

# Telepathy 101: Following a Multidimensional Thread

## 1) What's Your Telepathic Learning Style?

We recommend you start your telepathic training by building on what's worked for you in the past regarding all your different multisensory perceptions. You will learn your telepathy easier and faster if you know how you learn best in general and apply that input to your telepathic training. Think back to when you were last in school. Did you learn best:

- by seeing information
- by hearing it
- through feelings and emotions
- by touching it or doing something with your hands
- by actually being in motion and not sitting still?

Was it a combination? Was it something else entirely? Which of the following sound like you?

**Visual:** If you learn best by seeing, you are innately a visual learner and multisensory/telepathic information will tend to come to you easiest visually or through visual triggers. While working in an open eyed alpha state, watch for things that draw your eyes or visually cue you. Your peripheral vision is important and will often provide you with input that your frontal vision does not. Learn to work with it and trust it more. For you, your telepathy will be more clairvoyant (clear seeing) in nature.

**Auditory:** If you learn best by hearing, you are an auditory learner. Whisperings or sounds and even deep vibrations will trigger your telepathic multisensory stimuli easier. Listen for information and see how the sounds around you shift your awareness. Your telepathy will be more clairaudient (clear hearing) in nature.

**Kinesthetic:** If you learn best through emotions or touch, you are considered a tactile or empathetic learner. Anything that stimulates your skin, fingers or hair will be your trigger. Also, picking up nuances and stray thoughts as you are handling something will be an easier avenue for you telepathically. In general you fall into the clairsentient (clear sensing) telepathy group.

**Spatial/Movement:** If you learn best while you're moving, you are a kinesthetic learner. Athletes and dancers, as well as those who struggle to sit still fall into this category. To best pick up your telepathic multisensory input, you *need* to move and watch for any motion that takes place around you from any source. Movement is the key to your telepathy. You fall into what we refer to as the hunter gatherer group and utilize ALL your sensory input in a "whatever telepathically works" fashion.

## Most of Us are a Wonderful Unique Blend of Telepathic Styles

Yep, we're all mutts instead of purebreds when it comes to telepathic learning styles and perception skills. Most of us receive our multisensory input in a variety of ways, not just one. Can you be primarily a visual telepath with a dash of kinesthetics thrown in? Sure!

**Keeping a journal** - we recommend getting a spiral notebook to use as your telepathic/dream/paranormal journal. Keep it within reach of where you sleep, open to the next blank page with a pen ready. We want you to grab it in the dark and write without having to even turn a light on. Record everything you recall from your dreams. Journal all your unusual experiences. Note any and all sent and received pings. All entries need to have the date, time and include a detailed description along with the phase of the moon. After 100 days or more, look back to see if you can begin to find your own patterns.

## 2) Everyday Shifts from Beta to Alpha State

So...a little neurological terminology concerning brainwave states:

Beta = waking consciousness or your everyday, awake, aware, going on about your day rhythm

Alpha = a slower rhythm where you feel slightly sleepy or day dreamy, spacey or timeless  
*In alpha state you are more receptive telepathically and more accurate!*

You shift naturally from beta to alpha an average of 5 times each day

- Waking up - That feeling when you are just waking up and not quite here yet
- Mid morning yawns - The feeling of needing another cup of coffee, so to speak
- Mid afternoon yawns - That after lunch, need to digest & I could use a nap feeling
- Mid evening yawns - Yep my body's telling me it's almost bedtime, I'm feeling the slows
- Falling asleep - As you drift from awake into deepening sleep

Pay attention to things that come to you while you are in this alpha daydreaming brain wave state. Your telepathy is naturally running stronger then. You'll learn your telepathy faster and easier if you put yourself into alpha for longer and longer periods of time each day.

Repetitive activities, no brainer "automatic pilot" type chores, and meditation will all shift you into alpha. So will creative things that take you into a timeless place, like music, painting, or just about any artistic creative activity.

**Practice for 30 minutes a day.** You all know learning any new skill in everyday life takes regular practice and feedback. Improving your telepathy no different. It's a skill like any other skill. You need to find ways to practice (just 30 minutes a day) and receive immediate feedback.

But, here's the deal. The more fun you have with your practice, the faster you'll improve.

