

# The Psion's Handbook: Breaking the System

Written by Sean Connelly a.k.a. Peebrain  
[peebrain@psipog.net](mailto:peebrain@psipog.net)  
<http://www.psipog.net/>

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This document has been released on August 23, 2006, in an unfinished form. I have abandoned this specific project to work on larger ideas. For more information on my larger ideas, please see PsiPog.net, or e-mail me at [sean.m.connolly@gmail.com](mailto:sean.m.connolly@gmail.com).



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# Introduction

Hello hello! My previous eBook (“The Psion’s Handbook: Overview of Psionics”) was targeted at writing down all the basic knowledge, in an attempt to get everyone on the same wavelength. It didn’t really say anything new, and was mostly just regurgitation of common knowledge. Its primary purpose was to introduce people to psionics, and (as the title suggests), give an overview of it.

If you are reading this, and have no idea what a psi ball, shield, construct, or psi wheel is, I recommend starting with my previous eBook. You can find it on <http://www.psipog.net/> - probably in close proximity of where you found this eBook.

My goal this time is to get you to think of new ways of looking at psionics. We try to paint a clear and consistent picture for new people, to get them on the right track. But once you get on that track, you realize that things aren’t really clear or consistent. Not to say things are hopeless - just to say that no one really has it figured out, and we’re all learning together.

I apologize ahead of time if you’re left with more questions than answers. The universe is an amazing place, and it would insult the complexity of the universe for me to assert answers as ultimate solutions. So instead of looking at this and other information as “the answer,” look at it as “some ideas.” I don’t have answers, but I might be able to give you some ideas that can help you along the way.

# A New Understanding

I'm going to state some obvious realizations, so bear with me:

We don't know everything about psionics. We have a current understanding based on what we know, but this understanding is inherently incorrect because we don't know everything. As we learn more, we need to evolve our understanding. Sometimes this means adding new ideas to our current understanding. Other times this means we need to dismantle our entire understanding, and start again from the ground up.

In my previous eBook, I presented a popular system to understand and use psionics. This system relies on concepts seen in computers, video games, and modern science - which is why our audience easily accepts our system. We "ping" and "scan" people using telepathy, and "program" constructs. We put up "shields" to defend ourselves, and move "energy" around. We visualize atomic structures and gain understanding through quantum physics.

Since this system relies on things we already have been exposed to and accept, it's easier to accept the new rules that our system creates. However, if someone else comes by who has very little experience in computers, video games, and modern science, they will have a harder time accepting our system. In the same regard, if we read about a different system that relies on foreign concepts, we will have a harder time accepting that system.

Each system has its pros and cons. Freedom can only be appreciated by having restrictions. Different systems define what you are free to do, and what you are restricted in. In our system, psi balls are easier than telepathy – but in other systems, telepathy is easier. If that strikes you as “illegal”, it’s because you rely heavily on our system. The rules of our system make telepathy more complicated than psi balls – but these rules are created by the mind.

It’s time to take an honest look at *what we know*, and rebuild our ideas about how psionics could work.

## Resistance to Change

Before I uproot our current system, I want to address an important topic that relates to all human beings. We don't like to change.

The trap that we fall into is that we believe we are right. In psionics it's very common to find people who think that their system is *correct*, and any other system is therefore *incorrect*. Sometimes you can get people to admit that they aren't completely right, but you will notice that they will still default to: "I may not be right, but I'm more right than you."

Obviously this trap serves a purpose though. We can't give every theory in existence an equal share of attention in our mind - some beliefs *are* more accurate than others. So it seems we are at conflict.

In one hand, we don't want to discriminate against foreign beliefs only because they are different than our own - and on the other hand, we don't want to consider every silly belief in existence. Human nature's answer to this conflict is to resist change. If something is only slightly different from what we believe, then we can try it out... if it proves to be useful, then we can adopt the belief. If it doesn't serve any purposes, then we can drop it.

This is why you see a lot of specific groups of people attracted to the system presented on PsiPog. The system on PsiPog is presented in a way that makes it a small jump from their current belief structure. It doesn't require drastic change, and therefore the individual has the freedom to try it out, while still feeling secure that they aren't going off the deep end.

