

\$100.00 Value

**“The Lost  
Secrets  
of  
Scanning!”**

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Robert Hisamoto is the son of a *full-blooded Japanese Warrior* from the old *Samurai tradition*. He was Alaska's undefeated State *Wrestling Champion*. At the age of 26 Hisamoto remains *undefeated in over 126 street fights*. He is a 1<sup>st</sup> place *Champion in Karate Kumite* and *Arnis baton fighting*. Hisamoto has a B.S. degree in *Criminology & Psychology*, and minors in *Art, Business, and Physics*. Following are his unsolicited comments. The Editor.

# “Scanning Secrets”

**INTRODUCTION;** My name is Robert Hisamoto and I am from the **bloodline of the Hisamoto clan of Samurai Warriors from Japan.**

**I know that there are 2 realities you must deal with in life:** The Internal and the External realities. There is knowledge that you intuit (pick up by using Extended Sensory perception) and knowledge that you pick up with your physical senses, primarily the visual sense.

I recall my Sensei (the Speed Man) relating this story about a man in court who had developed **high visual awareness**. This guy said, “Hey, did you see him do that?” Everyone else said, “NO”, in a confused manner. Then this guy seemed to get ecstatic. He grinned and said again, “Did you see him do that?” The others replied again, “No?”

Raising his arms over his head in victory the guy walked off saying, “Damn, the World is mine!” This man knew how to read body language. *This man knew that 55% of communication is visual. 38% is tonal qualities, and only 7% are the words that are spoken.*

Well, the Doc trained me in **body language scanning**. And, also in **mind-to-mind communication**.

Taking my newfound knowledge I decided to try a few experiments.

Over the years I'd obtained some traffic violations. I used to just go in, declare I was guilty and pay the fine.

Now I pay the bail and go to court. **And, on my last 3 tickets I have gotten off “scott” free, even though I was guilty as sin.** My first was for a seat belt ticket. My second for a speed violation, and my 3<sup>rd</sup> for running a red light. Let me tell you about that last one.

So I go to court and watch all the guys before me lie their heads off. When they lied I would show **my disapproval with my body language**. Whenever **logical evidence and testimony were presented, I would nod in agreement.**

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This Judge was an educated man and a very bright individual and he could see everything in the courtroom at the same time. **He had watched my body language prior to my case, and I was in agreement with his body language throughout all the previous cases.**

The final verdict of whether I'd be judged guilty or innocent came down to *if the Judge believed in my skills of awareness*, or believed in the Cops skills of awareness.

In most normal situations the **Cop is always believed because he is a trained observer.** I had to make my testimony as credible as the Cops do. So I explained to the Judge that I study martial arts and that my Sensei (Dr. John La Tourrette) always taught me to be aware of my surroundings.

I also explained how Dr. La Tourrette (my teacher) was an ex-trainer of Lethal Force, a Lieutenant on the Boise County Sheriff's Department, and a trainer of the detached Special Forces Unit out of Pueblo Colorado. I was **stacking the Doc's credentials in my favor.** And it worked.

The old Judge liked my answer.

Well, all a court case is, **is a game of show and tell.** You show as little as possible and get the other guy to tell you as much as he can.

This is **the same in martial arts when you are sparring. Mask your attack, hit a man before he can see your foot move. You must be able to read your opponent to be able to beat him or react to him. . . because action is faster than reaction.** So you must be able to react **before** he makes the action.

I recall my old sparring instructor, Jeff (another Doc trained black belt) sparring with me and he would say, "You were just about to throw a back knuckle," or, "Your were just about to do a side kick." He always , always knew what I was going to do before I did it!

Being frustrated and not knowing the game, I would lie and say, "No I wasn't." But I learned it was a game of show and tell.

I just needed to get to the level he was at, so I knew what he was going to do, **before he did it,** and he would not know what I was going to do before I did it.

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I can recall Jeff doing this with all his students. And even Doc himself laughing uproariously at times about how some new recruits with wide eyes would say, "I know where I heard about you before. *You're the guy that can read minds and do shit like hypnotize people.*"

Doc would just reply with a smile. Doc, like Bruce Lee, had got to the point where his sword was so sharp that he didn't even have to read body language any longer.

He just picked up the other person's thoughts in their head and knew when the other person was open and when they weren't.

You see it comes back to internal versus external awareness.

*When someone goes internal in their head you can hit them*, even if you are as slow as cold molasses. Because when you are in your head, it is like having your eyes closed. *This is a skill the Doc starts training you in* on your very first lesson, which amazed me because I'd never been taught it before and I come from a martial arts family.

One of my Sensei's favorite quirks is to interrupt people when they are thinking internally. He will look them directly in the eye and say, "You have a question. What is it?", and they never spoke a word.

All of Doc's black belts used to hit all of us in slow motion because they could read our thoughts through our body movements. You could even see it coming, but because they'd tied up our brains, for the life of you, you could not react.

I remember the Doc teaching this *quickie course on Victimology*. He said we didn't need to know Victimology to defend ourselves because the way we walked and talked and carried ourselves, no one in their right mind would ever want to dance with us.

No. He said he was teaching us so we could, if we ever wanted to entertain the thought, *set-up the bad guy so the Puke thought we'd be easy pickings*. Easy to dominate. Easy to control. So when the bad guy got in range, thinking we were sitting ducks, he would be the real sitting duck.

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The doc said that the average mugger or rapist seizes up their potential victim in 7 seconds or less, and the advantage is all theirs in the real world. Because *they were looking for losers*. Following is a quick overview of victim physiology.

## EASY PREY CHARACTERISTICS:

### 5 Shared Major Characteristics of Losers are:

1. *Exaggerated strides*, too short, too long.
2. *Lifted and placed foot at once*, as walking on egg shells, instead of heel to toe.
3. Their legs and arms, *same sides moved same direction*.
4. Upper bodies *moved at cross-purposes* to their lower bodies – two halves seemed disconnected.
5. Arm and leg movements appeared to come from *out side their bodies*, not from within.

*Size, weight, sex and age are minor factors.*

## OTHER SIGNALS PUKES LOOK FOR ARE:

1. A fixed gaze up – down, implies preoccupation.
2. A slow stride compared to those around you.
3. Sifting through a purse or brief case
4. Listening to music.
5. Portable cassette
6. CD player
7. Reading a book
8. Being tense or tired

So all you had to do to be able to *kick ass and get away with it legally* was to be a *victim* and then be in the right part of town *looking like a baloney sandwich*.

Sure enough, some Puke will go for the bait and try to take a bit outta you.

Anyway, enough said. The Speed Man covers this stuff and a 1,000 other details in his newly filmed 2 video series on *Mind Control Secrets of The Fighting Mindset*. At the end of this report he has a special deal for you Inner Circle Members that any sane man would be a fool not to take.

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# Awareness, Your Ultimate Weapon!

By Dr. John M. La Tourrette

Your awareness mentality is your best weapon, but remember, it's only a name to cover a certain warrior skill level.

**The first goal of the warrior is to discover the human patterns that exist hidden in the muscles and minds of mankind. . . and you do this with your awareness.**

Karate is not the best style, neither is Chinese kung-fu, taekwon-do, or any of the other "Do's". It's the mind behind the style that counts, not the sex, the weapon used, nor the time of day.

You see, even though a taekwon-do man and a Chinese kung-fu man could stand side by side and look at the same enemy, they would not see the same enemy because their **models of the world** of combat are different.

Both viewpoints can be valid, but are also narrow. It is through their martial art that their mind barriers or limited perceptions of the world of combat can be known.

It's like the student that wonders who is the better fighter, the ninja or the shotokan stylist? It's similar to asking whether the shark or the tiger is the most dangerous. It depends on whose arena you are fighting in.

If you are afraid of sharks, don't go in the water. If you are afraid of tigers, don't go in the jungle. The aware individual adapts himself so that he and his weapons will be in a **superior advantage** over the opposition, regardless of whether he's fighting a ninja, a shotokan expert, or a shark.

