sleep relaxation state.</p>	
<p>(M.1.2.9) Silence of thoughts-method: One tries during the attempt to archive and to keep the silence of thoughts ("<u>M.3.4</u>"). It can be that one must train a long time to be able to keep the silence of thoughts.</p>	
<p>(M.1.2.10) Counting method: One counts during the out of body experience attempt in the thoughts from 1 to 100 and relaxes during that. At 100 one can either start again from 1 or continue, depending on what is easier. The counting keeps the concentration during the relaxation phase stable.</p>	
<p><u>(M.1.2.10.1) Advanced counting method</u> (recommended method):</p> <p>During this technique one tries to think in part or completely with the second layer (see "<u>1.2.3.2.1.2</u>"). This causes a significantly accelerated relaxation and a accelerated and increased change of the consciousness.</p> <p>Phase 1, Finding the 2. layer:</p> <p>-One applies the easy method "<u>M.3.9.1</u>", to know what is meant with the term "second voice". One lies then down, like during an conventional out of body experience attempt. One begin then to count in thoughts from 1 until 100. When one has arrived at 100, one begins again with 1.</p>	<p><u>"M.3.1.5"</u></p>

Phase 2, Train the 2. Layer:

-One tries during the counting to let a other voice repeat every number. This repetition must come, while one still thinks the number. Many people can do this immediately, while other people can do this only then, when the counting becomes exhausting.

Phase 3, Only the 2. layer:

-One lets then the second Voice count alone. This could be tricky, because the second layer is difficult to control. If one has problems, one goes back to Phase 2 and starts later again with phase 3.

One should have already during the first training of these 3 phases very good results. A reason is, that the concentration with this technique remains stable. The mere counting with the normal layer is a good concentration method, but it will be strengthened by the effects of concentration on the 2. Layer. The properties of the 2. layer are the second reason for the effectivity of this method. Instead of counting, one can let the second voice speak other things. The effect is then still the same, as long as one keeps the second voice active.

(M.1.2.10.1.1) Partial counting method: The biggest problem of the actual highly effective advanced counting method seems to be the fast falling asleep. A solution for this problem is: One counts until the last number, which one remembers from the attempt before (because one has then still not fallen asleep). Then one proceeds with another method.

(M.1.2.10.1.1.1) Very effective partial counting

<p>method: A very effective combination is to concentrate during the counting with the second layer on a point outside of the body. Particularly appropriate is a point some centimeters above the forehead. The method "<u>M.3.10</u>" makes the concentration on this point easier. I suggest to look with the eyes a bit upwards to increase the effectivity a bit. The counting with the second layer and the concentrating on a point outside of the body draws the attention automatically on the astral body. This increases the chance to have an accidental out of body experience.</p>	
<p>(M.1.3) Advanced basics of the out of body experience methods. Here is deeper general knowledge listed, which makes it easier to work with the methods. Parts of the here listed information has been, systematically considered, already mentioned. But I think it is useful mention these Informations here again in these contexts and sorts. This eases the application of the methods significantly. Due the importance of this section, I referred here less to other passages and described here more.</p>	
<p>(M.1.3.1) "Active" and "passive" components: There occur often varying results during the application of out of body experience methods. In addition to the choice of the basic method, is every little thing, which one does during the method, very important. Does one look around, or pays attention to breathing, or feels the own body constantly to monitor the smallest changes. Each of these seemingly insignificant actions can have serious effects on the course of the attempt. The reading of this section is as important, as the reading of the methods section. One can construct and apply methods much more effective with the here listed informations.</p>	<p><u>"1.2.1.1.2.4"</u>, <u>"1.2.5.3.12.1"</u>, <u>"M.1.3.2.3"</u>, <u>"M.3.1"</u></p>

(M.1.3.1.1) General basics of the application:

The application of the components is very simple. One observes first, which of the listed activities one makes during an out of body experience. Then one writes down these components after the out of body experience attempt. During the next out of body experience attempt, one avoids the components, which tend to the undesired direction. These can be replaced by activities of the desired direction. For example: One has to choose only active activities, if one wants to make an active attempt. If one does not want to waive a component of the other direction (for example if one plans an active attempt and can not waive a specific passive component), one can check before, how strong it is. The strength of their effects is mentioned in the list. It is in some cases possible to use single weak components of the respective other direction without getting big disturbing effects. It depends from the method and the person, whose applicates the method. Therefore it must be tried. One should not use such components, if the disruption is too strong. The active and passive components can not be separated completely from each other. Every attempt has always both, active and passive components. And even a single component has almost always both, active and passive effects. One can change intentionally the balance in the active or passive direction to adapt the course of the experiment much better to the own needs. This can be done by a purposeful selection and control of the components. It is also possible to let an attempt first run passively and to let it then get active later (and contrary). One can also mix the conditions. The application of too pure active components leads to permanently awakeness during the attempt. The application of too pure passive components leads to extremely

<p>fast falling asleep. Both means, that one has no out of body experience. Both happens usually mostly during advanced and proficient application, because one can increase the degree of the "activity" or "passivity" often only after long practicing to a maximum.</p>	
<p>(M.1.3.1.2) Active components These components require more own physical (and not-supernatural) activity, than the passive components. Hence the naming. Active components lead often to long attempt times (several hours are not uncommon) with various and often intensive pre-OBE-phenomena. They also reduce the risk to fall asleep. But they reduce also the chance of an exit. But actively induced out of body experiences are much more stable and clearer. These are the active components (or the following actions make an out of body experience attempt active):</p>	
<p>(M.1.3.1.2.1) Breathing technique: The concentration on a breathing rhythm is very active. The keeping of the concentration pretends a falling asleep. The concentration makes also an exit very difficulty.</p>	
<p>(M.1.3.1.2.2) Eyes: Moving of the eyes and / or intentional monitoring of optical events is also a strong active component.</p>	
<p>(M.1.3.1.2.3) Body: If one monitors the own body (feels whether something happens), one produces usually an medium activity. Motion attempts cause an strong activity, particularly if they are done at the wrong time.</p>	
<p>(M.1.3.1.2.4) Emotions: Emotions (fear, joy, nervousity,..) produce usually an moderate to very strong activity. The strength of the activity</p>	

depends on the type and intensity of emotions.	
(M.1.3.1.2.5) Interruptions and disturbances: If the attempt is interrupted by interruptions and disturbances, an strong activity is produced.	
(M.1.3.1.3) Passive Components The passive Components are the opposite of the active components. They require only minimal efforts and activities. They lead to very short attempt times (experienced users need just minutes) with a greatly increased risk of falling asleep. During passive attempts only a few pre-OBE-phenomena can be perceived. So it seems often at the beginning, that these components are ineffective or have severe disadvantages compared to the active components. Passive components lead to out of body experiences and particularly to many astral dreams. The application of pure passive components causes more frequently out of body experiences than the application of active components. But these out of body experience are mostly not as stable and clear. These are the passive components (or the following actions make an out of body experience attempt passive):	
(M.1.3.1.3.1) Thoughts: a thought in the first layer is averagely passive (a light active part is present, but one can feel it only rarely during intensive thinking). Thinking in the second layer is extremely passive (see the topic "layers of thoughts" " <u>1.1.2.1.11</u> " and sub-points).	
(M.1.3.1.3.2) Hearing: The hearing is averagely passive. But disrupting or interrupting noises (important: Also irregularities in (meditation-) music,...) trigger strong activity (if the state of relaxation is not even interrupted).	
(M.1.3.1.3.3) Supernatural abilities: The	

