

telekinesis how to learn

telekinesis how to learn is a topic that has fascinated people for generations, blending the boundaries between science, psychology, and the mysteries of the mind. This comprehensive guide explores the meaning of telekinesis, its origins, the science and skepticism surrounding it, and practical techniques for those who wish to learn and develop telekinetic abilities. Readers will discover step-by-step instructions, essential exercises, and tips for maintaining focus and motivation. Additionally, this article covers common challenges, myths, and the importance of mental discipline in telekinesis practice. Whether you are curious about unlocking mental potential or simply exploring the possibilities of the human mind, this guide is designed to provide factual insights and actionable advice. Continue reading to explore the essentials of telekinesis and how to learn its methods effectively.

- Understanding Telekinesis: Origins and Definitions
- The Science and Skepticism Behind Telekinesis
- Core Principles for Telekinesis Practice
- How to Prepare for Telekinesis Training
- Step-by-Step Techniques: Telekinesis How to Learn
- Common Challenges and How to Overcome Them
- Frequently Asked Questions About Telekinesis Training

Understanding Telekinesis: Origins and Definitions

Telekinesis, also known as psychokinesis, refers to the mental ability to move or manipulate objects without physical interaction. The term comes from the Greek words "tele," meaning "distant," and "kinesis," meaning "movement." Historically, telekinesis has appeared in folklore, fiction, and spiritual traditions, often associated with psychic phenomena and supernatural powers. The concept gained significant attention in the 19th and 20th centuries through parapsychological research and popular media. While scientific consensus remains skeptical, many individuals are intrigued by the possibility of harnessing mental energy to influence the physical world. Understanding telekinesis involves exploring its origins, definitions, and the role it plays in both ancient and modern contexts.

The Science and Skepticism Behind Telekinesis

Scientific investigation into telekinesis has been ongoing for decades, with researchers studying claims of psychic abilities under controlled conditions. Most scientific studies have failed to provide conclusive evidence supporting telekinesis, often attributing observed effects to psychological factors, environmental influences, or trickery. Despite skepticism, some parapsychologists continue to explore the potential of the human mind, designing experiments to test for micro-psychokinetic effects. From a psychological perspective, belief in telekinesis can be linked to cognitive biases, suggestibility, and the power of imagination. It is important for anyone interested in telekinesis how to learn to approach the subject with a critical mind, balancing curiosity with scientific reasoning.

Core Principles for Telekinesis Practice

Learning telekinesis is rooted in the development of key mental and emotional skills. Mental focus, visualization, and relaxation are essential components for those seeking to master telekinetic techniques. Practitioners emphasize the importance of patience, consistency, and self-discipline, as progress is often gradual. Many telekinesis training methods incorporate meditation, mindfulness, and energy work to enhance concentration and mental clarity. Developing a positive mindset and minimizing distractions are also crucial for success. Understanding these core principles lays the foundation for effective telekinesis practice and long-term improvement.

Mental Preparation

Before beginning telekinesis exercises, it is vital to establish a strong mental foundation. This includes setting clear intentions, cultivating belief in one's potential, and adopting relaxation techniques. Visualization exercises help create vivid mental images of the desired outcome, which is a fundamental aspect of telekinetic practice. By strengthening mental acuity and emotional stability, practitioners increase their chances of achieving measurable results.

How to Prepare for Telekinesis Training

Proper preparation is key to success in telekinesis training. Creating a suitable environment, establishing a consistent routine, and understanding the necessary tools and techniques can enhance the learning process.

Preparation also involves assessing one's motivations and expectations to maintain a balanced approach.

Setting Up Your Practice Space

- Choose a quiet, comfortable room free from distractions and interruptions.
- Ensure good lighting and ventilation to promote relaxation and focus.
- Arrange a comfortable chair or meditation cushion to support prolonged practice.
- Keep your practice area clean and clutter-free to minimize mental and visual distractions.
- Prepare any objects needed for training, such as a lightweight paper, pencil, or small object.

Establishing a Routine

Consistency is crucial for progress in telekinesis how to learn. Set aside a specific time each day for practice, ideally when you are least likely to be disturbed. Begin with shorter sessions and gradually increase the duration as focus improves. Record your experiences and observations in a journal to track progress and identify patterns or challenges.

Step-by-Step Techniques: Telekinesis How to Learn

There are several widely recognized techniques for developing telekinetic skills. These exercises focus on enhancing mental focus, visualization, and energy control. Beginners are advised to start with simple tasks before attempting more advanced feats.

Basic Telekinesis Exercise: The Psi Wheel

1. Create a psi wheel by balancing a small piece of paper or foil on a pointed object, such as a needle stuck in an eraser.

2. Sit comfortably and clear your mind using deep breathing or meditation.
3. Focus your attention on the psi wheel, visualizing it moving in a specific direction.
4. Direct your intention and mental energy toward the wheel, imagining the movement as vividly as possible.
5. Remain patient and avoid physical contact or air movement that could cause the wheel to spin unintentionally.
6. Practice regularly, adjusting your technique based on observed results.

Visualization and Energy Manipulation Techniques

Visualization is a powerful tool in telekinesis training. Close your eyes and picture the object moving in your mind's eye. Imagine streams of energy flowing from your hands or mind toward the object, gently nudging it in the desired direction. With practice, visualization becomes more detailed and effective, reinforcing the mind-object connection.

Breathing and Meditation Practices

Controlled breathing and meditation help quiet the mind and sharpen focus, which are essential for telekinesis. Practice deep, slow breathing to relax the body and clear mental clutter. Guided meditation sessions designed for psychic development can further enhance concentration and energy control, supporting your telekinesis how to learn journey.

Common Challenges and How to Overcome Them

Telekinesis training presents unique challenges, including frustration, self-doubt, and difficulty maintaining focus. Many practitioners experience plateaus or slow progress, which can be discouraging. Understanding common obstacles and strategies for overcoming them is vital for sustained improvement.

Dealing with Frustration and Impatience

Progress in telekinesis can be gradual and unpredictable. Set realistic goals and celebrate small milestones to stay motivated. If results are not

immediate, avoid negative self-talk and remember that persistence is key to success.

Enhancing Focus and Motivation

Distractions and mental fatigue can hinder telekinesis development. Take regular breaks, practice mindfulness, and adjust your environment to maximize concentration. Connecting with like-minded individuals can provide encouragement and support, reinforcing your commitment to practice.