**Telepathy practice ideas** (we're sure you can come up with better ones after reading these):

- If your cell phone beeps, while someone is leaving you a message, before you pick it up, determine anything you can about the caller, the emotions, or anything concerning content of the message.
- Play an old fashioned game of cards with others for an evening. What are your opponents wanting? What's in their hand? What's their next move?
- Make a telepathic play date with your favorite person. Agree at the beginning of the day to keep track of your telepathic moments together all day long and share throughout the day. Compare notes at the end of the day...what do you both come up with about your telepathic communication with each other?
- Ever thought of playing telepathic hide and seek? We've done it and it's a blast. Great practice for a group when you pit partners against one another with similar skill sets!

As Earth Humans, we all have to work at getting to a place of emotional honesty. This is especially true for all of you out there who were taught to shut down or stuff your feelings, Experience has shown that you'll get a BIG telepathic jump up when you shift from COGNITIVE awareness (in your head) to CONSCIOUS awareness (in your heart). If you wanna get good at this, you have to *fully* embrace *all* your emotions. Full emotional honesty with yourself is not optional in telepathy, it's required. That's when things will suddenly become much clearer.

Guys, if you want to find your true emotional balance, you have to respect and embrace your intuitive, creative, communicative feminine side. Gals, if you want to find your telepathic balance, you have to develop your fortitude, inner strength and emotional male side.

Learn to wear your telepathic connection like a loose fitting garment. Become aware you are a receiver that's always turned on. Have your telepathic ear gently tuned in and running in the background for longer and longer periods of time each and every day.

We suggest you plan on working up to walking telepathically connected 24/7/365. It may take you a year or several years if you don't have the time to devote to it because of your 9-5 job. That's okay. Progress according to your own schedule. Remember, progress not perfection.

### 3) Background and Foreground Thoughts

You already know you can read a book and listen to music at the same time. Your brain can do that multi-tasking. You can also learn to pay attention to your “background” thoughts, the ones that are always running and quietly whispering things to you in the back of your head. Decide to give them more awareness like you do your regular thoughts. Give yourself a greater chance to hear these quieter background thoughts by regularly practicing:

- Take a break from all man-made sounds. Be quiet, just sit, listen and really observe for 30 minutes every day *everything and everyone*.
- Turn off life’s noise (however you want to define that) as much as you can everyday
- Purposefully tune in to “Radio Free Universe.” It’s on and broadcasting on an infinite number of channels 24/7/365. You control the volume control and the station you choose to tune in to.

**Sudden Knowing** - What’s sudden knowing? It’s the most accurate telepathic multisensory phenomena known out there with an astonishing 98-99% accuracy. Some people call it the bolt from the blue, as if suddenly somebody takes a chunk of telepathic information and unexpectedly plops it right into your brain and you suddenly know something that a moment before you weren’t even thinking about. Your personal telepathic peeps are giving you a big heads up. As our one of our teachers would say, “tay appention, there’s gunna be a test!” If you receive a dramatic “sudden knowing” don’t hesitate to act upon that information.

### 4) Get Away from Electronics and Earth Human Noise!

The 60 Hz running through your four walls is not your brain and body’s natural rhythm. Mom Nature normally runs about 7.83 Hz (the Schumann resonance) and so do you. Spending 30 minutes sitting in nature away from man-made noise will begin the process of entraining you again to Mom Nature’s frequency and put you into that telepathically receptive natural Earth vibration.

As corny as it sounds, go sit with your butt on the ground and your back to a tree. Leave everything electronic at home or in your vehicle. Then, just listen, breath and gently reach out to connect telepathically with everything around you. Within 30 minutes your body will begin entraining to Mom’s wavelength and your receptivity will climb dramatically. The more hours you spend completely connected to nature, the faster your telepathy will develop.

If you go do this with another person, make a pact of NOT talking with each other during this 30 minutes, unless it’s completely telepathically...then you’re allowed.

## 5) Don't Run On Adrenaline

Of all the Earth Human hormones that negatively affect your telepathic receptivity, high daily adrenaline (fight or flight) levels work against you the hardest. This hormone was meant for extreme emergencies. We suggest you do everything you can to go back to using it this way.

