

Think like a physicist: a practical approach towards spirituality.

Johan Noldus*

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*Johan.Noldus@gmail.com, Relativity group, department of mathematical analysis, university of Gent, Belgium.

Some words upfront.

These notes are written as a practical guideline to get involved in spirituality and to activate your higher senses. The good news is that everybody has them, the bad thing is that some are better in it than others. Just as is the case with ordinary sports, practising it too much or too intensive may not be harmless and due care has to be taken here not to overdo yourself. Most people would perhaps try to utter that this is a paper for witches , but then everybody would be a witch or a wizard. Others would say that I am leading you towards the path of the Devil; alas, it is possible to do many good things with the powers of your mind. Moreover, it is quite easy to get a reliable protection against evil attacks so that one hardly gets into trouble at all.

I have deliberately chosen for now to reveal only the most elementary tricks given that they are pretty innocent and can change already a big deal about the way people interact. Revealing too much of this knowledge, which would be easy to do, might be somewhat dangerous and I am not willing to take that risk. So, in case you are bored after half a year of playing around with this paper and you still did not see a second lecture yet, it means that I probably want to keep that knowledge for me.

1 Higher body awareness and touching.

This one is the most fun; suppose you meet that pretty girl on the street but you are too ashamed to ask her for a date or even greet her. Nevertheless, you can kiss her in full glory and if you practise really well it will almost be felt as a real kiss; if you are lucky, she will smile at you and kiss you back in the same way. And in case your magic happened to be of supreme level, she will get bloody red and might want to ask you for more. As a matter of technicality, it is of course possible to do much more or less than kissing and I leave such things up to your imagination. It is a friendly way of showing your appreciation for one and another and sometimes I even do it with handsome men (you would be surprised how many girls do it with one and another too). So here it goes, first practise with your hand, let it hang downwards making an angle of ninety degrees with the wrist so that the fingertips are all down. Just concentrate with your mind upon your hand and fingertips, you should feel a pressure in them and preferably have a pulsating feeling too. If the latter is not there, just relax with your entire body and focus harder; it is not your pulse you are feeling but movements of your osteopathic system (fluids inside the body). Now, remain physically static and envision in your mind that your hand is lifting towards your nose and caressing it; you should feel this as well on the hand as the nose. Instead of caressing, you may prefer to squeeze it which should be felt so on all bodyparts (which are effectively removed). There are no mechanical pressures, no electric displacements, everything happens with the mind.

Once, you have these kind of things firmly under the belt (it should work with *any* part of your body), you should learn to visualize; that is concentrate upon an image of someone or something (it may be the breast of your sister). Again, you are physically astute and breathing calmly; you should see a part of your forehead opening with yellow light coming out and somewhere in there, the image you are concentrating upon. Now, in case you want to reach this person where I insist you do not try it with the dead in first instance, you make a silent request in your mind expressing the honest desire to meet him or her. In case your wish is granted, you will see this picture moving through a tunnel until it stops and your image appears next to his or hers, something which is accompanied by a click in your forehead. Now you can speak to him or her, give this person a kiss or something else; note that you have free choice to reveal your own identity or not. Now, when you are only a beginner, it may be that you respond back but unconsciously, the other requesting party may have had the impression of talking with you the entire time or kissing you while you may and up with the sensation that her or she is interesting and sensual while not realizing the fact that any kissing or conversation occurred. The stronger the minds of sender and receiver, the more conscious everything will happen. You should really try this amongs your best friends whom you trust will give you an honest answer; the more energetic you are in your head, the more detailed you will appear in front of the other party. This telephone line of the mind can be

at any time be broken and cancelled.

This form of communication appears to work less efficiently on very small distances given that it is far better to use conventional means in this situation given that the mind-form is pretty intense. To get the acquired energy level, a soft drink is ideal, my preference goes towards citron juice with loads of sugar. If you want to play it badly you can imagine pulling a person in your neighborhood to you causing a gravitating sensation indeed. Bad girls tend to seduce boys in this way, I do advise you not to fall for such tricks. There are plenty of higher things we can talk about, but I leave it at this for the moment; in case the experiment turns out wrong, no further information shall be provided. Do not overdo yourself since you run the risk that you will start feeling lightheaded to the degree that your spirit might leave your body (obviously, you should do the effort to get in again) is a real one.