Dispelling Myths and Misconceptions

There are many myths surrounding telekinesis, including exaggerated claims and fictional abilities. Approach the topic with a critical mindset, relying on evidence-based techniques and personal experience. Understanding the difference between realistic expectations and fantasy helps maintain a balanced perspective.

Frequently Asked Questions About Telekinesis Training

Telekinesis how to learn is a subject that generates many questions from beginners and experienced practitioners alike. The following section addresses some of the most common inquiries regarding telekinesis techniques, challenges, and scientific perspectives.

Q: What is the best way to start learning telekinesis?

A: The best way to start learning telekinesis is by practicing basic techniques such as the psi wheel exercise. Begin with meditation and visualization to enhance focus and mental clarity, and create a consistent daily routine for practice.

Q: How long does it take to see results from telekinesis training?

A: Results vary greatly among individuals. Some may notice subtle changes within weeks, while others require months or longer. Consistency, patience, and proper technique are essential for progress in telekinesis how to learn.

Q: Are there any risks associated with telekinesis practice?

A: Telekinesis exercises are generally safe, but some individuals may experience mental fatigue or frustration. It is important to maintain a balanced approach, take breaks, and avoid overexertion.

Q: Can anyone learn telekinesis or is it a special ability?

A: Many believe that telekinesis is a skill that can be developed with practice rather than an inherent gift. Success depends on mental discipline, focus, and regular training.

Q: What scientific evidence exists for telekinesis?

A: Most scientific studies have found insufficient evidence to support telekinesis, attributing observed effects to chance, psychological factors, or environmental influences. However, some parapsychologists continue to explore the phenomenon.

Q: What are the most effective exercises for telekinesis?

A: The psi wheel, visualization, and energy manipulation exercises are commonly recommended. Meditation and breathing practices also support mental preparation and focus.

Q: Why do some people claim telekinesis works while others are skeptical?

A: Belief in telekinesis may be influenced by personal experiences, cognitive biases, and cultural factors. Skepticism arises from the lack of scientific evidence and the possibility of trickery or misinterpretation.

Q: How can I stay motivated during telekinesis training?

A: Setting realistic goals, tracking progress, and connecting with supportive communities can help maintain motivation. Celebrating small achievements reinforces a positive mindset.

Q: Can telekinesis be used to move large objects?

A: Most reported telekinesis effects involve small, lightweight objects. Claims of moving large objects lack credible evidence and are often regarded as fictional or exaggerated.

Q: Is telekinesis the same as other psychic abilities?

A: Telekinesis specifically refers to moving or influencing physical objects with the mind. Other psychic abilities, such as telepathy or precognition, involve different aspects of mental or extrasensory perception.

Telekinesis How To Learn

Find other PDF articles:

<https://fc1.getfilecloud.com/t5-w-m-e-12/Book?ID=rIO62-7994&title=the-summer-i-turned.pdf>

Telekinesis: How to Learn - A Practical Guide to Developing Your Psychic Abilities

Have you ever dreamt of moving objects with your mind? The concept of telekinesis, the ability to manipulate objects with mental power, has captivated humanity for centuries. While scientific proof remains elusive, many individuals believe in its potential and actively pursue its development. This comprehensive guide explores practical techniques and mental exercises to help you embark on your telekinesis journey. We'll debunk myths, address common misconceptions, and provide a structured approach to learning, emphasizing patience, perseverance, and a realistic understanding of the process.

Understanding the Fundamentals of Telekinesis

Before diving into exercises, it's crucial to understand that "learning" telekinesis isn't like learning to ride a bike. It requires dedication, consistent practice, and a deep understanding of your own mental capabilities. Many believe telekinesis hinges on harnessing and focusing your mind's energy, much like a muscle that needs training. It's not about magic; it's about mastering subtle mental control.

Debunking Myths and Misconceptions

Many believe telekinesis requires exceptional innate abilities or supernatural gifts. This is a misconception. While some individuals may have a natural predisposition, anyone can develop their mental focus and concentration through dedicated practice. The key isn't inherent power, but the conscious cultivation of mental discipline. Forget instant results; telekinesis is a marathon, not a sprint.

Setting Realistic Expectations

It's vital to set realistic goals. Don't expect to move heavy objects across the room overnight. Start with small, lightweight objects and focus on subtle movements. Celebrating small victories is essential for maintaining motivation and preventing discouragement. Patience and persistence are your greatest allies in this journey.

Practical Exercises for Developing Telekinetic Abilities

Several techniques can assist in developing your potential for telekinesis. Remember, consistency is key. Dedicate time each day, even if it's just 15 minutes, to practice these exercises.

1. Focused Concentration and Visualization:

Begin by selecting a small, lightweight object – a feather, a small piece of paper, or a cork. Hold the object in your hand, close your eyes, and visualize the energy flowing from your mind to the object. Imagine yourself subtly moving it, focusing your mental energy on the intended movement. Repeat this visualization process multiple times daily.

2. The Pendulum Technique:

This technique uses a pendulum (a small weight suspended from a string) to improve your ability to influence subtle movements. Hold the pendulum above your hand and focus intensely on guiding its swing with your mind. Initially, the movements will be random, but with consistent practice, you should see improved control.

3. Energy Ball Technique:

Visualize a ball of energy forming in your hands. Feel the energy building, expanding, and becoming more potent. Then, visualize projecting this energy towards your chosen object, aiming to create a

subtle movement. This helps develop a sense of mental energy projection.

4. Mindfulness and Meditation:

These practices are fundamental to developing telekinetic abilities. Meditation helps quiet the mind, enhances focus, and improves your awareness of subtle energy shifts. Mindfulness cultivates mental discipline and control, which are crucial for directing mental energy effectively.

Advanced Techniques and Considerations

Once you've mastered the basic exercises, you can explore more advanced techniques. These may involve using visualization to influence larger objects or working with multiple objects simultaneously. Always remember to maintain focus, patience, and a clear intention.

Troubleshooting Common Challenges

You may encounter moments of frustration. If you don't see immediate results, don't give up. Continue practicing, review your techniques, and consider adjusting your approach. Doubts and skepticism can hinder progress; maintain a positive and determined mindset.

Conclusion

Learning telekinesis is a journey of self-discovery, patience, and unwavering focus. It's not about achieving instantaneous results but about cultivating mental discipline, enhancing concentration, and learning to control your subtle energies. While scientific evidence remains limited, the pursuit of telekinesis can be a rewarding path to self-improvement, enhancing mental acuity, and deepening your understanding of your own potential. Remember, consistent practice and a positive mindset are your most valuable tools.