He will fight the taekwon-do expert in a telephone booth. He will assassinate the ninja in bed. He will kill the shark with a high powered rifle from the deck of a boat and he will shoot the tiger from atop a trained elephant. *He is a flexible fighting man and does what is necessary to win.*

His awareness mentality has dropped his perceptual barriers and he can see solutions to the problems in a different light, a different creativity than those who oppose him.

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His answers will be based upon logical and creative brain thinking, instead of previously installed habits, or only logical (left brained) thinking.

His answers will be to **insure his survival** and the overcoming of the opposition. This can be historically shown by the **shadow warrior's habitual refusal to accept combat unless victory is certain.**

If they were unable to secretly concentrate a vastly superior force, or have the circumstances totally in their control, fighting contact was avoided. *The master warrior's goal is to maneuver the opposition into a situation where he can do no more than react to blows falling upon him with unexpected force from unexpected directions.* If the opposition anticipated a blow from the front, then hamstringing him from the rear.

The survival mentality believes in **maximum protection at all times for their own preservation.** Never permit the attacking moment to pass to the opposition.

To the survival orientated martial artist, all fighting is based upon deception. **The first principle of attack lies in careful and secret preparations, and in rapid and sudden attack.**

Your entire battle plan is to unnerve the opposition first. To create a dead zone in the thought processes of the enemy so you can pick and choose your targets at will without threat to the loss of your own life.

**Your attack is like the unexpected thunderclap that leaves no time to cover one's ears.**

These awareness factors are necessary components of strategic and tactical patterns designed to gain and retain freedom of action regardless of the fighting conditions or the abilities of the opponent faced.

All tactics are aimed at avoiding the opponent's strong areas and striking at his weak areas, almost to the point of avoiding battle at any cost, unless there is the strongest possible assurance of victory.

This does not mean that the aware mind assumes the role of a coward, or that he should run away at every sound in the night. On the contrary, as one awareness trained individual put it:

**“ . . . If we do not fear death, then what is there to fear about the enemy?”**

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Look.

*I don't think I'm getting across to you how important it is to be aware, or scan the area before you move.*

I run a karate school. Even though I have 18 black belts teaching for me I still go down and play every day.

When I leave at night I stop and look out the door before I open it. I understand that any doorway is a Kill Zone. It's an area that any low competency enemy can easily and effectively control with a shotgun. So, when I go through it, I look carefully first.

So I look out in the parking lot. I look straight ahead, then glance left side to right side, all the while zooming my peripheral vision outwards to detect any type of movement, or any thing else that just might be out of place.

I then pull the door towards me, not push it outward so that it might get in my way and obstruct my movement, my speed. If I have to move I want to be able to move fast, not bump into a large swinging door as I try to dodge someone trying to blow out my brains with a shotgun. And if you think it won't happen, *remember Luby's cafeteria where a sicko blew away 27 scared, pissing their pants, people just because it was the thing to do.*

As soon as my head clears the doorway I quickly glance to my left since I know that's the only spot I can logically and easily be set-up from. That's the corner with low cut bushes where visibility is covered with shadows.

Then, once seeing, and checking with my internal feelings, that the coast is clear, I walk to my 4-wheel drive Jeep Wrangler. Keeping my body erect and my monitor's wide open I unlock the car door by touch/feel.

That means before getting to the lock my keys are already aligned properly in my right hand. I use my left thumb to feel the shape of the circular lock and the indentation of the keyhole. I then use the left thumb to guide the key held ready in my right hand into the keyhole.

Then I unlock and pull open the door.

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During the entire process I will have my head tilted forward, not to see the lock, but to **use my peripheral vision to zoom behind me at the ambush angles, and the rear corners** to catch any movements that might be aimed at me.

This little trick of vision will give **270 degrees of functional sight zooming**. I know that if a puke wants to come up on my blind rear, he'll be creeping up from my left rear. That's because 90 % of us humans are right handed.

I sound a little paranoid don't I?

That's because I've found out **that the best defense against violence is to see it coming before it gets to you**. . . then to move from the place where the violence aimed at you is most likely to occur. Perceiving danger is a more necessary self-defense skill than martial arts training or shooting accurately.

You must be aware of what the other person is doing, what he intends to do, or what he doesn't intend to do that could still injure you.

***You must be alert to the conditions of your opponent.*** Is he right or left-handed? Have slow or fast reactions? Is he trained? Is he drunk or sober? Is he a bully or does he feel he has a justifiable reason for starting the altercation? How much help does he have? Is he armed?

***You must be alert to the conditions of the terrain.*** What is the terrain like? Is it flat, or rough? No obstacles, or many? Do you have room to fade and counterattack? Is the footing good or bad for balance? How is the visibility? Can you see him clearly? Can he see you the same way?

***At all times be aware of what is going on around you. Be specifically alert to danger behind you.***

In 80% of the mugging acts or crimes on the street, **the victim is caught by surprise**. Once the other person has the upperhand, it is hard to defeat him no matter what degree of black belt you hold or how many trophies you have on your shelf at home.

**The one who anticipates the action wins.** The person who does not, loses.

Learn by the experience of others and do not let yourself be surprised.

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Be alert to things that are out of place, or out of the ordinary. Always watch your back. Use car windows, or store glass for rear view visibility.

Get something *solid behind you* when you pause. When out on the street, never let a stranger take your hand. He could be a possible assailant and a firm grip on your hand could put you at a fatal disadvantage.

The essential thing is to always bear in mind that trouble can appear at any time. Be aware, be ready, and be alert.

The *best defense is sophistication*; knowing all about it. Do not trust him or believe what he says unless you've been highly trained in NLP (neuro-linguistic programming). If you have not been trained in NLP, *then study the short lie-detection course I've included with this paper.*

Trust him only when he is fighting you. You at least then know exactly where he is coming from. If he turns friendly, understand that he is up to no good . Your trusting him puts you at a disadvantage. A momentary advantage is all that he needs. When you lower your defenses, he will take advantage and come out on top.

One of my 16 year old students was in a street fight defending his two sisters against a 32 year old man. My student was ready for him. He blocked him. Punched him twice and knocked him to the ground. When the man cried out, "Hey! O.K.! I Quit!" my student, lacking the sophistication of survival fighting vs. tournament fighting, turned around and started walking off.

The older man immediately *attacked him from the rear* and completely defeated him.

Be alert to your opponent, even after the fight is finished. When the fight ends, the only thing that counts is who won and who lost. Sportsmanship and fair play merely represent a limitation that the law-abiding citizen imposes on himself. So you can be a nice guy, but watch him closely, as you pretend to be Dale Carnegie. Be sure that underneath that friendly, smiling face of yours is a Freddy Krugger ready to spring forth.

*The aware martial artist relies on other tactics and better tactics. Tactics that are more eminently suited to personal survival.*

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In the real confrontation there are no other options. You must suspend schoolboy honor and do whatever is necessary to stop your assailant.

### ***TRAIN YOUR SENSES!***

The eyes are of greatest importance for survival. 55% of what a person learns is through the use of his eyes. Another 38% is through his hearing. Only 7% of learning comes through the actual words spoken. "Gut feeling" or telepathic awareness is valid, but because most people have no training in that science, I'm going to bypass it at this time.

During daylight hours, or in well-lighted locations, being aware is a fairly simple matter, but awareness does require concentration on your part.

This concentration involves being aware of who comes into your sphere of influence. Develop your awareness by playing a game with yourself. It is called "who sees who first". If someone approaches you from behind without your being aware of him, give yourself a minus. Every time you see someone you know before he sees you, give yourself a plus.

*Driving is an excellent medium for checking out and developing your awareness to a higher level.* You must be aware of traffic flow, pedestrians, weather conditions, changing signals, policemen, etc.

If you can continually drive without some form of traffic mishap, you are gaining awareness. **NOTE: Receiving a ticket from a traffic cop shows negative awareness.** You must be aware of him first. You must have ample time to rectify your errors (speeding, etc.) before he is aware of it. You should keep the pluses ahead of the minuses. A month with no minuses shows the formation of correct habits.

According to the ancient Oriental Doctrine of Zen, and according to the new psychology of NLP, *the eyes are the gateway to a man's soul*. You can read the man through his eyes. Is he alert or complacent? Is he aggressive or withdrawn? Is he fatigued, weak, or strong? Under the influence of stimulants or depressants?