### **Reducing Adrenaline:**

- Consciously begin moving at a more observant, listening, and thoughtful pace
- Declutter your schedule everywhere you can. Say NO to the unimportant little stuff.
- Adopt the KISS approach to life (keep it simple stupid)
- Completely organize your living & working space. Clutter breeds chaos.
- Raise your endorphins - purposefully place more extreme joy and laughter into your life

### **Sleep**

Deep delta (dreaming REM) sleep is HOW you plug telepathically into the Collective Consciousness every night. Without that, after about 72-100 hours, your physical body and brain can not continue to function properly at all. You need that nightly telepathic connection to maintain your physical, spiritual and emotional well being.

## 6) Your Brain and Telepathy

Your telepathic brain operates at its best when it has enough oxygen. Full lung breathing, in whatever fashion you like, will send more oxygen throughout your entire body as well as to your brain. To achieve this oxygenation, you can exercise, you can laugh with gusto, you can sing, you can even have great orgasmic sex. When you oxygenate your brain, you also create endorphins and you optimize EVERYTHING that has to do with learning to control your telepathy faster and easier.

As we've said, your brain needs optimal oxygen for telepathy, which means you need iron in your diet to make the hemoglobin to carry the oxygen. Your brain is part of your nervous system. It needs all the B vitamins to stay fully tuned and healthy. If you are vegetarian or vegan, you will have to focus on these things much stronger on a *daily* basis.

**Turn your amygdala on.** The pineal gland has always been thought of as the center of your intuition, but your telepathic connections are linked with your emotions via the amygdala, which is part of the brain's hippocampus. The hippocampus looks like a horseshoe whose open ends face forward. On each of those ends are almond shaped structures called the amygdala that point forward like two little headlights. Thinking about them strongly for several minutes sends them extra blood flow and improves your emotional telepathic connections. We teach students where they are located and to think, "Turn your headlights on!"

## 7) Learning Telepathy 10X Faster - Make it FUN!

Putting fun, laughter, and joy into your telepathic learning changes your brain chemistry in a positive way and speeds up your improvement considerably. Seek those endorphins! Make your learning a hoot! Your progress will improve ten times faster.

Also if wish to you start practicing with a partner, make it an individual you know well. Your telepathic rapport will improve faster than if you begin working with a total stranger.

One of the most effective and inexpensive ways to do this is to grab a deck of cards and choose a game where your opponents are required to study their own hands. See if you can pick up on the images they see, on what they're thinking. Good natured telepathic cheating is encouraged for fast fun learning.

Reward your telepathic successes, but don't give yourself grief if you do not get something right. Let it roll off your back like water off a duck. The negative feedback of being hard on yourself impedes telepathic learning and new neural pathway development. Keep practicing and rewarding the positive.

## 8) Am I Really Hearing a Telepathic Voice or am I Making It Up?

In the beginning, some students report that the voice they hear in their first telepathic interactions sounds like their own "head voice." This is not unusual. It is the main reason we hear students say, "I don't know if I'm doing this right."

Earth Human musicians who want to learn to develop perfect pitch know that they can train their ear to recognize specific notes, whether it's an F sharp or B flat. Learning to tune in telepathically to different individuals is a similar process. Ultimately, you're developing new neural pathways that recognize unique vibrational signatures.

Trust the process, put in the time, it does get easier. With the hours of practice, you'll learn to recognize different telepathic voices much more easily. It usually takes about a month.

How do you know for sure that you are not making it up? Record the words, the concepts, and the images. Are you getting information you had no prior knowledge of? Is the information stream being delivered in a way you do not normally think or feel? Analyzing the contents of the telepathic interaction should tell you whether you are inserting information or whether you are picking up someone other than yourself.

But!!! (And this is a *big* but!) ***Do not do that analysis while you are still receiving the input.***

Allow the telepathic connection time to finish its course naturally. Be patient, make sure you got it all. Stay in receptive telepathic mode until it's completely finished. When it's DONE, you will have all the time in the world to analyze the heck out of your telepathic experience, but WHILE IT'S HAPPENING DON'T INTERRUPT IT! You'll lose it and won't be able to get it back!