Frequently Asked Questions (FAQs)

1. Is telekinesis real? The existence of telekinesis is still debated within the scientific community. However, many individuals report experiencing success with various exercises designed to develop these abilities.

2. How long does it take to learn telekinesis? There's no set timeframe. Progress depends on individual dedication, practice frequency, and the chosen techniques. Some people see subtle results within weeks, while others may take months or even years.

3. What are the potential risks of practicing telekinesis? There are no known physical risks associated with practicing telekinesis exercises. However, it's essential to approach it with a balanced mindset, avoiding excessive pressure or unrealistic expectations.

4. Can anyone learn telekinesis? While some individuals may have a natural inclination, anyone can develop their concentration and mental focus to practice techniques that aim to develop telekinetic abilities.

5. What if I don't see any results? Don't get discouraged! Consistent practice is crucial. Review your techniques, adjust your approach if necessary, and maintain a positive, determined attitude. Celebrate small victories, and remember that progress may be subtle and gradual.

telekinesis how to learn: Mastering Telekinesis Sergio Rijo, 2023-04-17 Welcome to my world of telekinesis! I'm so excited to share my knowledge and experiences with you in my book, The Beginner's Guide to Telekinesis. If you've ever been curious about moving objects with your mind, tapping into your psychic abilities, or exploring the power of the human mind, then this book is for you. In this guide, I take you through the basics of telekinesis, starting with how to focus your energy and develop your psychic sensitivity. You'll learn about the history and science of telekinesis, as well as the different types of telekinesis and how to recognize your own unique abilities. With practical exercises and step-by-step instructions, you'll learn how to move objects with your mind, manipulate energy fields, and even use telekinesis for healing and manifestation. You'll also explore the relationship between telekinesis and other psychic abilities, such as telepathy and clairvoyance. But my book isn't just about techniques and exercises - it's also about overcoming obstacles and building a supportive community. I share some tips for dealing with frustration and self-doubt. You'll also learn how to develop a telekinetic community and support system, as well as set goals for continued progress and growth. Whether you're a beginner or an experienced practitioner, The Beginner's Guide to Telekinesis has something for everyone. So come along on this journey with me and discover the incredible power of the human mind!

telekinesis how to learn: Telekinesis for Beginners David Petry, 2015-06-03 Discover the Super Powers of Your Mind with Telekinesis You may or may not have heard of people moving objects around just by focusing on them with their mind. Some people believe this to be just science fiction. But there is a proven science behind the ability to use our mind in this powerful way; called Telekinesis. This basically is the science of moving objects with our minds. Interesting fact is that we all have this ability that we can tap into, if we choose to put the time and study into learning how to do it. It's not like the super heroes in the movies who throw objects around and make things explode. With time and practice anyone we can learn to focus your attention to make a candle flame move and other fun and amazing activities. This book explains more about the science of Telekinesis along with some simple exercises that will help to improve your concentration. Whether you are interested in learning to move objects around with your mind, or you just want to learn how to improve your focus and concentration, this book is a quick, helpful and interesting read. Super Powers of your mind information you will discover inside: What is Telekinesis How to have Mind over Matter Improving your level of Concentration From Visualization to Meditation Importance of Relaxation And Much more!

telekinesis how to learn: Learn Telepathy and Telekinesis. Dr Kabir Danesh, 2020-07-12 Telepathy refers to the thoughts, emotions or attitudes of others that are transmitted to others through the mind, without the use of resources belonging to the body sphere, i.e., the conventional

senses, or gestures. These people interact despite the spatial barrier that separates them. Here you will learn special Telepathy techniques, which put into practice will bring you fantastic results. Are you interested in Telekinesis? Are you curious to know what it is? In this material I will explain what Telekinesis is and give you an exercise for the practice of developing your sensory capacity that we use to feel the energy of everyone. What is Telekinesis? It is the ability to move objects using only your energies. You will learn exercises to develop this fantastic power that exists in us. Practice and be a better person. Experience it yourself.

telekinesis how to learn: Defy Your Limits Sean McNamara, 2021-10-14 Third edition. Telekinesis, also known as mind over matter, is real. Defy Your Limits offers what aspiring telekinesis practitioners have long sought, a detailed, tested, step-by-step method to learn exactly how to do it. While many can demonstrate TK, only a few can teach it proficiently in a format like this book. Sean McNamara is a seasoned meditation teacher who learned TK first-hand and teaches others how to actualize it themselves. He has been featured in various shows and the movie Superhuman: The Invisible Made Visible. This is not a theoretical book. It's a training manual for those who are willing to do what it takes to defy their own limits. When you progress through the final level of training, you will be able to move an object enclosed in glass from a distance of several feet - psychically. You will do so with your carefully and patiently trained mind-body-energy system. This text contains links to the companion website which is filled with video tutorials filmed specifically for practitioners of this training system. Moving matter with the mind is only the beginning. This book is on the cutting edge of personal development, mindfulness, self-help and human performance. The ability taught here makes immediately observable that which self-improvement and power-of-intention books like The Secret and The Law of Attraction have only described - that our mind affects our reality. Defy Your Limits teaches you how to apply this telekinesis method toward your Vision Board, Energy Healing, Meditation, Metaphysical applications, and toward achieving your personal goals. Learn the paranormal ability that sits at the crossroads of science and spirituality. Learn more at <http://www.MindPossible.com>.

telekinesis how to learn: Telekinesis Trish Boyce, 2016-02-12 Moving Objects With Your Mind Is Possible For very many years Telekinesis has been faced with a lot of mockery and skepticism. Quite often individuals never let such tricks and ideas get into their mind due to the fact that they have never seen people doing them. Although this is the fact, a number of people still believe in Telekinesis, even if no science has been done to prove it. This guide has been created in a step by step procedure to guide you as a beginner in Telekinesis. If you have mind and understanding you will find it suiting you very well. This guide has been broken down to three phases.

