



PSYCHO LOGICAL FORCES



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APPROACHES TO PSYCHOLOGICAL FORCES:

Psychological forces for me are a particular interesting subject and throughout this volume you will see the novel (yet entirely practical) ways in which to apply psychological performances and fit these performances into your own working repertoire without having to worry about them failing.

I have spent a good number of years chasing down and inventing psychological forces, I will in this volume talk about a variety of techniques I have not shared in the past - I will try to give you a glimpse into how I create psychological forces.

A lot of performers tend to blame the force/ routine when it doesn't work first time for them and dismiss the material – Learn how to test these moments in performance without the participant ever knowing if it was a miss. Then when these moments hit, you won't believe the reactions.

Things like this take time, they are just like any good other principle in mentalism - a tool. Think about it this way - The first time you try to ride a bike, could you jump on it and off you went?

The first time you attempted to walk, did you just stand up and start walking? The first time you attempted speaking, did you start fluently reciting whatever language it is you speak?

The answer to all of those questions are no, no you did not.

You had to work hard and train yourself, once you had whatever it is you were trying to perfect, perfected, you forget the amount of time and effort you put into perfecting your new found skill. You then after getting your new skill down, you hit a patch where it comes so naturally and mentalism is the same!

You have to be open, receptive and willing to learn something new every day. Do not keep relying on the same skills you have gained time and time again – Yes refine them and work them to the point they are perfect but do not stop learning.

In this volume I am going to share a series of principles, subtleties and tools that do work, they just require an effort on your part – They are not ‘Takeaway mentalism’.

If you were to watch a performance video of me years ago and then watch me perform today - there are vast improvements. I am constantly criticizing my own performances and learning how to refine myself. This is something I will continue to do, don't worry about doing this to yourself. It is often the hardest thing to do, looking at your own performances and being harsh. This is the true secret to success, film everything – Look at yourself, rectify your mistake and work over. Try to find someone that give you a second eye, who isn't a yes man/woman.

Someone who is open to tearing you to pieces but will help build you back up.I know I have a hell of a long way to go to match the vision I have in my head of myself and what I know I can achieve.I have no natural talent; every skill I have ever acquired I have acquired with nothing other than hard work.

I hope you get a lot of mileage out of the material in this document and it opens up a new world of possibilities for you.



AUTHOR'S WORDS

If you were really psychic, able to read someone's mind, able to reach into a person's innermost thoughts, how would it really look? You would be able to have them think of a flower, an animal, a number from 1 - 50 - 100, any shape, a color, etc., and with no questions asked, you would tell them exactly what they were thinking and not only that, you could tell them exactly how they were thinking of it!

WELCOME TO THAT WORLD!

Mentalism is the grown up form of magic. These psychological tests are the closest thing to real magic, the closest thing to real mindreading, that you can get.

Psychological tests can be presented on stage, over the phone, via mail and in person at anytime, anywhere. The only drawback is that they are not 100% foolproof, so they should be presented in a manner that if they fail, it was either the spectator who did not get it right or presented in such a way that the spectator(s) are not even aware you are presenting a test(Experiment).

A perfect example of spectators not even knowing that you are performing a test is the following piece that was performed by the late mentalist Joseph Dunninger. He would bring a volunteer on stage then ask if they were a conjurer. Remember that magicians flocked to his shows. If the person replied "Yes!" then Dunninger would make a statement that implied that he had received that information through his "powers." The audience would respond with well-deserved applause. If the person was not a magician, then the person would probably not know what Dunninger meant by "conjuror" and answer with a "what?" to which Dunninger would say "you know. . . an entertainer, a singer or a dancer." If he still received a "no," then Dunninger would calmly state "What a pity, I was going to give you five minutes at the end of the show."

The audience would laugh, and no one would know that the "Great Dunninger" had failed. I will give you another example of what a showman Dunninger was and show you how he used another psychological subtlety to his advantage.

As Dunninger would help a volunteer to the stage, he would (unbeknownst to the audience) quietly introduce himself to the person and ask his name. On stage he would then boldly state that he had never met the volunteer before and that he knew nothing about the volunteer. Dunninger would have the volunteer verify all this. At this point, Dunninger would boldly wink at the audience as he said "Okay, Mike, that is your name right?" "Yes" came the reply. The audience would break into applause as Dunninger raised his hands to silence them, shaking his head and saying "no, no, no." This action led the audience to believe he was just being humble and it led the volunteer to believe that Joseph Dunninger was not taking credit for knowing his name.

These are just two examples of psychology at its best as used to achieve a result that is mind-baffling. Psychology is what will take you from the ranks of a magician mentalist, to a professional mentalist. A good mentalist uses every opportunity to make his presentations great. So read on. I hope you get as much use and success from the following as I have in the past and hope to have in the future.