<p>intentional concentration on pure supernatural abilities (without moving anything on the body, including the eyes) is strongly passive. This includes sensing and seeing of supernatural experiences. The seeing must be done necessarily without any eye movements and without (physical) fixing (trying of physical focusing) of visible things. The sensation must be concentrated on pure supernatural experiences.</p>	
<p>(M.1.3.1.3.4) Hypnagogic Images: The observing of hypnagogic images (see "<u>1.2.2.2.1</u>" and sub-points) is also a highly passive component.</p>	
<p>(M.1.3.1.3.5) Imagination: Imagination and "simulation" of actions, movements and similar are usually passive.</p>	
<p>(M.1.3.2) Exit techniques Here are the actual exit techniques themselves described. They must be used during the actual exiting phase. If one is not able to reach the exit phase, one can try to use the methods earlier. This brings usually not a immediate success, but it can increase the number of accidental out of body experiences due the loosening of the astral body. One gets in this way also some practice in the application of the method.</p>	
<p>(M.1.3.2.1) A good method is the mental imagination of a movement. But it must be done absolutely concentrated. Example: One imagines, how oneself is going. But one does this with a maximum of details. One pays attention on every movement in every single step and one does this all the time until one is outside. While one imagines these movements, the astral body will be more and more activated, so that the imagination becomes more realistic. Then the real movement of the astral body will start a few times (at the</p>	

<p>beginning often only very shortly, because the mostly sudden and surprising successful control distracts), until one gets the full control and starts to move. See also "<u>1.2.5.3.5.1.7</u>" and sub-points.</p>	
<p>(M.1.3.2.1.1) One can also imagine, that the ground disappears and one starts to fall. But one should be aware that one will start with this falling (frightening) and that one must fly to stop the fall. Or one imagines, that one begins to rotate or to fly or something.</p>	
<p>(M.1.3.2.2) One can also concentrate on the energy sensation and generate a flow and let oneself float away by it. This technique is harder and has much lower chances for an successful exiting.</p>	
<p>(M.1.3.2.3) One can also let an attempt run until one falls asleep. This increases the chance to have an accidental out of body experience. It will work most likely with extremely passive techniques. One should also try active components (to the active and passive components see "<u>M.1.3.1</u>").</p>	
<p>(M.1.4) Methods for the application during the out of body experience: These methods can be applied during the out of body experience. The number of possible methods is very big. Therefore I mentioned only the most important methods to ease the time in the astral world. All other in this text mentioned methods work also during the out of body experience.</p>	
<p>(M.1.4.1) Methods to remove or avoid problems: Problems can occur during the out of body experience.</p>	
<p>(M.1.4.1.1) Removal of limitations during an out of body experience: Out of body experiences are at the beginning often very blurred and limited.</p>	

<p>Limitations can also occur long after the beginning of the out of body experience. These limitations can be removed.</p>	
<p>(M.1.4.1.1.1) Removal of limitations of the sight during a out of body experience: It can happen, that the sight at the beginning or during an out of body experience is blurred. Sometimes one sees only a small part of the field of view, while the rest is black. To improve the sight, one must look concentrated and exactly in the environment. By this, the sight improves itself. It can also be helpful to say "Clarity, now!". By the saying of these words, the sight can also become clear.</p>	
<p>(M.1.4.1.1.2) Removal of limitations of the mobility during an out of body experience: It can happen, that one can move only with effort at the beginning or during an out of body experience. To improve the mobility, one must do every movement of the limbs with exact concentration. Step by step and one by the other. The attention during the movement improves the mobility.</p>	
<p>(M.1.4.1.1.3) Removal of limitations of the ability, to fly, during the out of body experience: Sometimes the flying works not correctly. If that happens, one should land or stand still and start over the attempt to fly. It works almost always, if one tries it some times.</p>	
<p>(M.1.4.1.1.4) Removal of limitations of the ability, to go through walls, during the out of body experience: If the passing through the wall does not work, one can try to generate a energy sensation in the hand. This energy sensation feels similar, as the inside of a wall. Therefore it eases the passing through.</p>	
<p>(M.1.4.1.1.5) Removal of limitations of the ability,</p>	

<p>to influence the environment, during the out of body experience: If a object does during the concentration not, what one wants, one can use a trick. One moves the finger or the arm, while one concentrates (like a magician in a movie). This movement supports the concentration and makes the influencing easier.</p>	
<p>(M.1.4.1.2) Removal of fears during the out of body experience: When one has fear, it helps to concentrate on a certain task. The action during the completion of the task distracts from fears. Against other fears helps "<u>M.3.8</u>". If one knows, that one can every time terminate the out of body experience and that one is invincible, one has no fears anymore.</p>	
<p>(M.1.4.2) Methods for the influencing of the environment: It is often necessary to influence the environment.</p>	
<p>(M.1.4.2.1) Influencing of the environment: One concentrates on the object, which one wants to influence, and on the kind of influence. Example: If one wants to move it telekinetically, one concentrates on it and imagines, how it moves. The object will then move. All kinds of influencing (destroying, repairing, changing the shape and / or kind of the object,...) are possible in this way. One can also create objects.</p>	
<p>(M.1.4.2.2) Changing of the environment by closing of the eyes: To change the environment, one closes the eyes for some seconds and opens them then again. The environment changes by it according to "<u>1.2.5.3.7.1.2</u>".</p>	
<p>(M.1.4.3) Methods for the locomotion during the out of body experience: These kinds of locomotion are important.</p>	