telekinesis how to learn: Develop Your Telekinesis Skill Zainurrahman, 2020-01-24 Do you want to develop your telekinesis skills? Everyone who has practiced telekinesis will want to develop their ability to be able to move larger and heavier objects. It shouldn't be as hard as you think. Let's look at the hopes of others who still fail to do telekinesis even at their hundredth attempt. Where was their fault that they were still unable to move objects as light as a straw? In 2019, the author published a book on the same topic, telekinesis. The book described the procedures of telekinesis training seriously. The book has invited testimonials that were followed by appreciation and questions. The important questions that prompted the author to write this second book were: why am I still unable to move the object? and how can I move heavier and larger objects? This book is the answer to various questions about telekinesis. In the beginning, this book was intended for advanced learners and not for beginners. Nevertheless, even beginners should be able to learn telekinesis easily through this book. This book discusses how to focus appropriately in telekinesis, how to increase energy levels, how to use emotions for telekinesis, how to access appropriate and effective conditions of mind for telekinesis, and so on. In essence, anyone who fails with techniques obtained from other sources will succeed through the techniques taught by the author in his telekinesis books. Furthermore, this book doesn't just tell you what to do; this book also shows where your mistakes are (in telekinesis practice) and what you need to do to correct those mistakes. You are very capable of doing telekinesis and this book is your friend in practice. If you think you need to

read the previous book, here is the link (Telekinesis: A Serious Guide): <https://www.amazon.com/dp/B07Y5LJG7>

telekinesis how to learn: *Mind Reading Quick & Easy* Richard Webster, 2015-08-08 Gain a hidden edge using your natural mind-reading abilities It sounds incredible, but you actually read people's minds all the time—you just don't realize it. Join renowned author Richard Webster as he shows you how to take control of this innate skill by determining your own dominant sense, reading other people's energy, deciphering non-verbal messages, and discreetly influencing others with your thoughts. Providing easy experiments and exercises, *Mind Reading Quick & Easy* helps develop and refine your abilities at both a beginner and advanced level. This remarkable book also shows how to develop skills for mind reading using the phone and e-mail, dream telepathy, and mental communication with pets. By enhancing your mind-to-mind connection with others and interpreting body language cues, you'll perceive more than you ever thought possible.

telekinesis how to learn: *The Master of Telekinesis* Idan Knoch, 2021-01-19 Who has not asked himself at least once whether telekinesis and telepathy are real? But have you ever wondered if there is a place to... learn these skills? Aiden Conner has not excelled at being a normal child, especially since his parents disappeared. But to go from his so-called normal life to ending up in a hidden and secret city whose inhabitants use telekinesis and read minds, to be haunted by a formidable enemy searching for him even before Aiden was born, and to storm into an enemy camp in the heart of modern New York with a pair of fluttering swords? These are things Aiden did not imagine even in his wildest dreams (and he's had some wild ones). But Aiden's greatest challenge will be figuring out the right thing to do, because the telekinesis world he's fallen in love with is at stake and everything depends on him and him alone.

telekinesis how to learn: *Subspace Explorers* E.E. 'Doc' Smith, 2011-09-29 All the creative energies of the West have been directed into space exploration and development - dozens of new worlds are being opened up. Left behind on Earth are the sluggish remnants of former greatness. But in the East, a mighty dictatorship has arisen - a single absolute monarch rules: The Nameless One of the East. What follows is a raging conflict, on Earth and in space - conflict as only master pulp storyteller E.E. Doc Smith can write it.

telekinesis how to learn: *Meditation X* Sean McNamara, 2017-12-31 Meditation X is the most fun and intriguing type of meditation training a person can learn! If you practice mindfulness, you can learn to move matter with your mind, and this book (accompanied by online training videos) will show you how. Fans of McNamara's first book *Defy Your Limits* will be delighted to learn that Meditation X contains new and advanced telekinesis methods such as moving multiple objects simultaneously, moving objects while standing and moving, moving an object with a partner or group, moving an object from another room, and more. You will learn how to use the principles of mindfulness and meditation to engage a quickly spreading phenomenon: telekinesis. Also known as psychokinesis, it is defined as the movement of an object from a distance through the use of one's mind and subtle energy. While Hollywood portrays exaggerated versions of mind over matter, real telekinesis is less dramatic, yet completely real. Meditation X is written specifically for people who meditate, who want to learn how to meditate, or who are already a part of contemplative spiritual tradition. Telekinesis offers the most accessible entry to the world of miracles and manifestation. Every spiritual tradition has its own stories of saints, mystics, yogis, healers and other figures who could achieve wondrous feats through the power of their mind. Telekinesis is one of those feats which can be accomplished today by anyone able to apply their mind to the specific instructions provided here. Meditators are best suited to succeed at this task. Meditation X also discusses the commonalities between telekinesis training and the meditation instructions found in major world traditions. It reviews global spiritual principles such as interconnectedness, non-duality, the power of intention, patience, non-aggression, relaxation, and more, which are actualized during this practice.

telekinesis how to learn: *Telekinesis for Beginners* Harry Eilenstein, 2021-06-01 Telekinesis, the non-physical movement of objects, is at first glance somewhat more unusual than telepathy.

However, it is definitely a part of everyday life, even if it is not immediately recognized as such everywhere it occurs. When someone in karate smashes a brick with his hand or someone in distress can suddenly lift a car - what is that? There are also people who fill a room as soon as they enter - how do these people do it so that you can almost physically feel it? Fortunately, there is a simple experiment with which one can directly prove telekinesis in the sense of moving without touching, as well as a multitude of playful experiments with which one can then further explore and practice telekinesis. Finally, a simple model can be derived from the observations that describes the phenomena and makes practicing telekinesis much easier.

telekinesis how to learn: Telekinesis Training Odin, 2019-10-11 PRACTICES FOR PSYCHIC & ENERGETIC PROTECTION: HOW TO STRENGTHEN AURA & TO ACTIVATE THE ABILITY.

