



How To Learn Aerokinesis

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Section 1

A Basic Guide for Beginners

Welcome to the tutorial for Beginners to learn about Aerokinesis!

Finding new topic that interests the reader and going deeper into the subject in it is no easy task either. As a reader, we keep exploring new topics of learning to stimulate, nourish, and satisfy the curiosity and finding new avenues of learning, it is always challenging.

There are many eBooks out there that touch on some of the related topics. I'm sure writing this eBook wasn't easy, so that it may familiarize the basics of the topic, incite the thoughts and awaken the emotions within us. It is imperative for the reader to have developed understanding of the topic and at the same time must enjoy the content of the materials presented in context.

We are optimism that you will get to learn more about the topic and it affords you the opportunity to satiate your curiosity, the desire to understand, to know or discover the topic.

Let us start our journey on exploring Aerokinesis!

Section 2

Introduction

Aerokinesis is defined as the source for psychic ability to manifest energy and control air. It is a branch of psychokinesis or telekinesis - the psychic ability to manipulate, create and alter surrounding air molecules, wind currents and the air by using mind power. Aerokinesis – the ability is normally recognized as air-bending, it is the power to create, shape and manipulate air. Remember that telekinesis is the art of moving things with the human mind rather than the physical body.

It's important to note that the user can control climate and weather dimensions along with being able to generate, increase, shape and manipulate air and the gusts of winds such as tornadoes, hurricanes, vertical drafts, micro-bursts and other types of damaging winds.

The power of air-bending requires a great deal of focus, as well as it connects with the wind. It extends the canvass of the mind to create and maintain a conscious relationship with the ambient energy of the air.

Section 3

What do you mean by Aerokinesis?

Aerokinesis is the psychic ability which allows a person to influence a physical system without involving physical interaction. In short, it is the ability to manipulate air. In other words, aerokinesis is a psychokinetic ability where air is the object of the psychic powers. It is generally known as air-bending, and is a type of telekinesis that will lead to aeromancy. The person who is endowed with the cherished capability is called air-bender, aerokinetic or aeromancer.

Before you begin to control the element of air and embark on a tireless journey of manipulating the wind, it is the first and foremost necessity that you must have a good control of your mind. To develop this ability, it is indispensable to have courage and a strong belief in your ability to do.

The task requires serious mental effort and more energy as it will change the way you think - changing your thinking pattern. It will entirely change how you feel

and what actions you take. It has been advised that the “what you think, you become”. In reality, “we are shaped by our thoughts and we become what we think”, this quote tells that all my worst nightmares will actualize and definitely it's my mistake. Think about a moment you have experienced, as a human being, you must be wary and careful to your thoughts.

In case, where you don't know, your beliefs will actualize into reality. Your beliefs are the most dominant factor as it shapes you and embodies you. The beliefs you have will determine the course of your actions and if you want to be, just believe in that you are. If you cannot concentrate for long, your aerokinetic powers cannot be matured into your beliefs. This is the way; you will be aligned with the elements of air and wind. Don't forget that practice is the main ingredient for success.

Section 4

How to learn Aerokinesis

If you are determined to learn, do, get and develop aerokinesis, you must know how to get wind powers in the real world. While mastering air bending, you can go outside of your comfort zone and spend one hour of meditation. You will have to train your mind gradually by daily practice of concentration, there is sharp focus is needed. Think about the wind you feel when it hits your body. As you feel the wind is hitting you in one side of the body, your conscious effort in that direction will make you stronger.

If you are interested to know how to do air bending in real life situation, it can be initiated with a medium tornado. Initially you have to meditate for a minimum of one hour by concentrating on the feel of the air around you. This is an essential activity which will connect you with the air. As your connection is firmly established, you must create a feeling of rage in the wind. You will shape this feeling into spirals or spheres and imagine that everything is spinning and spinning around you.

This technique is simple, yet effective; you can summon and block the wind by using the palms of your hands. Apparently it is hard to believe, but it is amazingly true. You should begin to thrust your right hand forward while your palm is to stand facing when you are going the wind to blow. You must concentrate on the wind blow in the desired direction where you want.