For a single opponent, look him straight in the eye. A coward cannot take it and most men give their actions away in advance through their eyes and their hand movements.

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Watch his eyes with your eyes and his total body, hands, and feet with your peripheral vision. **In 95% of all fights the opponent will first telegraph his intended target area by looking at it.** If he is going to kick your groin, he looks down at it. If he going to grab your throat, he looks at it first.

You might not know what he is going to attack with, but you know *where* he is going to go. All you must do is *cover the target* or move the target out of the attack zone.

Be aware of *peripheral movement*—his movement will attract your attention so you know what weapon (hand, knife, club, front snap kick, etc.) he is advancing with.

*This is IMPORTANT!* Some cops teach to “*watch the hands because hands hold guns, and hands will disarm you or wrestle you to the ground. When a suspect’s hands are out of sight, you are potentially in danger.*”

**Again, it’s a bunch of dumb cop crap with some half-truths to it!**

Don’t just take my word for it. Any trained intelligent person who’s willing to do the “block the face slap drill” will instantly know what works best because they’ll be bitch-slapped *when it doesn’t work*. They will have felt the difference.

We have two types of vision. **Peripheral**, or side view vision is for seeing **movement and light**. **Fovial**, or focused vision is for seeing the **written word on a page** (just like you are using it right now to read this report) or fine detail.

*Peripheral vision picks up any movement instantly.* Fovial vision does not pick up movement at all, nor is that vision type able to judge where the blow is going to hit.

So, for a little hands-on, let’s do a drill. Raise your right hand so that the right arm is in front of your right cheek. Now spread your vision out so you can the corners of the room you are facing. Then, while in that “spread vision” mode, have a training buddy slap the left side of your face as you block him.

Notice how *easy it is to block* while you are using peripheral vision?

Now, stare at his right hand and let him again slap your face. Notice how easy he can “bitch slap” you around? Notice how your face stings?

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Remember that the hand is much faster than fovial vision, so don't try to follow the hand with your gaze. **Be aware of his total spectrum.**

The hand needs the eye in order to do its work well, but again, it is not necessary to direct your gaze at the target. You must not give your targets away with your eyes, nor slow your reactions down by using fovial vision.

*Never localize your vision to one target area in exclusion of all else. If your enemy realizes your mistake, he can move the target area one way and attack from the other.*

Look before you leap. You have to, to avoid disaster. But, having once looked, you can leap with surprising accuracy. This works well in mass-attack situations. Watching two or three opponents at the same time is difficult. Place them, and once you are finished with one, you automatically turn to face the nearest or most dangerous remaining opponent.

When training you must practice the use of the "corners of the eyes". You can see him from the top of his head to the bottom of his foot.

Practice foot stomps, knee kicks, groin kicks, without transferring the eyes. Use your **peripheral vision only**. The main thing to remember about any sort of eye muscle coordination is that it is a exceedingly complex action that can be learned, and that has to be learned.

Give your nervous system a chance. Its capacity for learning is remarkable. And that is the sort of thing it is for, to help the eyes learn to direct their muscles.

### ***NIGHT VISUAL AWARENESS TRAINING***

Most self-defense situations occur after dark. It could be after a date, during a movie, a bar fight, etc. ***When the sun goes down the animals come out.***

Many people who can defend themselves during daylight hours are hesitant over what to do at night. It is an unfamiliar situation and they are not prepared for it. Therefore, most of the time they can do nothing **because they have not trained for it.**

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The complete martial artist needs to know how to make the best use of his eyes at night.

Everyone knows that when you go into a dark room from a bright one it is hard to see until your eyes have become used to the gloom. It takes time, half an hour or more for the eyes to get completely used to the dark after you have been in the light. **At least 10 minutes of dark adaptation** should be required on your part before you go into dark unfamiliar territory. If someone is out there in the dark waiting for you, don't give him the compete advantage, sight over night blindness.

Just think about the last time you went to a movie theater, and the movie had already started. Notice how you couldn't see if any of the seats were empty. Notice how you bumped into people who were shorter, or were on the down hill side of you. Just a personal note. **I carry a small AA Mag-lite in my shirt pocket.** It beats the Hell out of bumping into people accidentally.

When you have an encounter at night, remember the following points:

Do not look directly at the object that caught your attention. **The part of the eyes that is most sensitive in daylight is actually blind at night.** So, do not look directly at an object in an attempt to see in the dark. Look alongside of it.

That faint object out there in the dark; it caught your attention because it moved a little. What was it? It disappeared when you looked at it closely, but it is there again when you look to one side.

Keep looking to one side or the other side and you will be able to tell whether it is a man, or simply something that moved in the wind. A tree branch, or a low bush.

Learn to pay attention to things, which are just a little off center in your field of vision. Learn to stop looking directly at any object in the dark.

As you feel your eyes drawn almost magnetically towards what you want to see, just let them slide on over to the other side of it and look again with the tail of your eye. Do not keep looking steadily to the same side of the object, because then it will disappear. **Keep glancing from side to side.**

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Practice when you are in a dark room or out doors on a dark night. **Get it learned before you need it.** Hold up your finger and look steadily at it. It will disappear.

Look a little to one side and make it appear again. Keep staring and it will go away again. Then look to the other side of it and let it come back. Night vision is peripheral vision.

Look at the better-lighted portion of the darkness around you. You will notice that some parts are lighter than others are. Observe that patch till it becomes clear then focus on another area not so clear. Your eyes will become accustomed (adjusted) to the night and they will see more quickly and naturally.

Night eyes are slow in responding except to bright or moving objects. You may have to look several times before you can be sure you have spotted something. But, do not stare.

Keep looking again and again. Always keep looking just along side of the dark, still object.

The best you can do at night is see dark fuzzy silhouettes of objects. Follow your hunches, trust vague impressions. Those are the best rules for night seeing. Scanning at night takes practice. The untrained man who waits to be certain, may not live long.

If a fight does occur and there is little or no light available, use your side vision. **Drop into a low stance so you are more difficult to see.** The low crouch also keeps your mind clear because your prior practice helps neutralize the adrenaline dump.

Try to **move slowly because it hinders his observation of movement.** If he is not trained in night visual scanning awareness, he will surely have difficulty in seeing you.

Silently circle him so you are to his rear then attack him keeping the element of surprise in your favor.

If you can, *place him between you and the little light that is available*, giving you the advantage of better vision. This will outline his body and give you the advantage of seeing the proper distance and available target areas.

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Use low long-range power technique such as a side thrust kick to his stomach, knees, etc.

**If he has hold of you, use his arm as a guide to his throat. His legs as a guide to his groin. Practice "touch" sparring blindfolded. Learn all the targets by feel so if you need to, you can find them.**

There are 3 mental master keys to speed fighting:

1. **Be and stay alert.**
2. Trust your eyes, ears and gut feelings when they tell you something is not right. Especially that gut feeling. When you feel it in the guts, its that **protective guardian** (your own subconscious mind), sending you a warning in the only way it knows how to. It means, **WATCH OUT!**
3. **Acquire in advance** the knowledge, skills, and equipment necessary to assure the winning advantage in any street situation.

You see, in a street situation, just as in defensive driving, *if you see trouble in the makings far enough in advance, you will usually be able to avoid it, or prepare for it if it cannot be avoided.*

But, if he surprises you because of your lack of alertness, and you become involved in a dangerous street situation that just creped up on you, your skills may not suffice to keep you safe, unharmed, and alive.

*All of your fighting skills will be of little use to you if you are in deadly danger and do not know it until it is too late.*

The first *Master Key*, **TO BE AND TO STAY ALERT** is easily done by acquiring the tactical skill of the five steps to combat readiness. This skill was taught to our battle trained Marine Corp and I call it the *Color Code Of Combat*.

### ***COLOR CODE OF COMBAT***

Stage one – **Condition white**. You are totally focused inside your own head. This is called Down Time Awareness. You do not see what is going on around you. This type of person feels secure and safe with no possibility of attack. This guy doesn't even look before crossing the street. *Only dead people should be in this stage.*

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Stage two – *Condition yellow*. This is called Up Time Awareness. You are externally alert. You look both ways before crossing the street, even if it's a one-way street.