LIMITED TIME BONUSES! Buy VIP-version of the course PRACTICES (Sale)

<http://odin-sadashiva.com/en/page/85> This meditation helps to accumulate the ability to visualize and to create the relationship with the spread-spectrum of Natural Elements - with ten Elements: the element of Air, Time, Fire, Lightning, Water, Awareness, Earth, Ether, Starlight and Fertility. The help of Elements is used very widely: to control the Powers of Nature - to obtain good harvests, to control climate, the fight against disasters, as well as for personal purposes - healing, rapid replenishment of powers, to achieve quick positive results both inside of human and in all areas of his life. Through this exercise, you will be able to awaken your psychic force psychic power and will learn to dissipate the clouds in the sky. Dissolving clouds by the power of your mind is one of the ways to hone your psychic powers. Only a few workouts and your mind power can make the clouds disappear. Thus you control the clouds using telekinesis (psychokinesis). Your Bonuses Are Free Diagnosis of Aura by Photo: <http://odin-sadashiva.com/en/page/140> Free Lessons to Strengthen Aura & Activation Ability: <http://odin-sadashiva.com/en/page/95> Free Chakra Test:

<http://odin-sadashiva.com/en/checkchacras?open> Free Helpful Practical Advices in the Author's Blog:

<http://odin-sadashiva.com/en/blog> Free Mastermind Group Where Odin Answer All Questions:

<https://www.facebook.com/groups/groups.ODIN.SADASHIVA> <https://twitter.com/OdinSadashiva>

<https://t.me/channelodinsadashiva> <https://www.youtube.com/channel/UCIPNfQCl3cssdEbAPVZxRkQ>

All The Courses Of Odin 1. Why the gods do not hear us or How to make desires come true. 2. Why the gods do not hear us: Practices (psychic & energetic protection: how to strengthen aura, to activate the ability). 3. The collection of video practices for course Why the gods do not hear us: Practices. 4. Ways to overcome negative emotions: first simple steps to control your emotions, how to deal with negative emotions & stress. 5. How to feel the human aura & energy: 1st step to find your hidden emotions & energy movement in aura. 6. Telekinesis training: dissolving clouds with your mind power, development of psychic power for beginners. 7. How to return karmic debts & create a good future. 8. Third eye awakening: siddhis & supernatural abilities, simple exercise to activate your pineal gland. 9. Attention & concentration: how to improve concentration of vision & hearing. 10. Attention & concentration: how to improve vision concentration. 11. The practical guide to improve your mental concentration: how to improve hearing attention, control your attention. 12. Stopping the internal dialogue: simple way to stop negative self-talk, how to stop thinking negative thoughts. 13. How to change bad character traits: how to stop negative thoughts & feelings. 14. How to meditate properly: how to relieve stress, to get over anxiety attack, depression & sadness. 15. How to keep your body young & naturally boost your immune system. 16. Chakras for beginners: exercise for healing & opening your chakras anahata, vishuddha & ajna. 17. Exercise how to open your heart chakra, heart chakra cleansing. 18. Balance Yin & Yang: exercise for balance Yin Yang energies. 19. How to remove negative emotions - fears, anger, exasperation. 20. Bindu chakra - body rejuvenation: techniques for bindu chakra activation, preservation youth & health. 21. How to reduce your fears in 1 day: how to overcome fears using meditation to stop anxiety, panic & worry. 22. Healing mantra: Maha Mrityunjaya Mantra - mantra for happiness, peace, prosperity. 23. Development of inner attention. 24. Energetic & psychic protection: how to protect from psychic attack, enemies, manipulators & negative energy. 25. Fulfillment of desires - techniques that really work. 26. How to make good karma. 27...

telekinesis how to learn: Telekinesis Embrosewyn Tazkuvel, 2015-03-01 The only book you'll ever need to develop the ability of Telekinesis! Telekinesis, also known as psychokinesis, is the ability to move or influence the properties of objects without physical contact. Typically it is ascribed as a power of the mind. But as Embrosewyn explains, based upon his sixty years of personal experience, the actual physical force that moves and influences objects emanates from a person's auric field. It initiates with a mental thought, but the secret to the power is in your aura! Telekinesis is the second book in the Psychic Awakening series by popular paranormal writer Embrosewyn Tazkuvel. The series was specifically created to offer short, inexpensive, information filled handbooks to help you quickly learn and develop specific psychic and paranormal abilities. Clearly written, Telekinesis is filled with step-by-step practice exercises and training techniques proven to help you unlock this formidable paranormal ability. Spiced with riveting accounts of real-life psychic experiences and paranormal adventures, you'll be entertained while you learn. But along the way you will begin to unleash the potent power of Telekinesis in your own life! As Embrosewyn has proven from over twenty years helping thousands of students to find and develop their psychic and paranormal abilities, EVERYONE, has one or more supernatural gifts. Is Telekinesis one of yours? Perhaps it's time to find out. Want to know more? Scroll to the upper left of the page and read some of the book with the Look Inside feature.

telekinesis how to learn: The Girl with the Silver Eyes Willo Davis Roberts, 2011-03-22 A 10-year-old girl, who has always looked different from other children, discovers that she not only has unusual powers but that there are others like her.

telekinesis how to learn: Subspace Survivors E. E. Smith, 2023-10-04 Subspace Survivors by E. E. Smith. Published by Good Press. Good Press publishes a wide range of titles that encompasses every genre. From well-known classics & literary fiction and non-fiction to forgotten—or yet undiscovered gems—of world literature, we issue the books that need to be read. Each Good Press edition has been meticulously edited and formatted to boost readability for all e-readers and devices. Our goal is to produce eBooks that are user-friendly and accessible to everyone in a high-quality digital format.

telekinesis how to learn: Telekinesis Zainurrahman, 2019-09-20 Telekinesis has been one of the most psychokinesis abilities learned in the world. Type telekinesis in the Google and/or YouTube search box and you will be provided with a tremendous number of results. Not only are the encouraging materials showed but also the discouraging ones; those discouraging you from practicing telekinesis. Many scientists, especially parapsychologists, wrote about telekinesis. Unfortunately, most of their writings tend to make you believe that telekinesis is not real, a fraud. If you find this book, and yes you do, you find a different one. This is not merely a book discussing telekinesis. This is a guide for a serious reader who wants to practice telekinesis seriously. This guidebook contains serious telekinesis practices which are based on the experts' techniques tested by myself. The potential obstacles that make so many people give up on telekinesis are also discussed along with the solutions. Whether you are a beginner or someone who had practiced telekinesis for years and still failed, this guidebook is for you. This guidebook was not written to disappoint you - anymore. This guidebook was written to help you unleash your dormant telekinesis ability.

telekinesis how to learn: Miracle Mongers and Their Methods Harry Houdini, 2007-04-01 Magicians debunking charlatans and revealing secrets of the trade: it's not something that Penn and Teller or James The Amazing Randi invented. The legendary Harry Houdini was doing the same thing a century ago, to popular acclaim. In this 1920 book, the master showman—and surprisingly entertaining writer—uncovers the mysteries behind such extraordinary feats as fire-eating, sword-swallowing, snake-charmers, and strong men. More a simple expose of stage trickery, though, this is a brisk history of such oddities throughout history and around the world, from the Middle Ages to the 20th century, from the culture of the Native Americans to that of Japan. This is a fascinating work of the strange and seemingly inexplicable made plain and understandable. Hungarian-American magician and professional skeptic EHRICH WEISS (1874-1926)—aka Harry

