

## “Magickal” Combat

I would like to disregard that “psychic” or “magical” abilities need to exist in order for certain seemingly-fantastic (but explainable by modern science) affects to transpire.

[Placebo affect](#) has the ability to accelerate healing, and to cancel out an allergic reaction for example to poison ivy. If you are certain you are immune to that particular poison, your nervous system rejects the negative reaction.

It is not placebo affect to realize that you heal faster if you think so, and choose to think so, nor to realize that you can immunize yourself to certain negative reactions (such as to certain allergens) by believing such, and choosing to believe such.

As an affirmation, *I heal at the fastest possible speed my nervous system can generate. I am immune to every kind of negative reaction belief can immunize me to.* Meditated upon internally, to discipline the nervous system to believe it, upon waking and before going to sleep.

This kind of practice should harden the nervous system for combat training. Is it magical? Such seems irrelevant to me, if it works. I suspect if the nervous system identifies it is healing at top speed, it simply does so, and when it identifies it is “normal,” it behaves like how you perceive the average person’s nervous system instead.

So much of how the nervous system behaves is determined by how the individual identifies it ought to or should.

When practicing punches and kicks upon a heavy bag, there are exercises for encouraging one’s nervous system to identify it is using more than the usual amount of energy. Visualize one’s arms and fists, legs and shins and the balls of one’s feet, as bolts of electricity that explode on impact, and expect this to release a desired amount of energy. This is similar to shouting as a method of summoning adrenaline when delivering blows upon an opponent.

I am aware of two distinct fighting styles that offer an interesting contrast: One is a fighting style that relies on stored aggression to fortify the martial artist’s pride from an ability to experience fear, and to summon adrenaline from the joy inflated pride experiences while feeding on aggression during a fight. The only downside to this style of fighting is that one’s control center is in one’s pride, which fuels instinctiveness, so that the responses one manifests in a fight will be whatever usually worked in a similar situation, statistically, automatically retrieved, with no room for creativity or adaptation to completely unique situations. The other fighting style relies on the fighter’s heart to manifest control and creativity, so that it is possible to release or banish fear manually, as soon as it arises (as with aggression), and to produce original reactions for unencountered situations.

Either fighting style may manifest an immediate reaction, without philosophy. The fighter need merely to transcend impulsive reasoning, so that the present is experienced without reflections.

Similarly to how the electricity visualization increased the energy of a punch or kick, its potency, if one makes the same attempt to fortify an identification that one's speed peaks out, once familiar enough with reinforcing the identification to believe it, one's nervous system will produce a higher speed blow. Visualize and hear the energy behind the blow to reinforce the identification that it will and does move at the fastest possible speed.

It is also possible to learn to create a sensation of painlessness overtop of one's wounds. Not only are they healing at the fastest possible speed, they also don't hurt that much if at all in the meantime. The trick is to convince yourself that the pain goes away when you want it to.

If one were to believe in the existence of telepathy, it would be possible to transmit the pain and fatigue that develops in you during a fight to your opponent: simply attempt to do so without questioning whether or not it works.

If fatigue does develop, it might be possible to learn to identify that your supply of adrenaline, and your level of nervous system alertness, is peaking by visualizing an intense fire, feeling and hearing it burn, surrounding your person. You may learn to identify that your supply of energy is peaking at the fastest healthy rate.

If telepathy does exist, it may benefit one's combat efforts to transmit the signal for your opponent to sit down and surrender, then put the handcuffs on him.

If you desire to be flashy, you could transmit the impression of failure into the opponent, or the impression that you are attempting to strike from the right when really you are striking from the left. If you can visualize yourself perfectly, you can transmit to the opponent one or more "clones" of yourself approaching from multiple angles, along with the impression that they are all real.

If you can read the opponent's mind, you can edit their identifications so that they feel weak, their energy is suddenly depleted, and they do not desire to win. Or you can transmit these impressions into the opponent's mind without measuring the reaction they generate.