This person knows the cars must stop because it's the law, but he still places control in his own hands by watching. If something dangerous does happen, avoidance is still possible because he is paying attention. He still has choice.

Stage three – *Condition orange*. Because of scanning awareness, you spot the speeding driver who couldn't stop and can easily step out of his way while he zooms past you. Danger signals almost always precede a personal attack. You'll notice avoidance is still possible, and it is still your choice.

Stage four – *Condition red*. This is when you are in imminent danger and you can't retreat. The only way to avoid a conflict is if he breaks off his attack. You are in his "kill" zone. He may change his mind. This is when you must be totally prepared to "rock and roll".

Stage five – *Condition black*. The opposition is continuing his attack. This is when you explode into action, stopping him before he hurts you. **You are applying your skills of combat in this stage.**

The next stage of scanning awareness needs to be applied to your self internally. You need to understand how fear really affects your mind, your body, and your fighting skills.

Fear, commonly called the Butt Pucker Factor, takes place in everyone, regardless of how he's prepared himself beforehand. Good training will reduce it, but the effect will be present.

***People have butterflies in their stomach. Fear training will allow you to have those butterflies, fly in perfect formation.***

There some good things about fear, and there some bad things about fear. Fear causes people to respond in three general ways:

1. You freeze. Your body and mind shut down. Usually your heartbeat is above 175 heart beats per minute.

When you are scared stiff you lose your eyesight, you can't hear, you stop breathing, and you freeze in your assumed body position. The brain has less oxygen, and you can't think clearly, if you can think at all. The sensory system

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becomes overloaded. You can't process the threatening information that quickly and the brain says, "time out", and shuts down.

2. **You run.** This is avoidance behavior for survival. Your heart beat rate is normally between 145 beats per minute and 175 beats per minute. You are still thinking clearly enough to do something, but not much. You have tremendous strength, but no accuracy. Your muscles get blood and chemical secretions that add power to your escape. A definite possibility if you can do it and not take a knife in the kidney. I've seen it happen.
3. **You fight.** Your heart beat rate is above 80 beats per minute, and below 175 beats per minute. You best control is 80 – 145 beats per minute. This heart beat rate will still give you fair motor coordination so your martial art will be much more functional.

Just a note here. **If your heart beat rate is below 80 beats per minute, you won't be even able to fight back because your mental arousal rate is too low. It's okay to get mentally juiced up a bit so you have lots more power and speed.**

Now my next question is, "What happens to you physically and mentally when you fight?" A good question, and I've got good answers.

First, your physical coordination becomes degraded. **You eye-hand coordination is severely and negatively affected.** So, for that reason, don't use flashy and glamorous karate techniques like spinning heel hooks that require some high level physical and mental gymnastics.

Second, your **mental coordination becomes degraded.** It becomes difficult to **make critical decisions.** Your memory will fail completely. So all strategies and tactics must be wired in prior to a fight situation with previous training sessions. That is so you will do them automatically, without having to consciously think.

Pay attention to this Buckwheat. That level of expertise takes a normal person that has trained with the usual low quality of teachers out there, will take about 3,000 to 5,000 repetitions to hard wire properly into your brain and nervous system.

Third, your **eyesight becomes tunnel vision.** A gun looks like a cannon. A knife looks like a machete. Victims are able to describe in intricate and fine

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elaborate detail the knife that was held to their throat, but could not recall if the person holding the weapon was a man or a woman, was black or white, short or tall, skinny or fat.

One really effective way to break out of tunnel vision is to do **cognitive stoppage**. First take a deep breath, then roll your head left to right. This will cause the real world to focus back in.

Another **real simple way** to get your thinking skills back is to consciously lower your jaw and drop your tongue away from the upper palette.

Fourth, **when you fight you must remain focused**. There is something called **Mind Lag Time**. It is hard to talk and fight at the same time.

When you tune in auditorily, you will tune out visually and kinesthetically. So, a crook will get you talking to him and when you are in the lag time, inside your own head talking to yourself, he will launch his surprise attack.

When he's trying to get your auditory attention, under no circumstances allow him to get close to you. No closer than 3 feet to you.

### *Secrets Of The Psychic Shield*

Okay. Listen up.

What I'm going to give you right now is something I've never before given to the general public. **It's a simple fear reducing skill called the Psychic Shield.**

The reason I'm giving it now is because it will easily allow you to **control fear** so your visual centers will not narrow down with the adrenaline dump.

The reason the **Psychic Shield** works so well is because of little known laws of Psychology. This **Psychic Shield** technique allows you to easily put up a **mental defense** against their **emotional attack** which usually comes before any physical attack.

Remember **that life**, no matter how fun and enjoyable it is, can instantly turn into a **predator** any second you stop paying attention to it. And, when you're not ready, when you're the least bit weakened, **it will pounce on you with fang and claw.**

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So the **Psychic Shield** is a tool to give yourself a much better chance. Program yourself to use this **mental shield** during moments of low stress, then as a possible violent incident starts to develop, you immediately drop a transparent, but impregnable shield – like a heavy sheet of imaginary Plexiglas between yourself and the other person.

If you like, use any variation you like. Like an invisible Force Field, or anything else that will instantly surround you that blocks all negative energies, but allows everything else to pass through.

Over the past years I've taught a lot of Cops, people that have people constantly getting in their face over something as small as, "Why am I getting this parking ticket? I was only in there for a few minutes!" These Cops get lots of abuse from their irate customers.

So I teach all Law Enforcement Personnel the secret of the **Psychic Shield**. Every time people start getting mad at them I have them mentally drop a protective shield in front, between them and their opposition.

**So rather than getting angry in return, the Cop can simply smile back at them, while remaining in total control.**

It's the same when sparring someone whom throws out vibes of dominance. Just drop that shield, see them as they really are, then blast away.

Now, this is important. When you drop your **Psychic Shield** and refuse to absorb the negative energy that someone is throwing at you, it sort of bounces back at that person; he is the one that is affected, and, as a result, even loses more of his control.

What a **Psychic Shield** does for you is it instantly allows you to recenter mentally, physically, and emotionally so that you can think and act again.

(If you'd like more on this we have a brand new, 2 video set called *Mind Control Secrets Of The Fighting Mind Set*. Call 541-535-3188 for details.)

Onward.

To be safe is 90% awareness and only 10% actual self-defense training skills. **When I teach a martial art, basically what I'm teaching people how-to-use**

*(turn to next page)*

**their own brains.** Learning a martial art is just learning to use your brain in a more functional way.

Almost everyone, although they don't realize it, are fast asleep. They practice karate asleep. They make love asleep. And, they die in their sleep without with out ever waking up.

These half-dead people, most of them, *are on a 72 year coffee break. They are born. They totally waste their entire life. Then they die.*

The first step into waking up is to become mentally alert. To become aware of yourself, what you are. What your possible potentials are. Where you're weak points are. What you fear, and what you lust for. You cannot do this by walking around in a daze. A daze means you're in condition white of the Color Code of Combat.

Once you become aware of your inner self, then becoming aware of the outer self and of others is just a simple step forward. **The Internal power of self-control gives you powers over others.**

Martial arts, when properly taught, develop this internal and external awareness. Especially those martial arts that teach you to control distance, timing, and movement **when under constant stress.**

Putting it real bluntly, "if you've been trained in the fires of 'bop them in the head' fighting against a capable opponent that is shooting back with real bullets, not blanks. . . then you've learned how to calibrate all sorts of important stuff.

Stuff like, "How do you react to the adrenaline dump?" "When does your vision, strength, timing and fine motor skills start to suffer?" Once you've become consciously aware of these automatic triggers, you can easily implement strategies that will keep you cool under fire

This stress scanning awareness will also allow you to see what the other person is doing. From his stance, movements, foot positions, and eye movements, you also know where he intends to attack next.

You can easily see if he's right or left-handed. You can easily see if he is trained and exactly what type of training and what level of training he's mastered.

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Unfortunately almost all martial arts systems are vague on the secrets of **attack monitoring**. Worst yet, almost all teachers can't even do attack monitoring, so the poor student, if he develops it at all, does it through thousands of hours of actually getting hit.