Houdini, Handcuff King and Jail Breaker-also wrote *Magical Rope Ties and Escapes* (1920) and *A Magician Among the Spirits* (1924).

telekinesis how to learn: *The Rowan* Anne McCaffrey, 2012-07-31 Let Anne McCaffrey, storyteller extraordinaire and New York Times and Sunday Times bestselling author, open your mind to new worlds and new concepts: alien nations, psychic powers, telepathy and planetary systems. Perfect for fans of David Eddings, Brandon Sanderson and Douglas Adams. 'Anne McCaffrey, one of the queens of science fiction, knows exactly how to give her public what it wants' -- THE TIMES 'Marvellous from the beginning to the end, believable, spellbinding, mind-bending, truly magnificent' -- ***** Reader review 'Thrilling and exciting' -- ***** Reader review 'Fabulous from beginning to end' -- ***** Reader review 'Simply awesome' -- ***** Reader review

***** The Talents were the elite of the Nine Star League. Their gifts were many and varied, ranging from the gently telepathic, to the rare and extremely valued Primes. On the Primes rested the entire economic wealth and communications systems of the civilised worlds. But Primes were scarce - only very rarely was a new one born. And now, on the planet Altair, in a small mining colony on the western mountain range, a new Prime existed, a three-year-old girl - trapped in a giant mud slide that had wiped out the rest of the Rowan mining community. Every Altarian who was even mildly talented could 'hear' the child crying for help, but no one knew where she was buried. Every resource on the planet was centred into finding 'The Rowan' - the new Prime, the first ever to be born on Altair, an exceptionally unique Prime, more talented, more powerful, more agoraphobic, more lonely, than any other Prime yet known in the Nine Star league...

telekinesis how to learn: *Children Of The Dust* Louise Lawrence, 2013-01-30 A powerful post-nuclear holocaust novel described by the author as, 'my cry against the monstrous weapons men have made'. Everyone thought, when the alarm bell rang, that it was just another fire practice. But the first bombs had fallen on Hamburg and Leningrad, the headmaster said, and a full-scale nuclear attack was imminent . . . It's a real-life nightmare. Sarah and her family have to stay cooped up in the tightly-sealed kitchen for days on end, dreading the inevitable radioactive fall-out and the subsequent slow, torturous death, which seems almost preferable to surviving in a grey, dead world, choked by dust. But then, from out of the dust and the ruins and the desolation, comes new life, a new future, and a whole brave new world...

telekinesis how to learn: *The Rise of Nine* Pittacus Lore, 2012-08-30 Discover the explosive third instalment in the Lorien Legacies series by Pittacus Lore, the bestselling author of *I AM NUMBER FOUR* 'Exhilarating . . . Each book grows more and more cataclysmic and heroic' 5***** Reader Review 'This series is consistently captivating. It makes me shiver to think about it' 5***** Reader Review ____ Until I met John Smith, Number Four, I'd been on the run alone, hiding and fighting to stay alive. Together, we were much more powerful. But it could only last so long before we had to separate to find the others . . . I went to Spain to find Seven, and I found even more, including a tenth member of the Garde who escaped from Lorien alive. Ella is younger than the rest of us, but just as brave. Now we're looking for the others - including John. But so are they. I am Number Six. To finish what they started, they'll have to fight us first. Praise for Pittacus Lore: 'Tense, exciting, full of energy' Observer 'Relentlessly readable' The Times 'Set to eclipse Harry Potter and moody vampires. Pittacus Lore is about to become one of the hottest names on the planet' Big Issue 'Tense, keeps you wondering' Sunday Times Perfect for fans of *The Hunger Games* - *I Am Number Four* is the first book in Pittacus Lore's Lorien Legacies series and is now a major Disney film.

telekinesis how to learn: *The Amityville Horror* Jay Anson, 2019-12-03 "A fascinating and frightening book" (Los Angeles Times)—the bestselling true story about a house possessed by evil spirits, haunted by psychic phenomena almost too terrible to describe. In December 1975, the Lutz family moved into their new home on suburban Long Island. George and Kathleen Lutz knew that, one year earlier, Ronald DeFeo had murdered his parents, brothers, and sisters in the house, but the property—complete with boathouse and swimming pool—and the price had been too good to pass

up. Twenty-eight days later, the entire Lutz family fled in terror. This is the spellbinding, shocking true story that gripped the nation about an American dream that turned into a nightmare beyond imagining—"this book will scare the hell out of you" (Kansas City Star).

telekinesis how to learn: Kundalini Awakening Through Telekinesis Dr. Vinod Nath, 2021-10-23 Spiritualism and Yoga is not an orthodoxical subject full of dogmas but it is a way of life which adds virtues to our soul. It makes us free from all the vices. To realize God is the ultimate objective of our present birth. Along with the work allotted to us by God in form of our profession we should also look after our spiritual aspect. There is no particular age to go on this path it is seated in us, the only thing is to channel our stored energy and infinite knowledge in the right direction. The yogic kriyas are very useful in cognitive enhancement beside improving health of the practitioner. We can use a combination of techniques majority being telepathic and telekinesis using BRAIN WAVES by a yogi which can direct a sadhka for a particular type of sadhna to achieve the spiritual goals like KUND awakening. The main objective of Kundalini awakening or healing is to achieve neurocognitive improvement. These types of therapies can be very promising in the treatment of various neuropsychiatric diseases and will be helpful in the improvement of mental health also.

telekinesis how to learn: The Girl who Knew Sandra Glover, 2001 'You don't understand,' Kits shouted. 'None of you understands. It's not just a physical thing.. its in my head. Everything's changed. The way I see things, think things, feel things...' Paralysed in a hit-and-run accident, Kits is filled with anger - especially at her best friend, Lisa, who escaped the accident and can't even remember a single detail to help the police find the driver. But the accident has left Kits changed in other ways, too. Somehow she has developed certain gifts -the ability to 'dream' a future that really happens, even to read another's mind. Scared and confused, she suddenly understands that the accident was no accident and that Lisa may still be in danger. Now only Kits -and her new abilities -can save her life...

