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PK PARTY FORMAT AND MATERIALS REQUIRED

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PK Party Format

The procedure used at my PK Parties during which over 85 percent of the attendees have learned how to bend metal and plastic is presented below. This bending occurs with a process called "warm forming," which has historically been called bending with psychokinesis (PK).

The format of these parties has changed slightly over the last year and 3 months. In the beginning I introduced everyone to establish some common feeling within the group. Then, I led a guided meditation in an attempt to accomplish two things: (1) to relax everyone from the tensions of the day. and (2) to allow individuals to become more perceptive with their psychic senses. Both these initial procedures have been dropped for the last 5 months with no apparent change in the overall results.

Now I present an introductory summary on how the PK Parties developed, how that relates to my conceptual model of psychic phenomena, show the results of previous PK Parties, and attempt to explain what's going on inside the metal using electron microscopic pictures which compare warm formed with control specimens. The purpose of the introduction is twofold: (1) to give some scientific credibility to the phenomena, and (2) to allow people to become more relaxed and less anxious (somewhat equivalent to meditation). Near the end of the initial talk, people seem to increase their excitement. In this introduction an explanation is given that there are two major parameters that we have noted: (1) material which has a large concentration of dislocations, and (2) material which has a low-heat-transfer coefficient (low thermal conductivity) is the easiest to warm form.

An explanation is presented on how the mind makes a connection with the intended area to be bent, somehow "ignites" the dislocations such that they release thermal energy. This heating occurs along the grain boundaries of the metal, making it easily deformable, liquid or even gaseous. The heat is then transferred out through the metal which can then be sensed by the individual either as stickiness or warmth. The period of time in which the metal is in this easily malleable state is between a few seconds and about 30 seconds. The key is to find that time window when the metal is easily malleable. This time window can occur anywhere between a few seconds and many hours or more after the initial bending attempt. The secret to making the time at which this window occurs to be as close to the immediate time as possible is the amount of excitement and intent that is generated at the time of the initial attempt. Most parties have the majority of the individuals bending within 1/2 hour. Sometimes it has taken 3 or 4 minutes after the instructions for the first person to begin bending and other times bending starts immediately. The people are asked to let the whole group know when bending starts to occur. Once someone begins to bend the object, then people's belief system seems to change, and most begin to bend their object soon thereafter.

Recently, I have been ending my initial talk with a description of how to use a dowsing rod, and suggesting that everyone check the silverware to determine if it is "willing to bend" (i.e., if the subconscious will allow each particular piece of silverware to bend). Once they have established the "yes" and "no" directions of the dowsing rod for himself, then he/she makes a request of the silverware to see if it will bend or not. Additional silverware is provided for individuals who receive a "no," answer from the dowsing rod. Then, we have a short break so that everyone may move around and test the silverware and rods to be bent.

Before giving the instructions on how to bend, all of the people move their chairs into a big circle. Severin Dahlen has given the bending instructions at all but three of the PK Parties to date (total of 16 PK Parties).

Typically, Severin or I go through the instructions once, asking them not to attempt bending so that they will understand the full set of steps; then we all do the procedure together. The instructions are as follows:

(1) Hold the piece of silverware between the thumb and forefinger and rub gently.

(2) Project a point of concentration in your head, almost to the point of pain.

(3) Then move this point of concentration down through your neck, shoulder, arm, hand, fingers, and project it into the silverware. In effect, this process allows the mind to achieve a link from the brain to some point within the silverware.

(4) Next, verbally command the silverware to bend. In recent parties, I have been having everyone shout as loud as they can: "BEND, BEND, BEND!!!" The people are asked not to just shout for the sake of shouting but to concentrate and intently command the silverware to bend.

(5) Then release that thought, sit back, relax, and use the body sensors (e.g., fingers or a feeling) to find the small time window when the silverware is ready to bend. Occasionally, push on the object with the other hand to see if the object gives. Most people have a hard time releasing the thought, and think that they have to continue to concentrate on the bending objective. I move around and try to break everyone's concentration. Sometimes I hold a person's silverware as if to test how he/she is doing, and then make-up something as to how well he/she is doing or what he/she should try. Usually, a person is able to bend the object shortly thereafter.

Typically, during a PK Party, we have one round of stainless steel silverware bending (forks and spoons). For knives, we ask that each person just rub the palm of the hand over the blade of the knife, gently applying pressure. Because I have seen over 85 percent of the people learn to bend, I have tremendous confidence that this simple procedure works. That confidence also may have something to do with the success of the parties. Some people spend too much time observing others and analyzing what is going on, then they may not experience the phenomena for themselves. It is only convincing when one experiences it for himself. Over 50 percent of the people who learn how to bend objects at PK parties are able to do it by themselves later. The others seem to need the party environment, at least to get a second confirmation. There appears to be a period of learning needed for some.

