

You Too Can Read Minds!



By **SOLARZAR**

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Foreword

So You Too Can Read Minds?

One thing is definitely on everyone's mind today; namely, how can minds be read? Interest in this subject has persisted through the years but it received an added stimulus, when I began to broadcast my experiments in thought reading several years ago.

All forms of mental communication come under the general head of telepathy, a word with which many are familiar but which few understand. Any book therefore designed to cover the subject of telepathy from a popular viewpoint, combining the history of telepathy with the facts that have been learned about it can not be complete, just what is known know, in an expanding world.

In response to many requests I have offered to the author, along with others, a series of tests which will enable anyone to gauge his own ability at sending or receiving telepathic impressions.

These should be followed very closely and given a full chance to really test one's ability. I hope that combined with the thoughts and ideas of your author and others of my fellow Mentalist, we will stimulate your thinking and widen your horizon!

JOSEPH DUNNINGER

Note: The above letter was sent to me several yours ago when I first thought of bringing this book to my publisher. Though Joseph is no longer with us his words still ring true. I hope they will be an inspiration to my readers.

Solarzar

ABOUT THE AUTHOR

Solarzar has been researching, lecturing and demonstrating the phenomena associated with Mind Reading or Thought Reading, as it more properly should be called, for several years. His studies and research has taken him across the country both doing demonstrations or shows and giving lectures.

This publication is a condensed version of a greater work that is still in development and scheduled for future publication. The most important points have been covered here, for the discerning reader who would like to test their ability to work in this field for themselves.

This field is sometimes called Psychic Entertainment and has nothing to do with the stereo type of the 'Fortune Teller'! Many colleges and universities have departments devoted to this study. Solarzar takes this study very serious! Solarzar, who is a full time professional, refers to his self as a Master Mentalist.

Solarzar makes no claim or promises that the reader will be able to read thoughts by the study found in this booklet. However the methods found and set forth in this booklet, may be of an aid to the reader in his studies.

For more information from Solarzar contact:

Solarzar

E-mail: Solarzar@magic4life.com

Web Site: www.mentalconnection.com

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Chapter One

A Beginning Experiment and Practice

It's not hard to read minds! In fact you have already done it many times in the past. Think back and recall the occasion when you and someone close to you both said the same thing at the same time. This happens frequently with couples who have been married for many years . . . They may not call it extrasensory perception, but each partner intuitively knows what the other is about to say. In other words, they are reading each other's minds.

So, you have read minds before. Maybe not at will, and certainly not with everyone, but you already have the basic knowledge to work on, to develop and hone these particular skills.

Let's try a little experiment. Sit down in a comfortable chair in a warm room, at a time when you know you will not be disturbed, it might pay to take the phone off the hook as well. Make yourself as comfortable as you can. Now close your eyes and concentrate on relaxing every muscle in your body! I found it helpful to start at the top of my head, then gradually work my way down through the neck and shoulder muscles, down each arm to the tip of each finger. As your muscles relax you will feel a pleasant tingling feeling coming over your whole body. Once your arm and hand muscles are completely relaxed, gradually work your way down your body to the tips of each toe.

Now, in the pleasant, calm, relaxed state you are at your most receptive to picking up and transmitting thoughts. Of course, in this experiment you are alone, so we will not be reading just yet. Let your mind float freely and gently where it will, gradually going back over important events in your life. Tell yourself that nothing will disturb or bother you in this way. You will look at past events dispassionately, as if you are an outside, uninvolved spectator. As you drift back in this way your mind will focus on different events and different people who have had an influence on you in the past. As each person comes into your mind's eye, ask yourself if you had ever read that person's mind. If you are sure that you have not, let the memory and the person go, and drift on until you do find someone whose mind you may have read.

It may not be an important occurrence. I spent many hours of my school days concentrating on someone in my class willing them to turn around and look at me. It used to surprise me at first that invariably they would turn around and look at me with a puzzled expression on their face, but in time I got so good at it that I could make it work with every person in my class. So, for the purposes of this experiment, every person in that classroom long ago would be classes as someone whose mind I had read. Hopefully, you won't have to go right back to your school days to find a suitable person. In fact, usually, it will be someone in your immediate family. . . a person, brother, a sister, a husband or wife.

It might take a while to find the right person in this experiment, but that doesn't matter as you are also getting used to what is called the "*intuitive state*", and this will be useful later on. Once you have found someone whose mind you have read gently think about that person. Try to understand why it was that person's mind you read, rather than someone else entirely. Think about the actual experience of mind reading, and try and recreate how you felt at the time. This will help you recapture the intuitive state at will in the future.

If you are fortunate you may be able to find several people in your past whose minds you have read. Recreate each and every experience in your own mind, then visualize yourself, sending a telepathic message to that person today. It does not matter if you haven't seen the person in years - mind reading has no limits as far as time and space are concerned. I know people who regularly communicate with people who died years ago, so there are no 'limits whatsoever.

Once you have done this experiment, stay in your calm peaceful state and count mentally from one to ten. Synchronize these counts with your breathing and tell yourself that each breath you take will send you deeper and deeper into a nice, restful, relaxed state. Pause after you reach number ten and savor the complete relaxation you feel. We live in a very tense world nowadays and many people never achieve complete relaxation, even when they are asleep, so you are experiencing something very precious and extremely beneficial to your whole being. In this state you are extremely suggestible, so say to your subconscious something like this:

"I can read minds! I am going to work at reading minds, and every attempt will bring me closer to ultimate mastery of mind reading. I will not stop until I can read minds at will whenever I choose. . . I can read minds."

Repeat statements such as this several times over, then slowly waken yourself by counting from ten back to one, again synchronizing this with your breathing. As you do so, give yourself suggestions along the lines of waking up feeling alert and relaxed as if you had just enjoyed a good night's sleep. After you reach the count of one, open your eyes and take a few deep breaths. Stand up and stretch, then sit down again and think about what you have just experienced.

Your first impression will probably be about how relaxed and happy you feel. This is a good exercise for reducing worry and stress as well, so it is worth learning for that reason alone, although here we are utilizing it for a more serious purpose. Think about the mind reading experiences you recalled, then, without closing your eyes or going through the relaxing business again see if you can recapture how you felt at the exact moment you were reading the other person's mind. If you cannot do this, do not worry. Try the entire exercise again tomorrow and see if you can do it then. If not, just keep on working at it until it does come.

Once you can recall the feeling at will you are ready to start on the next phase. If you are fortunate, the person whose mind you read is still in close contact with you, and you can start doing more advanced experiments with this person. If you are not in touch with the people you were thinking about you will have to try and find someone who is agreeable to experimenting with you. Before we go on to this, though, there are a number of experiments you can do with complete strangers.

For instance, you can repeat the experiment I used to do in my school days. While sitting in a bus, or having lunch in a cafeteria, or literally doing anything where other people are, concentrate on one person, willing them to turn and look at you. It is best if the person is facing away from you, as then you know for certain the experiment has worked if the person turns right around to look at you. It may take a few minutes to notice any discernible response in the other person, but then they will start feeling a little self-conscious and may start looking from side to side. They are likely to straighten their hair or rub their nose or chin.

Once you see responses such as this you know you are on the way to success. If you keep on concentrating they are bound to turn right around and look at you.

The first time you try this it may take several minutes, but the time will reduce with practice. At this stage, you are not mind reading, but you are influencing the other person's mind, so this is a valuable step on the way to becoming a real mind reader.

Here is another experiment which is worth mastering. Sit comfortably in a quiet, peaceful room and relax completely, just as we did in the first experiment. Once you have got to the stage of counting from one to ten, concentrate on someone you know well, willing them to contact you. Keep the other person's presence firmly in your mind and keep out a steady message that you want them to contact you. It may go something like this:

"Sally, would you phone me now. I want to talk with you. Please phone Sally, as I need to talk with you. Sally, I am communicating with you. Please contact me as soon as you can. You know my number, Sally. I am waiting for you to call. Sally, would you phone me now."