telekinesis how to learn: Magic for Beginners I Harry Eilenstein, 2021-07-26 This Volume contains the books: - Telepathy for Beginners - Telepathy for Advanced Learners - Telekinesis for Beginners - Auto-Movement for Beginners - Astrology for Beginners - The Language of the Moon - for Beginners - Feng Shui for Beginners - Kundalini for Beginners

telekinesis how to learn: Telepathy Mari Silva, 2020-11-28 If you want to discover how to unlock your telepathic abilities, then keep reading... You have just found your one-way ticket to mind-to-mind communication. Do you have the gift of intuition? Are you interested in learning how to use the gift to communicate with other people via the mind? Would you like to learn the secrets of advanced telepaths? Like everyone else, you were born with the gift of telepathy. Like most people, you lost your connection to this gift in childhood. Now, it is time to awaken that part of yourself again. This book is a guide to help you unlock the secrets of telepathy and psychic development. Here's just a tiny fraction of what you'll discover: The history of telepathy. Advanced telepathy techniques to help you communicate with your mind. How to influence other people with the gift of telepathy. Powerful exercises for opening up the third eye and awakening your psychic senses. Secret ways you can enhance your senses and become the master of your mind. Amazing techniques for remote and near telepathy. With this guide as your companion into the world of telepathy and psychic development, you can go from ordinary to extraordinary. With practical examples to help you along the way, this book will introduce you to a whole new journey unlike anything you have ever known! So if you want to learn more about telepathy, then scroll up and click the add to cart button!

telekinesis how to learn: Into the Dream William Sleator, 2000-08 Paul and Francine have the same frightening dream in which something is about to happen to a small child moving toward a glowing light, and they try to rescue the child using ESP

telekinesis how to learn: The Darkest Minds Alexandra Bracken, 2012-12-18 Book one in the hit series that's soon to be a major motion picture starring Amandla Stenberg and Mandy Moore--now with a stunning new look and an exclusive bonus short story featuring Liam and his brother, Cole. When Ruby woke up on her tenth birthday, something about her had changed.

Something alarming enough to make her parents lock her in the garage and call the police. Something that got her sent to Thurmond, a brutal government rehabilitation camp. She might have survived the mysterious disease that killed most of America's children, but she and the others emerged with something far worse: frightening abilities they cannot control. Now sixteen, Ruby is one of the dangerous ones. But when the truth about Ruby's abilities--the truth she's hidden from everyone, even the camp authorities--comes out, Ruby barely escapes Thurmond with her life. On the run, she joins a group of kids who escaped their own camp: Zu, a young girl haunted by her past; Chubs, a standoffish brainiac; and Liam, their fearless leader, who is falling hard for Ruby. But no matter how much she aches for him, Ruby can't risk getting close. Not after what happened to her parents. While they journey to find the one safe haven left for kids like them--East River--they must evade their determined pursuers, including an organization that will stop at nothing to use Ruby in their fight against the government. But as they get closer to grasping the things they've dreamed of, Ruby will be faced with a terrible choice, one that may mean giving up her only chance at a life worth living.

telekinesis how to learn: *How to Do Telekinesis and Energy Work* Kuriakos, 2008-02 Want to move objects (telekinesis)? Start a fire (pyrokinesis)? Send electricity (electrokinesis)? Put words into people's minds? Create energy balls (Psi balls)? Control ice and water (cryokinesis)? Move wind and affect weather (aerokinesis)? Use energy work to heal people? From many years of experience, the exercises in this book will show you quickly and simply step by step how to easily accomplish all of these tasks and many more. Anyone can accomplish these tasks with the easy techniques in this book and a little bit of practice. After doing these exercises many of your psychic abilities such as astral projection, clairvoyance etc. will also open up as well as these exercises greatly train all of your psychic senses. At the end of this book is a notebook to record your exercises and results and by doing this you will be amazed how fast you see will incredible results!

telekinesis how to learn: *God Talks With Arjuna* Paramahansa Yogananda, 2007 The words of Lord Krishna to Arjuna in the Bhagavad Gita, writes Paramahansa Yogananda, are at once a profound scripture the science of Yoga, union with God, and a textbook for everyday living. The Bhagavad Gita has been revered by truth seekers of both the East...

telekinesis how to learn: *How to Develop Your ESP Power* Jane Roberts, Seth (Spirit), 1992 Considered the most brilliant map of one's inner reality.

telekinesis how to learn: *Pegasus In Flight* Anne McCaffrey, 2012-07-31 Let Anne McCaffrey, storyteller extraordinaire and New York Times and Sunday Times bestselling author, open your mind to new worlds and new concepts: telepathy and tele kinetics. Worlds where amazing gifts can lead to power and persecution. Perfect for fans of David Eddings, Brandon Sanderson and Douglas Adams. 'Anne McCaffrey, one of the queens of science fiction, knows exactly how to give her public what it wants' - THE TIMES 'One of those can't put it down books' -- ***** Reader review 'Anne McCaffrey does it again' -- ***** Reader review 'So exciting' -- ***** Reader review 'Absolutely fantastic!' -- ***** Reader review

***** Earth was at bursting point, in spite of the birth restrictions of only one child to each couple. Extra children existed in a sub-cultured world or were rounded up into slavery. The only hope was the space platform -- the jumping-off point for the colonization of other worlds. But more Talents were needed to build and operate those platforms. Rhyssa Owen was the one responsible, both for finding Talents and training them. And when she felt the first encroachment of a mind reaching out to her, she knew it was exceptional -- a fourteen-year-old boy with incredibly powerful kinetic ability. And in the seamy underworld of near-criminal children was another brilliant mind in danger from a ruthless group of child kidnappers. Rhyssa knew she had to find the two children and train them for the survival of earth.

telekinesis how to learn: *Learn Magic* ,

telekinesis how to learn: *Venture City* Brian Engard, Ed Turner, 2016-06-13 It's not safe to venture into Venture City...Take a trip to Venture City, a world of superpowers, villainous

corporations, and ruthless gangs, set in a near-future where powers are for sale. From the corporate sponsored heroes to the supervillains in the news, and all the way down to the little guys who try to hide their powers, there are superheroes everywhere you see. Bring them to your Fate Core table with this Venture City compilation, which includes both Venture City Stories and Venture City Powers, written by masterminds Brian Engard and Ed Turner. The Venture City compilation requires Fate Core to play. Inside, you'll find: An exciting new take on Fate-style superpowers, including suggestions on power suites A fully developed world full of rival factions, shady figures, and a variety of locations for the perfect showdown A simple system that uses issues to drive plot and gameplay A variety of pregenerated characters to drop into your campaigns A sample adventure--Nothing Ventured--plus a series of adventure seeds to help build a variety of campaign lengths Venture City. Pick a side, pay your bill, and power up.