Getting rid of the wind, you have to use your left hand for long enough. Thrust your left hand forward with the palm facing in that direction just at the source of the wind. You can imagine that you are confined with a force field greater and larger than your size. By using your left hand you will have to direct the force field to prevent the wind from all directions. This is necessary for stopping the wind.

In order to power up air speed, you need to learn a technique, which is just a little bit harder. Get into a movement or stance, where you can do with your chi, you can visualize the chi or energy which circulates around the body. Remember that the Chi energy vitalizes all elements of your body. You can feel like disintegrating into dust and moulding like the wind. You can feel you are becoming the key part

of it. Now you can connect to the wind as you imagined yourself as the chi that integrates with the wind. When you do this the air speed of the wind around you will increase as it accumulates the energy from the chi.

Section 5

Some Aerokinesis Techniques and Exercises for Beginners

To learn the art of Aerokinesis, basically you need to develop skills and use your ability to sharpen the air. You are required to polish several air bending moves and lessons in order to reinforce the techniques of aerokinesis. You need to discover yourself, master your mind and connect yourself to something higher. In this journey, the very first thing that you need to sharpen is meditation. You will have to understand what meditation can do for you. It is the ability that you can put to your attention on the things you want. It often comes as a surprise to learn that you can meditate anywhere and at any time. What it requires most, is the profound concentration. Boosting your brain power involves increasing the capacity of the memory, enhancing your focus, attentiveness and nootropics. Basically, nootropic is a term used for any food or substance that helps boost your memory and making it easier to remember, meditate and perform air bending. Nootropics can also assist in preventing the fatigue and splitting headaches by blocking receptors in the brain.

Do Indoor practice that involves blowing wind

It's a time to start by holding your hands apart and few inches away from your face. It is crucial to keep them around three inches away with your both palms in front of each other. Blow a steady stream of air in between both hands. Using your right hand to move the air and you will push the air towards the other hand. Keep repeating it until that time your left palm feels the force and power of the wind.

Do indoor practice that involves meditation

If you have all these things, ceiling fan, air leakage, and comfort; the first step is to close up anything around you that generates air. Anybody can meditate in any place, what you just need to focus. Meditation allows you to concentrate on a single point.

It can be imagined that the air is blowing into the room and one big gust of wind around there. What you've to master, you must focus on your mind! As the focus increases, this technique works.

Practice your basic hand tornadoes

The first thing is required of you to do a little over an hour of meditation. As you will begin mediation, through visualization there is energy connection that will bind you to the wind. The strength of wind can affect you and you can feel the connection with the energy. As this feeling transpires, you can control the

wind and make it blow in more than one direction. This exercise will help you to familiarize yourself with force of the wind. You can visualize tornadoes are forming around your hands and feeling that the tornadoes are building up.

Practice Air bending exercise by making air balls

The first step is to do a wind summon by concentrating air energy in your hands. This is the time to visualize the energy as your hand should assume the shape of a ball. You will accumulate more air until there is plenty of air energy. You will release the ball of energy, if you feel your hands are heavily burdened.

Practice basic air bending exercise by making an air blade

The thing you need to use a special skill to sharpen the air. You will gather air energy into your hands and the sufficient condensation of the air around will shape of a blade. If you visualize a sword or a dagger in your hands, it will surely help you. The air will assume the shape. As the air condenses into a blade, this will help you to visualize a sword or a knife. You should just keep focus on sharpening of the blade until you feel razor sharp. When it provides a solid enough base, it may flank either side whether to swing or launch in a wave.

Beginners can practice an Air Jump

You should concentrate on controlling and gathering the air around you and then you can jump into the air. Before you reach the peak of your jump, you should visualize air molecules are going beneath your feet and going to condense eventually and getting harder as stone.

The above-mentioned techniques and exercises are not exhaustive in nature but commonly used in mastering the Aerokinesis and will prepare the user for gaining the basic understanding of the topic. Most of the time you might be needed the learning of the concentration strategies. That will be perfected by constant practice, courage and perseverance along with the other skills required.

Disclaimer: It is advisable for the reader to test theory and practice of the technique capability should be monitored under the supervised guidance of the teacher or mentor.

The purpose of the materials covered is to give the reader background knowledge, insight into some basic practice and increase the basic understanding of the topic.

The opinions, views, exercises and techniques discussed in the texts are more recommendatory in nature.