We also recommend you examine your telepathic experiences to look at how your physical body usually responds:

- Where were you getting that voice or those images in your body? Was it inside your skull? In the back, the front? Be specific.
- Did your abdomen (gut) feel different? Butterflies maybe?
- Did you feel any changes in your chest or over your heart area? Did the emotions hit you there? Elsewhere?
- Did you also have a goosebump physical body response?
- Did the hair on your head, arms or the back of your neck react?
- Did you pick up an entirely different physical reaction unique to you?

Knowing how *your* physical body responds will give you a great heads up for next time and for building your trust in yourself.

## 9) If You Ask a Telepathic Question...

If you're sitting in the forest, minding your own business and you telepathically pose an open ended question, you honestly don't know who's going to answer. You don't know if it's a woodben, an ET, a multidimensional being, or the ghost of your great aunt Matilda come to visit. You don't just know. You didn't address your telepathic question to a specific individual so it's fair game for anyone to respond to. If you want to speak with the Sasquatch, you need to *specifically* telepathically address them as a collective group or query a specific individual.

When you are posing a telepathic question to a specific person, each individual gets to decide whether they would like to answer you or not. You can not force them. But, like most everything in life, questions posed politely, with honest, heartfelt intent seem to get noticed and responded to much faster than those which are not. Thinking and acting rightmindedly improves your chances of interaction.

In general, the telepathically connected universe treats you like an adult. It seems to operate under the philosophy that you're ready to receive the answer when you're ready to ask the question, but you gotta ask.

## 10) Getting Pinged and Telepathic Protocols

### How do you know if you are being telepathically pinged?

If your ping is coming from a telepathic beginner (another Earth Human) it may be weak and not come as clearly. Over the years we've noticed these weaker Earth Human pings seem to have several things in common:

- Often a sudden background thought of someone springs into your mind behind your foreground thoughts. They come to mind "for no reason." (Guess again.)
- You may experience one of the physical body responses we talked about previously.
- You may find yourself suddenly stopping what you are doing and instinctively wanting to hush the noise around you as if you need to listen again for something you thought you started to hear. You might even instinctively raise your hand as if to shush the world.
- You may recognize that suddenly you feel as if you've just had a friendly greeting and someone or something else feels present...a feeling like, "Did someone just call my name or say hello?" Physically, you might have a "pop your head up" response.
- You may find yourself suddenly turning your entire body or whipping your head around to look and listen in a particular direction. The body reacts first. The telepathic ping may or may not come with a direction and distance sense or other information about the sender.
- You may have a sudden instinct to contact another person out of the blue or you may not be able to get another person out of your mind. This can also involve events instead of specific people and feels like that proverbial "tremor in the force" wave of feelings.

### How is an Earth Human ping different from a telepathic nation ping?

If your first telepathic experience comes from a nation whose *primary* means of communication is telepathy, you will have no doubt whatsoever that someone is talking to you!

A **clear** voice/image/video/information stream suddenly will pop inside your head that didn't come from you. There will be no question in your mind. You will KNOW you are being spoken to.

You may in the beginning not know who the sender is. They may not allow you to see them immediately. Your telepathic ping may or may not come with a direction and or distance sense. Not all telepathic individuals will provide their identity or their location until they trust you more.

We were taught and recommend you approach telepathic conversations with folks like Sasquatch or any of the telepathic nations with politeness and respect. If their telepathy is that clear, the likelihood you are dealing with a nation more ancient and more advanced than your own is VERY high. You best be rightminded toward them.



In public, telepathic cultures tend to be very polite with societal rules which are strictly adhered to when they work in groups or are task oriented. In private, our ET friends let down their guard and speak to us in relaxed manner just like you might when you hang out with your own friends.

But, like Earth Human cultures, telepathic societies are *all* unique and different. We recommend asking about their rules and learning their cultural norms. In other words, it's good to ask if it's alright to discuss a certain subject and how to talk about it. Learn their customs.

When you first approach a member of a nation who utilizes telepathy as their primary means of communication, **act and think** like you would if you were going to your grandmother's house. When you visit any respected elder, you know you need to be on your best behavior, use your manners, honor them and respect their home and their things. This is part of rightminded behavior. Your actions **will be** telepathically observed and judged.