<p>(M.1.4.3.1) Going through walls: To go through walls, one approaches first the wall. One inserts first the hands in the wall and goes then through. One feels during the going through often a resistance. If one can not insert the hands in the wall, one must concentrate exactly on the hands and try it, until it works. Sometimes it needs some tries, until one can pass through the first wall. One should only pass through walls, if it is necessary. One sees nothing in the wall, therefore the environment looks different after one has passed the wall. Furthermore, the out of body experience can become a dream due the concentration on the passing.</p>	
<p>(M.1.4.3.2) Flying: Flying is simple. One concentrates one the desire, that one moves upwards, and one takes off. If it does not work, one can flap with the arms or make swimming movements. One feels then a resistance in the air and can swim in it. This works almost always.</p>	
<p>(M.1.4.3.3) Jumping: One can jump during the out of body experience far and high. One must concentrate during the jumping on the place, on which one wants to land. If one concentrates exactly on this place, one lands there.</p>	
<p>(M.1.4.4) Keeping an out of body experience stable: To prevent, that the out of body experience becomes a dream or that one awakes, one must do several things.</p>	
<p>(M.1.4.4.1) One should always remember, one is in an out of body experience. One should have this thought again and again in the head. If one thinks frequently of this thought, the out of body experience remains stable and clear. If one forgers this thought, the out of body experience becomes a dream.</p>	

<p>(M.1.4.4.2) One should not concentrate too much on actions. One may not concentrate so much on something, that one forgets the thought of the out of body experience. If one concentrates too much, the out of body experience becomes a dream.</p>	
<p>(M.1.4.4.3) One should stay calm. If one is too excited during an out of body experience, one can wake up due it. Therefore one must stay calm during the out of body experience and avoid too exciting situations.</p>	
<p>(M.2) Energy method, the energy method is by far the easiest proof of supernatural abilities. It is easy to learn and provides often immediately the first results. The learning success is (particularly at the beginning) easy observable. That is the reason, why this method is especially for beginners very popular (as a start in the application of supernatural abilities). The supporting method "<u>M.3.10</u>" can be helpful in some points.</p>	<p>"1.1.2.1.4", "1.1.2.1.6.3" "<u>1.1.2.1.7</u>", "<u>1.1.2.1.8</u>", "<u>1.1.5.3.2.4.1.1.2.2</u>", "<u>1.1.5.3.2.5.1.1.1.2.2</u>", "<u>1.2.1.1.1</u>", "<u>1.2.2.3.1.1</u>", "<u>1.2.5.2.5</u>", "<u>1.2.5.6.2</u>", "<u>1.2.5.7.2</u>", "<u>1.2.5.7.3</u>", "<u>1.2.5.9.1</u>", "<u>1.2.5.10.1</u>", "<u>1.2.5.10.3</u>" "<u>M.1.1.3.3</u>", "<u>M.1.2.2</u>", "<u>M.1.2.3</u>", "<u>M.1.2.6</u>", "<u>M.3.1.1</u>", "<u>M.3.1.6</u>", "<u>M.3.3.2</u>", "<u>M.3.3.2.1</u>", 2x: "<u>M.3.10</u>"</p>
<p>(M.2.1) Building of the bodies own energy: Here is a complete and short described training course described, with which one can learn the handling of energy and the work with energy. In the brackets at the end of each point is the (more or less well estimated) time mentioned, which one needs to master the practice in this point successfully. The described experiences can mostly be found in the group "<u>1.2.1.1.1</u>". One can sometimes also experience additional supernatural experiences of the group "<u>1.2.1.1</u>". Blockades and disturbances will be removed incidentally by the complete practicing of all methods according to the instructions.</p>	

<p>(M.2.1.1) One breathes constant and concentrated. One holds the hands opposing each other. Then one lets the fingertips opposing each other, as if a sphere is between the hands. Now one moves a few times the hands towards each other and away from each other (distance 5-25 centimeters), as if one compresses the sphere and let it then relax. One should make sure, that the hands do not touch each other. After some time (mostly very fast, but it can rarely take some days of practicing) one can perceive the first experiences. One imagines with each breath that the tactile supernatural experiences become stronger (one concentrates with the desire, that they become stronger). After one has practiced it for some time, one can try own methods and variations to discover better for oneself. (Takes about 5 minutes to 5 days)</p>	<p><u>"M.2.1.2", "M.3.3.2"</u></p>
<p>(M.2.1.2) One holds only one hand with slightly curved fingers in a relaxed position, where the fingers touch nothing. Now one tries to get in this hand the sensation, which one already knows from <u>"M.2.1.1"</u>. One makes now oneself familiar with the sensation of the energy. (approx. 5 minutes to 2 weeks)</p>	
<p>(M.2.1.2.1) Sub exercise "Blocking of external influences" All not interested people can skip this exercise. One must to master the preceding points of the energy method to be able to use this method. This simple method can be useful, if one suffers from external influences (incoming supernatural transmissions according to <u>"1.2.5.5"</u> (images, emotions, physical energy sensations), incoming influencings,...) or energetic disorder. To block external influences and reduce energy disturbances, one needs just to generate the energy sensation in a hand and concentrate exactly on it. All influences must now gather in this hand and</p>	<p><u>"1.1.3.3.2", "1.1.6.3.2.3.1.1.2.2"</u></p>

<p>disappear then according to <u>"1.1.2.1.4.1"</u> (and sub-points) into the environment. This method is only a provisionally solution, but it helps always and surprisingly effective. But if possible, this method should be replaced with a intentional concentration on the blocking of the external influences or an elimination of the energetic disorder (reduce overloads, remove blockades). It does not harm to use this method a few times.</p>	
<p>(M.2.1.3) Before one goes to the next exercise, one MUST (!!!) learn to switch the supernatural perceptions on and off, by intentional concentration. A single deep breathing in and out helps. (probably more than 10 days)</p>	<p><u>"M.2.2.3"</u>, <u>"M.3.3.2"</u></p>
<p>(M.2.1.4) One tries to spread the sensation of energy (with the help of breathing and sensing) on the whole body . (takes 1 hour to 5 weeks)</p>	
<p>(M.2.1.5) One tries then to control the sensation independent from breathing. The method <u>"M.3.10"</u> can be useful for it. One concentrates on points in the body and simultaneously on the energy sensation. One will learn with practice fast to "grab" and to "drag" the energy directly. The sensation during the moving of the "point" through the body leaves longer lasting traces. One can move the energy by concentration on small till large points (see <u>"M.3.10.1"</u>). This is much more difficult and may take a while. One can learn in this way to let the energy (by dragging) flow through each point of the body or to concentrate or to spread it. This method is less effective at the beginning, as the method with the "help" of breathing. But it will be reversed in the later course of the exercise, because the energy can then be moved now constantly and not only in bursts. Even, if this method is hard and ineffective at the</p>	<p><u>"M.2.1.11"</u></p>