However, you will also notice that other people with drastically different beliefs will think PsiPog is silly. It's too big of a change, and human nature's defense system kicks in: adopting the new beliefs would require them to change too much. Therefore, it is easier for them to label it as "silly", rather than take a serious look at it.

Resistance to change is usually a pretty good strategy. It doesn't work in our favor all the time, but it's a simple solution that works a lot of times. The problem is that over a long period of time, we might become brainwashed by our own beliefs. We become so hypnotized by them that we reject intelligent changes. If the change will ultimately be a positive change, we might initially reject it because it's so drastic. So we plateau out in our current beliefs, and can't progress any further. A lot of times this means arguing about the same things over and over again, or asking the same questions, and then responding the same way. I.e., when we explore our current understanding to it's limit, we will begin to cycle and repeat.

I believe that the system on PsiPog has been in a cycle for a long time. At one time it served us very well, and made us think differently about the world. It served a wonderful purpose of taking people new or skeptical about psionics, with some background in science and computers, and giving them the freedom to try new amazing things.

If you've been around PsiPog a long time, you will notice that we get a constant stream of visitors that start in a newbie state, and then progress through our various understanding of psionics over the course of a few months to a couple years, and then eventually

leave the community for seemingly random reasons. A lot of times they will still practice psionics in their own way, but their understanding of psionics will evolve in their own personal ways.

Here is the truth: PsiPog has exhausted the current understanding of psionics. We have plateaued. We haven't been growing for over a year now. I'm not saying this because I want more visitors and I'm greedy - I'm saying this because it shows the limits of our current understanding.

It's time for a drastic change in perspective. That does not mean we have to abandon our current system - it just means we need to step outside our comfort zone and face issues that we have been ignoring over the years. I personally have been in conflict over this a long time, because it is a drastic change, and it is hard to digest. I know that, you, the reader, will probably resist it a lot as well. I encourage you to remain skeptical, remain intelligent, doubt, ask questions, demand evidence, and maintain a sharp mind. However, I also encourage you to give the ideas in this eBook a chance, even if it does sound a little drastic.

## Overview of Different Systems

We have a lot of work ahead of us, but I have some good news: we don't have to scrap everything we've done up until this point. In fact, the majority of our experiences need to be our guide in creating a new understanding. But we also need to incorporate the experiences of others who don't use our system, and the contradictions our system has with reality.

Let's start by giving a brief overview of our system, and other systems that contradict it.

In our system, we manipulate a substance called "psi". We theorize that psi is a byproduct of the nervous system, and has some physical quantity about it. We can move psi into globs and tell it what to do, and if we're good enough, it will do it. We call this "programming". Using this idea of programming, we can create globs of psi to connect people and communicate telepathically, or transfer emotions. We can put a glob of psi around ourselves to protect us from external dangers. We can use psi to manipulate our environment by implanting the correct programming for psychokinesis (PK) in it. We are only limited by our ability to program and our creativity.

Jack Houck is famous for his "PK Parties". In his system, you first "connect" to the silverware you are trying to bend. The second step is to send the "command" (by shouting out loud at the metal). The third step is "letting go", which consists of releasing the idea and allowing yourself to be distracted. Using this system, countless people with *no experience* have bent silverware, and even thick metal rods that can't be bent using your hands. (As a side note, we sometimes

hold online PK Parties in the PsiPog chat room using these ideas, and have had some success with it).

One author on PsiPog (Wit, aka Not\_Important) has his own unique understanding, which is intriguing. He has trained himself to move objects using PK, yet has trouble accepting the idea of “psi” or “constructs”. In his system, PK functions completely separate to “psi”, and he has always taken a skeptical view of anything relating to “psi” (the substance).

One system you might not expect on this list is the system skeptics use to explain paranormal experiences. They rely on explaining the phenomenon through strictly known scientific means, usually attacking the credibility of the event and people involved. “Cold Reading”, “Magic Tricks”, and “Coincidence” are common themes in their explanations.

I feel the next couple systems apply to the topic, but I admit that I’m ignorant to the specifics of each. I recommend doing your own research if you want more information.