Narpath



What is a psychological force?

Psychological forces, also known as psi forces or psyche forces are essentially verbal statements that appeal to the participant's psyche in order to box them or control them (a good portion of the time) to select or think of whatever item, object, place and or piece of information the performer wants the participant to think of at any given time.

It is the practice of mixing verbal acrobatics, statistical practice and cat like finesse.

Are psychological forces 100%?

The honest answer is no, this shouldn't however detour you from performing them, with practice and chops you will smash the ball out of the park a massive percentage of the time. There are 'ways' outlined in this volume in which your participant will never know that you missed and 'ways' to get a second opportunity should you miss the first time whilst simultaneously making things seem fairer from the participant's perspective.

THE SQUARE TEST:

Before your show, write the word "square" or draw a square on a piece of cardboard. Tape this below a spectator's chair. At some point during your performance you point to this person and ask them to stand. You state ` I know nothing about this person. If I were a normal person, I might ask questions like 'what are your hobbies, what music do you like?' or maybe 'who are your idols?' Answers to these questions might enable me to know you a little better, if I were a normal person, that is! But I am not, I am a mind reader so I would ask an unusual question like 'name a shape, go ahead, name one.'

" If the person names the square, have them remove the card from beneath their seat to reveal your prediction. If they do not name a square simply tell them "That is fantastic, most people would have chosen a shape like a circle (name any shape they did not choose), but you didn't, you chose a triangle (or whatever shape they did choose.) Choosing the triangle tells me a lot about you, it tells me you like life to be very straightforward It tells me you are an honest person, one who listens to instructions well, one who is cooperative and willing to help others, just the kind of person we need to help me here on stage. " At this point you assist them to the stage to help you with your next foolproof effect. If you look closely at the structure of the Square Test, you will notice that at no time does the audience know you are performing a test.

This enables you to cover up your failure by simply acting as if you were selecting a spectator at random. It also endears you to the audience as you are showing a personal side to your nature by being personal with the spectator. With the failure you have also ensured that the spectator will listen to you, be cooperative, and follow your instructions.

Getting the idea right?

BLUE:

You'd roll up a paper ball with the color "blue" written on it. This sat on your table. At some point during your show when you needed, a volunteer, you would select one by turning your back to the audience and throwing the ball over your shoulder. The person who caught the ball brought it up on stage. You followed with much the same as above. You'd ask them to name a color. If the said blue, you'd reveal it from the paper ball. If it's any other color, the paper ball was simply used to select a spectator at random. The following is a pet effect of mine that has served me well through the years.

Pacing of your script:

When It comes to psychological forces, it's all about your pacing and scripting. If I asked you to name a color and give you 1 minute, mostly you'll give me a color like brown or green. But if I paced it fast, "Hey. I am going to ask you to think of something specific now. I want you to name the very first thought that comes to your mind. Okay? quickly name the first color that comes to mind. Fast!

This way there's good chance you'll name a blue or red. The world of psychology says people usually think of red and quickly jump to blue. Again not 100%. Welcome to my world ☺

In this case, color blue is your psychological force!

A list of Psychological forces: I thought I would start by outlining a series of forces and techniques to force specific thoughts.

This list is only a foundational list but with the tools offered you will see how easy it is to force other things using the same principle.

Foreign tourist destination: PARIS!

NUMBERS: A number between one and five will be 3. A number from 1-10 will be 7.

A WILD ANIMAL FROM THE JUNGLE: Will be a lion.

COLORS: If you say, "name a color," the color will be red. If you say, ` I want you to think of a color ... go ahead and name it, " then it will usually be blue. The reason in the difference is because in the second example you have given them a very brief time to think, where as in the first example they had no chance to think.

A PIECE OF FURNITURE: Will be a chair, or with the younger crowd, a bed, for shock value

A VEGETABLE: Will be a carrot.

Name a flower: Rose

A SIMPLE SHAPE: Will be a square unless you give them time to think, then it will be a triangle.

LOOK OUTSIDE YOUR WINDOW YOU SEE AN OBJECT, WHAT IS IT?

A Car or a tree will be most common.

A 2-digit number between 1 and 50. But make sure both numbers are odd and both are not the same- 37

A 2-digit number between 50 and 100. But make sure both numbers are even and both are not the same- 68

Quickly think of a playing card: Ace of spades(Men)

Quickly think of a playing card: Queen of hearts(Women)

The Seven force/ other important pieces of information

If you ask a participant to think of a number from 1-10 the likeliness is that a participant will choose 7, the second most popular psychologically chosen number is the number 3.