When the phone rings, you'll get quite a shock. Pick it up and say, "Hello, Sally (or whoever it is you have been trying to contact)". You'll have a very puzzled person on the other end explaining that they had a sudden urge to phone you. You may decide to tell them of your experiment, or you may not. However, you will have a strong feeling of elation as you will know that you can use your mind to contact another person's mind and get them to contact you. Once you have done this successfully with a few different people, you are well on the way to success!

Before we start on more advanced experiments, it might be a good idea to give some background to what we are doing. Mind reading is one part of extra-sensory perception. ESP, as it is known for short, is divided up into four categories: telepathy (the ability to pick up and send thoughts - mind reading), clairvoyance (the ability to pick up information that is not known to anyone else), precognition or premonition (the ability to see into the future) and psychokinesis (the ability to influence a physical object or event using just the mind). A simpler way of putting it would be to say that telepathy is mindreading, clairvoyance second sight, and precognition divination. Psychokinesis (PK for short) is a little harder to explain, but Uri Geller's ability to bend keys may be an example of PK in action.

In this book we are dealing purely with telepathy, and it is wonderful to know that at long last all of these psychic subjects are being taken seriously and are being studied in universities and colleges in many countries. The ability to read minds is a perfectly natural and normal skill; it is in no way supernatural or part of the occult.

There is quite a large literature on the subject nowadays, and there are many documented cases of mind reading in action. For instance, more than half a century ago the famous American novelist, Upton Sinclair, published a book called *Mental Radio* which described telepathic experiments between his wife and himself. This book is still available and is well worth reading as you carry on developing your own abilities. Upton Sinclair was initially annoyed by his wife's ability to read minds, but fortunately became interested enough to test his wife further and then to write down his findings. His wife, Mary, was also extremely gifted at clairvoyance, a facility you will also develop as it works very much along with telepathy.

Another well documented example concerns a Mrs. Frances Wall who was lying down reading a book in the late afternoon, whilst her husband took a walk in a nearby park. She was gradually beginning to doze when she heard her husband suddenly call "Frances, come to the park. I am drowning!" At first Mrs. Wall thought her husband had returned home as the voice was so distinct. "Please, Frances, please hurry!" she heard. Suddenly aware that something terrible was happening to her husband, Mrs. Wall ran to the park. As she neared the lake she saw a large crowd gathering and knew instantly that her husband had drowned.

Different psychic groups keep records of as many of this type of occurrence as they can, so we are fortunate in having documented evidence going back more than one hundred years. Perhaps the most prestigious of these groups is the Society for Psychical Research in London, which was established in 1882. The American Society for Psychical Research began in 1889. Both of these organisations are still in existence and between them have built up an enormous collection of evidence for the existence of telepathy, as well as other areas of psychic research. In fact, one of the Society for Psychical Research's first tasks was to undergo an investigation into thought-transference. There are now hundreds, if not thousands, of psychic groups around the world, and you may find it worth your while to join a local group to carry on your own investigations.

One of the early findings of researchers into telepathy was that for many people the first real experience they have of ESP occurs in a particularly dramatic or horrible way, possibly involving an accident or death. The example I mentioned of Mrs. Wall and her drowning husband is a good example of this. For some reason; events that are dramatic transmit extremely powerful emotions and even people who have never had a psychic experience in their lives before can pick up these thoughts. However, we will demonstrate later on that situations do not have to be painful for you to read minds. In fact, the more peaceful you are inside yourself the better.

Another well documented area involves twins. There are even cases on record of twins being separated at birth and not meeting each other until thirty or forty years later, yet they have gone into similar types of career, married on the same day to people with the same name, and are driving the same model car when they first meet! Parapsychologists (the name given to scientists who investigate psychic phenomena) have known for a long time that twins, especially identical twins, have an exceptionally high ability at mind to mind communication.

One famous experiment was organized by Dr. J. B. Rhine, the famous scientist from Duke University who first made Parapsychology respectable way back in the early 1930's. He arranged for two twin girls, Terry and Sherry Young, to be tested by a psychologist at Mississippi State University. These twin girls appeared to be in constant contact with the other, even when miles apart. If one got toothache or a cold, the other one was instantly aware of it. The girls were able to mentally transmit whole sentences to each other, which made it impossible for their teachers at school to accurately test them. Even putting them in different classrooms did not work. They still used the same phrases and received the same marks. They did not cheat, but seemed to have minds that worked as one.

Experiments with twins are providing researchers with some of their most conclusive evidence for ESP, but you do not have to be a twin to be able to do what Terry and Sherry can. They may have a definite advantage in being twins, but the fact that you are interested enough to have bought this book shows that you have the ability to develop to the stage of reading minds.

The most important single factor in mind reading is *confidence*. If you believe you can read minds and work hard towards that objective, keeping a positive and confident outlook, you will succeed. Believe that you can do it, and you will be successful. People who are easily discouraged never succeed in anything they attempt. Nothing worthwhile is easy. True, some people are able to naturally read minds from the time they are born, but most of us have to practice and study to develop and perfect our skills. Work hard, read as much as you can on the subject, remain confident and positive, and success will come.

Enough of the preaching. If you have mastered the earlier tests let's move on to some real mind reading. For these you will need someone else to help you, someone who is patient and willing to help you. The better you know this person the better a husband, wife, or other close relative would be ideal, providing they are prepared to help you.

Go back to your quiet room and make sure you will not be disturbed. Have the room warm enough to be comfortable, but not so warm that you will get sleepy. Sit down in a comfortable chair several feet away from your friend and have them thoroughly shuffle a deck of playing cards. Close your eyes and return to the relaxed state we achieved in the very first test. When you are completely relaxed nod your head or say "now", and your friend will cut the pack somewhere and look at the card he cut to. Without saying a word he is to concentrate on whether the card is a red or black one.

Try not to think about the color. Remain as relaxed as you can and say the first color that comes into your mind. This is because conscious evaluation can totally destroy your extra-sensory ability. Your first impulse will always be the best one. It may happen immediately, or it could take a minute or two. Don't hurry. Remain calm, peaceful and as relaxed as possible.

Once you have named a color, have your friend cut the pack again and look at the color of the card he cut to. Have him do this five times in a row, before stopping to see how successful you have been. The reason for this is that if you failed two or three times in a row you could become discouraged. You may be fortunate and find you succeeded five times in a row, though it is more likely that you had two or three hits (after all the chance result is two or three as the odds are one in two each time).

Don't be disheartened if you fail to get more than the chance score in your first attempts at this experiment. Try it a few more times, and if your results do not improve, forget it until next time. If it is possible, try this experiment with different people, as it is likely that you will get better results with some people than with others. Interestingly enough, if the person "sending" to you believes in ESP, he is likely to make a much better sender than someone who does not believe.

Try this experiment in reverse as well, with you doing the sending and the other person trying to identify the colors. This is only fair, of course, and you may find that you are better at sending than you are at receiving. Do not worry if you are naturally much better at one rather than the other, as your results will improve with practice. Remember, never try to force the results as this will have a negative effect on you. Remain calm, relaxed and confident in your abilities and the results will come, probably not as quickly as you would like, of course, but come they will.

Once you have become expert at this test, maybe not getting full marks each time, but consistently getting above the chance level, you are ready to move on. This time, instead of working out the color of the card, try and work out the suit (Spades, Hearts, Diamonds and Clubs). This changes the odds from one in two, to one in four. Consequently, it may take you a lot longer to master than the initial exercise. Persevere until you are consistently getting above the chance score.