Let me ask you a few questions, if I may.

Do you even know your five attacking distances? Do you know the fastest one that the world's best martial arts athlete's use? Hint. It's not standing right next to them like those Wing Chun people do. Notice that **Bruce Lee**, when he originated Jeet Kune Do, added 5 closing gaps to his improved style. Unfortunately, most people in his style don't do them any more.

Do you know how far you can travel and kick a man before he can see your foot move, and then move out of the way?

Do you know the 9 closing gaps, and how to do your "prepare to strike" unnoticed so the opponent doesn't know by your body language that you're a tiger just waiting to pounce?

Do you know what happens to your mind when you go into an adrenaline dump because of stress/fear/confusion, when in an eyeball to eyeball bitch-slapping contest?

Or, are you like this jiu-jitsu master (4<sup>th</sup> dan at that time) I know that got into a bar fight with this tall cowboy. The cowboy only knew two moves; left jab, left jab, then a right cross. . .

**"But he knew it for real!"**

That poor expert, with 16 years of dojo training, and no real life stress training, got knocked out, down on his ass in just two seconds.

That poor jiu-jitsu expert didn't know how to scan for trouble. He didn't know how to keep track of what was happening right in front of him...

**"Worst of all, he had no clue on how to control his own emotional state!"**

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Okay. Let's talk about *another important ingredient* of scanning called **calibration**.

I was teaching a class in calibration and this guy raises his hand. I nod and he says, "I think calibration is manipulative and I think it's wrong to learn it!"

I said, "really"? I then turned and pointed at another student and asked, "What color is George?"

"Well, he's black."

"And how tall is Sam?" as I pointed at another student.

"He's about 5' 10" tall", he answered.

"And who's got the biggest arms, George or Sam?" I asked.

"Well Sam does", he answered.

"You have just demonstrated some simple calibration exercises," I answered. *Opening your eyes to see what's already out there is not manipulation, it's simple awareness.*

**People are always going to be sending non-verbal communications**, whether you pick up on them or not. **Learning calibration is just a skill.** It is what you do with this skill, your **intentions** that can be manipulative or respectful.

I have a friend, Ross Jeffries, who teaches courses on Speed Seduction. He has a best selling book out in the market titled, **How-To-Get The Women You Desire Into Bed**. The subtitle is, *A Down And Dirty Guide To Dating And Seduction For The Man Who's Fed Up With Being Mr. Nice Guy.*

Ross's belief is, *in regards to having sex, most women don't fight fair.* On dating, women expect you to play by their rules, to do whatever they want. So they take your time and your money and generally lead you on, letting you think you have a reward (sex!) coming. They then dump you.

Ross's most famous line is. . .

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**“For Guys, Getting Laid Is a Chore.  
For Women, Getting Laid Is A Choice!”**

He then tells his students. . .

“Stop making excuses for wanting to meet a woman! Stop making excuses for wanting to ask a woman out, and most of all stop making excuses for wanting HOT MAD SEX when you want it! Instead, have a go-for-it attitude.”

His entire course is based upon how to read the emotions of your date, then using those cues, lead them where you want them. Guys have been doing that subconsciously for the past 300,000 years, or since Adam and Eve. *It's not manipulation. It's life.*

“Listen. It isn't even the words you use that convey this attitude. It's your tone of voice, your facial expressions, your posture, the speed at which you speak, everything non-verbal about you will show this attitude far more than words.”

“This doesn't mean you have to be arrogant, or lack a sense of humor. *You can be warm and friendly at the same time you are being direct and powerful. The key is finding the balance.* Once you do you will not be able to keep women away from you!”

So, by all means, play fair with a woman until she shows you she is playing unfair with you. As soon as she starts to pull “caca”, then, you are under no moral obligation to be her victim, and you are a fool to permit it.

So Buckwheat, learn how to calibrate. That skilled training of awareness will greatly help you with sex, salesmanship, street fighting and sport karate..

I personally think it's great to notice lots of things most people don't know they are communicating. This skill helps me make a friend when I want to. This skill helps me do lots of things when I want to. *It gives me control, in a world where control is totally lacking.*

Okay. Enough of giving logical reasons for learning how to scan and calibrate. Giving reasons is nonsense anyway. I make no excuses for my warrior training. I make no excuses for myself. I move through the world without apology for I have my own rules. Enough said.

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Let me tell you a story.

One day this kid, about 12 years old, dragged his mommy into our karate school because he really was “hot” about doing karate. **The mother, a pacifistic jerk, was doing everything she could to find a reason for him not training.**

Mommy was like a tiny barking Chihuahua dog. She was sitting there in all her morality telling me that what I love and do for a living is wrong/evil/and against God’s will.

And, since she didn’t believe in violence, and believed in cops protecting her, she figured she could spit crap all over me. And, since I was a stupid “sicko” karate guy, I’d have to sit there and take all her crap.

But she was wrong.

***My Ph.D. mentor had taught me a scanning skill called “calibration” back in 1985.***

I knew that Mommy in the above example has no intention of pissing me off to the extent that I wanted to bitch slap her out of her chair and out of my building.

So when she walked in my front door with that nervous tight-assed honky walk and a frown on her face, looking for any reason what-so-ever for not letting her kid train. . .

### **“That Her Intentions Were Good!”**

So, my scanning abilities used on her physiology gave me prewarning of all that would soon be spouting forth. And, because of my training and awareness skills I had a positive solution that would benefit her, her child, and our karate studio.

First, let’s go over calibration and what it is.

Psychology has proven time and time again that **what a person is feeling emotionally, and thinking is, to varying degrees, manifested in some physical way on the outside of the body.**

***(turn to next page)***

**To calibrate is to notice another person's physical behavior, and to associate that behavior with their internal responses.**

These internal responses could be visual, auditory, kinesthetic or internal dialogue, which then would lead them to a certain emotional state which is caused by their own specific filter, or belief pattern about martial arts. (If this seems complex, read Using Your Brain For A Change, by Richard Bandler)

Mommy's tight lipped smile. Her averted eyes. Her flushed cheeks and high-pitched demanding voice were just some of the signals I calibrated that gave away to me her arrogant, defensive attitude.

You see, once having made those observations and associations, you can then know something about their internal state of being protective. . .

**“And Can Respond To Them In A  
Correct Manner For Their Behavior!”**

So, I greeted her and her child with a polite, respectful manner in a soft, non-threatening voice. I was dressed in a professional civilized manner. Black pants, neatly pressed with a starched heavy weight “snow white” karate top with all the brightly colored school patches worn over a bright red T-shirt. My feet were covered with bright red karate kicks.

I was also clean-, hair combed, and had my sleeves rolled down to hide my tattoos.

I shook hands powerfully, but respectfully, then took their names (Sara and Josh) and asked them (instead of telling them) if it was okay for me to be with them in about 2 minutes. The reason given, I was on a long distance phone call with one of my black belts in Chicago. And, if they wouldn't mind, just glance over this reading material and I'd be right back.

The material I'd handed her was a Special Report I'd written called, “12 Ways To Stop The Bully Without Having To Fight Him.”

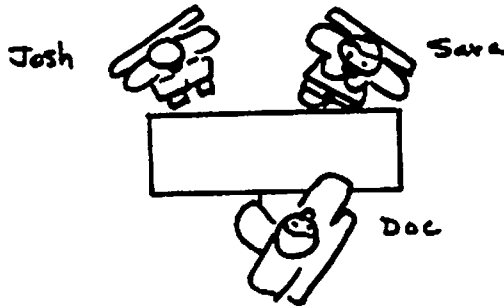
The brochure was filled with photos of **happy children smiling** and having fun. Displayed on the title page was **my smiling mug** with the by-line, “by Dr. John M. La Tourette, Ph.D. in Sports Psychology.”

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**There is nothing like a little prestige power to upgrade a person's thoughts about you.**

I knew through past experiences, that those 2 minutes would give her enough time to quickly scan the article, reading all the bold print. I also knew she'd scan the reception room looking for dirt, dust, and anything that was against her personal identity, personal values, and personal beliefs.