<p>beginning, this should be trained frequently. This method should replace the breathing technique as soon as possible. (1 week to 2 months)</p>	
<p>(M.2.1.6) If one can relatively easy spread the energy sensation on the entire body, one can try to do it during the out of body experience attempt according to "<u>M.1.2.6</u>". This will make it easier to leave the body. (Duration: 1 day to 1 month). There are three possibilities to let the energy affect. In all three possibilities one can possibly use the breathing to control the energy. All three methods should be tested, sometimes one, sometimes the other.</p>	<p><u>"M.1.2.6"</u>, <u>"M.2.1.9.1"</u>, <u>"M.3.1.6"</u></p>
<p>(M.2.1.6.1) The first method is to lead the energy upwards in the inner of the body (beginning from the feets). This causes quickly an strong energy sensation. Alternatively the energy in the body can be pushed in other directions. But one should change the directions frequently. Sometimes one moves everything to the left side of the body, sometimes upwards, sometimes downwards and sometimes to the right.</p>	
<p>(M.2.1.6.2) The second method is to push energy by concentration on the outside of the body, as if one wants to inflate oneself.</p>	
<p>(M.2.1.6.3) The third method is to try to feel the energy in entire body simultaneously and to "observe" the energy sensation.</p>	
<p>(M.2.1.7) One learns then to produce the sensation of energy at every point of the body (neck, legs, head, and all other areas) simultaneously.</p>	
<p>(M.2.1.8) It is important to be able to feel the energy at all parts of the body with the same intensity. Only the hands (and possibly also the</p>	<p><u>"1.1.2.1.6.3"</u></p>

<p>feet) may have a different (stronger) charge than the rest of the body. Areas without or with an weak energy sensation must be "trained" further. Temporal deviations should also be prevented.</p>	
<p><u>(M.2.1.9) Sub exercises "self healing" and "removing of blockades"</u>. Not interested people can skip these exercises. These exercises can be combined well with out of body experience attempts. Instead of an ordinary out of body experience attempt one makes (after the lying down in a appropriate position) these exercises until one exits the body accidentally or has fallen asleep (what at least increases the chances of accidental out of body experiences and dreams).</p>	
<p>(M.2.1.9.1) Sub-exercise "self-healing": This method is only for people, who want to heal themselves. During the generating of the energy sensation on the entire body (see "<u>M.2.1.6</u>") or diseased areas, occurs a kind of healing effect. Especially mentally caused physical illnesses and individual psychological (especially panic attacks, anxiety states,...) and other strongly physical tangible negative sensations will be severely reduced, and often with time (Caution: not always!) completely eliminated. But one should not apply the energy method solely due a disease, because one "must" then live with the energy. Furthermore it can be, that the effect on psychic problems will not always be positive.</p>	
<p>(M.2.1.9.2) Sub exercise "removal of blockades": This method is only for people, who want to remove their blockades (see: "<u>1.1.2.1.6</u>" and sub-points). All others can skip this exercise. This exercise requires, that one masters the previous points of the energy method. The removing is fairly tricky, but after several attempts</p>	<p><u>"1.1.2.1.6.3"</u>, <u>"M.1.2.6"</u></p>

the application of this method becomes much easier. During the attempt to perceive the energy in the entire body, one notices often, that the energy in some parts of the body can be only hardly or not perceived (according to "1.1.2.1.6.2.2"). This are the blockades. If one concentrates on the areas in front and behind of the blockades (if necessary, with "M.3.10"), one should notice mostly the occurrence of zones with increased energy perceptions (according to "1.1.2.1.6.2.3"). If one concentrates on these Zones and attempts to push this energy further through the blockade, then the energy will sooner or later also be in the area of the blockade perceptible. The intensified perception of energy before and behind the blockade does then fade. Furthermore it can help, to concentrate sometimes on the middle of the blockade. This perforates it, so that it dissolves faster. Blockades, which does not have intensified perceptions before and behind it, can be removed by concentration on the blockade itself and the areas before and behind it. The energy in the area of the blockade should become increasingly better perceivable, if one pushes the "concentration point" ("M.3.10") fore and back in the affected areas. In all cases, the blockades are removed, when the energy is perceptible on all parts of the body with the same intensity. More informations about this are in "1.1.2.1.6" and sub-points. Please note especially the point about the recurrence of blockades: "1.1.2.1.6.3.5".

(M.2.1.10) Now one should be able to feel and charge all the body parts simultaneously and that every time when one wants. The "switching off" of the energy sensation should be no problem. The side effects of the energy should now be as easy controllable, as a TV with a remote control. One should also be able, to feel always and everywhere

<p>the status of the own energy. But one must also be able to switch back within seconds into the normalcy of physical life. If one still cannot do all parts from this point here, one should learn it by repeated practicing of the here listed methods. If that does not help, one should read the text here again and try maybe out own methods or self modified methods. The energy must frequently (1 time per week to daily) be checked, and the exercises must also be repeated frequently. This takes mostly less than 10 minutes per day.</p>	
<p>(M.2.1.11) If one uses still breathing techniques to move the energy, one should now try to control the energy during all applications directly (according to "<u>M.2.1.5</u>"). If one masters this, one has much more possibilities. The control should work within the whole body as well as possible.</p>	
<p>(M.2.1.12) Sub exercise "Energy shift": One can shift a part of the own energy according to "<u>1.1.2.1.5</u>". One concentrates on the energy sensation of a body part (hand, arm,...) or of the entire body. Then one concentrates simultaneously on the destination. The sensation of energy should change then, because one perceives then properties of the destination. This exercise is a bit difficult.</p>	
<p>(M.2.1.13) If one has mastered all the points, one self will find out more. One should give it a try. (duration: one learns always more)</p>	
<p><u>(M.2.2) Risks and Warnings:</u> (additional point) Important warnings and notes, which I add due my own experiences.</p>	
<p>(M.2.2.1) Exaggerating has never been good. One should let take it slowly. If one get dizzy during the practice, one should stop it. One practice then at the next day again.</p>	