Do not try and do too many in one sitting. Parapsychologists have discovered that one's ESP abilities decrease if we try and repeat the same test time and time again on any one occasion. This proved to be one of the difficulties Dr. Rhine and his team had when they first started testing with special cards they had devised for measuring extra-sensory perception. The only remedy is to try these tests when you are feeling fresh and relaxed, and not to repeat them hundreds of times in the same evening. (Incidentally, the cards devised by Dr. Rhine are still available and are marketed as "ESP Cards". They consist of five symbols [Star, Wavy Lines, Plus Sign, Circle and Square] each repeated five times, making a pack of twenty five cards. You may find it worthwhile obtaining a pack in time, but you can do the same experiments just as easily with a deck of ordinary playing cards.)

Once you have succeeded at guessing the suits you can take the experiment a step further. Firstly have your sender send the suit. If you guess it correctly he says "Yes" and then thinks about the number of the card. You may find it easier to eliminate the Court cards for this, at least until you are reasonably proficient. You work out the number in the same way you work out the suit. Just sit quietly and wait for it to come. Some people I know find it works better for them if they count slowly from one to ten in their heads as they feel an impulse when they are on the right number. Try it both ways and see which works better for you.

Once you have mastered all of these experiments with playing cards you will be becoming highly skilled at mind reading. Here are some other tests to try along with the playing cards.

Have your friend go into an empty room and mentally choose an object in the room, a piece of furniture, an ornament, a rug, or perhaps a light bulb. Literally anything in the room will do. Once he has decided on an object he sits down in the room and calls you in. He is to give you no indication of what the object is but to say to himself mentally, when you are getting hot or cold. Take your time on this experiment. Move around the room until you feel you are in the right area, then tentatively move a step or two in each direction until you sense that you are correct. Reach out towards items that are near you, not actually touching any of them till you feel something pulling you towards some specific item. Reach out and touch it. If it feels right stop immediately, as you will be correct. Remember always to go with your first impressions.

This is the best way of doing the experiment, as it is an extremely good example of mind reading in action. However, you may prefer to try it out in a simpler form first. You can do this by lightly holding on to the other person's wrist and having them think of the direction you should take - straight ahead, right, left, or diagonally. Move in the direction you feel is correct until you finally arrive at the object. It is important that you lead and the other person does not deliberately try to help or to hinder you. This is called *contact mind reading* as you are touching the other person as you work. This is not as good as non-contact mind reading, but still makes a very impressive demonstration of your abilities. Once you can do it easily by contact mind reading, try and do it without touching the other person. You will find this a great deal harder, but the ultimate results make the effort well worth while

Another way of doing this experiment is to do it with several people. They decide on an object in the room between themselves before inviting you in. As they all know the identity of the object you are looking for, you should find this version much easier than the pure version described first. With all of these variations it is important that no one provides you with clues, intentionally or unintentionally. So ask them not to stare at the object or to keep glancing at it. They are not helping you develop your abilities if they try and "help" you in this way.

Colors are good for testing purposes as we have all been exposed to colors all our lives. Make sure that neither party in this experiment is color-blind before you begin. Make several cards and paint colors on them. At a pinch, you could simply write the names of different colors on the cards, but the sender would still have to try and transmit his visualization of the color rather than the word. Mix the cards up and have the sender transmit the different colors to you one at a time. This experiment works best if the sender takes a card at random from the stack, transmits it, then replaces the card in the stack and gives it a quick mix before transmitting another color. This means that the color red, for example, may turn up three times in six transmissions.

Here is a test you may have seen on television. It is a good challenge for your developing abilities. Have the sender draw a simple picture in another room. A simple scene or a stick figure would be ideal. Once he has drawn it he is to look at it steadily and try and transmit the design to you in another room. At first you will probably pick up only the most general impression of the picture, but with practice, you will be able to get closer and closer to the original. Funny things can occur with this test. The sender may transmit a picture of, say, a boy kicking a ball. You may pick up a feeling of some one gazing into a crystal ball. The basic idea is there one person and a ball, but somehow it has become slightly misinterpreted along the way. Do not be discouraged by these apparent failures. In fact, they are significant successes, and show that your skills are developing. If this sort of situation persists, you may have to go back to the conscious relaxation exercises, as your logical mind may be entering into the psychic processes.

Here is another test with playing cards. Have a dozen cards chosen at random and placed on the table. The sender mentally chooses one and transmits its value and suit to you. You hold one hand over each card in turn until you feel you are over the selected card. As soon as you feel that impulse let your hand drop to cover the card. This experiment is easier than many of the others you have attempted so far. The strange thing is that it often works even when you have no idea what the chosen card is. Incidentally, this shows how sensitive telepathy is as it is possible to determine the chosen card without realizing that you have done so!

Now that you have reached this stage you can regard yourself as being a pretty competent mind reader. You will be confident in your abilities and will be anxious to develop even further. This is the stage where you take your skills out into the real world. Anywhere you happen to be you can practice mind reading. Say you are in a restaurant and someone a few tables away catches your attention. Get into the relaxed state and see if you can pick up what that person is thinking.

If you would like to meet the person send thoughts across to them. Very quickly eye contact will be made and you will have to do the rest by moving across and introducing yourself (unless, of course, the other person is capable of mind reading also!). Try your skills at work as well as in social situations. The more you practice the better you will become. Don't be distressed with occasional failures. We all have these at times. If you are overtired, tense or preoccupied with some problem you will find it hard to read minds. In these situations think about your successes and take the first experiment in relaxation again. Once you are calm and relaxed again you will have no problems in reading minds.

May I wish you every success in the world in developing your mind reading skills.

Do try the test I've set up in the following chapter.

Chapter Two

The Tests

Test 1

LIGHTS AND SHADOWS

For the first test I have chosen one that depends upon the most definite contrast recognized by human beings: that of light and dark.

This test should take place at night in a room illuminated by several electric lights. The best condition is when the lights are separated, as with floor lamps or table lamps. All these lights should be turned on, with the company seated about the room.

After everyone has become accustomed to the existing illumination, one person goes from the room. He is the one chosen to attempt a telepathic demonstration. During his absence the others turn off one of the lights and announce the fact to the absent member.

Meanwhile that person is attempting to visualize the room itself. Once he knows that a light is out he should picture every portion of it, seeking for clear impressions. He will invariably find that one portion of the room as visualized will be less distinct than the others, or may actually seem darker.

From that impression he is to name the extinguished light. When he announces that he is ready the others turn on the light, the telepathist enters, and from the center of the room points to the light which he thinks is the correct one.

This test should be repeated, and tally of the results is a simple matter. If there are four lights in the room, for example, the person should name the right light once in four attempts, or ten times in forty, according to the law of chance.

A better result than ten in forty may be regarded as indication of telepathy, provided that the persons in the room give their full concentration upon the extinguished light, thus holding the actual thought that the absent person is seeking to obtain.

It is advisable to assign names to the lights and write them on slips of paper. Mix the papers and choose one at random in order to decide which light is to be extinguished. This will relieve the person from the disturbing burden of trying to guess which light the others decided to choose, since he will know it was chosen by chance.

Test 2

VISUALIZING COLORS

Proceeding upon the same basis, my next test calls for the fundamental ability of distinguishing color.

For this test I recommend six cards or squares of paper, each with a differently colored circle. The primary colors should be used; namely, red, orange, yellow, green, blue and purple.

The "sender" shuffles the squares, keeping his back toward the "receiver" who is to attempt the reading of the color. After the shuffle one card is turned upward. The sender studies the color of the circle, shuts his eyes and visualizes it.

The receiver concentrates upon a circle and seeks to fill it with a color. After he has done so he names the color that he sees mentally.

This test should be given twenty-four times. According to the law of averages four results should be successful. A greater number of hits indicates that the test has produced a telepathic result.