A typical Wiccan system incorporates spell casting, alchemy, and rituals to perform “magickal” acts. While they do rely on visualization, the majority of their influence originates from the physical act of doing something (as opposed to psionics, which is mostly mental).

Reiki relies on focusing on your intent without getting bogged down in details, and things will just work out perfectly on their own to align to your intent. Reiki also uses symbols as an origin of power, and has specific rituals.

Martial art systems focus on the movement of the body to manipulate energy, and most will teach

about qi and channels where qi moves in the body, labeled “meridians”. The idea of qi is used in more than just martial arts – for example, it plays a big role in Traditional Chinese Medicine (TCM), and other eastern practices.

This is by no means an exhaustive list. In fact, while each system has identifiable characteristics, you’ll find that each individual will have their own personal system based on their own experiences and mental processes.

It’s important to look at how different humans explain similar phenomenon. We each have our own methods for recreating an experience, and our own ideas on what is going on behind the scenes. No one knows the entire truth, but each of us has a small piece of the puzzle. Stepping back without bias to your own beliefs can help you get a bigger picture on what is going on.

## Breaking the System

While I could write a book on breaking each belief structure outlined in the previous chapter, I want to focus our attention on breaking *our* belief structure. The system presented on PsiPog.net and in the previous eBook is strong and suitable for practitioners looking to achieve their goals. However, for those truth-seekers out there who are still searching for a deeper understanding, we have to keep digging.

One of the most important realizations to make is that individuals are successful in their own system. We have extremely different ideas and techniques, yet we all accomplish the same tasks. How can this be possible? Other normal skills have one basic idea behind it, with very slight variations. For example, to play guitar, you will probably grab it and put it in your hands, tune the strings to specific notes, push down on the fret board with one hand, and pluck and strum with the other hand. There are hundreds of books on how to play the guitar, but every single one will assume those basic ideas.

Psionics does not have that same pattern. There are drastically different techniques to produce the same results. And I mean *drastic*.

The most amazing example I've seen is more often used as proof that psychic abilities *don't* exist, which is a little ironic.

James Randi, a famous skeptic, wrote a book directly attacking the psychic claims of Uri Geller, titled *The Truth About Uri Geller*. Geller is famous for a variety of psychic "tricks", including spoon bending, fixing broken watches, and reading minds. After

Geller's rise to fame, he started appearing on widely broadcasted radio stations. Geller would teach the listeners how to bend silverware, and people would actually start to call in expressing their amazement that even listening to Geller on the radio made their broken watches run again, or spoons bend.

Randi's position has consistently been that Geller is a magician (which might be true). However, that doesn't explain the phenomenon where listeners would experience bizarre psychic events, just from having the radio on. The popular explanation was the Geller was somehow bending the silverware over the radio, so Randi created a test to disprove the theory.

He got an assistant to masquerade as a psychic on radio, and asked listeners to call in with reports of any bizarre experiences. And sure enough, they did. Randi concludes that the fake psychic obviously didn't send out any mysterious vibes through the radio, which would disprove Geller's involvement with the experiences.

However, this still doesn't explain the bizarre experiences! It only disproves Geller's personal influence. Randi then presents a list of silly experiences that were called in, and concludes that they must have happened through natural means, but people just labeled it as psychic because of the radio broadcast.

Well this doesn't really answer the question. Bent metal, broken windows, and exploding light bulbs still have no explanation. I agree that some reported phenomenon is just plain silly (a sneezing dog?), but that doesn't mean every experience should be thrown out.

If Geller didn't bend the silverware, then who did? Well, using the process of elimination we are left with only one choice: the listener.

How can that be? The listener is not focusing on the outcome. They aren't putting forth intent to bend the silverware. They didn't train in psionics, and have never created a construct. I suspect that a portion of them wouldn't even believe they had the power to do it. So how are they doing it?

The same question can be asked about Jack Houck's "PK Parties". Here are normal, every day people, brought into a situation where they learn to bend metal in a matter of hours. How can that be possible?

All three situations share a common theme. An authority figure tells them to bend metal. People start bending metal. The authority figure then uses their results as feedback for others who haven't done it yet. More people bend metal, and the loop continues.