These are the most psychologically chosen numbers. The exact science behind this in all honesty I do not know but I can offer a theory that I believe is the reason why this works as solidly as it does.

If you start by dismissing the number 3 or by simply saying “Don’t go for three as everyone does” and then move onto asking the participant to think of a number BETWEEN 1 and 10, what happens in the participant’s mind is without consciously being aware of it they will dismiss the number 1 and 10 because you said BETWEEN 1-10, the number 3 is dismissed as is the number 2 and 4 as they are touching the number 3. This leaves the numbers 5,6,7,8 and 9.

The number 7 is right in the middle of all of those numbers and that is the reason I believe it is the most psychologically chosen number. I have also noticed that if I ask a participant (after dismissing the

number three) to name the first number that pops into their mind the participant will almost always pick a singular digit and it is almost always the number 7. This is a really strange psychological oddity that exists within the subconscious of the mind. Try it –

In fact, as far back as the eighteenth century mentalists used the question, “Name a flower, a color, and a piece of furniture. “ After the volunteer named one of each, the mentalist turned over the prediction that had been sitting on the table and sure enough, it matched.

Another way of presenting psychological forces:

Hugh Riley (A well-known mentalist) gave his routine using many psychological forces. He would make a list, set it down, then tell the spectator that they would receive his thoughts and he would be the sender. He would tell them that since it was their first attempt to receive another's thoughts, he would keep it simple. He then explained that he had made a list of simple colors, shapes, and objects that he was going to try to transmit (this put them off guard as they were the receivers and he was trying to make it easier for them.) Riley would then ask them to visualize snow, gently falling snow. Everything was to be white. Riley then instructed them to name the first color that came to their mind when he snapped his fingers. Riley predicted the color “red” but I suggest you put “blue” in this spot as you are giving them a chance to think by the phrasing of the question. You could re-phrase it and hurry them to “name a color, now!” as you snapped your fingers, not giving them a time to think and increasing your chances, they will choose the color red and not the color blue. The next question was “Now it's your anniversary, and a messenger has just delivered a large box of flowers. When I snap my fingers tell me the first flower that comes to your mind. Now!” Again, I would rephrase this to “Now it's your anniversary, a messenger has just delivered a large box of flowers, what are they? Now!” Once again, you do not want to give them time to think. Next question was “Good, now I am going to take you back to school.

We'll pretend you are in your math class. Name the first geometric design that comes to mind Now!" In this case, Riley said he used a triangle. This was probably right for a few reasons. One, he used the word "design" rather than "shape." The word "design" sounds more complicated than the word "shape" so you end up with a shape other than a square. Two, he did not use the words "simple shape." I would include those words as you limit the amount of shapes by adding the word "simple." The next question was "Now, you will be in your house. Name the first piece of furniture in your mind! Now quickly!"

Next came "Finally, I am going to take you on a trip to the jungle. Name the wild animal that comes to your mind. Now quickly!" The answer was "lion." I find it interesting that at the end of the effect, Hugh Riley mentions that "the secret is to push the spectator. Don't allow her enough time to have second thoughts; however, an occasional miss makes the results more believable," yet his first couple of questions are phrased in such a way that allows the spectator a few extra crucial seconds to think. Then again, the effect was edited to fit the format of the publication so who knows how the original draft read? The effect is good. A few of the other forces could be exchanged such as a number from one to five circled on the blackboard in math class. Or "you're out in your vegetable garden, you have a basket, what vegetable is in the basket?" - Carrot!

COMEDY OUT

If when performing a psychological force, the audience or a spectator fails to 'read your mind,' you can always quip (in a tongue in cheek manner) that they are 'telepathetic'!

Example routine:

There are many different types of 'forces' used in both magic and mentalism. A force is when the performer uses one of many different methods to force a given item or selection as a free choice. As I ask you the questions please try to actually answer them in your

mind briefly, before going on.

First, think of any number between one and ten. Then multiply it by nine. Next add the digits together and then subtract five from that.

Then find the letter that goes with that number on the list below:

- A** 1
- B** 2
- C** 3
- D** 4
- E** 5
- F** 6
- G** 7
- H** 8
- I** 9
- J** 10

Now that you have your letter, think of a country that begins with that letter.

I'll give you a minute to do it all...

Were you thinking of a grey elephant from Denmark?

This is a simple mental force, but let's look at how it works. First, the multiplying and adding will always lead to the number 9 (More on this later) and subtracting 5 will always end with the number 4 — regardless of what number you started with.

Because their number will always be 4, the letter will always be a D.

There aren't many countries that start with a D, so they'll almost always choose Denmark.

The same is true with the next letter of the alphabet, E. Most people will automatically choose an elephant — which is grey.