If you have no way of coloring the cards, write the names of the colors on them. But in visualizing the color named the sender should concentrate upon the color and try to see it, instead of thinking merely of the name. This test can be used with less than six cards if allowance is made for this in the tabulation of results. One important point must be remembered. Be sure that the person who seeks to visualize the color is not color-blind. It is obvious that color-blindness will play havoc in an experiment of this sort.

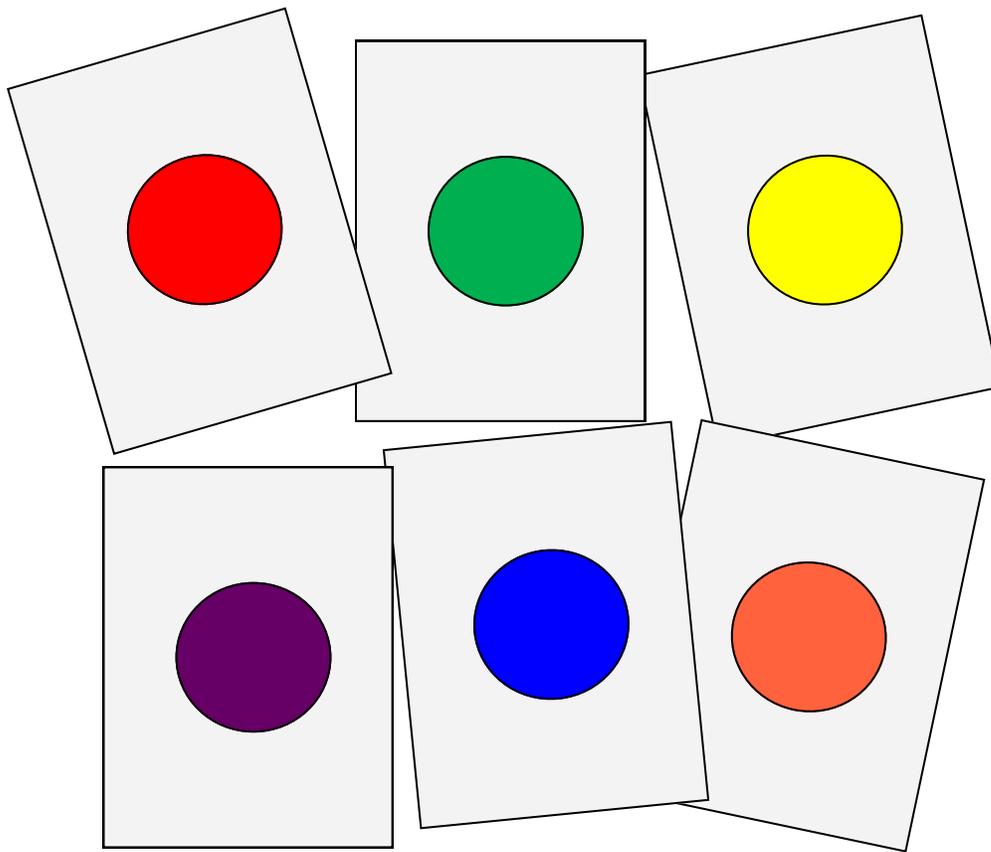
Using colors in telepathy is sound procedure, for with most persons colors are primary impressions. Colors are preferable to numbers or geometric patterns, because for every person who is color-blind there are probably three or four who cannot easily visualize a written figure or a jumble of lines.

Color-blindness does not indicate the absence of a telepathic faculty; neither does the inability to think in terms of geometric patterns. It is my opinion that many persons who have failed in telepathic experiments with cards of geometrical design have quite as much capacity for obtaining thoughts as others who have succeeded in such tests.

Failure in any type of test usually means that the test itself was not suited to the person undertaking it, for telepathic ability in some degree seems to be the heritage of nearly all of us.

The following page has pictures of slips to use in this test and a score sheet sample for you to make up.

Take your time and give the test several tries. Success will not come easy nor will it come fast to everyone. So be peasant.



SCORE SHEET																									
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	
BLUE																									
GREEN																									
ORANGE																									
PURPLE																									
RED																									
YELLOW																									

Using slips of paper with circles of various colors, the color impression can be projected and the results registered on a score sheet of the type illustrated above.

Test 3

THE MOVING HAND

The unusual test that is offered here seems to prove that nerve impulses may be responsible for telepathic reception.

Take a number of playing cards (from five to ten, the exact number does not matter except in recording results) and lay them in a row across the table face down.

While one person, the receiver, is absent the rest concentrate upon a card, remembering its position in line. The face of the card may be noted if desired, but only for later identification.

When the receiver returns, everyone concentrates upon the row of cards. The receiver stands in front of the table and slowly passes his hand from one end of the row to the other, back and forth, keeping it about five inches above the cards.

In a while he may notice that his hand makes a noticeable dip over one card. When he is sure that one card is producing the attraction, he stops and picks it out. This test has been known to work time after time without fail, but it must never be forced. If anyone proves steadily unsuccessful, he should let another person try it because it has the peculiarity of repeating often whenever it happens at all, far beyond the rule of averages.

Oddly, the thought of the card frequently does not reach the brain at all but seems to be grasped by the nervous system and shown in that uncanny dip. Watch your hand rather than the cards whenever you attempt it.

If a person fails at this test, have him go through it again very slowly without trying to pick out the card. Station another person, who has also been absent during the choice of the card, at the end of the table. Let that second person watch for the dip of the hand by keeping his eyes on a level with the table top.

It will be found that the observer can often pick out the card, even though the person seeking the impression does not recognize that his own hand has dipped! This illustrates the sensitivity of telepathy, for it shows that a person can actually gain an impression without recognizing that it has been acquired.

Test 4

WILL POWER

I present an effective test suited to group concentration. While one person is absent, the others choose an object in the room. When ready, they call in the outsider, who walks directly to the center of the room.

The rest of the group maintain a fixed position and mentally direct the person to the object. This is done by degrees. They "will" the person to move in the proper direction—to feel about, mentally, until he or she is at the chosen object.

All minds then concentrate upon the person's final action, that of touching the object itself and picking it definitely as the one chosen. The person so doing should pay no attention to the group except to keep searching for their thoughts alone.

This test is not only interesting; if it succeeds a few times in the course of an evening it indicates a definite reception of thought impressions, particularly if the room is well stocked with objects that might logically be chosen. The purpose is not to prove telepathy by bettering the law of averages, but to stimulate individual ability in acquiring telepathic perceptions.

Test 5

THOUGHTS IN ACTION

An excellent form of telepathic test may be conducted in "scene visualization." It is more advanced than Test 1 involving electric lights, but it is particularly adaptable to persons who have succeeded well with that experiment.

While the receiver is absent the others take various positions in the room. By agreement they perform simple but definite actions. For instance, one may read a book, another light a cigarette, a third may shake hands with a fourth. One or more may also speak, preferably repeating any statements made.

This tableau is held until the person outside knocks at the door. All change positions and the receiver enters and describes the portions of the scene that he visualized. Should he fail, or be obscure upon certain points, they can be mentioned for the purpose of stimulating him to correct answers.

For instance, if he states that A was seated in the armchair, and stops there, he can be told that A was reading a book; this may awaken a thought impression as to the color of the book or its actual title.

This test has three interesting variations. One is to keep the scene exactly as it was, then have the receiver enter blindfolded and give his visualization of it.

Another system is to hold the scene while the receiver in the other room writes out all the impressions gained. When he enters he brings the written statement with him for the others to read.

For a third variation it is necessary to have someone who knows the room and the persons present well. This person must be at a distance, as in a house a mile away. He is informed by telephone when the scene begins and as soon as he receives the impression, calls and describes it.

Test 6

SENSORY PERCEPTIONS

Two interesting examples have come to my attention, both being tests of telepathic sense impressions. In each instance two persons participate. We will term them A and B.