After 2 minutes exactly (she was timing me), I invited Sara and Josh into my office and politely had them be seated. I had Sara sit to my right, and Josh to my left (see drawing below).



This is called a non-confrontational seating arrangement.

I asked Sara, "What brings you into the school?"

She looked at Josh, frowned, leaned back in her chair and said, "For some strange reason he wants to do kung-fu". Then she shook her head side to side, not understanding why.

I asked her (to help me clarify her value system), "What do you think about that?"

"Well, if he really wants it. . . but I really don't want him to learn violence."

*(NOTE: She was giving what she didn't want, so she was putting lots of bad violent pictures in her own head. I needed to get her to put good pictures in her head.)*

"Oh? And what do you want him to learn instead?"

I could tell she wasn't used to thinking positively about karate training. It was easy to see because her arms folded more tightly across her chest.

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I broke her negative state by leaning back in my chair and folding my arms. I then told her about another mother, Mary, Who'd brought her son James into our school, even though she didn't believe in violence.

I mentioned that Mary had put her reservations upon a shelf and had given the school a 4 private lesson trial, to see if the lessons would give her child the skills she approved of.

The skills she was looking for were:

1. *More self-confidence for James.*
2. *Increased concentration for James.*
3. *More self control for James.*
4. *More home discipline so he'd follow instructions better.*
5. *Better grades at school.*
6. *And, of course, she wanted the karate to be fun for James also.*

As I mentioned off each behavior characteristic in my story about Mary, I closely watched (**monitored discretely**) Sara to see which values appealed to her and in what order they appealed to her.

I then mentioned to Sara that the 4 introductory private lessons were only \$39.00, and if she wasn't totally satisfied with us for any reason, by the beginning of the 3<sup>rd</sup> private lesson, that she and Josh would receive an immediate, no-hassle, courteous refund (*thus removing all risk in her mind*).

Again I leaned back in the chair and mentioned that's what Mary had done, and she was very pleased with the training because she'd noticed almost an instant increase in self-discipline.

**I used the "discipline" hook because I'd noticed that teaching her child discipline was the hot button for Sara.**

Sara had one more bullet in her gun before giving in to those first 4 lessons. She leaned forward and said, "It sounds like something I'd like to see Josh try, but just to see if he likes it. And, I do have one last question.

Sara then folded her arms and leaned back in the chair, away from me, distancing me. Then she threw what she thought was the bombshell. She asked, "When's the last time that you ever had to use your karate skills?"

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You see, Sara thought her question referring to violence, had me by the gonads. If I'd answered her with, "***Leroy Brown tried to jump my ass down at Maxy's Bar and I had to cut him down to size. . . to teach him a little respect***", she'd think I'd be the wrong person to have her son train with.

So I smiled, leaned forward and matched her body positioning exactly. I waited about 2 seconds with a smile on my face, then said, "This morning".

"This morning I went to the Minute Market to get a 6 pack of diet Pepsi for my wife, and I had to dodge and evade another customer backing their car out of a parking spot. They didn't see me, but I easily saw them. I think karate training saved my life today, just as it has saved the lives of my own 2 children, and the lives of many of my students in the past. Boy, do I have stories to tell."

I slapped the desk lightly with my right palm and asked, "What time shall we start Josh tomorrow? Is 4 o'clock good, or is 6:30 better?"

Sara signed Josh up for 6:30. That was 8 months ago. Now Sara's entire family is training with my school. All because of a tiny bit of external awareness I'd developed on my part.

Okay. Let's give you some very precise, step by step secrets on how to use visual monitoring to read other people's thoughts.

Insights into the process of how people think can easily be learned by watching the ways their eyes move as they perceive and think.

Eye movements systematically reflect what the brain is doing. Eye movements show whether you are making pictures, remembering voices, talking to yourself, or feeling certain emotions like confusion, anger, fear or lust.

### ***SECRETS OF EYE MOVEMENTS***

Eyes tend to move up and to their left when people remember pictures. Eyes tend to move straight across to their left side when people remember things they have heard. When you are inside your own head talking to yourself about something, your eyes tend to move to the left and down. And when you become aware of emotional and visceral responses, your eye normally go down and to the right. If a person is making something up visually, his eyes usually go up

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and to his right. If he is making something up auditorily, like changing Jingle bells, Jingle bells to a dirty song, his eyes normally go straight across to his right.

Simply following a person's eye movements will give you lots of secret inside information about their mental processes at any given time.

*When people talk they will usually use words that represent the eye movements they use.* They might look up to their left and say, "I see". They might look straight over to their left side and say, "That sounds good to me". They might look down to their right side and say, "I don't know, that feels like a rough row to hoe."

*So listen to their words and watch their eyes and determine their favorite representational system. Then translate what you want to say into their way of perceiving the world. It is a very subtle way to understand and influence others.*

Just notice whether they are using pictures, sounds, or feelings as they decide how to respond. This is privileged information and cannot be faked. When you match your words to their pictures, sounds, or feelings, they will find you to be an understanding guy.

VISUAL



EYES  
UP  
RIGHT



EYES  
UP  
LEFT



EYES  
STRAIGHT AHEAD  
DEFOCUSED

AUDITORY



EYES  
LEVEL  
RIGHT



EYES  
LEVEL  
LEFT



EYES  
DOWN  
LEFT

KINESTHETIC



EYES  
DOWN  
RIGHT

Once you've wired in the eye movement patterns and the actual words used, now is the time to look for **other changes.**

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Our thought patterns cause certain **changes in our faces and our bodies**. Internal thoughts and emotions show up in facial expressions and body language.

The same thought will trigger the same physical response every time in the same person. **NOTE: You must calibrate each and every person because some people's eye movements are not normal.** They are different, so be sure and match the eye movements to the actual words used.

Most martial artist have not been trained to look for these tiny cues to internal thought processes. So learn to see and correctly interpret the clenched jaw, the red face, the pin pointed eyes, the upper chest breathing, the crossed arms, and all the other physical changes that up to this point you might not have been aware of.

Another easy way to increase your awareness while scanning is to pretend to take mental snap shots of the guy you are facing at the moment. You can take these still shots and put them in your memory banks very fast. When you have enough of these prints side by side you will begin to see patterns among them.

That's when your scanning for high visual awareness will really take off.

One fun game to play covertly is the living lie detector. You must do this without telling any one else what is going on or they will try and screw you up. No one wants anybody else in the position to be able to read their inner most thoughts.

First, find someone you do not know very well. Then ask them 3 questions that you know they are going to answer "Yes" to. For example if Bruce Lee was the person you were talking to you might ask:

**"Is your name Bruce Lee?"**

**"Were you born in San Francisco?"**

**"Were you the star of the movie Enter The Dragon?"**

Then ask 3 questions you know will be answered "No", such as:

**"Is your name Jackie Chan?"**

**"Were you born in Mexico City?"**

**"Were you the star of Home Alone?"**

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Your job is to watch the changes in facial expressions, body postures, and breathing as Bruce finds the answers.

*Notice and remember all unconscious visible changes and compare them to those for the "NO" answers.* Look for changes in body posture, changes in body distance, changes in breathing, changes in skin coloration, changes in lip size, changes in pupil dilation.

Continue to go between "Yes" and "No" questions *until you have accurately established which body language belongs with each "Yes" or "No"*.

Once you are sure you can tell the difference, then start asking questions that you don't know the answers for.

**"Did you major in Education while in college?"**

**"Is Wing Chun better than Arnis de Mano?"**

**"Did you once own a Mercedes?"**

"Guess" the answers using your newfound ESP skills. You will amaze the hell out of all your friends with your occult skills.

#### **Some Signals To Calibrate For:**

EYE ACCESSING – Accesses a certain point in visual space.

MUSCLE TONUS-Facial muscles flaccid, relaxed, firm, tight.

LIP SIZE- Full, Thin.

TONALITY- Harsh, whisper, even, staccato

PITCH-High, medium, low, constant, rising, falling, erratic.

VOLUME- loud, medium, quiet.

TEMPO-Fast, slow, erratic, even.

SKIN COLOR- Flushed, pale, ashen, mottled, yellow, green, blotched.