<p>(M.2.2.2) Exercises or experiments with other persons should only be made with their consent!!!</p>	
<p>(M.2.2.3) One should make the exercise "<u>M.2.1.3</u>" BEFORE one does the following exercises. Otherwise, the experiences of the group "<u>1.2.1.2.3</u>" can occur in unpredictable and enormous intensity. If this happens, it can be extremely unpleasant or even dangerous (example: in the road traffic).</p>	
<p><u>(M.3) Other methods:</u> Here are methods of the smaller topics mentioned. Many of them require knowledge from more than one topic. That is the reason, why refer in many methods to other topics.</p>	
<p><u>(M.3.1) See and feel aura and energy:</u> Here is described, how one can learn the observing of the visible supernatural experiences. The experiences are those of the group "<u>1.2.2</u>". Many of the here mentioned methods are guidelines, because the exact description is not explainable in words, if the reader has never experienced it. It is as would one have to explain a blind man the colors. Here I particularly mean a specific form of concentration on the field of view (see: "<u>1.2.2.3.1.1</u>"), which one can only discover oneself. It can not be described in words. Only with this concentration it is possible to see the energy intentionally. These methods help to discover this concentration accidentally and to develop it as quickly as possible. A better way does unfortunately not exist. Most of the other authors do even not mention the existence of methods for the seeing of the aura (or other visible supernatural experiences), because they do not like to have to admit, that they can not give exact instructions. <u>But the chance of the accidental discovery of the concentration on the field of view is high enough, to be able to declare the method for the seeing of visible supernatural</u></p>	<p><u>"1.2.2", "1.2.5.7.1", "1.2.5.10.3", "M.1.2.2", "M.1.2.3", "M.1.2.6"</u></p>

experiences also in this kind as easy learnable. The best way is to test frequently all seemingly appropriate methods from here, until one sees the first supernatural effects. If that happens, it is important to learn to observe these effects intentionally, to practice in this way the concentration on the field of view. Then one can use exactly the same concentration for the other methods here. One will then get quickly good results with these methods. If these methods here do not work even after long practice, I recommend to make active (!!!) out of body experience attempts ("M.1.2" and see "M.1.3.1" for the topic active components) with concentration on visible experiences. Sooner or later one will see during the deep relaxation the experiences. If one can observe these visible experiences intentionally during the out of body experience attempts, one should try again these methods here. Mostly the successes will then occur quickly. If still no effect occurs (this is very rare!), helps only additional practice. It should be noted, that the most of the visible supernatural experiences can be perceived only for a very limited time (also dependent on the kind of the observed experience). Then one must "recover" for a while, before one can observe again. Probably the observation times are different from person to person. They can be increased by frequent practicing.

(M.3.1.1) Simple observing: One looks around at night in the room (the room should not be completely dark). One observes uniformly white backgrounds (wallpaper), patterned backgrounds (ceiling, furniture) and edges (doors, cabinets, tables). If one sees something, one should at the beginning look at a point next to it. If one can observe it longer, one looks direct on it, and tries then to see the energy object sharper. Then one can

"M.3.1.2", "M.3.1.3"

try to touch it and to feel the energy (see "M.2") and observe the change. (Important: One should never look for more than 10 seconds on the same point. When objects become bright or dark edges, one should necessarily change the direction of view to avoid false results (so-called illusions, see "2"). One can also watch friends (if they want to join) and their direct environment. One looks at the edges against the wall or against other bright uniform things (night sky).

(M.3.1.2) Viewing with closed eyes: One tries to see the same like in "M.3.1.1", and also to perceive the real environment despite closed eyes. One should always attempt to see everything sharper and more accurate. Then one compares that, what one sees with closed eyes, with the actual environment (by shortly opening of the eyes).

(M.3.1.3) Observing of the during light visible supernatural experiences: One practices "M.3.1.1" during light. One observes especially the movements of the environment. One can also look in the blue sky (warning, never look into or close to the sun!!!). One can observe plants, animals, birds against the blue of the sky. Then one can observe a possibly joined friend or a pet and look at the near environment around them. One should especially observe the hands / feet. One can try later, to see also the during darkness visible effects during daylight. One must pay attention to the illusions (see Group "2").

(M.3.1.4) Vision with the third eye: One tries to concentrate on the forehead, and looks a bit upward (not too high, only so high up, that one can see relaxed without practice). One tries to recognize something further upwards, outside of your field of view (Caution: Do not look to

extreme upwards, otherwise there is a danger of injuries. One can not relax during it and it does also not help to increase the success.). It should be noted, that the third eye itself does probably not exist. The looking upwards triggers maybe a (physical) mechanism, which makes more sensitive to supernatural perceptions. The existence of this mechanism has indeed been clearly verified by experimental observation with this method, but the cause is not yet known. Maybe the cause is simply the unnatural direction of view, because humans look naturally straight ahead or slightly down.

(M.3.1.5) Vision during the deep relaxation: Ideally, one starts with an out of body experience method to relax. Either one lets, in contrast to the method, the eyes open or one opens them later. Both possibilities should be tried, because one can observe auras and energy only for a limited time and the type can vary depending on the state of relaxation. Particularly interesting are the effects close of the deepest relaxation. Perfect for achieving deep relaxation is: "M.1.2.10.1"

(M.3.1.6) Vision with energy: This method is a bit tricky but effective. If not already done, one learns the energy method ("M.2") until point "M.2.1.6". Then one tries to generate the energy sensation on the entire body, while one relaxes and watches the aura. One can also let the eyes at the beginning of relaxing closed, and open them later to observe. One gets very good results during the generating of the energy sensation in the face area or around the eyes.

(M.3.1.7) Observation after waking up or after sudden interruptions of relaxation states. If one observes directly after the waking up from sleep or

after sudden interruption of relaxation states, one can often see the visible supernatural experiences much better. Important is, that one observes directly after the waking up. If one observes during darkness, one should not look into light before the observing (this includes illuminated alarm clocks,...).

(M.3.1.8) Vision of specific aura layers or kinds of energy: If one can see an specific experience, then one can also learn to see this experience again by intentional concentration. It works not always as reliable, but it allows an intentional observing of desired effects. To master this skill, one has just to do exactly, what one did at the last sighting of the desired experience. During this, one concentrates on the desire to see the experience or the respective group of experiences again. With increasing experience becomes the repeated vision of many experiences and groups of experiences much easier.

(M.3.2) Communication with astral beings (contact to hereafter): To test this ability, it is recommended to talk to an interested friend. One explains him, what one wants to do, and asks him if he knows someone who died. The sorrow should not be so strong anymore. The friend should also be able to describe the deceased as well as possible. But oneself should know nothing, or as little as possible, about the deceased. One sits down in calmness, together with the friend in a room. It should be quit in the room. Now one tries to see the deceased person with the help of "M.3.6". One asks the friend, whether the seen matches with the real deceased person. One asks then in thoughts the questions and tries to "see" the answers pictorially with this method. Then one asks the friend, whether the answers are correct.

"1.2.5.5", "1.2.5.7"

One should also try to talk in thoughts to the deceased. Use now for communicating the methods of the group "M.3.3" and proceed as a receiver. The astral beings are the sender. One can simply talk to them in thoughts when one thinks a sentence (with the desire that they hear it). One can also imagine any thing (images, actions,...) with the desire that the astral beings receive it. Oneself can of course also be simply sender according to "M.3.3". Please note, that the "hit rate" of this method is at the beginning more or less mediocre, and increases only with increasing practice. With frequent exercise one can achieve relatively quickly an very good ability to contact the hereafter.