telekinesis how to learn: Timeless Healing Herbert Benson, 2009-07-07 Learn how the mind shapes the body, and take charge of your health and wellness with the science and power of belief. In this life-changing book, Dr. Herbert Benson draws on his twenty-five years as a physician and researcher to reveal how affirming beliefs, particularly belief in a higher power, make an important contribution to our physical health. We are not simply nourished by meditation and prayer, but are, in essence, wired for God. Combining the wisdom of modern medicine and of age-old faith. Dr. Benson shows how anyone can, with the aid of a caring physician or healer, use their beliefs and other self-care methods to heal over 60 percent of medical problems. As practical as it is spiritual, Timeless Healing is a blueprint for healing and transforming your life.

telekinesis how to learn: The Familiars Adam Jay Epstein, Andrew Jacobson, 2011-06-07 When Aldwyn, a young alley cat on the run, ducks into a mysterious pet shop, he doesn't expect his life to change. But that's exactly what happens when Jack, a young wizard, picks Aldwyn to be his magical familiar. Finally off the tough streets, Aldwyn thinks he's got it made. He just has to convince the other familiars—the know-it-all blue jay Skylar and the friendly tree frog Gilbert—that he's the telekinetic cat he claims to be. But when Jack and two other wizards in training are captured by a terrible evil, it will take all of Aldwyn's street smarts, a few good friends, and a nose for adventure to save the day!

telekinesis how to learn: I Am Number Four Pittacus Lore, 2011 Nine teenagers and their guardians are hiding on Earth - protected by a charm that means they can only be killed in numeric order, three are already dead. John Smith is Number Four. And his mortal enemies are hunting him down.

telekinesis how to learn: Superhuman Training Chris Zanetti, 2014-03-09 A Guide to Unleashing Your Supernatural Powers Have you ever dreamed of having supernatural powers? Incredible psychic abilities that would raise you from an average human, to the level of demi-god. This book is designed specifically for that purpose; to help you transform your current skills from those of human, to those of superhuman • Learn the state of mind required for telekinesis • Understand, feel, & become sensitive to energy • Techniques for psi wheel & push/pull training • Electrokinetics, auras, DNA upgrades, & spiritual wisdom • Knowledge of source field, the matrix, & the Force Written by a respected psion with years of training and experience, this unique book will help you on your path to unlocking your inner mystical powers. This material is an essential key in understanding and accessing the extraordinary power that lies dormant within you, just waiting to be discovered. Exploring telekinetic abilities and other psychic skills, Superhuman Training also covers more esoteric topics including spirit power, meditation, mantras, the subconscious mind, and other ancient occult secrets. This book goes much deeper than just the superficial aspects of training, and is a solid foundation and initiation into psychokinesis, the mysterious art of mind over matter. A new age is coming. An age of super-evolution. The question is . . . Do you wish to become one of the evolved? If so, this powerful book will serve you well.

telekinesis how to learn: Keeper of the Lost Cities Shannon Messenger, 2020-02-20 The first book in the international bestselling Keeper of the Lost Cities series. Perfect for readers aged 9+ and fans of Harry Potter, Rick Riordan and Amari and the Night Brothers. Twelve-year-old Sophie

Foster has a secret. She is a Telepath, and has the power to hear the thoughts of everyone around her – something that she's never spoken about, even to her own family. But everything changes the day she meets Fitz, a mysterious boy who also reads minds. She discovers there's somewhere she does belong, and staying where she is will put her in grave danger. In the blink of an eye, Sophie is forced to leave behind everything and start a new life in a magical world. Sophie has new rules to learn, and not everyone is thrilled with her homecoming. There are secrets buried deep in Sophie's memory, secrets that other people desperately want. Would even kill for . . . Don't miss the brand-new book in the series, Stellarlune, out now! Books in the Keeper of the Lost Cities series: Keeper of the Lost Cities Exile Everblaze Neverseen Lodestar Nightfall Flashback Legacy Stellarlune Unlocked

telekinesis how to learn: Neverseen Shannon Messenger, 2020-02-20 The fourth book in the international bestselling Keeper of the Lost Cities series. Perfect for readers aged 9+ and fans of Harry Potter, Rick Riordan and Amari and the Night Brothers. Sophie Foster is on the run – but at least she's not alone. Her closest friends from the Lost Cities have gone with her to join the Black Swan. They still have doubts about the shadowy organization, but the only way to find answers is to start working with them. And as they settle into their new lives, they uncover secrets bigger than anything they'd imagined. But their enemies are far from done, and unleash a terrifying plague that threatens the safety of an entire species. Sophie and her friends fight with everything they have – with new allies joining them – but every choice has consequences. And trusting the wrong person could prove deadly. In this game-changing fourth book in the Keeper of the Lost Cities series, Sophie must question everything to find a truth that will either save her world – or shatter it. Don't miss the brand-new book in the series, Stellarlune, out now! Books in the Keeper of the Lost Cities series: Keeper of the Lost Cities Exile Everblaze Neverseen Lodestar Nightfall Flashback Legacy Stellarlune Unlocked

telekinesis how to learn: Telekinesis Rudolph Aoki, 2022-04-04 This book explains more about the science of telekinesis along with some simple exercises that will help to improve your concentration. Whether you are interested in learning to move objects around with your mind, or you just want to learn how to improve your focus and concentration, this book is a quick, helpful and interesting read. In this book you'll learn: The basics of telekinesis. How to discover and hone your kinetic abilities. How to create energy spheres. How to move objects with the wave of your hand. How to levitate objects with your own mind. How to manipulate the forces of electricity, air, fire, and water. How to use tools such as the pendulum and remote control toys to enhance your kinetic practice sessions. Learning how to perform telekinesis isn't the simplest thing it takes work, concentration, focus and practice. Many people do not even believe it is possible but how do they know? Have you ever met anyone who has actually taken the time out and tried to develop this ability? No? Try it for yourself, be persistent, who knows what you could uncover. My fascination with telekinesis began when I moved a coin.

Back to Home: <https://fc1.getfilecloud.com>