

Lesson -- Seeing your own life force & aura, Ping-pong balls, and bubbles

December 1, 2012

Since all of us are inundated with more reading material than we can possibly cover in the time we have, I'm going to stick to necessary facts presented in bullet style. To get the accompanying illustrative stories, examples and anecdotes, please attend the conference session tonight.

To see your own life force and aura: (said method may be applied to also see other people's when you've practiced on your own self enough to have it down)

- Get in front of a dimly lit mirror (candlelight or soft, distant background light)
- Study your reflection, then focus on your scalp just above the forehead
- Take your eyes out of focus -- this is the most important step!
- You should begin to see a halo around the reflection of your head, anywhere from a half-inch to two inches thick -- it will most likely be white. Sometimes it might appear a pale yellow, or might have a blue outline around it. That's okay too -- that's the beginning of seeing your aura.
- That halo is your life force. To test it or effect it, try Akurian deep breathing. (Take a deep breath in, count 5-4-3-2-1 then exhale; immediately get another deep breath, count 5-4-3-2-1, and watch your life force strengthen, or grow bigger and brighter with the oxygen intake.)
- You may also see the results of making an effective sun link.

***Just for grins, try charging yourself with energies from each ascending plane of Heaven, watching the differences in your life force at every level . . .

A typical, healthy aura is egg-shaped and about six feet in diameter, so a foot and a half or two feet out from the edge of your silhouette would be an adequate measure to locate it. Again, around the head is the easiest place to begin to see it.

- In the same type dimly lit mirror, eyes still out of focus, expand visual perception to a periphery of a foot or so out from the edge of the physical image of your head.
- Relax. Trying too hard will defeat the ability. The feeling to achieve the best results is to feel as though you are in a daydream, out of focus, not trying to control anything, just looking.
- Soon you will begin to see fleeting wisps of color around the head, coming in and out -- the second you focus, you lose it. Be patient with yourself and stay relaxed.
- Yellow is probably the most common color at first to see around the head, as it is the color of mental activity, or thinking -- mentality. Blue is also common among Akurians, as it is the color of true spirituality. (We'll have another lesson on spirit colors and what they mean another time.)

****NOTE OF ENCOURAGEMENT: Remember that spirit training and abilities are often very subtle. You must train your acuity to detect those subtleties. The above practices are training in clairvoyance. Do not expect to turn the lights down and see your aura like looking at a Van Gogh or a Rembrandt -- at first. Flashes and quickly disappearing streaks and blotches of dim and barely there colors -- usually jewel tones at first -- are the easiest to detect. With just a couple of minutes a day in the mirror, you can become a proficient clairvoyant, and auric reading is one of the most valuable skills that we can attain. I'll also commit to another lesson another day on how to see a lie in someone's aura, recognizing imbalances, illnesses both physical, mental, and emotional, punctures, perverts, it's all there, and we can see it! . . .

PINGPONG BALLS

Putting a thought, action or idea in someone else's mind is a form of telepathy, and the Akurians have a very effective method we call "ping-pong balls." To make and give someone a ping-pong ball:

- Determine your target, then summon their spirit before you. (Hands out in front of you, facing each other, just beyond the reach of a belly ball at about waist high, then command: name , I summon you right here, right now! And you shall deny me not!) When you have them you will feel a slight energy difference between your hands. Command them to stay right there.
- Then make a belly ball of your own energy, about the size of a basketball.
- Speak the thought or action into the belly ball as you want it in their head. Remember to make it as though they were generating the thought. EXAMPLE: I want my brother to call me. I summon Pat Malone, then I give him a ping-pong ball saying: I gotta call Kitty NOW!
- Then begin to compress the belly ball from a basketball to the size of a ping-pong ball. (I speak the phrase into the ball the whole time I'm compressing it, over and over, getting louder as the ball gets smaller, until I'm shouting into it.)
- Once I've got a screaming ping-pong ball, I put it up next to the head of the spirit I've summoned, and I slap it a good one to knock it inside their head, where I see it bouncing around like a super-ball, never stopping until the thought or action that I want is satisfied. (My brother calls.)
- Now, the more they try to ignore it, the louder it will get. There is no relief until you take it off of them or they comply with the thought.

PUTTING SOMEONE IN A BUBBLE

When we want to punish someone, take someone out of the fight, serve them up a big dose of their own medicine, or even just get their attention for one reason or another, we use a process that we call "bubbling." Only our bubbles are not spheres -- they are octahedrons -- an eight-sided 3D configuration. Visualize two pyramids, one upside-down, one right side-up, connected together at their square bases. That's our bubble, because a pyramid is the strongest geometric form. Spheres can easily be destroyed -- pyramids, not so much.

By bubbling someone, we control their spiritual feeding (or starving) with isolation. Bubbles done right = nothing penetrates, nothing escapes. We control the conditions inside that bubble too. To put someone in a bubble:

- Summon target, same as above. When you have them, slam your two pyramids together with them in it. Make sure it welds itself together to become one solid structure. Now, mirror the inside, mirror the outside. The mirror bounces back all attempts to project energy, so that instantly, someone is trapped with only their own energies bouncing back at them; neither are they able to have any effect on anything else.

And that is the basic bubble. Some favorite tricks to go with it are:

- Make the inside mirror a 5X magnifying mirror, like those cosmetic-use magnifying mirrors that reveal every flaw . . .
- Remove every photon of light from that bubble and leave them in abject darkness
- Slap someone with an AED and pure truth inside their bubble
- If it's a man, give him a blivit (blivit is 25 pounds of shit in a 5-pound sack) so you are giving him so much pressure he will break. Compress the bubble & him in it just like the ping-pong balls.
- If it's a woman, spin her inside her bubble one direction, and spin the bubble in the other so that the two never meet. Before very long at all you will have one dizzy bitch.

We have many reasons to use these basic skills. Practice them until it's second nature to do them on the spot, with or without a crowd, anytime, for whatever. Want to control the whole room? Bubble everybody else in it.

Using bubbles and ping-pong balls together, you can have your way with about anybody. Someone with Adult ADD is the only time I've not seen the ping-pong balls work. That takes a separate binding effort because they are used to a mess inside their heads all the time.

THE END