(M.3.3) Sending and receiving of supernatural influences (telepathy): One should read first the points of the group "1.2.5.5". One searches a interested person, who want to work together with oneself. There is always a receiver and a sender. For both are here separate instructions. One can of course practice both.

(M.3.3.1) Image transmission: The receiving
 This method is for the receiver similar to "M.3.6". But instead of the target is there a sender and a transmitted information. One concentrates (like described in "M.3.6") on the sender (instead of the target). So one will see the transmitted information. The sender tries to imagine a picture as exactly and detailed as possible, and thinks during it of the receiver. The sender wishes during it, that the receiver sees also this imagination. It is also possible to look concentrated at something (With the desire, that the receiver receives, what the sender sees).

(M.3.3.2) Transmission of energy sensations and

"1.2.5.7.3", 2x: "M.3.2"

"M.3.3.2.1"

<p>emotions For the transmission of energy sensations and emotions (Caution: It is often almost impossible to separate the two) one learn first the methods of "<u>M.2</u>". It is enough to learn the first steps from "<u>M.2.1.1</u>" to "<u>M.2.1.3</u>". This is a necessary requirement to be able to continue here. First both persons need to be in contact by phone or personally or chat,.... Now <u>the sender</u> tries to generate an energy sensation in the hand. The sender must then "push out" the energy or intensify the sensation of energy with the desire to send it to the receiver. It can help, to concentrate during the slow breathing out of the desire to send. <u>The receiver</u> has to wait and feel whether the own "normal" energy feeling suddenly changes. Mostly the changes are strong and can easily be felt. If one has frequent practice of the energy method and / or this method, a personal contact is soon not longer necessary. Then the receiving works partly (but not always, because it is dependent of concentration, state, action,... of the receiver!!) if the "transmission" comes unexpected.</p>	
<p>(M.3.3.2.1) Transmission of pure emotions: For the transmission of emotions thinks <u>the sender</u> during a present emotion intensively of the receiver and that the receiver should feel the same. <u>The receiver</u> concentrates on the emotions of the sender. The receiver can generate a slight sensation of energy according to "<u>M.3.3.2</u>" to increase the sensivity. A frequent practice of the complete energy method ("<u>M.2</u>") increases also the sensitivity. With increasing experience, it will not be necessary anymore to generate the sensation of energy.</p>	
<p>(M.3.3.2.2) Healing: During a transmission of energy, with the desire to heal the receiver, occurs a kind of therapeutic effect on the receiver. But</p>	<p><u>"1.2.5.9.2"</u></p>

note necessarily <u>"1.2.5.9"</u> and <u>"1.2.5.9.2"</u> .	
<p><u>(M.3.3.3) Transmission of thoughts (telepathy)</u> <u>The receiver</u> switches the own thoughts off or lets them run freely. He should not think about what the sender might think. The receiver should let it just come into the head. He tries to "hear" it (is almost like guessing, but the hit rate is very high). Not easy to learn, but particularly appropriate are the experiences <u>"1.2.3.2.1.2"</u> and <u>"1.2.3.2.1.3"</u>. Especially the second layer of thoughts is a good way to receive. And this especially then, when it starts to "talk" by itself. The second layer can be discovered with <u>"M.3.9"</u>, Ideal, but rare and hard to learn, are the experiences of the group <u>"1.2.3.1.2"</u>. One can also try, to see it with the help of <u>"M.3.6"</u> visually as written words (Instead of the target there is now the transmitted thought). <u>The sender</u> thinks concentrated of the words, which he wants to transmit. The sender thinks during it of the receiver, with the desire that the receiver hears (receives) the words.</p>	<u>"1.2.5.8.3"</u>
<p><u>(M.3.4) Silence of thoughts</u> Here are exercises listed, with which one can get silence of thoughts. The silence of thoughts is a state, where one has absolutely no thoughts floating around in the head. The silence of thoughts intensifies relaxation states, improves the concentration and makes it easier to make supernatural observations. The silence of thoughts provides also an improvement of supernatural perceptions and abilities.</p>	<u>"1.2.5.10.2"</u> , <u>"M.1.2.9"</u> , <u>"M.3.5"</u>
(M.3.4.1) Sentence repetition method: One thinks in thoughts a senseless sentence or a motivational sentence with about 5 words (example: "Black beetles fly to Rome" or "I get now a silence of thoughts"). One repeats this sentence again and again and think only of this sentence. The	<u>"M.3.4.2"</u>

repeating becomes over time harder and harder. The sentences and words are then interrupted increasingly more often. The second layer of thought (from "1.2.3.2.1.2") becomes noticeable. One will archive the complete silence of thought, when it becomes too difficult to repeat the sentence (If one tries to continue only to repeat this sentence and if one does not let other thoughts come into the head). One can also try to stop at some point and to keep the silence. When the brain tries to let thoughts run, one should repeat this sentence again and stop after that repetition again.

(M.3.4.2) Think just the word "stop" and then nothing. Repeat only this word, if you are about to loose the silence of thoughts (similar with "M.3.4.1").

(M.3.4.3) One can also let the classic "Ommmmmm" run in thoughts to interrupt by this the own thoughts. Then one can try to stop to archive the complete silence. If the own thoughts start again, one begins again with "Ommmmmm". Instead of "Ommmmmm", works also all other, what can be said / thought in infinite lengths.

(M.3.5) Meditation: Lay down or sit down. The position must be comfortable. Now close the eyes. Then think concentrated about some specific things till your thoughts "stop" by themselves. The relaxation, that this creates, is very pleasant. Visual imaginations are also helpful. It is important, to keep the concentration to fall not asleep. It is also possible, to use one of the out of body experience methods (See "M.1") for meditation, because the relaxation is also the goal there. Furthermore, it is also possible to use the silence of thoughts (see "M.3.4") as a meditation technique.