In the first test radio or phonograph music is used. A closes his ears so that the tone becomes muffled. B concentrates upon the music, which he hears at full pitch, and A seeks to gain B's complete impression. It is claimed that in some cases B has noted an increase of the music to its full intensity.

In the second test chewing gum is used. A chews a piece of gum that is flavorless, while B chews a stick of peppermint gum. Concentrating upon B, A gradually gains the taste impression of a peppermint flavor. This test could be used with sticks of gum having different flavors, A not knowing the particular flavor that B has chosen and trying to identify it by telepathic impression.

The test that I particularly recommend is one with liquids. Use several liquids of distinctly different taste, such as milk, tomato juice, grape juice and ginger ale. One or more persons take a mouthful of one liquid, concentrating upon the taste while the receiver has his back turned or is absent from the room.

The receiver is trying to gain an impression of the taste, and to stimulate that effort he uses a glass of water, taking short sips of the water while the others are imbibing the chosen liquid.

His one purpose is to gain some semblance of taste from the water and thereby name the particular liquid that the other persons have chosen. Since he is duplicating their action and the water gives the same impression to one sense—touch—as that of the chosen liquid, this is an excellent form of telepathic experiment.

This test should be repeated at intervals. If the person senses no taste from the water, eliminate those attempts from the record. Keep count of all times when a taste impression is received and rate their percentage according to the number of liquids used, water excluded.

Test 7

THOUGHT IDENTITIES

The following test is one especially suited for a study of identical thoughts. It is designed to cover the "positive-negative" factor that has been discussed. It allows a chance for prolonged repetition, with a study of thought impressions versus ordinary averages.

Two people perform the test. A third shuffles a pack of cards and divides it into little packets of five cards each. Two cards must be eliminated from the pack of fifty-two. One of these should be the ace of spades, the other does not matter.

In forming the packets the third person sees to it that none has cards that are confusingly similar, as two tens of different suits. These packets are left face down.

The third person lays out the cards of one packet in a row face up. The two persons working the test look at the cards together. A is to choose a card after random thought. He steps always while B continues to glance along the row, but keeps watch over B's shoulder, concentrating all the while. B finally names the card that gives him the strongest impression.

This is repeated with another packet, and so on until the ten packets have been used. After an interval the pack may be shuffled again and divided into ten packets for a repetition of the test.

According to the law of averages a correct card should be named once in every five times, or twice during each series of ten endeavors. In a series of five runs through the pack correct hits should be made ten times out of the total of fifty packets. Excess of that number is necessary for the result to be considered of potential telepathic value.

Test 8

MENTAL PROGRESSION

It is the encouragement of telepathy that seems to be most wanted in many laboratory tests. If used, those tests might show a greater percentage of results without any violation of required conditions. This test illustrates that important factor.

Take a pack of playing cards and from it remove and lay aside all but the following cards in each suit: three, six, ten, jack, queen, king. Shuffle these twenty-four cards. After the shuffle you look at a card and have another person, who also knows which cards the incomplete deck contains, attempt to name it, but not in the cold fashion of demanding a direct hit.

Instead you ask the person to name the color: red or black. You mark the answer in the first column of a ruled sheet and tell the subject whether he is right or wrong. Having thus established the color, you ask for the suit: diamonds, hearts, spades, or clubs, as may be required. Mark the result in a second column.

Next you ask whether the card has spots or is a picture card and tabulate that result. Finally you ask what the card is, there being three choices (three, six, ten) among spots; and three choices (jack, queen, king) among picture cards.

Apply the test twelve times and shuffle the pack after each attempt, always including the card just chosen.

Your first three columns: color, suit, type, will then total thirty-six results, out of which the subject should have scored eighteen hits according to chance. There should be at least twenty-two hits for any real possibility of telepathic significance.

The fourth column serves as a check. By the law of averages there should be four hits, the chances being one in three, with twelve tests. Unless it strikes five or more, you can reject the test as having no high value unless the first three columns have been remarkably prolific in results: say twenty-seven or above.

It will be found that the ease with which this test proceeds will allow of many repetitions with none of the mental strain that comes from trying to score sure hits in one of several cards.

Again on the next page is a chart to use with this test.

From a full pack of cards
take the following cards:

K	♠	K	♣
Q	♠	Q	♣
J	♠	J	♣
10	♠	10	♣
6	♠	6	♣
3	♠	3	♣
K	♦	K	♥
Q	♦	Q	♥
J	♦	J	♥
10	♦	10	♥
6	♦	6	♥
3	♦	3	♥

SCORE SHEET				
	COLOR	SUIT	SPOTS OR PICTURES	NAME OF CARD
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				

Using the playing cards listed above and a score sheet as illustrated you can test projections of colors, suits, spots and finally names of actual cards.

Test 9

TELEPATHIC ELIMINATION

Some persons who are highly telepathic lose all their ability when put to the test of naming one object of a group. This has been overlooked in laboratory tests or at least due allowance has not been made for it. Fortunately there is a special type of test suited to these subjects. It is telepathy accomplished by a process of elimination.

Six playing cards are laid in a row. The sender chooses one and then turns all the cards face down. The receiver approaches and the sender names the card aloud, without stating its position in the row. The receiver then turns up cards one by one trying not to turn up the chosen one. All the while the sender is thinking of the chosen card at its position but doing his best to will the receiver not to take it.

Since the odds are in his favor, the receiver acts with confidence. If the chosen card is not among the first three turned up the subject is credited with a successful score in a column marked "A."

He then proceeds to turn up one of the three remaining cards. If it is not the chosen one, he is credited with success in a column marked "B." He turns up one of the last two cards. If it is not the chosen one, he is credited with success in a column designated as "C."

After forty-eight tests of this sort, the tested person should—according to chance—have twenty-four hits in Column "A," sixteen in "B," eight in "C." Betterment of those averages may indicate telepathic reception.

Column "A" is not of great value, but Column "B" is. Some persons show a remarkably high percentage in this column yet fail badly with Column "C." The answer is simply that they cannot strain their ability to the breaking point without completely losing it.

Others who actually show results with Column "C" unquestionably manage it because they never lose confidence, for at no time in this test of elimination are they fighting odds that are greater than an even chance!

Test 10

GROUP RECEPTION

An excellent number test is conducted as follows: Let one person act as the sender. He writes a number of two figures, clearly and in large size, so he can sit under a light and study the written number. His effort should be to impress that number positively by half closing his eyes, then opening them slowly and at intervals.

Other members of the company sit about with pads and pencils. Each one who gains an impression of a two-figure number writes it upon a sheet of paper. These are later gathered and compared with the written number.

Simple mathematical calculation will show where chance ends and impressions begin. With only one receiver the chances are 90 to 1 against success. With two, the chances would be reduced to 45 to 1.

It is simply a matter of dividing 90 by the number of persons who try to receive the mentally registered number. In case two receivers have an identical number not given by the concentrator, special record should be made of that instance on the basis that one or the other conflicted with a positive thought.

Test 11

AUTOMATIC TOUCH PROJECTION

Tins test is one of touch sensation coupled with telepathy. Two persons are required. One has four objects and concentrates upon one of them at a time, while the other tries to obtain the impression. The objects, however, must be specially chosen, as those which are highly distinguishable to the sense of touch.

The objects suggested are: (1) A piece of ice, (2) a soft rubber ball, (3) a coin, (4) an electric light bulb taken from a socket wherein it has become heated.

It will be noted that these provide great variations in solidity and size as well as in cold and warmth. The person seeking to send the impression must hold one object at a time while he concentrates. The person who wishes to receive the thought knows what the four objects are but not which one the sender is holding, and should seek a touch impression as the basis for his final interpretation.

Results are scored on a basis of one in four, thus twenty-four tests should show a chance success of six. Beyond that number the results enter the potential telepathic range.

Test 12

INTUITIVE TELEPATHY

Here is an interesting test which I have designed for the purpose of correlating intuition and telepathy.