POSTURE-Hunched, leaning, back, extended, straight, rigid, relaxed.

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**BREATHING-** Regular, irregular, held, sudden exhalation, sigh, upper chest, full chest, abdominal.

**MOVEMENTS-** Swaying, tapping, jiggling, rhythmic, erratic, intermittent.

When learning to calibrate, *only select one of the many distinctions from the list and pay attention only to those for awhile.* Once you are aware of those changes, move on to a different pair of cues.

For self-defense, you do not need to notice everything in order to monitor. Instead, what you need to watch will depend upon the situation and the person you are facing and how they express themselves.

*The most important thing I can tell you is that it takes practice over a period of time, maybe 2 weeks to a month, to hard wire in this calibration skill. It is a skill to develop and constantly hone all the time.*

There is one more point I'd like to cover before I wind down on this special report.

You got to be aware of the social climate, before you ever express your viewpoint about any thing. Things that were considered well and good 35 years ago are now considered thoughts of the Devil.

The world has really changed.

Once upon a time in the long ago past I was a Boy Scout. "Be Prepared" is the Scout motto. "Be always ready" was the knight's motto.

In my extensive library I have an article from 1943 where our Boy Scouts were being taught *how to garrote the enemy and cut the throats of the German and Japanese.*

These natural American woodsmen were given specific "live" instruction on how-to-execute "sentry removal" on an unexpected enemy in battle. This training was in *anticipation of foreign troops on our soil.*

The Boy Scouts used to be pioneer knights who's purpose in life was **defending the weak and oppressed, and establishing the American right to**

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worship God according to conscience. Women and children were protected from wild animals and enemies and outlaws.

These kids were "on guard" for America since 1866.

I have another Handbook for boys (1939) that has advertisements for Iver Johnson handguns and rifles, marble knives, and Remington cartridges.

All the fore mentioned teaching Boy Scouts **how-to-follow in the foot steps of great scouts of the past. . . like Dan'l Boone, Kit Carson, and Davy Crockett. . . all the famous scouts were great shots, and knew how to handle a gun and a scalping knife.**

**They knew how to care for their weapons. They were trained in how to handle them properly. At that time such skills were to be admired. They taught their kids that "Shooting takes a clear eye, a steady hand, and smooth follow through. As a shooter, you can enjoy the outdoors, the real sportsmanship and good fellowship that exist then."**

Like I said, "*The world and its values have really changed.*" If you teach a person, regardless whether it's a child or an adult, how to shoot in today's world, you're considered *an anarchist* who is looking to train an army to over throw the government.

If you teach your boy wood craftsmanship, *then you're a survivalist.*

If you teach your child how-to-use a fighting knife, then you're *a sicko thug* on the same par with Charlie Manson and Jack The Ripper.

My point is this, you **must have the awareness to see what people think, and then you must have the ability to take on the coloration of the species you are invading.** This is nothing so dramatic as a social over throw. I am talking about some thing as simple as *winning friends and influencing people.* I'm talking about getting a date. I'm talking about finding the job you want. I'm talking about making the enemy your friend.

You see friend, once you really know the secrets of scanning, you now have real choice in the world to do any thing you desire. **The secret behind your personal security is awareness.** With awareness you can blend in. With awareness you can avoid trouble. With awareness you can attack first.

*(turn to next page)*

The choice is totally yours.

**(FREE BONUS REPORT)**

**“Secret Scanning Powers of Your Inner Mind!”**

I left this part out till last. In fact *I almost left it out totally* because most people in the world *lack sufficient points of reference* at the moment to accept these *psychic ability* concepts.

But, by now, because of the previous points of reference on Scanning that you know are valid and true, hopefully you’ll have enough belief in me and my background to grasp, or at least look at this *Ancient Secret Scanning knowledge*.

What I’m going to cover in simple detail is the **Secret of Remote Viewing** and also the **Secret of Putting on someone else’s head**, so you can know their innermost thoughts.

First, let’s talk about **Black Ops**, *a secret department* within our Military Intelligence Department of the Army.

In 1973 Stanford Research Institute started doing classified research on *Remote Viewing funded by the United States government*.

The two primary psychics SRI were researching were Ingo Swann and Pat Price. These guys were so good that when they went remote viewing it was as if **their ghosts were actually in the building**, walking through it, while their physical bodies sat in chairs and delivered a tour guide’s monologue.

Dr. Hal Puthoff and Dr. Ros Targ first thought that Remote Scanning must be a special skill that only “gifted” people could do. So they started doing ‘test’ training’s on **normal people**. Guess what? All of them were accurately able to **do remote viewing**.

*Jose Silva from the Silva Mind Control group came up with the same findings*. All people who went through the training could get remote viewing results.

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By 1981 SRI had perfected Remote Scanning to such a high degree that our own people (politician's) in the government were scared to death of it.

Right now, there is a public offshoot of this secret military group working in Berkley. Its called Psi-Teck and it's headed by Major Ed Dames. Psi-Teck guarantees 100% accuracy on their remote viewing technologies.

These Remote Viewers accurately remote view into the past. They accurately remote view into the present. They accurately remote view into the future. And they are doing it today, right now, for big bucks. They are working for the government, and they are working for private enterprise.

Remote Viewing is one of the ultimate scanning secrets. And it scares many people, because all people have something to hide.

There are others who have been successful trainers of Remote Viewing. Courtney Bell, author of Cosmic Voyage, also trains civilians in the skill.

So does Gordon-Michael Scallion at his **Matrix Institute**. His web site is <http://www.matrixinstitute.com>.

Ever since I was a child I've always been intrigued by methods of power. The most powerful means to personal power is the mental ability to be able to forecast and guide your own destiny.

To do this you need to understand yourself and you have to know other people. What makes other people tick. The real secrets inside their heads, not the external crap they show others. What is really behind that false front?

That's the reason I've been driven to obtain a Ph.D. in Psychology. That's the reason I was driven to obtain my Trainer's Certification in Neuro-Linguistics Programming. That's why I was driven to earn my 10<sup>th</sup> degree black belt in Kenpo Karate. That's why I was driven to become a Trainer of the worldwide organization called Psychorientology, or Silva Mind Control. Plus a bunch more stuff in Education, Hypnosis and Personal Achievement.

There are really some amazing people out in the world that can really perform miracles. . . and they are willing to share that information with people who want to study.

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Most don't advertise because **"Witch Hunts" still exist on this world**. These witch hunters are uninformed, narrow minded people who would greet the above statements with emotions ranging from fear, to laughter, to ridicule, to total disbelief.

No one, no matter how good they are, or how far they are above the normal herd of human sheep, want to be crapped on, *slandered* and *maybe physically attacked* by scared morons.

Does being attacked sound too far fetched? Both Ingo Swann and Pat Price feared for their lives because of the skill they had. Then, Pat Price died of a heart attack in Las Vegas. (Yes buckwheat, **Pat used his mental skills for gambling, and he won!**)

The curious thing is Mr. Price died the day after he'd mentioned that he thought someone had seemed to slip something into his coffee.

After he died, there was no autopsy performed! Some person with credentials showed up and convinced the Las Vegas Medical officials to waive an autopsy and declare Price dead of a heart attack.

No one ever found out who this "person" was, even though there was a search. Enough said.

Another word for Scanning is called Prophecy.

*The purpose of prophecy is two folds. On one hand, it allows those who read the signs to prepare for what may come – a warning. On the other hand, prophecy allows some that read the signs to change that which might come to be.*

The gateway to achieving that Remote Viewing/Scanning state of mind is through a state of mind control called alpha. Alpha merely signifies a certain range of brain waves, or rhythms.

The brain actually generates electrical waves of varying frequencies. They are measured at so-many cycles per second.

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Starting with the lowest range of frequencies, they are called delta, theta, alpha, and beta. Delta cover ½ to 4 cycles per second (cps), theta from 4 to 7, alpha from 8 through 13, and anything from 14 on up is the beta range.

**Researchers have discovered that controlled and actively directed alpha brain wave is the master key to controlled remote viewing.**

To get to alpha is a simple step of controlled relaxation where both the physical body and the mind are in a state of relaxation.