**Remember to be aware of and control your thoughts.** When you're in their space, **YOU WILL BE TELEPATHICALLY PINGED AND PROBED, COUNT ON IT!**

## Initiating Telepathic Contact with a Telepathic Nation

- 1) Begin all dialogues by first introducing yourself. State what you wish to be called. Keep it simple. They will telepathically glean more about exactly who you are and your background if they really want to know.
- 2) Be extremely respectful in your thought choice, as if your grandmother were listening inside your head. This is not as easy as it sounds and does take practice.
- 3) State your intent respectfully, simply, clearly and honestly in a single sentence. If you attempt skip this step, your chances of contact are greatly reduced. *Why ARE you here?*
- 4) Remember, telepathic nations do not just get in your head to hear your thoughts. It's not your brain they are connecting to as much as your intent and your heart self. **You have to be able to answer for your actions as well as your thoughts.** They want to know why you are thinking the way you are and asking them questions.
- 5) Once a telepathic connection is made, DO NOT STOP IT to do your left brain logical analysis of the conversation while you are in right brain receiving mode. You'll lose the connection and not be able to get it back. Get out of your logical "I have to figure it out now" head and listen with your head heart combination. You'll have time to tweeze it all apart later. Once you're telepathically connected, stay that way until the conversation is done. That's not only polite, but it's crucial if you don't want to interrupt the established contact with your sender(s) and you do want to get all the way to the end of the conversation.
- 6) Even if you introduce yourself and are polite and respectful, there is no guarantee that any telepathic question you put out there will be answered by the individual you expect. They can and sometimes do treat you as if a subject is "nunyabidness" (none of your business.) Pay attention to what they don't answer as well as what they do.

- 7) Once your communication has come to an end, please be sure to thank the individual who spoke/shared with you and bid them a pleasant good bye. If you wish future connections and chats with them, tell them so.

## Telepathic Protocols - The Basics for Beginners

Stripped down to its basic parts, your first dialogue with a telepathic nation should include:

- 1) A short self introduction
- 2) A one line, honest, clear statement of intent
- 3) An desire to listen and learn & humbleness (teachability)
- 4) A question or some back and forth dialogue
- 5) A polite thank you and goodbye

Example:

Hello! My name is \_\_\_\_ and I traveled here just to talk to you telepathically. ←-- Introduce self  
I am here because I want to get to know you and your people better. ←-- clear honest intent  
Telepathy is new to me, but I would like to learn it properly. ←--desire to learn  
Forgive me if I make a mistake. ←--humble  
May I tell you a little about me and ask you a few questions as well? ←--polite query  
Thank you for sharing with me. ←-- polite goodbye

After you've worked with an individual several times, this list becomes more relaxed and less formal (at least for the Big Brother Sasquatch and P'nti Nations that we are familiar with.)

## And Finally -- Telepathic Overwhelm

OVERWHELM! - Just expect it. After you've had your first big telepathic encounter and/or you've maintained a connection for a longer time than usual, at some point overwhelm IS going to hit you like a ton of bricks.

When you yourself personally begin to realize the enormity of the telepathic and multidimensional world around you, *and* what you've been missing that you didn't even know existed, *and* what you're plugging into now *and* how big it really is...you *WILL BE* overwhelmed. Grab the box of Kleenex, call your telepathic buddy and talk!

You survived it up to now didn't you? Yes, it's a LOT to connect with and comprehend physically, emotionally and spiritually. We know! Been there, done that, and we still get surprised and delighted with new stuff every day. We wouldn't trade our telepathic connections for anything. But, even now, for us there are still days that are telepathically exhausting. Expect those.

You don't have to telepathically take on everything all in at once. This is the journey of a thousand steps and more. For today, stop, breathe, steady yourself and take just this one step. The Universe really won't give you more than you can handle!

**WE WANT YOU TO LET THE EMOTIONS SURFACE.** Don't stuff them. You have to practice emotional honesty and here's your chance. Let it out, get it out, process it and grow.

Remember, telepathy runs on an emotional carrier wave. You can't expect to truly emotionally understand another person if you don't understand you first.

Even as the overwhelm hits you, please do not let go of your powers of detailed observation and discernment. Just because it's a lot doesn't mean you ignore your innate ability to know what is true and what is not. Observe everything you can in the moment.

If you need help shaking the emotional after effects, go physically do something productive, normal and boring like the laundry. Honest! Doing a normal, everyday, no brainer kind of physical task helps ground you. We also recommend hot showers or soaking in hot water. Relax physically, emotionally and spiritually in whatever way works best for you.