A short list of some of the primary emotions should be made by the assembled group. As an example, the list may comprise fear, pain, happiness, sorrow, anger. One person then leaves the group and the others act out a scene illustrating one of the emotions on the list.

For "fear" the people in the room may imagine that armed bandits are about to break in and they seriously act as they would under such a circumstance. For "anger" they can form two groups, raging at each other as if they really meant it. Other emotional scenes should come readily to mind with these examples given.

When the scene is ended the persons sit about keeping well from the light. They retain the common emotion which they held but take care not to betray it.

The absent person then returns and tries to sense the type of scene that took place while he was gone. Results are scored in ratio to the number of emotions on the list.

A list is necessary to avoid confusion of similar emotions, such as "anger" and "indignation," which should never be on the same list. A new list may be used for each

succeeding test, varying or changing the emotions from which the one to be acted out is selected.

This will eliminate the guesswork or reasoning which may unconsciously be employed to distort the results when tests are repeated with the same group of objects or words.

Quick impressions are often best in a test of this type, because intuition, which forms the real basis of the experiment, frequently functions as a flash impression. Whenever a hunch occurs, play it; otherwise let the impression gather until fully developed.

Test 13. CONTACT THOUGHT READING

In this test a group of people are required. One is chosen as receiver, the other as sender. While the receiver is absent the group chooses a large object, such as a table, chair, lamp, couch, or even a picture provided that it is at a low level. That done, the receiver is called back.

In the center of the room the receiver uses his left hand to grasp the right hand of the sender. The receiver can either keep the sender's hand extended or hold it to his (the receiver's) forehead. The sender then concentrates upon the desired object while the receiver, eyes half shut, moves about the room.

The sender should do his utmost to help the receiver mentally, emphasizing by thought alone when he is in the right or wrong portion of the room. Being drawn along, the sender should go voluntarily, and upon nearing the chosen object should "will" the receiver to locate it.

In a way, the sender mentally directs the receiver, even to helping him avoid obstacles when his eyes are closed or gazing elsewhere. With proper co-operation many receivers will find the object every time. Whenever this test is tried and successfully completed, the two persons involved should check up to be sure that

the receiver did not feel, nor the sender exert (either consciously or unconsciously), physical effort to direct toward the chosen object. Such occurrences were the factors responsible for the "muscle reading" theory, and they should not be present in a correct contact test. Sometimes they disappear with practice, and confidence also helps in producing the perfect type of experiment.

Test 14

MENTAL ATTRACTION

Here is a test using contact telepathy to discover a small object from among several upon a table:

Lay the articles well apart. As receiver you use your left hand to grasp the sender's right, holding it level or raising it to your forehead.

The sender concentrates upon an object on the table. Without watching him move your right hand around over the various articles, keeping your eyes half shut, even closed if it produces better concentration.

If conditions are right you will sense a heaviness in your slowly moving hand. Sometimes it seems to be actually magnetized toward a certain object on the table. That impression is rarely wrong. The attracting object should prove the chosen one.

Note that although you are contacting the sender with your left hand, it is your right that finds the object. There is an easier test, quite worth trying, wherein you move his hand over the objects with your left hand. But in that test there is a chance of so-called muscle reading.

In either test use a fair-sized table so as to have the objects well apart, thus avoiding confusion in the impression.

Test 15

TIME ON THE MIND

Among interesting tests of telepathic ability is the "time test" which can be tried either by two persons or by a group. It is an excellent test because it allows special recording of results.

Use a watch which is not running. Set it to the nearest five minutes—that is, with the long hand pointing to a number, and the short hand indicating an hour, although it may not point exactly to a number on the dial.

The watch is set beneath an inverted teacup with the handle of the cup on a direct line with the watch stem so that the second person can visualize the exact position of the hidden timepiece.

The second person then attempts to name the time shown on the watch. The odds against him are 144 to 1, therefore, a few successes in 100 tries are highly indicative of telepathic results.

Another way of testing is this: The person visualizes the position of the long hand, then of the short one. These results are kept in two tables, each offering one chance of success in twelve. A "double hit," naming both hands correctly, goes into the column of correct time, 144 to 1.

Instead of a watch, an alarm clock can be used in this type of test. After the hands are set the clock can be laid face down. In this case the dial must be visualized in reverse, which does not hinder concentration, provided the sender keeps the position of the hands in mind.

The test can be performed by merely turning the watch face downward, but the tea-cup system is better as it helps in correct visualization of the watch. Another help is to give the receiver a second watch, allowing him to turn its hands until he feels sure that they register the same as the dial of the unseen watch.

Test 16

TRIPLE TELEPATHY

Here is a triple test in contact telepathy. The assembled company, including the receiver, agrees that a small object is to be chosen and that the receiver is to attempt, in order, (1) to locate the portion of the room where the chosen object is, (2) to pick the object from among others with it, (3) to place the object in some other spot in the room. The receiver then leaves the room while the object is chosen and its desired final location is agreed upon.

He returns to the room and with his left hand takes the right hand of any person whom he wishes to be the sender. The sender (as well as the other persons in the room) then concentrates upon the first step in the series—thinking only of the location of the object until the receiver has definitely stopped there. After that he concentrates upon the object until the receiver lifts it. After that he thinks in terms of the spot where the object is to be placed.

Failure in either of the first two stages does not have to conclude the test. The receiver can be informed of his mistake and put on the right track. Under right conditions the entire test should succeed.

As in other contact tests, thought impressions may sometimes be helped if the receiver raises the sender's hand to his (the receiver's) forehead.

Much depends upon the person who acts as contact and he should be instructed to work mentally only. .Any eagerness should be avoided in order to make the test valid.

An experienced contact can frequently will the thought receiver into complex actions of a surprising sort, such as hiding an object in some curious place. When a good person has been acquired for contact he should be used often in these experiments.

Test 17

THOUGHT IN RHYTHM

An Interesting test in telepathy is one involving rhythm. It is undertaken by two persons located in separate rooms, with two others serving as timers, each being provided with a watch.

One person, A, begins by tapping a table or a chair arm in a steady fashion, slow, medium, or fast, as he prefers. He keeps up that constant beat while his timer checks the number of taps per quarter minute.

The other person, B, concentrates upon a rhythmic impression, and when he has obtained it begins to beat in similar fashion while his timer clocks the speed. After B is confident that he has found the correct beat, he ceases. A is notified, and the timers check results.

It is seldom that the exact number of beats will come from both A and B, but the test may be performed and repeated on a slow, medium and fast basis. Slow may be classed as less than twelve beats per quarter minute; fast, as more than twenty-four; with medium between.

Or the beat periods may be measured in a given number of groups, such as 5-10, 10-15, 15-20, 20-25, 25-30 per quarter minute. In this five-group system, chance would allow one success out of five attempts.

The test may be done in one room if the persons A and B are back to back and well apart, tapping on soft surfaces, with one or more timers between them watching both persons.

This is also a good distant test to be attempted by persons several miles apart, beginning at a specified time and ending after a given number of minutes. It is based on the primitive "drum-beat" system which is one of the commonest evidences of telepathic communication.

Test 18

THE MIND COMMANDS

The following test is one of especial interest because it involves the use of a very simple instrument which can easily be prepared by anyone. The object required is a heavy finger ring, attached to the end of a thin cord about fifteen inches in length. A wooden ball or small cubical block may be used instead of the ring. In this case the object is tacked to the end of the cord and—particularly in the case of the block—care should be taken that it hangs on a dead center.

First, test the device as follows: Wind the upper end of the string around the right forefinger, extend the arm so that it is free, and watch the hanging ring. Making no physical effort whatever, mentally command the ring to move, either to and fro, to left or right, or in a circle. Slowly the ring will respond until its swing is large. Then, at command, you can cause it to stop; later, to swing in another direction.

