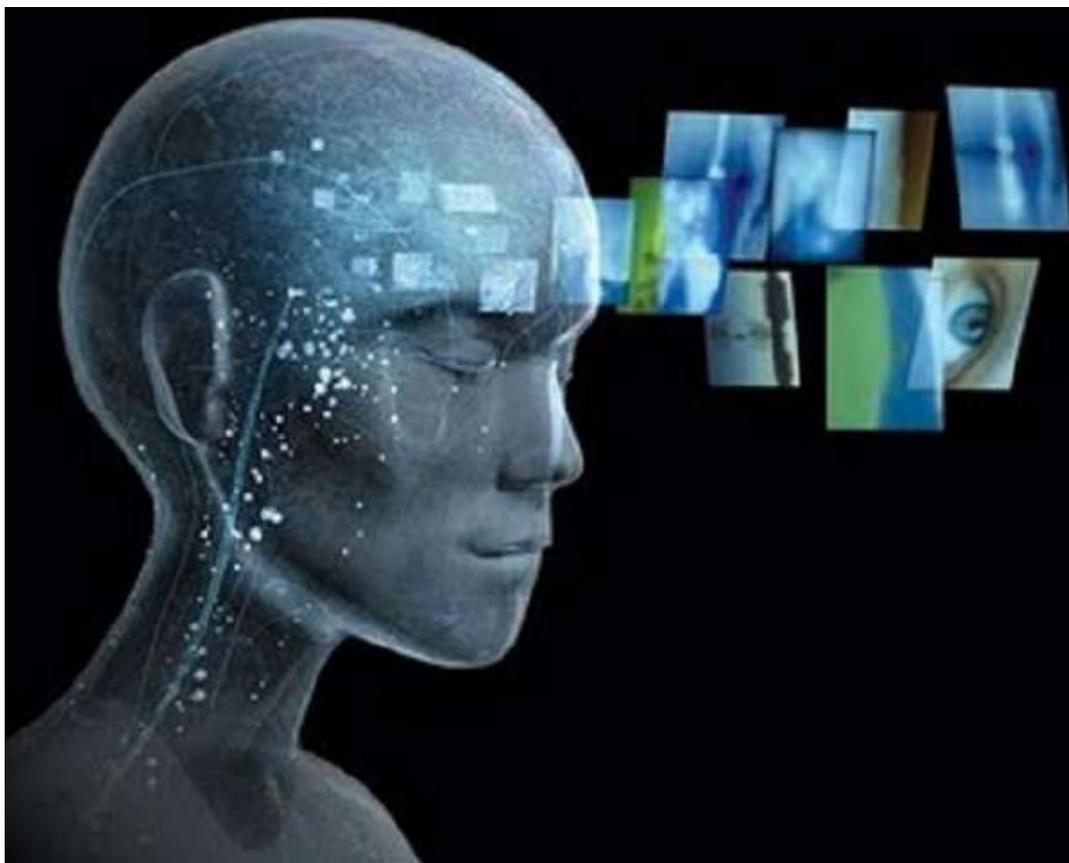




TELEPATHY EXERCISES FOR BEGINNERS



*“No one can tell, when two people walk closely together, what unconscious communication one mind may have with another”
~Robert Barr*



This is a basic technique for people who want to practice telepathy, but have never done it before.

This technique assumes that you are a complete beginner with almost no skills in this area. The energy channels of your body are normally very sensitive to energetic stimuli. Sometimes you may feel very tired, especially when you do energy work that manipulates several energetic frequencies at the same time. This is normal. For example, it is what happens when you practice physical activities, generating heat and get tired by this energy loss.

To develop this special spiritual skill that involves other individuals, one must learn how to use the "circuit" that sends order and mental energy projections.

You can use this technique to enter in contact with someone you met in the past to arrange to meet the person again but of course, you can use this simple technique to contact anyone you may wish to. Just keep in mind that you can do a wonderful job, but sometimes the recipient is not in the same wave length and may delay the message that has been communicated.

If you have a disorganized life, or watch too much TV, play video games too much or even listen to very loud music, take an hour before you start these practices, to digest it all; take a hike in a park and then go back to the technique. It is imperative that you keep some type of mental hygiene when willing to develop any spiritual practice.

PREPARATION WORK

In the morning, pay attention to how you feel. Take note of that. This is your base level of feeling.

TECHNIQUE

1. Take five minutes to stretch, stretch all muscle groups.
2. Do ten minutes of nasal breathing. You can use the letter U to vibrate the pineal gland area or practice the Bumblebee Humming Breath (see <http://humanityhealing.net/2011/01/bhramari-pranayama>) exercise.
3. Lie down or sit up straight, relax, close your eyes and count 100-1. Imagine each number in your mind's eye, breathing them. Now, this is important, you must have the proper mental state to communicate. Pay attention to how you feel. How do you feel? This is very important.
4. Imagine yourself in a quiet place: it can be a beach, a mountain, near a lake, a forest, a park, a desert, anywhere you think is peaceful and calm. Walk in place, do not force the image, let alone appear.
5. Imagine the person you want to contact in front of you. Try to get as much detail as possible, such as the sensations around you, smells, sounds, feelings, emotions, elements. Pay attention to your feelings, you may already be receiving impressions. Beginners usually record the print as a feeling in the solar plexus.

Here are the three possibilities:

- A. Talk to that person at length. How do you feel? If you feel exhausted, and it is difficult to maintain a conversation, or if



you feel that is not appropriate then that may mean that either the person is not available to you or you are getting negative impressions of that person. If it looks comfortable and pleasant and you can talk endlessly, that means things are going well. One sign of success is very easy conversation to keep you up to get lost in conversation.

- B. Construct a plot, the plot can be as long as half an hour. For example, imagine you and that person walking or visiting somewhere. If you can do it effortlessly that's a good sign. If you feel exhausted or uncomfortable then there is a problem, please refer to the item A above.
 - C. Go to that person, pay attention to your feelings and then start chatting with that person. Pay special attention to your moods; compare them with your basic sentiment you felt in the morning. You may be receiving a transmission. You do not have to concentrate on a command such as "come here" or there. Just have the desire to send positive vibes.
6. Log off of your lucid meditation and allow it to be completely forgotten. This is the most important step. Any time the thoughts come back to your mind about this meditation, try to take it out, because once the connection has been established, you will not want to run interference afterwards with other feelings and thoughts involved.

THEORY BEHIND THE FACTS

When you connect this way you are sending energy and positive vibes. If you do it correctly, the person will like your energy and energy printing. When you leave that aside and forget, the person will no longer feel the energy and will want to connect. This causes the attraction and makes the person want to meet you.

TROUBLESHOOTING

If you cannot relax and concentrate, some problems may appear. In that case, try this:

You connect, but feel very bad and sad. That's not good. Send your love to that person and the transmission ends. At this point, you're not skilled enough to understand what is happening. Better not mess things up, or damage your emotional body with unknown vibrations and energy signatures.