

PSYCHOKINETIC EXERCISES

by Jim Fallon

The word *psychokinesis* is from the Greek meaning “motion produced with the mind.”

Everything, all matter in our universe is made of atoms, electrons protons and neutrons, or matter, and matter is potential energy. What you're really doing in psychokinesis is simply affecting the energy around matter to produce a result based on your focus and intent. You are not moving an object with your mind, you're using the energy around the object to produce a result.

Here are some simple exercises that you may already know about:

The Boat Technique. Fill a small shallow bowl with water. Then cut a small piece of aluminum foil about 1/2 inch by 1 inch, and bend one end up to form a sail. Point your index finger very close to the boat, but not touching it, and mentally "command" the boat to either move towards you or away from you. Visualize a beam of light or energy projecting from your index finger, if you want, like the beam from a flashlight, to increase your focus. See the energies running down your arm and visualize the energy running or projecting out of the index finger, propelling the boat.

A variation of this is to place your hands around the edges of the bowl, palms facing the little boat, and envision energy in one hand to either repel or attract the boat. For example the energy can come down through your right hand and project out of the center of the palm and psychically push the boat away, or through the left palm to push the boat the other way.

Healing Applications

In healing applications, you want to transmit or send healing energy with psychokinetic energy, but what most people forget is that you can also use these techniques to scan or detect energy, which is then called Psychometry, which asserts that an object may have an energy field that transfers knowledge regarding that object's history. So now you can detect areas of the body and understand the issue, and then use psychokinesis to install healing energy patterns into that area.

I usually perform a body scan with my hands, then use root *kahi* to remove the unwanted energy pattern, and then sunshine *kahi* to install another energy pattern. For more information on *kahi*, also called Kahi Loa or “The Magic Touch,” see Dr. King’s book, *Instant Healing*, or his video on the topic.

When performing these energy healing techniques, it is important to relax the body by performing *pikopiko* from the top of the head to the toes, as in Dynamind, and to use a hand gesture, or *mudra*, with the middle finger crossed over and placed on top of the index finger.

This balances the energy body quickly and makes you more receptive to sending and receiving energy.

Additional hand exercises are to take your hands, palms facing each other, about a foot apart from each other, and slowly bring them to the point of just touching, then slowly move the hands away from each other, say three inches, then slowly again bring them to just touching, and repeat this in and out movement.

Another exercise is to simply that the index and middle fingers, crosses over, and with the open palm of the left hand, point the index and ring fingers at the open palm, about three inches above the palm, and trace a circle around the open palm. In both cases, most people feel a slight pressure, or a tingling sensation, or warmth.

To really supercharge this exercise, after performing the *pikopiko* from head to toe ,then perform another *pikopiko*, inhale at the navel and exhale the energy from the navel into the hands.