

The MindWarrior Program

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MindWarrior Program

EXECUTIVE SUMMARY: The MindWarrior program is 1-2 year program for training a person's mind, body, & psyche to become a true warrior. After completion of this program, a person will be able to recognize, avoid and, if necessary, confront the most likely threats a person would see in a modern society. They will also understand how Human Performance Enhancement (HPE) & Extended Human Functionality (EHF) relate to becoming a MindWarrior.

The Metaphysical Program

1. Introduction & history of MindWarriorship
 1. What is a MindWarrior
 2. Components of MindWarriorship
 3. Process for becoming a MindWarrior
 4. History of Human Performance Enhancement (HPE) & Extended Human Functionality (EHF)
 5. U.S. psychic research and use in HPE
 6. Soviet/Russian Psychic research and use in HPE
 7. Other countries psychic research programs

2. Introduction to the subconscious
 1. Theory of the subconscious
 2. Learning to use & manage the subconscious
 3. Exercises for using & accessing the subconscious

3. BRAVE (Breathing/Relaxation/Awareness/Visualization/Energy)
 1. Introduction to Breathing
 - Theory of breathing
 - The physiology of breathing
 - Types of Breathing
 - Breathing exercises

 2. Introduction to Relaxation
 - Theory of relaxation
 - Understanding the risk of stress
 - Managing & countering stress thru breathing
 - Managing stress thru hypnosis
 - Relaxation exercises

 3. Introduction to Awareness
 - Types of awareness
 - Techniques for enhancing personal awareness
 - Awareness Exercises

 4. Introduction to Visualization
 - Learning to visualize
 - Applying visualization to various situations
 - Visualization & hypnosis

- Visualization Exercises
5. Introduction to Energy
 - Understanding energy
 - Learning to manage, manipulate & recognize energy
 - Energy Exercises
 4. Introduction to Meditation
 1. Introduction to meditation
 2. Theory of meditation
 3. Impact of mediation on the body and mind
 4. Basic Mediation exercises
 5. Hypnosis & NLP
 1. Introduction to Hypnosis
 - Introduction to hypnotism
 - Theory of hypnosis
 - Using hypnosis to manage the body
 - Basic sports hypnosis
 - Learning self hypnosis
 - Basic hypnosis session
 2. Introduction to NLP
 - Introduction to NLP
 - Theory of NLP
 - Basic NLP exercises
 3. Hypnosis & NLP
 - How NLP & Hypnosis work together
 - Basic nypnosis/NLP session
 6. Introduction to KI
 1. Introduction to KI
 2. Theory of KI
 3. Impact of KI on the body and mind
 4. KI and the martial arts
 5. KI & Healing
 6. Basic KI exercises
 7. Introduction to Psychic Energy/psychoenergetics.
 1. Introduction to Psychic Energy/psychoenergetics
 2. History of Psychic Energy
 3. Psychic energy & EHF
 4. Basic psychic energy exercises
 8. Introduction to mind/body healing
 1. What is mind/body healing
 2. Using Hypnosis in healing
 3. Introduction to hypno-reiki
 4. Introduction to pain control
 5. Learning to control voluntary & involuntary bodily functions
 9. Introduction to psychic protection

1. Recognizing psychic attacks
2. Shielding
3. Initiating psychic attacks
4. Psychic offensive/defensive Exercises

10. Understanding Stress Management

1. Physiological impact of stress
2. Intro to PTSD
3. Dealing with fight/flight/freeze reactions
4. Dealing with high stress (long term)

11. Using psychic energy in conflict management

1. Recognizing immediate threats of conflict at the subconscious level
2. Using NLP to defuse conflicts
3. Using Psychic energy to respond to physical attacks
4. Conflict scenario exercises

12. Enhancing perception

1. Understanding the Boyd/OODA LOOP
2. Recognizing threats
3. Using trancework to enhance perception
4. Learning to expand senses
5. Learning to slow & speedup the perception of time

13. Introduction to Time/Space Management

1. What is Time/Space Management
2. Time/Space Management Basics
3. Basic Age regression exercises
4. Basic Future projection exercises

14. Remote Viewing & Astral projection

1. Introduction to Remote Viewing
2. History of Remote Viewing
 - Project Stargate
 - Soviet, Chinese & Indian Remote viewing programs
3. Remote viewing exercise

15. Conclusion

1. What happens once you become a MindWarrior
2. The MindWarrior maintenance program

The Physical Program

1. **Rolling & Falling** – Learning to do basic rolls & falls in a safe manner
2. **Strikes & kicks** – Learning basic striking & kicking
3. **Joint locks** – Learning to use joint locks to control people & how to counter them.
4. **Grappling & Groundwork** – How to do basic grappling & ground fighting against single & multiple opponents
5. **Basic & advanced sword work** – Basic blocks & strikes with swords
6. **Basic Stage Combat** – Theory & application of stage combat
7. **Offensive & Defensive Knife combat** – learning to use a knife for offensive & defensive work. Basic knife disarming.
8. **Gun marksmanship & tactics** – Training with a gun on the range and in the field. Will include a field exercise using airsoft or paintball guns.
9. **Offensive & Defense gun work** – Using a gun in close quarter combat against other guns, sticks & blades. Gun disarms.
10. **Fighting multiple attackers (armed & unarmed)** - The theory & practice of fighting multiple attacks standing & on the ground. Learning to fight as a team.
11. **Using unconventional weapons** – Learn to use unconventional weapons including shovel, bottles, axe handles, ect.
12. **Basic stick fighting** – Learning the basics of stick work
13. **Basic Threat & Risk assessment (Personnel & facility)** – Learning to recognize threats & do basic risk assessment for facilities or events. Includes a field exercises.
14. **Basic Protection (Personnel & facility)** – Learning to protect other people and perform basic event security.
15. **Introduction to counterterrorism & incident Response** – Basics of terrorisms, understanding the terrorist threats, effective profiling & basic incidence response.
16. **Basic First Aid & CPR** – Get first aid & CPR certification
17. **Introduction to Outdoor Survival** – Learning basic outdoor survival skills.