While the above is just a simple mental trick, it's good to learn as other than the force of the letter D, the rest of the routine was using all mental forces. The spectator was the one who thought of Denmark, elephant and gray — all on their own.

Utilizing mathematical means to create psychological forces (The ultimate power of 9)

Some of the forces listed above even though they are incredibly solid, there is nothing wrong with using mathematical techniques to create a solid foundation in which a psychological force can be built upon. Everybody remembers the “Grey elephants in Denmark” gambit. When we look at that force it seems so simple and we dismiss it as a trick for kids or beginners BUT if the mathematical process was smaller and less known and there was a purpose for the reason the person was thinking of a country and it was imbedded into a bigger process that was story based the effect could be completely baffling. By simply changing the process that the audience are used to and then ending the routine somewhere else it is completely possible to fool the audience with the same methods.

There are a lot of strange oddities that exist in the world of math. IF you can find certain equations that always add to a specific number then you are set to force any host of information.

I will outline this just so that you can see how this turns out, it is really interesting and yet I cannot explain how/ why it works it just does. I am not going to offer any mathematical forces – As I want to stay in kin with the psychological nature of this volume. But with a bit of searching, it shouldn’t be hard to find/ create your own.

Let’s say, start with any large a number (It can even be your social security number, credit card number, etc. Literally any number)

Let’s take a random 5-digit number for example

32764

Add then all together- $3+2+7+6+4=22$

Subtract 22 from the original number

$32764 - 22 = 32742$

Now add 3+2+7+4+2 (Until you reach a single digit number) = 18
1+8= 9

If I claimed, you will always achieve 9 by following this procedure, would you believe?

What if I told you by understanding this principle combined with a handful of more advanced mentalism techniques, you can predict the current coronavirus cases in any country, someone's favorite country, food, etc. Intriguing right?

Especially when you start the procedure with their social security number or credit card number and you predict the current Covid-19 cases in any country.

More on this in my advanced mentalism course

It's all about little bit of linguistic deception:

Psychological forces even in their simplest form can be great with the right scripting. Scripting can turn something that is bad, good, something that is good, great and something that is great, phenomenal.

Let's take the classic 37 force – Many performers avoid using this force because of the massive amount of restrictions. Let's take a look at the force in its original format.

Performer has the number 37 written on a business card/piece of paper on the table/wallet.

Performer: "I am thinking of a two-digit number, this is a number under 50, both of these digits are odd and both of these digits are different, so 11 wouldn't work but 15 would. I want you to think of a number now".

You see the cleverness in the scripting?

Why?

The principle is called 'restricting without seeming restrictive' and it was a principle that took a look at forces like this one.

So let's take a look at the restrictions and then convert them.

Why not try and find a natural cap? - Like the scripting above!
a number under 50- eliminates 50
Mentioning numbers 11 and 15(probable numbers one can think of)
Mostly leave them with the forced number 37
Psychological forces are all about pacing and linguistic deception!



Conclusion:

The end is here (Only a beginning!)

Psychological forces are very fascinating and the effects are endless.

I am happy to have been a medium for you to get access to this unique wisdom. I welcome you into the world that I call- my life(mentalism) and can't be happier to groom you in all ways possible ☺

I offer an advanced mentalism course aimed at coaching you to be a profound mentalist.

Regardless of your professional background, the advanced mentalism course will enable you to learn to apply the mentalism techniques to your professional career. Whether you're just out with friends or in the most important meeting of your life, you will stand out from any large a crowd as you're etching an unforgettable memory in their heart. Do you think they'll forget you? From my experience, No No!

The advanced mentalism course shall be bought and reaped from by literally anyone as I take you from scratch to become a mentalist.

Just listing a few professional backgrounds for your reference:

1. CEO's AND BUSINESS OWNERS
2. SALES
3. MARKETING
4. ACTORS/ ARTISTS/ CREATIVE FOLKS
5. MAGICIANS/ ILLUSIONISTS
6. LEADERSHIP/ VP/ UPPER MANAGEMENT FOLKS
7. TO GET DATES/ ATTRACT A PERSON
8. IT/ SOFTWARE
9. HR
10. TO STAY/BECOME SUPER CONFIDENT
11. COMMUNICATING WITH PEERS
12. MOTIVATE YOUR EMPLOYEES/FRIENDS/FAMILY
13. INVESTOR PITCH
14. STANDOUT FROM COMPETITION
15. Etc.

To learn more about the course, email at
becomeamentalist@narpath.community

I hope this has given you food for thought. With little or no effort at all it is very easy to perform these type of effects in any scenario and not have to worry about failure.
Thank you for reading,

Narpath