(M.3.6) Remote viewing (remote perception,

"M.3.2", 2x: "M.3.3.1",

clairvoyance, remote investigation of matter):

There exist several possibilities to perceive the target. These are described in the group "1.2.5.2". First one must decide, in which of these ways one wants to perceive the target (does one want to see or feel or... the target). One should consider before the decision, what for a target it is and what for a information one wants to get. The chosen kind of perception must be suitable to perceive the desired information of the target. Very often one has several possibilities. One chooses then the possibility, by which one can get with the highest probability useful informations. If the target is unknown, one can use two different strategies, to combine the kinds of perceptions, to find out, what for a target it is. These are described in the sub points of this method. After the choice of the kind of perception one chooses a supernatural experience, which can theoretically show the desired informations. One reads first the groups, to which is referred in the chosen kind of perception in the group "1.2.5.2". The experiences, to which is referred in this group, are not the only experiences, which one can use. Furthermore there exist also other kinds of perceptions. But inexperienced user of the remote viewing should use first the in this group mentioned possibilities. Detailed informations about the topic are in group "1.1.5". If one has chosen an experience, one should ensure, that one can experience it intentionally. This should be trained first. In the descriptions of the experiences is mostly described, how one can experience them intentionally. If not, are often in the other methods the respective instructions. If one can not experience the chosen experience intentionally and if one can also not learn it, one must choose another experience. If one can experience the experience intentionally, one can

"M.3.3.3"

begin with the actual remote viewing. One tries to experience the experience intentionally. During this one concentrates on the desire to perceive the desired information with this experience. The then with this experience perceivable informations are, with a certain probability, informations about the target. This probability depends on the reliability. Sometimes is the information correct and sometimes it is deviant or incorrect. The cause are the numerous different influences on the supernatural perception (remote viewing is a kind of supernatural perception). Detailed informations about the supernatural perception and the reliability are in the group "1.1.5". After the remote viewing one should compare the perceived informations with the real informations. Remote viewing works particularly good, if one does still not know the target (or if one knows the target as less as possible) and if one does not expect the information. This method works best when the target is something that one does absolutely not expect (and if one "searches" such unexpected objects). Examples of unexpected objects are spare tires in the kitchen or a cake in a library. There exist two strategies to combine the kinds of perceptions to recognize unknown targets.

(M.3.6.1) The first strategy to combine the kinds of perceptions to recognize unknown targets: One uses first the kinds of perception and experiences, which yield probably the most informations. Then one uses the kinds of perception and experiences, which yield probably less informations. This strategy can not be influenced as easy by already get partial informations (see "1.1.5.3.2.2.1.1") as the first strategy. But this strategy can be influenced strongly by own expectations (see "1.1.5.3.2.2.1").

(M.3.6.2) The second strategy to combine the kinds of perceptions to recognize unknown targets: One uses first the kinds of perception and experiences, which yield probably the least amount of informations. Then one uses the kinds of perception and experiences, which yield probably more informations. One uses at last the kinds of perception and experiences, which yield probably the most informations. This strategy can not be influenced as easy by own expectations (see "1.1.5.3.2.2.1") as the first strategy. But this strategy can be influenced strongly by already get partial informations (see "1.1.5.3.2.2.1.1").

(M.3.7) Detection of telekinetic influences: One gets some dices. Preferably two to six dices (the more, the better). One needs also some sheets of paper. One throws then the dices with the desire to get a specific number (The farther one throws the dices, the better). Then one notes on the sheets, how many times one had the desired number, and how many times one had another number (one can also note every number, which one rolls). One does this up to 20 times (no more!) or even only about 5 - 10 times (better). And then one makes a two-hour break. One repeats the whole thing as often, as one wants (the more the better). One counts then, how often one had the number, which one wanted. Then one counts how many times one had rolled. If the results bases on coincidence, about every sixth number should be a hit. In a list with 600 throws should be 100 hits. If one has than frequently deviations in a particular direction, one has detected an telekinetic influence (Example: one has almost always a few more hits, or one has always a few less hits, than should be). Particularly appropriate as desired numbers are the numbers, which one likes or not likes to roll (in dice games) (mostly 1 or 6). But note: That is no scientific

method. It is just for trying.	
<p><u>(M.3.8) Tips to prevent nightmares, to abort out of body experiences and similar:</u> Here are effective methods mentioned, which can prevent or abort nightmares. These tips work also in out of body experiences and astral dreams.</p>	<p><u>"1.1.3.2.1.1.2"</u>, <u>"1.2.5.3.7.2.7"</u>, <u>"1.2.5.3.7.12.1"</u>, <u>"1.2.5.3.12.1"</u>, <u>"1.2.5.4.2.4"</u>, <u>"1.2.5.4.2.4.2.1"</u>, <u>"M.1.4.1.2"</u></p>
<p>(M.3.8.1) This method has also helped me many times. Go, as usual, normal to bed. Imagine before falling asleep a situation, like you have it often in nightmares. Imagine then, how you can turn the situation into a good situation. For example: You can imagine how you turn the tables. (Possible example: Attack your opponent or tell him that he should stop.) Now intend, to do so in the dream. One must train this every time, before one sleeps. Don't forget: In dreams are you invincible. See necessarily point <u>"1.2.5.4.1.1.3"</u>. In many cases helps surprisingly to ask the "enemy" why he does it. In general, they will not say anything and just stay there or even flee.</p>	<p><u>"M.3.8.2"</u></p>
<p>(M.3.8.2) Is similar to <u>"M.3.8.1"</u>, but here one practices a closing of the eyes. Short timed closing and opening of the eyes causes a changing of the situations and environments. That works during out of body experiences, during dreams and during astral dreams (see also: <u>"1.2.5.4.1.1.2"</u> and <u>"1.2.5.3.7.1.2"</u>).</p>	<p><u>"1.2.5.4.2.4.2.1"</u></p>
<p>(M.3.8.2.1) If one lets the eyes closed for longer time, one will wake up sooner or later (see: <u>"1.2.5.4.1.1.2.1"</u> and <u>"1.2.5.3.7.12.1"</u>). It can take during some out of body experiences and astral dreams some more time, until one wakes up or until the environment and the situation changes. In this happens, I recommend to keep the eyes closed and maybe start to count until one is awake. One</p>	<p><u>"1.2.5.3.12.1"</u>, <u>"1.2.5.4.2.4.2.1"</u></p>

<p>should count as fast as possible. This disrupts the perceptions of the dream. It is important to note, that abortions with this method lead often to a waking up in a sleeping paralysis (see "<u>1.2.5.3.10</u>").</p>	
<p>(M.3.8.3) The loud shouting of the word "stop" is often enough to wake up from dreams, out of body experiences and astral dreams. The effectiveness of this method bases on a emotion change, which occurs during the shouting. This leads according to <u>1.2.5.3.7.12.3</u> to a waking up.</p>	
<p><u>(M.3.9) Finding and exploring of the second layer of thoughts:</u> These methods are there to find the second voice or layer of thoughts, which is required for individual methods. See to this topic: "<u>1.1.2.1.11</u>" and "<u>1.2.3.2.1.2</u>".</p>	<p><u>"M.3.3.3"</u></p>
<p><u>(M.3.9.1) Discovery of the second layer of thoughts:</u> To discover the second voice, one may need a trick, to perceive it separately from the first voice. Here is a very simple and effective trick. One thinks a few times a specific sentence. Optimal is the sentence (example) :</p> <p><i>"I think this sentence, because proyect said it."</i></p> <p>One thinks this sentence several times and then one thinks only the half sentence:</p> <p><i>"I think this sentence..."</i></p> <p>Now the second voice should automatically think the other half of the sentence (maybe in a very short time). One tries the whole experiment a few times in a row. One will notice, that an more unconscious form of thinking sometimes finishes the sentence.</p>	<p><u>"M.1.2.10.1"</u></p>

(M.3.9.2) First step to get better control of the second voice. One way is to count from 1 to 100. Either one leaves out every second number, so that it will be counted from the second voice, or one lets the second voice repeat every number. With this first exercise one has a good start. From there oneself can then continue to learn, how to control the second voice. It should be noted, that the control may be very limited.