Typically, after an individual does a good job of bending silverware, maybe two or three pieces, he/she is given one of the test specimen rods or another test item. Typically, half of the people will move on from the silverware to the bigger rods. The other half is quite happy bending silverware. This activity goes on for about an hour.

Recently, the bending activity has been stopped to give each individual two long-tined forks (which have been straightened to make sure all of the tines are as one would expect a normal fork to look). Each person is asked to check how the fork looks before the next event. Each individual then is asked to hold these two forks, one in each hand between their thumb and forefinger near the bottom of the fork handle, and told not to use his other hand to provide any force on the fork. Then, I stand in the middle of a circle of people holding two forks in the same manner, and again lead the shouting chant: BEND, BEND, BEND!!! Then everyone sits around in the circle quietly looking at his/her or each other's forks. Typically, within five minutes, some of the forks begin to bend by themselves. This is convincing, especially to those people who may have thought they put too much physical force into bending their silverware.

After this event, pictures are taken to record the results of the bending, and I have kept a record of each individual's results from all of the PK Parties.

Materials Required for a PK Party

An average of five pieces of stainless steel silverware, mostly forks and spoons are required per person for the first round of silverware bending at a PK Party. Knives are interesting because the blades are sometimes hardened, but they are a little difficult for beginners.

Once an individual achieves bending of the stainless steel silverware, they are given a more difficult task. Typically, at least one specimen per person is required. Some specimens can be metal rods. These rods can consist of a variety of metals. For example, we use some steel rods ranging in diameter from 1/4 to 1/2 inches. These rods can be purchased in any hardware store. They are coated during manufacturing to prevent rusting with zinc. The rods are always cut into lengths that provide a degree of difficulty slightly greater than someone could bend physically. For example, the 1/2 inch rods are cut in half (18 inches long). One-half is kept as a control rod and the other half is available for bending at the party. Thus, if a rod is bent in an unusual way, we can take it into the laboratory and compare it with the other half of the original rod. The 5/16 inch rods are cut into thirds (1 foot long pieces). The smaller rods are cut into even shorter pieces for economical reasons. With the zinc-coated steel rods, any grease or adhesive from the stickers is cleaned off with gasoline and the zinc surface is shined with 0000 steel wool. People like nice, shiny metal to work on. I have yet to see someone bend a rusty nail.

Next the gasoline is washed and rinsed off the metal. A grinder is used to trim both ends of each rod so that nobody can be cut. During the earlier PK Parties, a few people were cut and most of them never bent again. Also, we have used (a) 1/2 inch stiff-copper tubing, because it seems to get very hot during warm forming; and (b) 5/16 inch aluminum rods, which can be purchased in hardware stores in 6 foot lengths and are usually cut into either 1 foot or 18-inch lengths; and (c) stainless steel rods. We have used a large variety of metals in an attempt to get a qualitative understanding of the relative ease of warm forming. If specimens presented to the people are too far beyond human physical bending capability, generally no results are obtained. Very brittle-stiff hacksaw blades are interesting to warm form. Also brittle-clear plastic silverware are good specimens. Plastic has the advantage that it is cheap.

For the grand finale, I like to give two long-tine forks to each individual. It is best that these forks be straightened into their apparent original condition prior to the party.

During many of the PK Parties, we have conducted some other experiments such as attempting to (a) remotely move objects, (b) remotely bend objects. (c) measure temperature by several methods, and (d) watch repair.

Attendees

Typically, 20 to 25 people is the best size for a party. When alone it is difficult to handle more than 20. The most people who Severin and I have had at any party to date was 30. It seems that the more people, the better the bending results. So, if there are 25 people at a party, approximately 100 pieces of silverware are necessary to last the evening.

The most desirable combination of people at a party is approximately 25 percent children or teenagers, 50 percent open-minded adults, and 25 percent psychics (people who are knowledgeable about psychic phenomena). All people, I believe, are capable of performing these paranormal feats. At many parties there have been some skeptical, extremely analytical individuals. Most of them have not been successful at bending because they spend their time analyzing everything that is going on rather than concentrating on the task of learning for themselves. Some of these people tend to squelch the effect. When I notice the squelching effect

from one of these individuals, I try to put two good benders on either side of him. This tends to nullify his negative effect. Some of these people have even bent after I reshuffled the people. To maintain the extremely high success rate (-85%) at PK Parties, we can have only a few of these "evaluator-type" people per party. I prefer the above personal allocation rather than a group of half good benders and half scientific evaluators. This is because when people learn to warm form for the first time, they usually display intense excitement which, in my opinion, is more impressive than sitting around and watching an experienced metal bender.

Cost

Typically, I have spent between 20 to 40 dollars in material cost for each PK Party. Then, I usually spend another 20 dollars in photographic costs in order to provide the record. I often give a print of each person to them. These preparations take time.

It is hoped that the understanding developed by orchestrating these PK Parties will lead to an improved understanding of the human potential and useful applications of psychic phenomena.