So you first use a process similar to autogenics to relax the body. Then you use a process of self-hypnosis to relax the mind. You do this easily and simply by bringing back a memory of when you felt totally at peace with yourself.

*The feeling of this mind state is that detached feeling you have when you float between wide-awake and fast asleep while going to bed at night.*

With a small amount of practice (about 10 hours for an average person), you'll have intelligent, alert control through this alpha state.

Once the alpha state is acquired, then you need to use your visualization skills. This means, "Pretend as if it were possible to see the object that you're putting on your **mental screen**." The location of your mental screen is in front of you, similar to the position of a movie screen. This location, about 10 degrees above your line of sight, will trigger the visual aspects of your brain, and make it much easier to "see pictures". This location in space is called the mental screen.

This mental screen can be used for remote viewing, for healing others, for goal achievement, for getting a new job, for getting faster at karate, and for just about any purpose you desire, as long as it benefits all people concerned.

By the way, making clear mental pictures is a skill that everyone can do, even though most people start out with pictures that may be fuzzy and indistinct. It does take a bit of time and practice to get more clarity while at alpha. Most people can easily do it within 2 days, or less.

The method I'm recommending in this short report is the Silva Mind Control method.

Why do I recommend it?

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Good question. There are many reasons. First, **it's simple to learn**. Second, it's based upon **proven psychological principles**. Third, it's **very quick**. That means it only takes about 2 days in a training class for anyone who just does the drills. This means someone that's learning it and following directions, not a person that's trying to prove it's not possible and is trying to find fault with it!

Fourth, and of prime importance, it **does not violate any religious beliefs**. If you are a Christian, the skills will still work for you. If you are an atheist, the skills will still work for you. (*Note: Once you acquire remote scanning skills your belief patterns will evolve.* Those who are atheists will soon have more data to base their after life decisions on, and grow spiritually in their own chosen way.)

I also recommend the Silva Method because it **makes you a better person in many more ways than just remote scanning**.

*Your normal awareness increases 1,000 fold. Your health gets better. Your reflexes are sharper. You become more directed in life. You are easily able to solve problems that prior to alpha training were unsolvable.*

The people in Mind control call Remote Scanning by a different name. They call it ***Effective Sensory Projection***. In Laredo, Texas, through experimentation, they found that the best explanation for what they are doing is projection.

So we use our visualization, our imagination to project. You simply go to alpha and pretend visually that you are projected to any place you desire.

Let me tell you **how the science of mental projection came about**. Look at the drawing below.

|                         |                  |                           |
|-------------------------|------------------|---------------------------|
| ROOM 1                  | ROOM 2           | ROOM 3                    |
| MAN AND<br>EXPERIMENTER | MAN AND<br>WOMAN | WOMAN AND<br>EXPERIMENTER |

Above are 3 rooms.

In room 1 there is a male remote viewer and the tester.

***(turn to next page)***

In room 2 there is a man and a woman.

In room 3 there is a female remote viewer and the tester.

Unknown to either the male RV in room 1, and the female RV in room 3, there is in room 2 a man and a woman. Nothing else.

The Remote Viewers (RV) are asked to go to alpha on their own. After they are at alpha, they are asked to mentally project into room 2 and tell what they see.

The male RV saw a man and two women in room 2.

The female RV saw a woman and two men in room 2.

**The remote viewers were not only able to pick up the physical presence of the 2 people in room 2, but also the projected image of the other remote viewer!**

In another experiment with 2 children they had more interesting results. Let's call the kids Jack and Jill. Both kids are in separate rooms with a tester. Jack is asked to visualize a toy, then to play with it. He says, "*Okay, I'm playing with a green truck with red wheels.*"

Meanwhile, in another room, Jill goes to alpha and is asked to mentally go to room 1 where Jack is. After a moment the tester asks Jill what Jack is doing.

Jill says that she's playing with Jack.

"What are you both playing with?"

"A toy," says Jill.

"What kind of toy?"

***"A truck, it's a green truck with red wheels."***

Both above stories are true, and verified many times.

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**It's a proven fact that while at alpha the average person can mentally project to anyplace he wants.**

It seems like while at alpha he can see the mental body of another individual.

It seems like while at alpha he can see the thought forms of other people. And, that is just the start. With a tiny bit of proper training anyone can do it if they have 3 things. *Desire, belief, and expectancy*. Desire is the, "I want that strongly." Belief is the mental filter that either allows you to do something. . . or stops you from doing something. In ancient days the belief that the world was flat stopped many weak souls from boating very far from shore.

Expectancy means that you think it's possible for you. . . or not. Either way it is true. *Your self-expectancy makes it so.*

*Reading a person's thoughts is actually quite simple. First, go to alpha, then you merely pick up a mental replica of the person's head and slip it on over your own, and you get their thoughts.*

Just pretend their head is like a *motorcycle helmet* and put it on. Now pretend to look through their eyes. Pretend to hear through their ears. Pretend to feel through their physical body. Pretend to think through their brain.

Enough said about all this mental scanning while at alpha.

If you want to learn this skill also, fine. If you don't, then that's your personal problem.

*Anyway, there's no way I can adequately teach you how to do remote scanning in this special report wind-up. What it has taken me years of my adult life and lots of bucks to figure out, I can't teach you on a few sheets of paper.*

The good news is, "I don't have to!"

You don't even have to go to Laredo, Texas and pay over \$1,200 for food and lodging. Nor do you have to spend another \$600 for plane fare down there and back. Then, on top of all that, the actual fees, \$800 for taking their courses. This adds up to over \$2,600. That's a lot of money. I'll save you all of that trouble.

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Look. To learn the remote scanning and the putting on heads, *you must do the drills*. There's just no way around that unless you're a reborn Edgar Cayce, or Gordon Michael Scallion.

This is what I can do for you.

There is an *audiocassette, home study course!*

With this audio cassette home study course, all *you need is about 20 minutes* of quiet time *per day for 30 days*, a pair of ear phones, a cassette player, and a desire to learn these secrets!

Then, all you do is **push the "play" button** on the tape player, lay back, and relax.

Yes, I said, "relax". When you relax and just listen, the process is automatically installed in your brain and neurology. It's as easy as 1-2-3.

We normally sell this home study course for \$264, plus another \$69.95 for the video that shows you how to do the 3 finger technique, the sleep control technique, and the hand levitation drill. All of these drills need to be seen visually to make it easier to learn them.

The total cost of this home study course is \$315.95. But *that is not your price*. For the next 10 days you pay much less if you are one of the *first 9 people* to order.

I've sold this course to my own students for the past 2-½ years. 99% of them have gone on to take the actual physical training.

The good news is *I've got 9 of these home study courses left*. When they are gone, that's it, they are gone forever.

So, for the next 10 days only, and only to the first 9 people that get off their butts and **call me at 541-535-3188**, I'm going to let this \$315.95 home study course go for the ridiculously low price of \$129 plus \$16.50 P&H. At this dirt cheap price there is no money back. *We will also enclose a free \$50 coupon for you to use if/when you decide to actually take the course in person.*

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Inside the actual course, which covers much more than remote viewing, also is included a list of competent and qualified Mind Control trainers throughout the world.

***The most important thing to realize about remote scanning and other psychic faculties is that we do possess them, and that they are inherent in our species.***

These capabilities have been recorded from ancient times through today. And, ***as warriors it's rather impractical of us not to make a more concerted effort to develop those natural psychic capabilities of our species.***

The documentation in this report establishes beyond question that normal people can receive information about targets hidden from their physical sensing systems.

Before I sign off, let me talk about "fire" for a second.

Fire is.

Fire becomes good or bad by how it is affecting you at the time judgement is made. If the fire has just burned you, then you might think the fire is bad. ***(My own personal opinion here is that whoever gets burned just wasn't paying attention. So, "Not paying attention" is bad, not fire.)***

On the other hand, if fire is used to warm you, or heat your food, then fire is "good."

**Notice that fire is really neither good or bad. Fire just simply is. It is your viewpoint, beliefs, and past conditionings that make it good or bad.**

Psychic Scanning is.

Remote Viewing is.

The rest is up to you.

Thank you, and God Bless.

Sincerely,  
Dr. John M. La Tourette