Now what is going on? More specifically, what is going on inside the mind of someone bending the silverware? What purpose does the feedback loop serve?

Belief and expectation.

The authority figure inserts the new belief that bending silverware is possible, attainable, and expected from the audience. The feedback loop is used to enhance the individual's expectation and provide more credibility to the authority figure. The result is that people with no prior training bend silverware.

If belief is the main deterrent for PK activity, then a lot of things need to be re-thought (to put it

mildly). Any situation where the mind is affecting physical reality has to be analyzed carefully. This includes constructs, shields, psi balls, and could easily branch to empathetic and telepathic projection, which then could make us re-think empathy and telepathy. We also want to consider different systems and how they affect reality. Basically, we now need to re-think everything.

## Your First Psychic Experience

Before we start analyzing everything we've ever learned about psionics, perhaps we should demand more evidence that belief plays a major role.

In fact, that's what I've been doing over the past couple years. No one knew at the time, but the main reason I wrote my first eBook was because I knew things were going to have to change. I wanted to write the eBook as sort of a finale to the old school of thought. Only a few months after it was released, I began writing this eBook (yes, I have been working on this eBook for a very long time).

It turns out that by taking this new perspective, we can answer a lot of mysteries.

How can different systems (like Wicca, Reiki, New Age, and martial arts) produce results? How can each individual have their own custom system, which produces their own results? Well, if belief is playing a major role, then it's actually not that hard to explain.

Remember back to when you were first introduced to the system on PsiPog. For me, this was before PsiPog existed and I was reading the online book, Active Psy (which is now archived on the PsiPog.net server). I had a million questions, and then when I had the opportunity to ask someone, I could barely spit out one question. I absorbed a lot of information, and tried to put it together in ways that made sense to me. I printed out the book, and kept it in a folder in my room, and practiced the exercises.

What was I really doing though? I was moving from a belief system where psychic abilities were impossible to a belief system where psychic abilities

followed very specific rules (as governed by Active Psy). When I first started practicing, I focused on PK. In fact, I was successful in bending a key with PK, and later I was successful with moving the key as it dangled from my ceiling by string. The more I learned from Active Psy, the more it became apparent that PK was an “advanced skill” (since it was in the “Advanced Skills” chapter). The following is quoted from the section on PK in Active Psy:

“Macro psychokinesis, which means making objects move or fly, is less common and more difficult to study in a research lab. It takes much longer to learn.”

Active Psy was the authority figure for me when I first started my training. This authority figure told me that PK takes much longer to learn. But here I was, having PK experiences with just a few weeks of experience. What happened? I stopped practicing PK.

Now that sounds like a bizarre decision. In fact, looking back it seems really dumb. But at the time, I didn't really know what was going on, and I wasn't sure of anything. I was still discovering psychic abilities, and didn't really know what to believe. Active Psy told me that I couldn't have experienced PK at such an early stage... so I convinced myself that I didn't. I then started learning about psi balls.

I encourage you to examine your first experiences with psionics. Who did you consider the authority? It's quite possible that you looked at PsiPog and myself as the authority, especially if you still consider yourself new to this. Now consider the system presented at PsiPog. Realize that it was *heavily*

influenced by my first interpretations of Active Psy. The system at PsiPog now teaches almost the exact same information - including that PK is hard to accomplish.

This is how different systems of belief reproduce. This is why there exist systems like Wicca, Reiki, and martial arts. They each serve slightly different purposes, but they also put restrictions on what is possible. These restrictions aren't enforced by reality - they are enforced by the followers of the system. We tailor our own results to conform to the rules of the system we prescribe to. Then we take our tailored results as evidence that the system must be right. And then we proclaim that we must be right, and others must be delusional or liars.

This cycle exists for the skeptical mind just as much as it does for us. They get bizarre results, but continually re-interpret the results to conform to the limitations of the skeptic belief system. Just as we proclaim that we are right, so do the skeptics. Just as we cite examples that support our system's rules, so do the skeptics. So do the Wiccans. So do the martial artists. So do the New Agers. So do the individuals with their own custom system.

**If we take a step back and realize that we are all operating within what our belief system allows us to do, then we notice that we are all actually in the same boat.**

We aren't in conflict at all. We all recognize that weird stuff happens. We just explain it different ways.