While brain effort sponsors the action of the hanging ring with nerve impulses carrying the wish, we know that the actual motion is finally due to unconscious muscular action from the hand itself. In simple one-person form the result cannot be regarded as a transmitted thought, but this preliminary practice will prepare you for the actual tests following:

Hold the string as described and let another person grip your left wrist or grip his right wrist with your left hand. That done, let him issue the mental commands regarding the motion of the ring which is hanging below your right hand.

The purpose is to learn whether his brain can transmit the wish through your nervous system, making the ring move in the desired direction and stop when he wills it.

If this experiment produces a high degree of successful results make a second test: Form a chain of several persons all holding wrists in the manner described. You are at one end of the chain as the receiver. The person at the far end is the one who issues the mental commands.

The third test should be done without contact. Let a group of persons agree upon what they wish the swinging ring to do. Then enter the room and seat yourself in the center of the group. They keep their eyes fixed upon the ring and issue the mental commands while you keep your eyes half closed, letting the ring swing as seems to suit it.

Test 19

FINDING THE LETTER

I shall describe an advanced test designed for the specific purpose of studying contact telepathy without the possibility of introducing muscular impulses.

For this you require a chart containing the letters of the alphabet in honeycomb arrangement, as illustrated. A larger chart may be drawn, but it should not measure more than eight inches in any dimension.

The sender gazes at this chart, centering his attention upon one letter and trying to exclude all thoughts of any others. The receiver uses his left hand to grasp the sender's right. The receiver also gazes at the chart, but makes no motion. He tries to find the portion of it that most attracts him, then to focus his attention upon one individual letter in that portion of the chart.

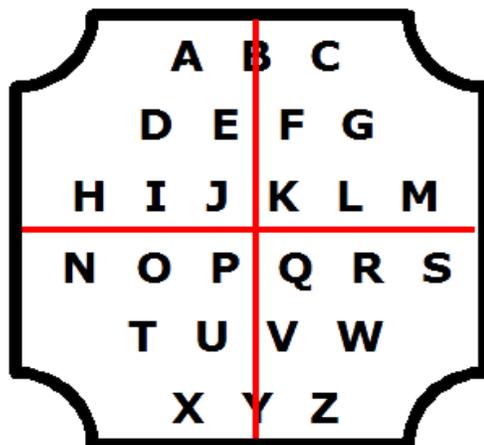
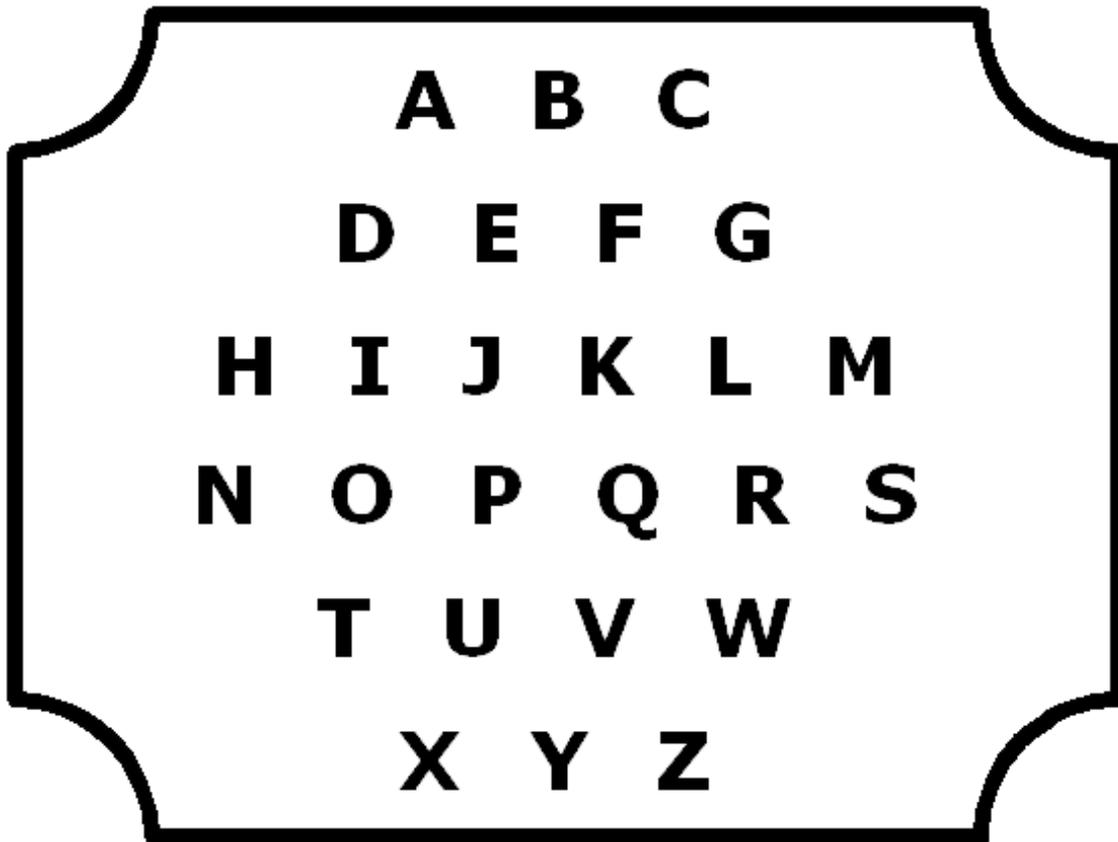
Once he has a positive impression regarding a certain letter, the receiver advances his own right hand and places it upon the letter. The sender then announces whether or not the choice is correct.

By averages this test should score only one hit in twenty-six. Better results will indicate that the contact works.

There is a method of reducing this to a series test. Draw a line straight clown through the center of the chart bisecting the letters B and Y, which are thereby eliminated.

Draw another across the chart between the two central lines. There is now one chance in four of striking the correct quarter of the chart, thus allowing calculation on that basis.

This will allow tabulations over a series of forty-eight tests, although you still hold to the intent of striking the actual letter more than once in twenty-four attempts.



The large diagram shows the chart as used in the projection of letters. The test can be worked with two persons gazing at the chart illustrated here but it is advisable to cover the page opposite and also cover the lower portion of this page so that nothing but the large chart is visible. A tracing or exact copy of this chart can be made for use in the test or it may be prepared in larger size (not more than eight inches across). The little drawing at the bottom shows how a copy of the chart should be divided to reduce the number of letters to twenty-four (six in each quarter) thus adjusting the test to a mathematical basis on which score can be kept.

Test 20

A GAME OF WILL

At least five persons are needed for this experiment, and never more than fifteen. One person is to be the receiver. He goes from the room while the others write down the names of objects upon which they intend to concentrate, without showing these to one another.

All objects chosen should be simple, but should comprise more than one detail; for instance, a book by Dumas with a green cover; the sporting page of a certain newspaper; a movie star, as he or she appeared in a certain motion picture.

When the receiver enters everyone concentrates upon his own thought, but in general terms. In the cases given above, the three persons would think of "book," "newspaper," and "motion picture."

The receiver, with eyes closed, visualizes whatever impression comes to mind. From the medley of passing thoughts he selects the one that is most persistent and states it aloud as a general impression, making no effort to seek further details immediately.

If this strikes a direct hit, the person concentrating upon the thought speaks up. If it merely comes close to the object, but doesn't quite strike it, the receiver can be corrected, but only regarding the general idea, such as book.

From that moment on, no one else tries to send an idea through, with the exception of the sender upon whom the receiver must concentrate. The purpose thereafter is to complete the individual test by mentally discovering the other details associated with the object in question.

If a given number of objects, say a dozen, are specified at the beginning of the test, with the understanding that the group will choose one of them, scores may be kept on the receiver's ability to pick a chosen object. The follow-up will then represent a specialized experiment of its own.

