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#### KENNETH ADRIAN ELLIS

# A Kinetic Person's Power

by Kenneth Ellis

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#### Introduction

In this book, I describe and explain in detail about my four-part voice-command, kinetic, supernatural, gift, and ability. I do this as the only known recipient of such a four-part gift and ability. I believe it to be deity associated.

Allow me to connect with you first on a casual, non-technical level. You probably have heard about individuals who appear to have special psychic powers. These individuals claim to have the ability to read or predict others' thoughts, and to influence or predict the movements of objects in their environment, just by using the mind. They are said to use *telekinesis*, a word that combines the Greek roots *tele*, meaning "distance," and *kinesis*, meaning "motion." So, a person who is telekinetic might be able to bend a spoon, or move it across a table, just by thinking about the action.

Extrasensory Perception-ESP-is another term you've probably heard. It also refers to psychic abilities outside the realm of ordinary experience. A person with ESP might claim to have a "sixth sense." He or she would be considered "telepathic," and be able to "tell"

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you to pick up the spoon again, just by using the mind. The same person might sense, or know, that the spoon is going to fall off the table, or perhaps whose spoon it is without having been told.

#### My Kinetic Gift and Ability

My own kinetic ability tends to be stimulated by light and specific sounds. If someone were to shine a light in my eyes, for example, I might experience a sense of movement and activity within my mind and body.

With regard to sounds, only certain ones can trigger my kinetic ability. When I say aloud or in my head the sounds of certain letters of the alphabet, I experience a series of physical reactions in six areas of my upper body. (Interestingly, the sounds have no effect when I read them or when I hear them spoken by someone other than myself). They lead to a feeling that I am either "on" or "off."

The sounds are of the letters C (cuh), D (duh), H (huh), and M (muh). I don't know the significance of those particular sounds; I only know that other letter sounds don't have the same effect on me. Further, each sound correlates to a specific involuntary reaction in my head and neck.

I believe it works like this: The sounds act as voice-commands. The commands spark

electrical impulses in my brain. The impulses generate certain involuntary movements, which in turn either start or stop the flow of kinetic power. I envision the power as either spreading or retracting.

The four sounds affect six different areas of my upper body. Further, each sound seems to be tied to a specific area or set of areas. It causes its own separate, special, involuntary reaction from my head and neck.

In general, I have found that I can use the four sounds to either produce or relieve tension in my body. They act as signals to either relax or tense up. Since four sounds have this effect, I view myself as having a four-part power.

In the next section, I will discuss the specific connections between the sounds and the reactions in different areas of my upper body.

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