## Derren Brown

Derren Brown is an amazing person. He combines a variety of techniques from stage magic, psychology, misdirection, hypnotism, and the power of suggestion, to create amazing illusions.

One illusion that interests me greatly is where he invites a New Age woman to the Epping Forest. After asking her to stand up, he takes a ring off of her finger and puts it inside a voodoo doll, to represent giving the doll a "soul". He ties the dolls feet together and asks if she notices any feelings. She now says she can't move her legs. He ties the dolls arms, and she immediately can't move her arms anymore. He then asks her to count out loud while he ties the mouth of the doll. She freezes while counting, obviously unable to speak. Derren then says:

"See for me, it's all about questioning, I think, and not taking things at face value. Like at the moment you can't speak... but the only reason why you can't speak is that you believe that you can't speak, because of what I'm telling you. The interesting thing is that if I tell you you *can* speak, all that does is give you permission to question that belief, and then you find that can speak. Don't you?"

As you can expect, she immediately finds that she can speak. At the conclusion, Derren reveals that he never even put her ring in the doll - the ring stayed on her finger the entire time, and he only tricked her through simple sleight of hand.

For those who are curious and would like to see this played out, you can find the video online by searching for “Derren Brown” in the google search engine.

You can already see how this applies to the new ideas I’ve presented so far. It wasn’t the ring, the voodoo doll, the forest, or even Derren who paralyzed the woman. The woman paralyzed herself through her beliefs. Derren just cleverly played into those beliefs to convince her that she shouldn’t be able to move or talk.

Resist the temptation to blame the New Age system for the results of this illusion. All humans are at fault for holding onto irrational and limiting beliefs, including you and me. We need to take responsibility and recognize that this can be a major problem.

Derren’s understanding of this phenomenon is interesting as well – he says that by telling her she can speak, it gives her permission to question the belief. Just as the authority in the PK parties gives us permission to question our beliefs about bending silverware, Derren is acting as the authority by giving the woman permission to question her own beliefs.

Suppose we were convinced that we couldn’t move our legs, and we grew up like that. We just were convinced that our legs couldn’t move, and never tried to move them. Over time, we would question why these lumps of flesh were even attached to us. It would be a mystery.

Suppose we then heard a rumor of someone using their legs to walk around. Imagine how drastic of an idea that would be for us. We would demand proof, like videos or pictures. We might just laugh at the idea, and proclaim how stupid it is, and dismiss it as loony talk.

The truth is that you can move your legs. You can walk. But our belief system would be so ingrained that it would be very difficult to convince someone to even try. Derren convinced the woman that she couldn't use her legs in a matter of minutes. Imagine what years of conditioning would mean.

Now compare that idea with the idea that we are convinced we can't do PK. We have "PK Parties" to try and convince people to drop these beliefs and *just try*. The authority gives us permission to question the belief – and we get results! Derren and the ring represented the authority earlier. The false psychic represented the authority two chapters ago. It doesn't matter if the authority is legitimate or a false idol – all that matters is that they give us permission to question our own beliefs.

If you would like more information on Derren Brown, you can search for him online, or you can order his DVDs on <http://www.amazon.co.uk/> - be aware that they are Region 2 DVDs, which means they can't play on a lot of United States DVD players.

## Other Notable Events

While the previous chapters dealt with a lot of “holy cow!” moments of realization, most of the evidence I have accumulated that supported the new ideas came from small experiences.

The end for now.

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This eBook was a work in progress. I’ve released it in this unfinished state because I’m no longer going to be working on it. I do agree with everything I’ve written in it, and I think the ideas are very useful. Maybe you’ll find them useful too.

I’ve had a lot of changes personally that have made me come to conclusion that I won’t be finishing this eBook. In fact, it’s funny to look back and read this eBook, because I can see a lot of my initial doubts and changes taking place. Change is good.

If you’re reading this, then I encourage you to visit PsiPog.net for more information on where this change has led me. If PsiPog.net is down, then you can contact me at [sean.m.connelly@gmail.com](mailto:sean.m.connelly@gmail.com).

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