Test 21

PICTURE PERCEPTION

Here is a test with a special method of rating that I have designed to study post-impressions, and I invite my readers to try it.

First prepare six cards with drawings of common objects. Paper squares may be used instead of cards; the names of the objects may be written down in place of the drawings, but the latter are preferable.

The objects should be varied, and should be chosen for their associations, as different impressions come to mind. For instance, you might draw an apple, a boat, a candle, a car, a hat, a house. The apple might be suggested by an impression of a tree, the boat by water, the candle by light, etc. Everyone present sees the drawings and knows what they are.

Choose a receiver. Place the pictures face down and shuffle them. Turn one up. Concentrate upon it and have the receiver call off the picture without seeing it. Shuffle the pictures again and repeat. The receiver knows what the objects are, but he has no way of knowing what is coming next, for you shuffle the pictures before each try and do not tell him whether he is right or wrong in his choice.

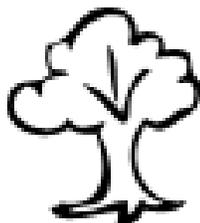
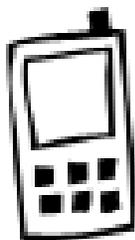
Keep score as you go along, in two columns. In the first column put the name of the object you turned up; in the second put the name of the object the receiver calls. At the end of thirty-six tries he should have scored six by the law of averages. A higher score indicates telepathy. So far the test is similar to many that have been conducted.

Now comes the interesting factor. If the hits have been few, cut the columns apart and move the second column one line up. Then check the columns across. Push it up another space and check again.

It is curious that in some instances you will find that a person is calling the pictures in close to actual rotation, but that he is one or two behind. If that proves true, you have evidence of post-impressions.

In repeating the test with the same person, you should have him make the calls more slowly. If that does not bring results, again check the columns by the lift-up principle to see if he is still behind.

If his best results always come further down the line, use that as a basis with the same person in future tests.



SCORE SHEET

	OBJECT LOOKED AT	OBJECT NAMED
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		
21		
22		
23		
24		
25		
26		
27		
28		
29		
30		
31		
32		
33		
34		
35		
36		

Small cards or slips of paper are used in this test, each bearing a simple drawing of some common object of the sort illustrated. Tabulations can be kept on a score sheet of the type illustrated.

Test 22

A QUESTION OF SQUARES

The test which follows is one that introduces a "game" angle that will appeal to children as well as to adults.

This test should be performed with several persons. Each is provided with a sheet of paper marked with a large square. That square is divided into four squares, with heavy lines, and each of those squares is again divided into four, with light lines.

One person is chosen as receiver and leaves the room. While he is absent, each of the others chooses a small square and marks it, each doing so independently. The receiver returns. He goes to one person and asks him to visualize his marked square. Looking at his own sheet, with its blank squares, the receiver tries to get an impression.

He does this through two steps. First, he tries to name the heavily outlined square in which the mark appears. He does this by saying: "Upper left," "upper right," "lower left," or "lower right," as the case may be.

The other person answers "right" or "wrong" and marks a score of 1. If he is "right" his score remains 1. If wrong, he tries again until finally he gets the large square. He makes a score of 1, 2, 3, or 4, as the case may be.

After the large heavy square has been named, he tries to visualize the actual small square that is marked. Again he has four choices and is told whether he is right or wrong on each occasion, with a resultant score of 1, 2, 3, or 4.

He tries the same test with each member of the group in turn, mentally seeking their marked squares. Add the total scores the receiver makes, and divide by twice the number of senders. The resulting average should be 2%.

The lower the average, the better. A person who can consistently show an average below 2% over a long series of tests is giving evidence of telepathic reception, but the evidence cannot be regarded as strong unless the average is 2 or below.

This test offers an interesting game or contest feature when different persons act as receivers in turn. In that case, total score is utilized; the person with the lowest score wins the match.

Tabulating the averages can be done later by those most interested in determining telepathic results.

TEST SQUARE

UPPER LEFT				UPPER RIGHT
LOWER LEFT				LOWER RIGHT

SCORE SHEET			
LARGE SQUARES		SMALL SQUARES	
NAMES OF PARTICIPANTS		NAMES OF PARTICIPANTS	
Total		Total	

Using a large square as illustrated, a "double test" is possible. The receiver concentrates on the four large squares; should they successfully name the large square containing the cross, then repeat by concentrating on the four small squares in that section.

Test 23

DISTANT DISCOVERY

The following visualization test is of the sort involving known objects. That is, articles which have recently been seen by all the persons involved.

Using a large room, several persons concentrate upon some object in it. Another person, the receiver, is absent at the time. Upon returning, the receiver concentrates and tries to visualize the object.

This is done entirely without contact, the receiver keeping his eyes shut as he states his impressions aloud.

The test can be conducted in another room than the one wherein the object is located. If all are familiar with the entire house, they may think of an object anywhere in the place provided that it is regularly in sight and the receiver is told that the whole house is included.

The receiver is free to ask questions, to be answered "yes" or "no," as this will help visualization in correct cases. Once an answer proves that the receiver is wrong, the test should end. It may be repeated with another object and either the same or another person as receiver.

The process is much like the contact test previously described where a person moves about the room accompanied by one who knows the chosen object. This non-contact test can be best described as a mental groping on the part of the recipient.

This type of test sometimes produces phenomenal results when the receiver names objects not included in the thoughts of the senders. These should always be checked if possible, because often the strange object proves to be in the room which the group has visualized.

Such a result is not a case of clairvoyance but can be attributed to a memory failure on the part of a sender, who has nevertheless retained a subconscious recollection of the object in question. Functioning through the subconscious, telepathy often brings to light forgotten facts.

Test 24

DEVELOPED IMPRESSIONS

In this test one person is chosen as receiver while the others act as senders.

The senders decide upon a simple diagram or picture; even a word or number if they choose. They draw it and all look at the drawing, or exact duplicates, while the receiver tries to reproduce it.

Allow all the time required for the impression, and if it fails to be completed the recipient may ask questions or state partial impressions for further encouragement.

All such conversation should be recorded and kept as essential data along with the drawings made by senders and receiver.

This is the original type of test used in experimental telepathy and still stands as the most convincing demonstration of receiving thought impressions. Illustrations of typical diagrams and pictures that have been used in such tests will be found throughout this book; but in attempting the experiment, new and original designs should be used.

Any two persons who find themselves in frequent accord in this test should continue their practice in developing such impressions.

Summary

So there you are. I have shown you how to set you mind and body to be in a receptive state to attempt the test that followed. These test, in part, were suggested by some of the greatest minds in parapsychology and the stage! From Doctor Joseph Banks Rhine to Uri Geller to Joseph Dunninger and E. Raymond Carlyle.

As I said at the start, take your time. Study and surround yourself with friends, family members, and other people that are serious.

The test, all twenty four of them, are designed to build, one upon the other. Start slow and go back and redo test you have pass by. Repeating them will reinforce your ability.

One method you might try at the outset for building your concentration is to set yourself in that quite room I talked about at the start. Turn on just one light. Sit a drinking glass half filled with water on a small table right in front of your comfortable chair. Place the glass so that the one light shines into the water. Clear your mind and look deep into the water. Have no thoughts in your mind. . .NONE! The second a thought enters your mind, no matter what that thought is, stop! The next time you start you will find that your mind will stay clear longer. Build on this, and move into the opening exercises. Don't give up easy. It will take time and it will not be easy. But then nothing that is worth doing is easy!

I have given you the tools, now the rest is up to you. If you really want to learn to read mind or really thoughts you have to work at doing so.

Remember that not everyone will succeed to the same degree. Each and everyone of us has a different potential. Each and every mind is different. Not everyone can rise to the same height in any field of endeavor. However you will never know until you try.

So try!

Yours for great thoughts,

Solarzar