

The Effect of PK Parties on Individuals and Society

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PK Parties are among the first highly successful psychokinetic (PK) training techniques where average individuals learn to exert PK. During PK Parties, those in attendance, most of whom have had little to no personal experience of and exposure to psychic phenomena, learn to bend metal using PK in a light-hearted group setting. PK is defined as affecting an object without the application of known physical force. Although almost everyone in attendance claims no ability in this area, and oftentimes are very skeptical towards PK in general, approximately 85% of those who participate in a PK Party successfully bend metal using PK. The potential impact on people's belief systems, and inevitably, to society as a whole, as a result of experiencing PK, is tremendous. PK Parties offer physical evidence to individuals of psychic occurrences and the greater potential of their minds. This paper will discuss some of the issues both I and several PK Party hosts and hostesses I interviewed felt may evolve from having more and more people exposed to PK Parties.

One of the areas everyone interviewed seems to feel will be the first change is that just a single exposure to a PK Party will create some sort of change in people's belief systems. In our society, people's exposure to psi is through the media. Media coverage of PK gives the impression that psychic phenomenon only exists among a few select "stars" and is very mysterious. When the media portrays psychics and how their information is obtained, the information is often sensationalized or cloaked in occultism, mysticism, and laced with undertones of good and evil.

One psychic, we are told, loses ten pounds after each attempt to exert PK and is in a state of exhaustion afterwards. Others obtain it from "darker," demonic sources of evil that must be feared, because it is something more

powerful than we can resist. The church has many tales of saints being graced with a special gift of psychic ability above all others, but only because they are special. Although generally not accepted, our society does accept the possibility that psi exists, but only among a few unique people. It is a shocking realization when an "average" person discovers that s/he too has this ability, and has had it all along; they feel no ill effects from it, did not have to summon demonic or divine sources; and learned to do it on their first try. Being able to exert PK shatters deeply embedded beliefs of reality, self-image, and limitations of abilities.

One thing which Tom King stressed is that once an individual has the experience of discovering abilities in one area which they never knew before, it opens up the possibility that they have other abilities they didn't think were possible before. He especially felt that suggestions and recommendations should be made for people to try other forms of psi at the actual PK Party while they are in the state, or process of, belief change and receptivity to newer possibilities.

One of the major reasons why I believe belief systems are so quickly changed, and where the great potential for societal changes can emerge, is that people's sense of their boundaries and separateness from each other and the world around them no longer exists in the way they previously thought. An awareness begins to seep into their consciousness of the interconnectedness of each individual to all things. This is a major transformation in thinking which many people I interviewed addressed on some level. The change in belief comes mainly from the realization that thoughts can affect external things. The concept that one creates reality based on thoughts takes on a new meaning. Physical and mental realities have always been perceived as separate. Thoughts are highly changeable and vary from person to person. Physical objects, however, are viewed as something constant, and generally perceived in the same way

by everyone coming in contact with them. It is felt that thoughts and physical objects have very different properties that do not blend - like oil and water. You can re-shape, blend and alter one physical object by interacting with another physical object, but you cannot take a physical object to re-shape a thought or feeling the way you can re-shape another object. Yet, bending metal merely through thought defies all these understandings of separateness. Thoughts take on properties previously thought only to be held by physical objects, because now thoughts can affect physical objects.

It is increasingly accepted among allopathic doctors that our state of mind can affect our physical body. Doctors are recognizing a positive outlook and will to live as being very important to the healing process. Although the majority of doctors have not gone so far as to agree that our thoughts alone can completely cure us, it is definitely agreed that we can make ourselves sick. (It is interesting how we are quicker to believe a negative outcome than a positive one!) But somehow, the connection is seldom made that we can affect a physical object and system outside of our body through the same mechanism used to affect the body.