Remember, you're taking your first baby steps in a completely new landscape where everything and everyone is connected to everywhere and everywhen. It's going to take time to understand this new normal. Breathe, relax, and take it at your own speed. You're not being injured, you're learning this big new thing and sometimes your brain just needs a day or two on tilt and then it starts operating more normally again.

One of my teachers gave me a wonderful description of this whole crazy process. She told me, "Keep absorbing and learning as long as you can until your brain feels a little like jello, then go to bed and know that during sleep, it will start to set up and by the time you wake up you'll feel mostly back to normal, but with something more."

Know too that you won't be able to talk about this topic with just anyone. Our experience is that building a support network is critical. At the very minimum, seek a telepathic buddy to talk with about your odd experiences as well as your honest emotions. Call each other regularly and develop a trust. Don't try to process this telepathic journey all by yourself, it will slow you down.

Your decision to improve your telepathy can quickly become a much bigger thing in your life than you ever knew it would. Having another person who will understand when you call them up and say, "I had this weird thing happen...you got a second to talk?" will help keep you in greater balance. Trust us, you have no idea yet where this may take you and we strongly suggest you go find your people.

Without trying to make this sound overly dramatic, we know after 60+ years of doing this, your decision to work on your telepathy every day it will change you more than anything else you've ever chosen to learn, ever.

© Su Walker

Practice walking gently with a foot in each world and telepathically wearing your day like a loose garment. (Rev. White Otter) Our P'nti friend Tikm taught us their greeting of parting company and goodbye and we will teach it to you. "Wear your day with ease."

## Telepathy 101: SUMMARY

Want to improve your telepathy? Here's what we know works:

- 1) Make improving your telepathic skills a high priority. Build on what's worked for you in the past regarding all your different multisensory perceptions. Begin immediately to keep a journal of telepathic experiences, dreams and unusual happenings.
- 2) Working with your natural alpha rhythms will provide you with even more daily opportunities to practice proactive receptivity. Practice your telepathy every day for a minimum of 30 minutes. Work up to walking 24/7/365 consciously connected.
- 3) Listen to your "random background thoughts" and treat them as important as working with your foreground thoughts. Slow down & observe more often and in much greater detail. Trust your sudden knowing and don't be afraid to act on it. Practice patience.
- 4) Get away from EVERYTHING electronic for 30-60 minutes every day. Seek Mom Nature's natural frequency. Learn to entrain to it quickly and connect deeply.
- 5) Don't run on adrenaline, it reduces receptivity. Get your deep "plugging into the collective consciousness" sleep.
- 6) Oxygenate your brain! Slow, deep, full lung breathing helps provide your brain with more oxygen and better reception. Pay greater attention to your peripheral vision. Using it builds stronger neural pathways! To build those new pathways you'll need to eat your balanced proteins, get your iron and all your B vitamins in every day. Stimulate your brain's amygdala by thinking, "turn your headlights on."
- 7) Thankfulness, happiness, joyfulness, playfulness will all change your brain chemistry enough to increase your learning speed by 10X. Reward your successes and don't chide yourself if you aren't able to do something. Go play, have fun, learn and repeat!
- 8) For beginners, telepathic voices can go from sounding like your own inner voice to being utterly unique. Patience! Give it a month of daily practice. Don't stop to examine a telepathic experience in progress until it's finished. Learn to listen to and trust your body's physical reactions.
- 9) Approaching telepathic nations rightmindedly improves your chances of positive interaction. Address a specific person or group if you wish to dialogue with them only.
- 10) Telepathic protocol: 1)be polite 2)introduce yourself 3)be honest with your intent and your words 4)don't forget thank you and a polite goodbye. Know and understand you will be telepathically scanned as soon as your presence is recognized.

Expect overwhelm, find your telepathic people, be sure to ground and practice emotional honesty. Learning to trust your telepathy and walk connected 24/7/365 **will** change your life.

To learn more about our teachers and friends from P'ntl go to [@sandiawisdom](#) on Twitter or visit their website, [www.sandia.space](http://www.sandia.space). Our deep thanks to T'ni for dictating this course to us. If you wish, you can find out more about Su at: [www.suwalker.com](http://www.suwalker.com).