(M.3.10) Concentration on points within and near of the own body A technique, which can support the application of other methods, is the concentration of a point in the own body or in the near of the own body. This method itself is probably not so really supernatural, but a good point fixation can support many supernatural abilities and is for many methods even necessary.

It is a very tricky thing, which can bring, in combination with other methods (especially the methods of the group "M.2" and similar), quite interesting results. One concentrates first on a (free selectable) point in the body, just to feel, how exactly this place feels. If one changes now the place, one notices, that the observed place is always point-like. It can be moved like a point through the entire body. People, who already master "M.2" in part or entirely, might notice, that the energy feels different during the moving of the observation point. If one masters that, one can now try to move the point outside of the body. The imagination, that one follows mentally a bee, can help. If one does this over short distances outside of the body, one notices, that the body areas under the "bee" feel addressed, although the "bee" is over it. If one lets the "bee" now circling around the head, one notices a interesting sensation during strong approximations and accurate fixing. One can also hold a pencil or something in the

"1.2.2.3.1.1", "1.2.5.10", "M.1.2.6.1", "M.1.2.10.1.1.1", "M.2", "M.2.1.5", "M.2.1.9.2", "M.3.11"

<p>proximity of the head to get a better feel for the approaching. One will feel mostly a strange sensation, when it is brought very close to the body (without contact).</p>	
<p>(M.3.10.1) The size of this point can also be changed with practice. One can concentrate on very small or on very large areas of the body. One can even concentrate at the whole body at once. It can here help to move the small point on a part of the body in circles. The sensible traces of the small point create a larger point, which can be easier grabbed.</p>	<p><u>"M.2.1.5"</u></p>
<p>(M.3.11) Switching off the visible perceptions (and the hypnagogic images): Sometimes one wants to deactivate the visual perception. For example, if these perceptions are distracting or if one wants to increase the passivity during an attempt to make an out of body experience. To switch the visual perceptions off, one must concentrate intensively on one of the other senses. Especially the physical sensations and the tangible supernatural experiences are useful. The most easy way is to applicate <u>"M.3.10"</u>. This distracts particularly well from the visible perceptions. If one practices it frequently, one will learn fast to switch directly the eyes of.</p>	
<p>(X) General informations about this text Here are a few general informations about this text mentioned.</p>	
<p>(X.1) Version and date of this text The "Haupttext V 2.00 unkomplette Beta" (from 01.06.2004) has been completely rebuild (and supplemented) from the version "Haupttext V1.86 - modV2" (from 27.05.2004). Since the version "Haupttext V 2.07" (from 04.06.2004) the basic reworks has been done and the beta-status has been</p>	

withdrawn. I began at version 2.73 the english translation. It has been accomplished until version 2.102. Since then it will be updated and maintained together with the german edition in a single main document.

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Main text V 2.154b from: 11.02.2013

Author: proyect_outzone

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Structure of the version number: The version number consists of up to 3 parts. The first digit is the number of total revisions. The number 1 means the creation of the document. The following number is the number of medium to small reworks (mostly more than 20 minutes of work). A sometimes behind the last number added letter (from a to z) indicates smaller changes.

Why all these updates? When one writes a text in this size, one forgets a lot and formulates much wrong. Furthermore one learns even after the writing of a text still new things. It would be annoying, if one would not change the text, although one knows that there is something lacking

or even (according to new knowledge) wrong. The first sorting of the topics can also not be done perfectly. But the people who want to use this text, are dependent on the accuracy of the information because they want learn from it. So I read and update the text as often as I have time and desire to do it. The text will never be really "done". Even if I sometimes change just a few words, it adds up over time. If one looks back several versions, one sees the difference. Of course, I could write again and again a completely new text (as the most other authors do), but why should I throw away the done hard work every time to start a new one with new mistakes?

Must I read all the text after each update? No, you should continue to work as usual with the new version. What you should not do, is to use a old version, if the opportunity exists to get a newer version. With every update are mistakes and problems removed or methods improved or lacking experiences added. So it is better to use the newest text, to have always the best possible quality.

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If one publicates this text, or parts of it, in a internet media, one has to place a good visible link to the homepage www.out-of-real.de or ["0.4"](http://www.out-</p></div><div data-bbox=)

of-real.com.

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Violations with fraudulent or malicious intention will be prosecuted. If you know, that your action is not in my favor, then do not do it. And if you are not sure, ask me before you do it.

(X.3) History of this text

-2002: I begun in the first months of 2002 to write

a small homepage. I registered my first domains (cost free) at 31.03.2002 and 01.04.2002. This homepage consisted of several plain texts (out of body experiences, supernatural experiences, methods). I began at the end of 2002 to join the experience descriptions to one text and placed it in a wiki of a forum.

-2003 I made the number system. Every experience became its own number. I added the dreams and the methods. I decided in this year to make this text to a complete work about all supernatural things, which I know.

-2004 I made at the 17.05.2004 the first real HTML-Version (with linking and some extras) for the homepage and the last plain text version for the wiki of the forum. This HTML-Version lasted only till the 27.05.2004. Then I decided to use the great features of HTML more effectively. I splitted and reassembled the whole text to a nearly completely new version. The works of reassembling, sorting and some editing took till the 04.06.2004.

-2005 till 2009 I made not much in this time. Some small editings and not much more.

-2010 I begun to work harder again. More editings and finally I made even my first book (28.04.2010). Then I tried in august to make a english translation. It failed, because my English-knowledge was not enough. I begun at the end of the year to plan an second edition of the book. I made a huge revision to make this book as good as possible. The revision took several months.

-2011 The second edition of the book was more than twice as large (and full of information) as the

first edition. It was finally done at the 02.01.2011. I made then my second attempt to translate this text into English. The beginning was very hard, but it became easier later.

-2012 After more than 100 hours of hard work was the english translation successful. The revision of this translation requires more than 100 hours. At the 22.10.2012 both versions of this text (English and German) reached together a size of more than 1.000.000 chars (approximately 520.000 for the german version and 480.000 for the english version).

-2013 I completed the revision of the english translation at the 06.02.2013 with Version 2.153. Years of hard work has been finished. The third edition of the book has been finished at the 11.02.2013.