We have heard of psychic healers, but the source of their "powers" seems to come from an outside source, supposedly available to only a select few. The PK Party experience directly demonstrates that this ability to interact with and influence outside physical systems is accessible to anyone. The only way we are taught to influence an outside physical system via thought is by affecting another person's thoughts, which they then physically act upon. Instead of going through life thinking we are separate from everything around us, and therefore assuming we have privacy (of thoughts and what "touches" us physically - as we are taught), we discover that these boundaries do not exist.

During an interview, Elizabeth Rauscher and Jack Houck pointed out that crime, war, and the struggle for power will decrease as a result of people recognizing their own ability to affect the world around them. An individual's initial response to exerting PK is to begin to realize their own personal power. As Rauscher so beautifully explained it, once an individual discovers his/her inner power, strength and ability to affect the world around him/her, s/he may no longer feel like a victim of fate. A greater sense of control over one's life may result. Once someone becomes aware of their own personal power, they will not feel a need to "take" other people's power in order to possess power themselves. To take it a step further, we can affect not only our thoughts, but our environment as well; then we discover that we can obtain everything we need. Reality is no longer something outside our control, determined by others' standards and actions which influences us, but something within our own control, determined by our actions and thoughts. We do not need to feel dependent on outside circumstances to supply us with our needs, so we do not need to grab it away from others.

Inevitably, as society's paradigm of reality, human abilities, and the interconnectedness of all people shifts, war and power will change. Jack Houck pointed out that besides the awareness of everything being connected, the practical use of PK on war devices, such as missiles, will make them ineffective. Imagine altering the direction of a missile, or jamming firing mechanisms! The mechanical devices on which governments rely so heavily for power and warfare could no longer be used!

On a smaller magnitude, but equally important to the peace and comfort of everyone on the planet, would be the trend toward self-healing through the power of thought and psychic healing. The area of healing

was stated by most of the people interviewed as becoming more understood, accepted and utilized as a result of exposure to PK. Although not everyone who affects metal with PK will think they are able to affect their own body, as Bill Gough pointed out, eventually I think this connection will be made by enough people to change our western perspective of medicine. This will most likely come about through the awareness that thoughts can be channeled into action. Although several people envisioned an adaptation period where some will try to use it for the purpose of obtaining power, or to boost their own ego or self-image, this too will most likely pass. As mentioned earlier, the more people's awareness changes, the less power manipulation can be effective. It is my hope too that the "evil" side which people always associate with psi will be reduced, as real knowledge and understanding increase.

Several people interviewed felt that telepathy will also become greatly increased, and become a natural outcome, as people become more exposed to PK, and the awareness of the interconnectedness with all things becomes more accepted. Through the technique of a PK Party, we learn that the most effective way to achieve a goal is by concentrating, mentally commanding, and then releasing the effort of trying to "will" something to happen. As Jack Houck mentions in an unpublished paper on PK applications, by following this model in everyday life, stress will be reduced. Once we learn that you cannot force or "make" things happen, but must learn to trust and let go and not dwell on needs or wants, a much more positive outlook will result. The positive powers of thinking can be applied to any aspect of life.

PK also has applications for assisting people psychologically. Zepha Bogert of southern California pointed out that many psi disturbances stem from individuals feeling a lack of control over their psychic experiences.

Oftentimes, people feel helpless as to when psi phenomena will occur, and how to stop it, if unpleasant or untimely. Even though PK Parties are for inducing psi on demand, they can also be used to show a person that they can prevent the onset of psi, or stop it once in progress, just as easily as inducing it. She felt that a person should use as much command, conviction, and degree of belief in stopping psi as they are willing to use to induce it.

There are many different areas of usefulness to humankind that many people hope will come about as more and more people become exposed to PK Parties and psychic phenomena in general. As Diana Sterling said during her interview, where we are now (in our understanding of psi) we still think the earth is flat. PK offers one of the quickest ways to "convince" people of the existence of psi, because in our society we trust our eyes and physical evidence above all our other senses. Although many of the effects and visions discussed in this paper are long-term and subject to many factors, I personally will continue to dream of their possibility. Since PK Parties so clearly reflect the impact of thoughts on outcomes, belief in these results may just make them become a reality.

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